

# THE SKYLINE



Volume 49, Number 9

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

April 28, 2011

## On Base...

✓ **Captain's Cup softball rosters** must be turned in to Allen Winningham at Fitness Center by COB on May 2. For more information, call (601) 679-3384.

✓ **Horseshoe Tournament and Hot Dog Cookout** Set for May 2 at Lake Martha beginning at 5 p.m. Food and fun for the entire family. Call (601) 679-2609 for information.

✓ **Military Sport Bike Rider Course** set for May 6 on board NAS Meridian. All sport bike riders requiring this training are strongly encouraged to attend. The Basic Motorcycle Rider Course is a prerequisite to attend this course and proof of BRC completion is required prior to participation. Enroll via ESAMS or [www.navymotorcyclider.com](http://www.navymotorcyclider.com). For information, call Jerry Snow at (601) 679-3756.

✓ **PW GOPAL live in concert** on the lawn of the NAS Meridian Chapel beginning at 6:30 p.m. on May 10. Free admission and free food for Sailors of NTTC and Marines of MATSS-1. All others who work and live on board NAS Meridian are invited to attend.

✓ **Grumpy Granny Bowling Tournament** takes place on May 14 at McCain Rec Center from 10 a.m.-2 p.m. Entry fee is \$20 per person. Bowlers will bowl six games of varied format. For more information, call (601) 679-2651.

**NEWS FLASH!**  
**All Hands Pool is scheduled to open May 28**

## A Day in Naval History

**April 28**  
1993: SECDEF memo orders Armed Forces to train and assign women on combat aircraft and most combat ships, but not to ground combat positions.

**April 29**  
1975: Operation Frequent Wind evacuation from Vietnam begins

**April 30**  
1798: Congress establishes Department of the Navy  
1975: Saigon falls to North Vietnamese forces

**May 2**  
1975: US Navy departs Vietnamese waters at end of evacuation.

-- [www.history.navy.mil](http://www.history.navy.mil)

**THE SKYLINE IS A CHINFO AWARD-WINNING NEWSPAPER**

## Navy performance evaluation instruction updated

MILLINGTON, Tenn. (NNS) -- An update to the Navy Performance Evaluation System instruction BUPERSINST 1610.10C was released April 21 by Navy Personnel Command (NPC).

The update cancels BUPERSINST 1610.10B and incorporates several NAVADMINs affecting performance evaluations and fitness reports.

"The changes cover new E-5 promotion recommendation rules, Physical Fitness Assessment (PFA) documentation requirements, a new billet sub-category for performance reports, details on Reserve component unit reporting responsibilities, elimination of references to the enlisted field service record and several other items," said James Price, director, Navy NPC Performance Evaluation Division.

One update incorporates new distribution

rules for E-5 promotion recommendations announced in NAVADMIN 286/10, requiring the number of 'Early Promote' and 'Must Promote' recommendations not to exceed 60 percent of the E-5 group. In addition, the 'Must Promote' recommendation may be increased by one for each 'Early Promote' quota not used. The 'Early Promote' recommendation limit of 20 percent has not changed in the new instruction.

NAVFIT98A Version 29 was rolled out to the fleet incorporating the new rules. Workstations on the unclassified Navy/Marine Corps Intranet (NMCI) automatically received this new version. For non-NMCI users, the upgrade is available for download from the Navy Personnel Command (NPC) website.

Service members should verify they are using Version 29 by checking 'About NAV-

FIT98A' under the help tab in NAVFIT98A, which will display 'Version 2.2.0.29.'

Another update in BUPERSINST 1610.10C details new requirements announced in NAVADMIN 193/10 for documenting PFA results in performance evaluations. For performance reports with an end date of Aug. 1, 2010, or later, commands must now enter a one-letter PFA code in block 20 for each cycle completed during the reporting period.

Per NAVADMIN 215/10, a new billet sub-category was added. The code 'INDIV AUG' in block 21 of the performance report is now available for Individual Augmentee Manpower Management, Global War on Terrorism Support Assignment and Overseas Contingency Operation Support Assignment participants.

● **Evaluation, page 10**



Photo by MC2 Flordeliz Valerio

Navy Federal Credit Union Manager Margaret Brown, left, poses with Logistics Specialist 1st Class (EXW) Sven Helms as Meridian Area Navy League President Crystal Dupre presents Helms with the 2010 Military Citizen of the Year certificate on April 14 during a ceremony at the Roy M. Wheat Galley on board NAS Meridian. Helms won the award for his volunteer efforts managing 135 community service events for Naval Technical Training Center's SHIPMATES program.

## LS1 Helms is Military Citizen of the Year

By MC2 (AW/SW) Flordeliz Valerio  
Staff Writer

Logistics Specialist 1st Class (EXW) Sven Helms was named the 2010 Military Citizen of the Year during the annual luncheon at the Roy M. Wheat Galley on board Naval Air Station Meridian, April 14.

Helms was amazed after the announcement was made that he won.

"It's overwhelming," Helms said. "I have a great time doing it (volunteering). It gives me and the students a chance to go out and serve the community."

Helms was presented the award by Crystal Dupre, president of the Meridian Area Navy League. The award goes to the military member, first nominated by their command, who best represents the spirit of volunteerism and community involvement. This program is open to all active duty enlisted personnel in pay grades E-4 to E-8 who volunteer their time and talent to benefit the local community. The nominees are judged on community involvement, military

bearing and performance.

"Nothing gives me more pleasure to be out in town and have people come up to me to thank me for the great support that our Sailors and Marines give to the community," said Capt. Charles Gibson, commanding officer of NAS Meridian. "I can't take credit for the great job, but it's folks like LS1 Helms and Chief Hoffman that organize these events and get the Sailors and Marines to help."

Helms is Naval Technical Training Center's (NTTC) Military Standards Division Leading Petty Officer and the coordinator for Students Helping Interesting People in the Meridian Area Through Enthusiastic Service (SHIPMATES) program.

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

Chief Master-at-Arms Clarence Hoffman

● **Citizen, page 4**

## NAS Meridian establishes CSADD chapter

By Penny Randall  
Editor

NAS Meridian has recently established a chapter of the Coalition of Sailors Against Destructive Decisions (CSADD).

CSADD is one of the newest approaches the Navy has developed to reach out to Sailors and educate them about destructive decisions and the ramifications of those decisions.

"Many naval stations already have peak participation with everything from making their own YouTube videos about drunk driving to posters and clinics on sexual assault," said Air Traffic Controller 3rd Class Whitney Powell, who serves as Meridian's chapter advocate. "The chapter focuses on the 18-25 age group, but anyone can get involved and help. Junior Sailors are really taking this project on and getting involved."

OPNAVINST 1500.80 has provisions for all personnel within the active and reserve naval units. Naval Reserve Officer Training Corp (NROTC) and Naval Junior Reserve Officer Training Corp (NJROTC) are encouraged to implement this program as well.

Chief Culinary Specialist Jessica Nettles serves as Meridian's CSADD chapter sponsor and said the goal is to promote good decision-making among peers, especially junior Sailors.

"This program is designed to positively influence Sailors' behavior through resources and tools that promote good decision-making processes, enabling leadership development and influence among peers at the junior level which in turn fosters both an attitude and atmosphere conducive to good order and discipline," Nettles said.

CSADD is unique because it is a junior peer-on-peer mentoring

● **CSADD, page 10**

## Persian Gulf Memorial



Photo by MC2 (AW/SW) Flordeliz Valerio

Families of veterans find photos of their loved ones on the memorial wall during the Mississippi Persian Gulf Memorial dedication at the Mississippi Veterans Memorial Cemetery in Newton on April 18. The ceremony dedicated the memorial wall to veterans who have ties to Mississippi. NAS Meridian Ceremonial Detail Team performed a 21-gun salute. Speaking at the ceremony was Dr. Mark Keenum, Maj. Gen. William Freeman Jr. and Congressman Gregg Harper.

## Comedian with message



Photo by MC2 (AW/SW) Flordeliz Valerio

Comedian Bernie McGrenahan performs for Sailors and Marines on board NAS Meridian on April 22 during his "Comedy with a Twist" show. McGrenahan travels to military installations not only to raise the morale of military members, but also to share a message that drugs and alcohol have consequences. McGrenahan is credited with having the No. 1 ranked military 'Safety and Prevention' Program in America.

## Look Inside



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Naval Aviation Chapel marks 50th Jubilee



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Starbase Atlantis sets Summer Workshops Dates



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NGIS names Doris Hudson Employee of the Month.



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Fleet & Family Support Center trains seven Sailors as Command Financial Specialists.

## Photo of the Week



Photo by Susan Junkins

Marines from Marine Aviation Training Support Squadron One operate the "bucking bronco" during the Choctaw Area Council, Boy Scouts of America, Cub Scout Spring Family Campout April 16-17 at Camp Binachi. Seth Crocker holds on tight and tries to reach the eight-second mark, while Marines tug on the barrel ropes to get it bucking faster and higher. Eighteen Marines assisted with eight activities during the "Wild West Gold Rush" weekend that was attended by local and out-of-council Cub Scouts and family members.

## Area Happenings

### APRIL

**30:** "Warrior Champions," a movie that tells the emotional and inspiring story of severely wounded American soldiers as they fight to turn nightmares of war into Olympic dreams, will perform at the Temple Theater. Doors open at 5 p.m.; movie starts at 6 p.m. One of the movies stars, Kortney Clemons will be on hand to greet people. The band Love Now will perform before the movie. All proceeds from the movie will go towards sponsoring foster children and children with special needs that will attend summer day camp at Camp Eagle Ridge. Tickets are \$5. For more information, call Camp Eagle Ridge at 601-626-8885 or go to [www.warriorchampions.com](http://www.warriorchampions.com).

### 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.

**3:** May is Older American Month Golf Tournament at Lakeview Golf Course. Time: 9 a.m. Event is free for seniors age 55 and older. For information, call Meridian Activity Center at (601) 485-1812.

**5, 12, 19 & 26:** May is Older American Month Bingo Games will be hosted at the Meridian Activity Center from 2-3:30 p.m. All activities are free for seniors age 55 and older. For information, call Meridian Activity Center at (601) 485-1812.

**5:** 60th Annual Observance of National Day of Prayer in Dumont Plaza in downtown Meridian, 5th Street and 22nd Avenue. Time: Noon. Free to public. This year's theme is "A Mighty Fortress is our God-Psalm 91:2" For information call Dorothy Lloyd at (601) 483-7647.

**6:** Lauderdale County's Relay for Life sponsored by the American Cancer Society at Northeast Soccer Complex. Times: 6 p.m. on May 6 to 6 a.m. on May 7. For information, call Lynn Irby at (601) 482-0082.

**6:** The MSU Riley Center presents "There's an Alligator Under My Bed, a Nightmare in my Closet, and Something in my Attic" presented by Omaha Theater Company. Show time is 7:30 p.m. Tickets are \$18 for adults, \$10 for children age 12 and under. For information, call (601) 696-2200 or go to: [www.msurileycenter.com](http://www.msurileycenter.com).

**12-18:** Meridian Little Theatre will present the Tony award-winning musical "Hairspray." Guest tickets are \$20 for adults, and \$18 for senior citizen, military and students. Tickets may be purchased online at [www.meridianlittletheatre.com](http://www.meridianlittletheatre.com) or at the box office weekdays from 9 a.m.-4 p.m.

**16:** "Smarter Choices, Brighter Futures" seminar will be at the Kahlmus Auditorium on the campus of MSU Meridian, 1000 Highway 19 North. The featured speaker will be Mississippi native Patrick House, the 2010 "Biggest Loser." House will present a motivational talk about making healthy lifestyle choices, including avoiding underage drinking. The program is geared to parents and individuals who live and work with children. Time: 5:30-7:30 p.m. The program is free. For more information, call Pace Cooke Emmons at (601) 483-4821 or e-mail [pcemmons@weemsmh.com](mailto:pcemmons@weemsmh.com). The program is sponsored by Weems Community Mental Health Center and funded by grants from the Mississippi Department of Mental Health.

**21:** Bikers Against Breast Cancer Benefit Poker Run. Registration is at 9 a.m., ride starts at 11 a.m.. all bikes should be in by 3 p.m. Registration before May 16 is \$20 for individual or \$30 with passenger. Registration after that will be \$25 and \$35 with passenger. \$15 for one extra hand. To register and for more information contact Clint Ticer at (808) 218-1914 or e-mail: [Ticercl@yahoo.com](mailto:Ticercl@yahoo.com). All proceeds donated to support Aimee Ticer's 60-mile walk in the Susan G. Komen 3-Day for the Cure benefit.

## DoD Survey: Assessing back and neck pain in helicopter pilots, aircrew

If you are or were a U.S. military helicopter pilot or crewmember, the Department of Defense wants to know if you suffered back/neck pain or injury (not resulting from an aviation mishap) that may be related to your service in helicopters.

Back pain afflicts approximately 20 percent of the general population, but studies have indicated military helicopter crews are reporting unusually high rates of back pain and related injuries. A Department of Defense-sponsored study is under way to better understand the mechanisms of those injuries, the impact such injuries may have on operational

readiness, safety and quality of life, and to identify the best options available for reducing such injuries in the future.

Researchers for the Office of the Secretary of Defense (AT&L) are urging current and former military pilots and crewmembers to complete this short online survey at [www.DoDhelicopterseatsurvey.com](http://www.DoDhelicopterseatsurvey.com).

Completed surveys are anonymous and should only be taken once. If you participated in a similar January 2010 Navy and Marine Corps survey, please do not complete this survey, as the results will be merged with this study.

## Navy 10 Nautical Miler race set for Millington

MILLINGTON, Tenn. - Naval Support Activity Mid-South is proud to be once again hosting The Navy 10 Nautical Miler, the only foot race ever to be measured in nautical miles.

The race is June 5, at the base in Millington, with the start time of 6:30 a.m. NSA Mid-South also hosted the inaugural run last June, approximately a month after the base had been flooded out by an average of four feet of water on May 1, and race organizers considered the fledgling event to be a rousing suc-

cess. Nearly 450 runners from all over the country entered the event, and this year, the number of runners is expected to double.

At the end of last year's event, Stephen Hill was victorious, having run the 10 nautical mile route in 1:07:23. Jessica Myers took top honors for the ladies, with a run time of 1:23:47. The top three scorers in each of 19 age groups and divisions also received awards, and everyone who completed the race earned an anchor-shaped finisher's medal.

## Perform-to-serve shared responsibilities

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

MILLINGTON, Tenn. (NNS) -- Sailors whose Perform-to-Serve (PTS) quotas expired March 1, in accordance with NAVADMIN 352/10, have until May 1, to request reinstatement.

Eligible Sailors must submit a NAVPERS 1306/7 to their respective enlisted community manager (ECM) to have their PTS quota restored. Reenlistments or extensions to meet obligated service requirements must be executed no later than 45 days from ECM approval.

"If you're in a leadership position, this should be a top priority," said Navy Personnel Command (NPC) Force Master Chief (AW/SW/NAC) Jon D. Port. "Sailors E-6 and below with up to 14 years active service must use PTS/Fleet Rating Identification Engine (RIDE) to remain in the Navy. They must carefully watch those time lines and work with their command retention team to ensure timely application."

According to Port, the command career counselor, lead petty officer, lead chief petty officer and the Perform-to-Serve coordinator are members of the command retention team. Guidance on PTS requirements can be directed to

these members.

"PTS is as much the Sailor's responsibility as it is a command responsibility," Port added. "But Sailors need to be provided the tools and information to do this. That informational role rests with the command retention team."

An approved PTS application is required before negotiating orders, reenlisting or extending. An application must be submitted even if a Sailor intends to separate from the Navy or is not recommended for reenlistment.

"Getting into PTS on time is not enough," said Joseph Kelly, PTS/Fleet RIDE program manager. "Sailors must also pay attention and start negotiating orders and handling reenlistment prerequisites to ensure the quota doesn't expire."

NAVADMIN 352/10 explains the PTS/Fleet RIDE integration policies and procedures, and includes specific time lines Sailors have to meet stay in the Navy.

Sailors who need more information about how to request restoration of their PTS quota can visit the PTS/Fleet RIDE page linked at [www.npc.navy.mil](http://www.npc.navy.mil).

The "Decision Memorandum for Restoral of Rescinded PTS Quotas" gives the specific steps needed to restore a previously approved PTS quota.

## TRICARE beneficiary health concerns programs

TRICARE offers supplemental programs tailored specifically to beneficiary health concerns or conditions. Many of these programs have specific eligibility requirements based on beneficiary category, plan or status.

These programs include health promotion programs such as alcohol education, smoking cessation and weight loss. Some are for specific beneficiary populations such as the Foreign Force Member Health Care Option and the Pre-activation Benefit for

National Guard and Reserve.

Other programs are for specific health conditions such as the Cancer Clinical Trials. Many programs are limited to a certain number of participants or a certain geographic location such as chiropractic care.

To find out if you're eligible and to learn more about these and other programs, you may go to [Tricare.mil](http://Tricare.mil), Benefits At-A-Glance, in paragraph under Medical Coverage click on Special Programs and follow links on left of the page.

## Smartphone app helps troops, vets manage stress

WASHINGTON (NNS) -- Veterans dealing with symptoms of post-traumatic stress disorder can turn to their smartphones for help any time with the "PTSD Coach" application created by the Veterans Affairs and Defense departments.

"This is about giving veterans and service members the help they earned when and where they need it," Veterans Affairs Secretary Eric K. Shinseki said. "We hope they, their families and friends download this free app. Understanding PTSD and those who live with it is too important to ignore."

PTSD Coach lets users track their symptoms, links them with local sources of support, provides accurate information and helpful individualized strategies for managing symptoms, officials said. The app is now available for download from the iTunes Store and will be available for Android devices by the end of the spring.

"This application acknowledges the frequency with which our warriors and veterans use technology and allows them to get help when and where they feel most comfortable," said Dr. Jonathan Woodson, assistant secretary of defense

for health affairs.

PTSD Coach is primarily designed to enhance services for individuals who are already receiving mental health care, though it is helpful for those considering entering mental health care and those who just want to learn more about post-traumatic stress, officials said.

"This is a great service we are providing to veterans, service members, their families and friends, but it should not be seen as a replacement for traditional therapy," said Dr. Robert Petzel, VA's undersecretary for health. "Veterans should utilize all of the benefits they have earned with their service, and one of the best things about this app is it will get veterans connected to the places that are out there to provide help."

The application is one of the first in a series of jointly designed resources by the VA National Center for PTSD and the Defense Department's National Center for Telehealth and Technology to help service members, veterans, their families and friends manage their readjustment challenges and get anonymous assistance, officials said.

-- From Department of Veterans Affairs News Release



## In the Spotlight...

### Happy Birthday...

Lormar Wallace celebrates his 20th birthday on May 8.  
-- Happy Birthday! Love Lauren, Lashaun, Simba and Molly

The CDC sends Happy Birthday wishes to Brenda McElroy (May 7) and to Cynthia McDonald (May 27)

### Congratulations...

Congratulations and a job "Well Done" to Joyce Grace for successfully completing the recertification for her Child Development Associate Credentials.

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



## Off Limits Establishments

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

**The Underground**  
(Bonita Lakes Mall)  
**Meridian Underground Music Exchange**

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

## The Skyline ~ Naval Air Station Meridian, Miss.

**Command Staff**  
Commanding Officer ~  
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Executive Officer ~  
Cmdr. Edward Donohoe  
Command Master Chief ~  
CMDCM Sharon Laguna

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Penny Randall  
Staff Writer/Photographer ~  
MC2 Flordeliz Valerio

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# Navy prepares to conduct Beta Fitness Test

MILLINGTON, Tenn. (NNS) -- The Navy, working with the University of Memphis Department of Health and Sport Sciences, will conduct tests of several new physical fitness exercises beginning July 11.

In order to effectively develop potential performance standards, the test will use volunteers from different age and gender categories as established by the Navy Physical Readiness Program (PRP) instruction (OPNAVINST 6110.1 series). The beta test will last through the end of July.

In order to effectively develop potential performance standards, the test will use volunteers from each age and gender category, as established by the Navy Physical Readiness Program (PRP) instruction (OPNAVINST 6110.1 series). The beta test will last through the end of July.

"This does not mean that we have plans to change the physical readiness test (PRT)," said Bill Moore, director, Navy PRP. "We are always looking at process improvement. An open mind is essential to the program whether we are considering new exercise options or focusing on nutrition. Our current program is based on research and we are honored to be working jointly with the University of Memphis."

The test will incorporate several muscular strength tests, including the leg/hip dynamometer and standing long

jump. Both exercises use the same muscle groups (i.e., the legs, hips, and back) that are used when performing a squat, lifting a box, and other such movements that occur daily in Navy life.

There will also be a 15-yard, distanced timed event called the pro-agility test. It measures an individual's speed and agility as they accelerate, decelerate, and change direction. All are common movements practiced both in sports and on the job.

Endurance events being tested include a 300-yard shuttle run, two-kilometer rower and five-kilometer bike test.

"There are multiple components to physical fitness, but they can be broken down into two major categories health related and skill related," said Lt. Cmdr. David Peterson, exercise physiologist for the Navy's PRP. "Health-related components include: cardiovascular fitness, body composition, flexibility, muscular strength, and muscular endurance. Skill-related components include: speed, agility, balance, coordination, reaction time and power. The current PRT incorporates most of the health-related components of fitness, but none of the skill-related. Exercises chosen for evaluation in the beta test not only incorporate health related components but skill related components as well."

According to Moore, the beta test is being conducted for the sake of research only.

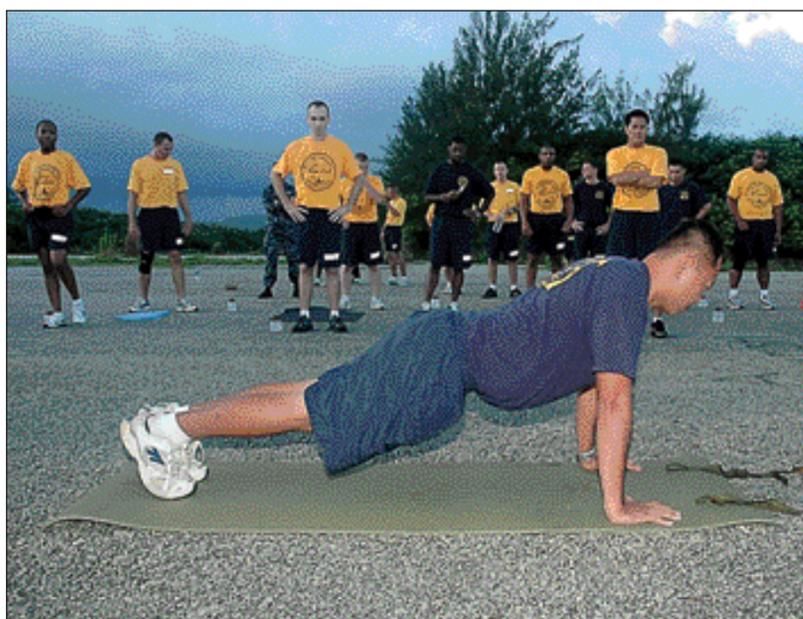


Photo by MCC Jennifer L. Walker

Warren Zosa, assigned to the submarine tender USS Frank Cable (AS 40), demonstrates the proper form for push-ups to chief petty officer selects during a mock physical readiness test. Frank Cable is undergoing upgrades at Guam Shipyard for the Military Sealift Command conversion.

"This is an exciting opportunity to participate in a state-of-the-art research study. However, I need to reemphasize that this is for research purposes only and that there are currently no plans to change the Navy PRT," Moore said.

Currently, the Navy and the University of Memphis are seeking Sailors in the Millington and Memphis, Tenn., area to participate in the test.

From Navy Personnel Command Public Affairs Office

## Vehicle extrication



Submitted photo

An NAS Meridian Fire fighter cuts a windshield with an axe during a recent vehicle extrication class. The Fire Department hosted a two-day vehicle refresher class where fire fighters got the opportunity to sharpen their skills by operating various different tools. Small glass particles in the air which could be inhaled when conducting this task is the reason why fire fighters wear personal protective equipment during emergencies and training.

## Earth Day



Submitted photo

In celebration of Earth Day, students from Lamar School who were attending the Starbase Atlantis program on board NAS Meridian walked to their rocket launch instead of riding the bus. They also picked up trash along the roadside.



# Earth Day 2011: Partnering for a greener future

"Since Secretary Mabus challenged us with five aggressive energy goals, I have already seen a cultural shift. People are thinking about how to make more energy efficient choices on a day-to-day basis. Energy security is so important for our country; we're going to have to keep building on this momentum with programs and policies that get excitement and commitment from all levels."

-- Jackalynne Pfannenstiel, assistant secretary of the Navy (Energy, Installations and Environment)

The Navy and nation celebrated Earth Day April 22. The Department of the Navy is committed to improving collaborative efforts with other government agencies, industry and non-governmental organizations (NGOs) on environmental and energy projects. These partnerships are vital for ensuring long-term sustainability and national security. More than 45 naval commands around the world are hosting events that highlight environmental cleanup, planting / beautification and recycling in support of Earth Day 2011.

### Partnerships at the federal, state and local levels

- The Navy works closely with the National Marine Fisheries Service on environmental planning to train forces effectively while protecting the environment.
- In August 2010, Secretary of the Navy Ray

### Facts & Figures

- The Navy is on track to sail the 'Great Green Fleet' by 2016 -- composed of nuclear ships, surface combatants and aircraft operating on a 50/50 blend of biofuel and petroleum.
- Department of Navy commands reported plans to participate in more than 70 Earth Day events in 2011. For more information on these events, visit the Earth Day Network Web site at [www.earthday.org](http://www.earthday.org).
- For more on the Navy's commitment to Earth Day, watch SECNAV's YouTube video.

Mabus and Maryland Gov. Martin O'Malley co-hosted an event that focused on ways the Department of Defense could work with the state of Maryland to improve cleanup efforts in the Chesapeake Bay. Environmental Protection Agency Administrator Lisa Jackson also participated.

• These partnerships serve as models for interaction with other agencies and allow organizations to focus their available assets to accomplish the shared goal of improved environmental stewardship.

### Partnering with Industry and NGOs

- After the Navy Environmental Leadership Forum the Navy initiated a series of two-way roundtable discussions with NGOs, the first, held in January 2011, focused on energy security, conservation, and alternative fuels.
- The Navy works with industry to promote the use of alternative fuels to help protect the Navy from a volatile fuel supply, thereby providing an off-ramp from petroleum.

### Achieving 'Energy Smart' Improvements

- This past year three new destroyers were outfitted with fuel-saving stern flaps, fuel-efficient hull coatings were evaluated on both USS Cole (DDG 67) and USS Port Royal (CG 73), and a highly efficient automated combustion trim system was implemented aboard USS Peleliu (LHA 5).
- The Navy has successfully tested bio-fuel/petroleum blend fuels on an F/A-18 Hornet, an MH-60S helicopter, a riverine command boat and a gas turbine engine used to generate electricity aboard sea combatants.
- Installations continue to integrate "smart metering" technology in facilities, incorporate Leadership in Energy and Environmental Design standards and pursue other green initiatives.

-- From Rhumb Lines

**Starbase Atlantis 2011 Summer Activities**  
 Call 801-679-2448 to register!  
 All workshops are from 8 a.m. to noon - Students should bring a snack

<p><b>June 8 &amp; 9 ~ Rocketry &amp; Flight</b>                  Few experiences can compare with the excitement &amp; thrill of watching a rocket thunder into space. Join us for a look at rockets, their scientific principles and even construct a few of your own. You'll be soaring before you know it. This workshop is open to those who have completed 2nd and 3rd grades.</p>	<p><b>July 12, 13, &amp; 14 ~ Lego Robotics</b>                  Robots build automobiles, perform surgery, explore the surface of Mars, and vacuum carpet. Come to Starbase, build your own robot and see technology and innovation at work. Our LEGO robots will perform feats of skill. This workshop will emphasize teamwork and cooperation. If you have completed 5th or 6th grade for this fun workshop.</p>
<p><b>June 21, 22, &amp; 23 ~ Starbase Engineering</b>                  Come to Starbase and become one of our engineers. You will experience the role of engineering in activities such as building a seat belt for an egg, using a circuit board to cause a bulb to light, building and launching a rocket, and many other fun activities. This workshop is open to those who have completed 4th and 5th grades.</p>	

**Free Admission & Free Food**  
 Live Concert on the LAWN of the BASE CHAPEL

**TUESDAY**  
 @ 1830  
 10 May 2011

On Facebook, search "PW Gopal live"

**Military OneSource.com**  
 A 24/7 Resource for Military Members, Spouses & Families  
 1-800-342-9647

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

# Air wing deputy commander traps major milestone

By MC2 Josh Cassatt  
USS Ronald Reagan Public Affairs

USS RONALD REAGAN, At Sea (NNS) -- The deputy commander of Carrier Air Wing (CVW) 14 reached a major naval aviation milestone April 18 on board the aircraft carrier USS Ronald Reagan (CVN 76).

Capt. Kevin "Nix" Mannix tallied his 1,000th arrested landing with the trap of his F/A-18F Super Hornet from the "Black Knights" of Strike Fighter Squadron (VFA) 154 on the flight deck of the Ronald Reagan.

"One thousand traps is a milestone in naval aviation," Mannix said. "It just shows I've been around naval aviation a long time. Naval aviation is an unforgiving environment that demands your best every day."

Mannix joins the ranks of the '1,000 Trap Club', and his name will appear on a special plaque at the Naval Aviation Museum in Pensacola, Fla., where those who have reached this significant accomplishment are honored.

"Today's milestone is a tribute to his airmanship and professionalism," said Capt. Hamlin Ortiz-Marty, Commander, Carrier Air Wing (CVW) 14. "He's achieved

a goal that others can only dream of reaching in today's Navy."

Mannix attributed his career achievement to the hard work of the Sailors who helped him over the years.

"There is nothing but professionals in this line of work," Mannix said. "The men and women on the flight deck, the maintainers, I've worked with nothing but absolute professionals."

Mannix said he has come a long way since his first arrested landing Dec. 6, 1987, on board USS Lexington (CV 16).

"It's so surreal," Mannix said. "It seems like just yesterday I started this adventure in naval aviation. I love what I do."

The squadrons of CVW 14 include the "Black Knights" of VFA 154, the "Argonauts" of VFA-147, the "Blue Diamonds" of VFA-146, the "Death Rattlers" of Marine Fighter Attack Squadron (VMFA) 323, the "Black Eagles" of Airborne Early Warning Squadron (VAW) 113, the "Cougars" of Tactical Electronic Warfare Squadron (VAQ) 139, the "Providers" of Carrier Logistics Support Squadron (VRC) 30 and the "Black Knights" of Helicopter Anti-Submarine Squadron (HS) 4.

"Today's milestone is a tribute to his airmanship and professionalism."

Capt. Hamlin Ortiz-Marty  
Commander,  
Carrier Air Wing 14

# Cole charges sworn against detainee

WASHINGTON (NNS) -- The Department of Defense announced April 20 that military commissions prosecutors have sworn charges against Abd al Rahim Hussayn Muhammad al Nashiri of Saudi Arabia.

The chief prosecutor has recommended that the charges against Nashiri be referred as capital. Capital charges may only be pursued with the convening authority's approval.

The charges allege that Nashiri was in charge of the planning and preparation for the attack on USS Cole (DDG 67) in the Port of Aden, Yemen, on Oct. 12, 2000. The attack killed 17 sailors, wounded 40 sailors, and severely damaged the ship by blowing a 30-foot by 30-foot hole in her side. The charges also allege that Nashiri was in charge of planning and preparation for an attempted attack on USS The Sullivans (DDG 68) as that ship refueled in the Port of Aden on Jan. 3, 2000.

It is further alleged that Nashiri was in charge of the planning and preparation for an attack on the French civilian oil tanker MV Limburg in the Gulf of Aden on Oct. 6, 2002. This attack resulted in the death of one crewmember and the release of approximately 90,000 barrels of oil into the gulf.

The charges allege that Nashiri committed offenses that are chargeable under the Military Commissions Act of 2009, 10 U.S.C. §§ 948a, et seq. Under that act, he may be convicted only if his guilt is proven beyond a reasonable doubt.

Specifically, Nashiri is charged with the following substantive offenses: terrorism; attacking civilians; attacking civilian objects; intentionally causing serious bodily injury; hazarding a vessel; using treachery or perfidy; murder in violation of the law of war; attempted murder in violation of the law of war; conspiracy to commit terrorism and murder in violation of the law of war; destruction of property in violation of the law of war; and attempted destruction of property in violation of the law of war.

These charges go beyond what is necessary to establish that Nashiri may be lawfully detained under the 2001 Authorization for Use of Military Force, as informed by the laws of war – an issue that each Guantanamo detainee may challenge in a habeas petition in federal court.

In accordance with the Military Commissions Act of 2009, the sworn charges will be forwarded to the Convening Authority, Bruce MacDonald. The convening authority will make an independent determination as to whether to refer some, all, or none of the charges for trial by military commission. If the convening authority decides to refer the case to trial, he will designate commission panel members (jurors). The chief trial judge of the Military Commissions Trial Judiciary would then assign a military judge to the case.

--From Department of Defense  
Public Affairs

## ● Citizen

was also recognized as NAS Meridian's nominee.

"Helms is very deserving," Hoffman said. "It's an honor to be nominated and recognized. Coming in second place is not that bad. We owe it to the Sailors and Marines who help us."

Helms and Hoffman received gifts from GEICO, Navy Federal Credit Union, East Mississippi Business Development Corporation on behalf of local area businesses, and the Meridian Area Navy League.

# Senior enlisted academy to be renovated

NEWPORT, R.I. (NNS) -- Naval Facilities Engineering Command (NAVFAC) Mid-Atlantic awarded a \$5.2 million contract April 14 to Cutter Enterprises of Tolland, Conn., for renovations to the U.S. Naval War College Senior Enlisted Academy (SEA), Building 1269, at Naval Station Newport, R.I.

Work to be performed includes replacement of the failed exterior insulation finishing system (EIFS), installation of a new sprinkler system, installation of new fire and smoke detectors, and complete fire alarm upgrades.

"The mission for this project is to provide much needed improvements and repairs to Tomich Hall, Coddington Point, at Naval Station Newport," said James Donahue, NAVFAC Mid-Atlantic architectural branch supervisor for the Northeast Integrated Products Team.

The project also provides an air-conditioning system throughout the building that will meet the Department of Navy's energy efficiency goals as well as cost savings for the life cycle of the facility.

"The architecture/engineering energy study estimates that the building's new fan coil unit system will save approximately \$21,000 per year when compared to alternative HVAC systems over a 40 year study life," said Lonnie Johns, NAVFAC Mid-Atlantic design manager and architect. "This is about a \$1 million life cycle cost savings."

ings."

Johns adds that other energy saving features used for this project are occupancy sensors for lighting, photo cells for outdoor lighting control and Variable Frequency Drives (VFD) to control fans and motors.

The existing auditorium will also be renovated, complete with new seating and finishes, and an outdoor plaza at the facility will be restored.

The building presently functions as berthing for SEA students and also houses both classrooms and administrative space.

Renovation of the SEA with updated features will help the SEA accomplish its mission to strengthen senior enlisted commitment to professional excellence and mission accomplishment through education in communication skills, leadership and management, national security affairs, Navy programs and physical fitness.

NAVFAC manages the planning, design, construction, contingency engineering, real estate, environmental, and public works support for U.S. Navy shore facilities around the world, providing the Navy's forces with the operating, expeditionary, support and training bases they need.

Work will be performed in Newport, R.I. and is scheduled to begin in May. Expected completion date is July 2012.

-- From Naval Facilities Engineering Command Mid-Atlantic Public Affairs

## DoD launches new helpline to support victims of sexual assault:

<http://www.defense.gov/releases/release.aspx?released=14410>



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# OOORAH!

## Pfc. Merna Shawer MATSS-1 Student Hometown: Brooklyn, N.Y.

Pfc. Merna Shawer was encouraged by her best friend in high school to join the military. "It was really her dream to join the military," Shawer said. "When it ended up she couldn't join, she really encouraged me to talk to a recruiter."

That's all it took for Shawer who enlisted on June 28, 2010. She is currently a student in the Individual Asset Manager Systems Clerk Course at Marine Aviation Training Support Squadron One on board NAS Meridian.

"I'm looking forward to a successful future, better opportunities, experiences, education and staying physically fit," Shawer said who is the daughter of Manal Howash and has two siblings. Her hobbies include working out, shopping, computer and photography.

Shawer couldn't decide on just one person she most admires. "I admire the Marines in Meridian because they treat us like Marines and nothing less. This is the first time I actually feel like a Marine."



## Pfc. Chance Wilkerson MATSS-1 Student Hometown: Little Rock, Ark.

Since joining the Marine Corps on Aug. 2, 2010, there is one thing that Pfc. Chance Wilkerson misses the most.

"Flying -- I really miss it," Wilkerson said. "I have my pilot's license and have about 200 flight hours. I've been flying since I was a sophomore in high school."

Wilkerson is currently a student in the Marine Aviation Supply Specialist Course at Marine Aviation Training Support Squadron One. After graduation he hopes to be stationed in North Carolina.

"It has been a life long personal goal to join the Marine Corps," said Wilkerson who is engaged to Hillary Lewis of Little Rock, Ark.

His hobbies include rock climbing and hunting.

The person he most admires is his Uncle George, the person who introduced him to flying. "He is the reason I'm where I am today."

# Florida Marine makes history with combat promotion

By Cpl Marco Mancha  
2nd Marine Division

FORWARD OPERATING BASE MARJAH, Helmand province, Islamic Republic of Afghanistan -- "Marines to be promoted, Center! March!" commanded Sgt. Maj. Octaviano Gallegos with 3rd Battalion, 9th Marine Regiment.

In unison, two Marines marched toward their promoting officer while a platoon of Marines stood at attention in the background, about to witness history. Sgt. Garrett Cheatum, a native of Niceville, Fla., was meritoriously promoted to the rank of staff sergeant and earned the first combat meritorious promotion in the history of the Marine Explosive Ordnance Disposal career field.

The EOD mission is to neutralize and dispose of hazardous or explosive material that may pose a potential threat to the Marines operating throughout Afghanistan. To earn a combat meritorious promotion, a Marine must be able to

perform at a level above his current rank and demonstrate outstanding leadership. He must also distinguish himself from his peers.

Cheatum is an EOD technician with 1st EOD Company, supporting 3/9, and said he's simply been doing his job.

"I've just been doing my job as best I can," Cheatum said humbly. "I'm not just sitting on my butt being lazy, but actually going out there and doing my best to support the Marines on the battlefield."

The accomplishments of Cheatum and his fellow EOD Marines speak for themselves. Since October 2010, they



Cheatum

have aided the "Striking 3/9" Marines by neutralizing and disposing of more than 170 improvised explosive devices, one vehicle-borne IED, nearly 200 weapons and explosives caches, and more than 6,800 TNT-equivalent deadly explosives. Cheatum and his partner neutralized nearly 33 percent of the IEDs themselves.

"Staff Sgt. Cheatum has done an excellent job out here," said Gunnery Sgt. Quentin Black, the EOD section leader with 3/9. "He's been assigned to one of the busiest teams, performed exceptionally well, and has had a very good attitude about it."

Black, a native of Springfield, Miss., said this is a huge accomplishment for the entire EOD career field.

"[Cheatum's] promotion is a big deal because it represents how far EOD has come and how we are viewed within the Marine Corps," Black said.

Gunnery Sgt. Donavin G. Bender, a team leader with the company and

Cheatum's teammate, said Cheatum has definitely earned it. "He's done quite a bit out here so far," explained the Bismarck, N.D., native. "In some of the most chaotic times, he's stayed calm, collected, and pressed forward to complete the mission. All of his efforts ultimately saved lives." Editor's Note: 3rd Battalion, 9th Marine Regiment is currently assigned to Regimental Combat Team 1, 2nd Marine Division (Forward). The division serves as the ground combat element of Regional Command (Southwest) and works in partnership with the Afghan National Security Forces and the Government of the Islamic Republic of Afghanistan to conduct counterinsurgency operations.

The unit's goal is to secure the Afghan people, defeat insurgent forces, and enable ANSF assumption of security responsibilities within its area of operations in order to support the expansion of stability, development and legitimate governance.

## Steak anyone?



Photo by Sgt. Earnest J. Barnes

Boerne, Texas, native Lance Cpl. Wayne Snelling, left, looks on as Lance Cpl. Taylor Slay, a Baton Rouge, La., native, shares a piece of his steak with Mac, a military working dog with 3rd Light Armored Reconnaissance Battalion. Steak Team Mission, a privately funded, nonprofit organization from Dallas, served the Marines and Sailors of 2nd Marine Division (Forward) steak dinners in seven separate locations within a five-day period.

## Reenlistments



Photo by Sgt. Michael Ta

Staff Sgt. Brandy Molitor is presented her reenlistment certificate by Capt. Michael Lupient, executive officer of Marine Aviation Training Support Squadron One. Molitor reenlisted for four years.



Photo by Sgt. Michael Ta

Staff Sgt. Anthony Walker is presented her reenlistment certificate by Capt. Michael Lupient, executive officer of Marine Aviation Training Support Squadron One. Walker reenlisted for four years.

# Safety is Our Duty

## Officer says resist underage drinking

Words are vital to our understanding of each other. Culture is vital to community and society sets the rule of law. It is easy to see that the rules we consent to by virtue of being citizens can easily be misconstrued by a misunderstanding.

I read of an actual case where a cop was called to a disturbance at a house where the occupants primarily spoke Spanish. Upon arriving and questioning the household, the father was heavily inebriated and the mother could not understand English. The daughters understood English, but primarily spoke Spanish. Upon being questioned by the police officer, the little girls said in broken English "that papi did this a lot, he is drunk and molester, and they were frightened."

The police officer subsequently arrested the man for drunk and disorderly and child molestation. Of course shortly thereafter the man was released as the word molester in Spanish means bothering or being a pest.

This illustrates my point about words. Words are not merely a means of communication, but in most cultures a person's word can signify a promise, an oath or a bond.

It is said that wars are started by old men and fought by young men and women, of which we can be immensely proud of the commitment and dedication it takes to volunteer for service. But today's military is plagued by two problems -- underage drinking/alcohol abuse and suicide. I view these problems as not being mutually exclusive of each other. The NCO's and officers here take these problems very seriously and promote the counsel of DAPA, or the chaplain as an antidote for these ailments. In fact there is help available for the troops whenever help is asked for, if there is recognition of a problem and the willingness to ask for help. It is natural for youth to look to alcohol as a celebrated rite of passage marking adulthood. Indeed the struggle

## OPINION

for adulthood is filled with pitfalls.

It has always been common for young men and women to be homesick, or get the 'Dear John' letter, in other words get your heart broken. I remember distinctly making career choices and planning a life around the one and only love of my life. I also remember the paralyzing heartbreak and devastation of losing the love of my life... several times. I became temporarily stupid or in other words -- drunk. I called home, my work suffered, and my plans were trashed... several times. In my sorrow, I was fortunate in that I did no permanent damage outside of my ego.

Please don't misunderstand, I am not making light of this condition, and I am certainly not lessening the impact of it. It is only with the perspective gained by age that such experience is lessened. I have touched on only a few of the reasons for distraction in our mission. I am using that particular word in the context of our personal mission. If you are homesick, distracted, distressed, depressed, or having doubts find someone and ask for advice or help. For those of you who are approached by someone who needs help, you have an obligation to either offer it or find it for them.

Like I said before, a person's word is their bond. Those who have volunteered for "the service" have taken an oath to protect the nation, uphold the Constitution and "obey" all orders. Regardless of one's reasons for making this decision, once made it should be honored.

Resist distractions from your mission. For the students, you have chosen a



David Green  
NAS Meridian  
DoD Patrolman

path which calls for you to learn at this juncture. This is your mission; this is your bond, so resist the distractions that can permanently derail a wonderful opportunity to be a part of something that is bigger than us as individuals.

Our Shipmates and fellow warriors are depending on us, and when the time comes for us to fulfill that expectation, none of us want to be the weak link that only has the excuse of I was hung over the day they taught us that.

It is said of suicide that it is a permanent solution to a temporary problem. To this I would add that getting drunk is a temporary solution to problems that will only get worse.

When considering that alcohol is a rite of passage, I would propose that all of our servicemembers have accomplished what few ever do, the rite of passage of earning the title of Soldier, Sailor, Airman or Marine. The pride of these titles can only be lessened by dishonor, discredit or disobedience to a set of rules we are bound to follow.

The peccadilloes of youth are not worth permanent consequence and the transgressions of adulthood demands accountability. In the military the word excuse much like blame, is rarely tolerated. In the big boys and girls world someone's life can literally rest in your hands.

I remember while I was stationed in Memphis, a young Marine got separated from his liberty buddies and was killed for a \$40 watch by a street thug. He died alone, in the mud, along the banks of the Mississippi river -- he was only 18 or 19. I cannot imagine the commander's despair at having to explain the details of his death to grieving parents. The scuttlebutt was that his liberty buddies left him to go drinking on Beale Street. I knew this young man and liked him, but for some reason can't remember his face, I wish I could. I do however remember seeing his parents when they came to take him home -- this I can't forget.

## CNRSE releases energy strategy

Rear Adm. Tim Alexander, Commander, Navy Region Southeast, announced the release of the region's 2011-2013 Energy Strategy in a podcast video.

The video message is available at [www.cnrc.navy.mil/cnrse](http://www.cnrc.navy.mil/cnrse) and [www.facebook.com/navyregionse](http://www.facebook.com/navyregionse).

Also available online are the Energy Strategy brochure and a quick reference card that Sailors, civilian employees, retirees, and family members can download. The brochure outlines the region's energy goals and the quick reference card provides specific recommendations on how everyone can help reduce energy consumption.

The Energy Strategy is part of an ongoing effort to change behaviors from a culture of consumption to a culture of conservation. Aggressive conservation efforts at Region Southeast installations will enable the region to meet the Secretary of the Navy's goal of three percent energy usage reduction per year and a 30 percent reduction by 2015 relative to 2003.

As Rear Adm. Alexander said in the brochure, "Everyone is an energy saver."

-- From CNRSE Public Affairs

## Energy Myths vs. Reality

### MYTH 1

It's better to leave fluorescent lights on rather than turning them off when you leave a room, since turning them on and off makes the bulb burn out faster.

### REALITY

While it is true that switching fluorescent lights on and off does shorten the operating life of the bulbs, it is also true that their operating life is shortened by leaving them lit. Leaving a light on when the room is empty also consumes unnecessary energy. Unless the switching frequency is greater than once every few minutes, it is generally cost effective to turn the lights off as needed.

# Training center celebrates renovated Aviation Boatswain's Mate Hall of Honors

By AEC David R. San Angelo

Naval Air Technical Training Center Public Affairs

PENSACOLA, Fla. (NNS) -- Naval Air Technical Training Center (NATTC), aboard Naval Air Station Pensacola, Fla., held a ribbon cutting ceremony celebrating its newly renovated Aviation Boatswain's Mate (AB) Hall of Honors, April 14.

The Hall of Honor is a room filled with aviation boatswain's memorabilia and Americana dating back to 1944, when the rate was established and training began in Lakehurst, N.J.

"Since the rate was established in 1944, aviation boatswain's mates have been an integral part of naval aviation," said Capt. Michael K. Price, NATTC commanding officer.

Joining Price at the ceremony were members of the local chapter of the Aviation Boatswain's Mate Association (ABMA), as well as Cmdr. Wesley D.

Cunningham, NATTC Air Department officer in charge.

Price cut the ceremonial ribbon held by Aviation Boatswain's Mate (Equipment) 1st Class James Rothrock and Aviation Boatswain's Mate (Equipment) 1st Class Annicka Gallon. Gallon and Rothrock led the renovation team.

It's not known the exact year the hall was created, but all agree it was more than 40 years ago.

In 1967, basic AB training moved from Lakehurst to NATTC Millington, Tenn., and the hall of honors followed. When NATTC moved to Pensacola in 1996, the hall was transported in its entirety.

"Since its inception, many artifacts have been donated by members of the ABMA that help to keep the hall a living breathing museum of history," said Gallon.

To support the hall, several people volunteered to restore many of its artifacts. They also built wooden displays to preserve

and display some of the items, and they reorganized them by specialty. Cunningham thanked Rothrock, Gallon and six other individuals who helped in the renewal.

Other volunteers included Aviation Boatswain's Mate (Equipment) 1st Class Veronica Arellano, Aviation Boatswain's Mate (Handling) 1st Class Mercedes Amador, Aviation Boatswain's Mate (Handling) 2nd Class Estella Garcia, Aviation Boatswain's Mate (Fuel) 2nd Class Pang Yang, and Aviation Boatswain's Mate (Equipment) 2nd Class Rebecca Shlemon.

"This ceremony was a memorable moment for all who attended," said Cunningham.

"It was pretty rundown and needed to be updated badly," said Rothrock. "It was cool to see all of the old shipmates, retired commanders and master chiefs. They donated most of the stuff. This is their lega-

cy. It's also good for the younger Sailors in the school house. They can see their heritage."

"I like history, especially AB history," said Gallon. "It was fun. The ceremony went well, but the work isn't finished. I still have some stuff to update in the hall, and I am working on setting up a virtual Hall of Honors on the Internet."

After the ribbon cutting, Gene Roy, president of ABMA's local chapter, held an informal meeting where upcoming events were discussed, appreciation was given, and members of the ABMA who recently passed away were honored.

"This ceremony was not only a celebration of the restoration of coveted naval artifacts and a historical lineage of one Navy rate, but was an opportunity for all Sailors past and present to share a common bond of experiences with each other as they looked at the Navy's past and stared into the Navy's future," said Roy.

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**Mentor** – One who involves herself

in helping another as a counselor, role model, helper or encourager

**Defender** – One who champions the cause of a disadvantaged person or group

**Promise** – One young woman age 14-18 who demonstrates a commitment to high personal standards.

Nomination can be made by any person over the age of 18 and will be accepted through May 6, 2011. Nominations received after May 6 will not be considered for awards. Only the first 100 women nominated will be considered for these recognitions.

For more information, please call (601) 703-3220 or nominate online at [www.rushhealthsystems.org](http://www.rushhealthsystems.org).

## CNIC leverages G2 Team space during Japanese disaster

CNIC Headquarters Code N81, Code N82, Code N83 and Region Japan utilized the Japan event team space within Gateway 2.0(G2) to receive evacuee lists and generate travel orders for the evacuees from the Japan disaster, Operation Tomodachi.

In a very short time, we were able to create an environment to collaborate with many key groups scattered across the globe, including CNIC employees in Japan, CNIC headquarters and regions Southeast, Southwest and Northwest.

Code N82 and region Japan's goal was to ensure that all evacuees would have travel orders "in hand" as quickly as possible especially, before their arrival to the U.S.

The G2 team space offered us the functionality we needed to accomplish our mission. For example, we needed a secure environment to access and work with Personally Identifiable Information (PII). The ability to customize G2 team spaces by using a private setting allowed us to strictly invite members who needed the data to perform their duties. In addition, we used the general discussion boards in the public area of G2 to impart information about the site content. We used the document libraries to receive the automated travel order program from region Southeast and to receive evacuee lists from Japan.

The evacuee lists arrived instantly with no bandwidth issues whatsoever. We used two other document libraries, one to store the completed travel orders for region Japan's distribution to evacuees and another document library to house undistributed travel orders for distribution stateside by regions Southwest or Northwest. We stored all reference documents in a read only document library for all members. Lastly, we added links to the United States Northern Command's site (for the most current news) and the Single Mobility System (to view the manifests for arriving evacuees).

In the past, this process would have been completed in email. It would not have been orderly and perhaps not as accurate with several versions of each file, size limitations enforced by Outlook and members not included as addressees. If participants did not send encrypted emails, data security would have been impaired. Timeliness would have also been a real issue as team members would have searched through emails for the data that they needed to perform this process.

By having G2 and its suite of tools as a resource, we were able to effectively carry out our duties and safely evacuate our family and service members during the Japanese crisis.

-- By Cynthia Cartledge

## Tricare promotes mail-order pharmacy option

By Donna Miles

American Forces Press Service

WASHINGTON -- As Tricare officials explore ways to control costs while continuing to provide the best health care possible, they're encouraging beneficiaries, especially those taking long-term medications, to get their prescriptions delivered to their doorsteps.

Navy Rear Adm. Christine S. Hunter, deputy director for the Tricare Management Activity, cited increased usage of the health care system's home delivery option as a win-win situation that saves patients, as well as the government, money.

Tricare's almost 9.7 million beneficiaries filled 10.5 million prescriptions through home delivery in 2009, officials noted. That's up from just over 9 million in 2007, but still represents only about 8 percent of the 130 million prescriptions filled in 2009.

Thirty-seven percent of those prescriptions -- just over 48 million -- were filled at military medical facilities, which is the least expensive delivery method for the Defense Department, and patients pay no copayment, Hunter said.

But getting prescriptions filled at a military facility isn't always convenient for beneficiaries, who are increasingly turning to retail pharmacies within the Tricare network.

Last year, beneficiaries filled more than half of their prescriptions -- 71.4 million -- at retail pharmacies. This is the fastest-growing of the Tricare delivery options, officials noted, up from more than 67 million retail pharmacy-provided prescriptions in 2008 and just under 63 million in 2007.

While retail pharmacies may be convenient and often the best choice for patients needing short-term medications, Hunter noted that they're also the most expensive, all around.

Beneficiaries pay the same co-payment for a 30-day supply of medication at the corner drugstore that they'd pay for a 90-day supply delivered through Tricare's home-delivery option.

"So the cost to them is one-third" using home delivery, Hunter said. "That's a real incentive there."

Mail order is the

hands-down best choice even for those who value convenience over cost, she said. "I don't know how it gets more convenient than in your own mailbox at your house, not having to go anywhere to get your prescription," she said.

Tricare can mail order prescriptions almost anywhere in the world, including deployment sites where specific medications may not be available. The only exceptions are extremely hot climates that may affect some temperature-sensitive drugs.

In addition, beneficiaries who sign up for home delivery can get automatic refills -- a big plus for anyone taking medications for a chronic, long-term condition.

"We'll send you an email saying, 'It looks like your refill is due. Unless you say you don't need it for some reason, we are going to ship it,'" Hunter said.

That eliminates last-minute dashes to the drugstore when a prescription runs out, or worse, gaps before patients resume taking the drugs they need.

"The key to staying

healthy and using medications to help you manage your health is to take them," Hunter said. "And if you don't have them, you can't take them."

Regardless of where beneficiaries get their medications, they're protected by a safety feature built into the Tricare pharmacy program, Hunter said.

The patient data transaction service monitors the medications every Tricare beneficiary receives to flag potential adverse drug interactions or allergic reactions.

"Both the military services and Tricare are very focused on prevention and keeping people healthy," Hunter said. "All of these programs are designed to support patients partnering with us to stay healthy."

Partnering is a new emphasis in health care, she said, with patients playing an increasingly key role in their health.

"We are really moving toward partnering for health, and giving you the information and the services you need to be active and healthy for as long as possible," Hunter said.

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At a general court-martial held on board NAS Jacksonville on April 12, 2011, a third class petty officer pled to and was found guilty of three specifications of wrongful possession and receipt of child pornography. The military judge awarded confinement for 5 years, reduction to E-1, and a dishonorable discharge. The pretrial agreement limited confinement to 24 months.



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

# NGIS honors employees, holds fire safety training



Photo by Penny Randall  
**Duke Grace, a supply clerk at Navy Gateway Inn & Suites on board NAS Meridian takes a turn extinguishing a fire during fire safety training at the facility on April 21. Quarterly training at held at the NGIS at which several employees were recognized for their hard work during the quarter. More than 40 NGIS employees were on hand to receive fire safety training from fire fighter Sammie Pierce from NAS Meridian's Fire Prevention Office. The training involved fire extinguisher knowledge, fire warden responsibilities, smoke detectors knowledge and the difference between classes of fire.**



**April Balitz receives the Team Player Award.**



**Jinnie Crump receives the Shinning Star Award.**



**Lasandra Harris received the Safety Award and the Shinning Star Award.**



**Arnerta McGlothlin receives the Team Builder Award.**



**Dianna Houston receives the Customer Service Award.**



**Patricia Benamon receives the Team Builder Award.**

**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 24<sup>TH</sup> OF EACH MONTH**

Email pics in jpg format to [sreede@themeridianstar.com](mailto: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.



## NGIS Employee of the Month

**MWR Director Terry York presents Doris Hudson with the Navy Gateway Inn & Suites Employee of the Month award.**

Photos by Penny Randall



**Receiving Letters of Appreciation for their hard work during the 2011 Golden Wings Over Meridian Air Show include from left, Patricia Benamon, Doris Hudson, Sharon Clayton, David Grace, Kenitta Cooley, Jeannie Hudnall, Gail Brennhofer, Janet Edwards and John Houdek.**

# Sale ... or

**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 \$1,550. New, will sacrifice all for \$995. Call (601) 513-3035.

**ELECTRONICS MUSICAL/COMPUTERS**

**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.

**BIG STUFF**

**25 Foot Prowler 5th Wheel 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 Brennhofer at 601-679-2408 or 601-678-9504.

**HOUSEHOLD ITEMS**

**MAYTAG Neptune front load washer, \$250. GE dryer \$175.** Will sell as set for \$400. Call (601) 626-7703.

**Butterfly couch and chair** with the pillows. Asking \$500 set. Color is forest green. Call (417) 664-5420.

**GE Chill Water Dispenser,** great condition, includes 2 (5 gallon) jugs. Call Bill at (601) 934-8718.

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

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

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

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

**Two 36-inch TV's** (not flat screen). Asking \$200 each. **Oak Entertainment Center,** \$250. **Pine**

**Book Shelves,** ready to stain for \$100 each. Call Clinton at (601) 323-1003.

**AUTOMOBILES, ETC.**

**NEW! 2008 Honda CR-V EXL** Fully Loaded 43k miles. Asking \$19,999. Call (559) 410-1608.

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

**2005 Ford Explorer,** sunroof, leather interior, low mileage. Asking \$75,000 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.

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

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

**MOTORCYCLES/GEAR/ATV**

**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.

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

**HOMES/APARTMENTS**

**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.

**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.

**For Sale:** Doublewide, 3 BR/2 full BA. Master has shower and garden tub with 2 vanities. All bedrooms have walk-in closets. Central air & heat. Gas fire place. Large kitchen with all undated appliances with dishwasher.

10x20 covered front deck with 10x20 side deck, playground, workshop, carport, sitting on 0.5 acre lot. Asking \$80,000. Call (601) 604-3870.

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

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

**For Sale:** Beautiful home on Confederation Drive, 4BR/3.5 BA, 3 fireplaces, solid oak floors throughout, enclosed pool with shower, half-bath and hot-tub, 2.75 acre lot, new roof, remodeled master bath and updating throughout, two-car carport with large storage room and upstairs storage. Under appraised value at only \$328,500. Can see full details at [Militarybyowner.com](http://Militarybyowner.com), or call (601) 693-8386.

**For Rent:** Country living in the city. 4 BR/2 1/2 BA, central heat and air, fireplace, formal dining room, living room an den, large hobby shop, green house and a garden spot. Call (601) 527-1426 or (601) 644-3003.

**For Sale:** Home in Poplar Springs School Dist. 3 BR/2 BA with split floor plan; upgraded kitchen with granite counter tops, stainless steel appliances, new flooring and breakfast nook, formal dining room; master bath has jetted tub with separate shower. Indoor laundry; large garage with storage room. Nice yard with privacy fence and covered patio. Outside trim painted with new gutter in 2010. Asking \$185,000. Call (601) 604-2015.

**For Rent:** 2708 Russell Camp Road, Meridian, 1131 square foot, 2 BR, 1 BA house with a two car garage & washer and dryer. Available after March 16. \$565 per month and deposit \$565. Proof of military service get half off first months rent. Can be seen on [www.ahrn.com](http://www.ahrn.com) or call G. Barrett at (850) 855-8304. To be seen by appointment only. Currently the house is occupied.

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

**For Sale:** 4 BR/2.5 BA Historic home in DeKalb, 20 minutes north of NAS Meridian, 2,500 square feet, hard wood floors, 5 fire places, living

room, family room, dining room, multi-level deck, playground, workshop, carport, sitting on 0.5 acre lot. Asking \$80,000. Call (601) 604-3870.

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

**For Sale:** Beautiful home on Confederation Drive, 4BR/3.5 BA, 3 fireplaces, solid oak floors throughout, enclosed pool with shower, half-bath and hot-tub, 2.75 acre lot, new roof, remodeled master bath and updating throughout, two-car carport with large storage room and upstairs storage. Under appraised value at only \$328,500. Can see full details at [Militarybyowner.com](http://Militarybyowner.com), or call (601) 693-8386.

**WANTED TO BUY**

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

**MISCELLANEOUS**

**Basketball Hoop Stand** for sale \$30. Call (601) 462-1376.

**Craftsman 10" compound miter saw.** Works great. \$40. Call (757) 412-9411. Leave message.

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

**ATV Push Blade** with tapered design. Has manual lift and is easy to hook up. Great for driveway and field use. Stored in warehouse out of the weather. Call Tamra at (601) 479-7902 or email 1prodd-mom2@live.com for pictures. Asking \$250, paid over \$500.

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

**U 12 Ga. shotgun** with chocks and cleaning kit, asking \$1,200; **40 round bales of hay,** fescue and clover mix cut this year, \$25 each; **Pure local honey** for sale, quart size bottles, \$10 each (other sizes available). Call Clinton at (601) 323-1003.

**For Sale:** 4 BR/2.5 BA Historic home in DeKalb, 20 minutes north of NAS Meridian, 2,500 square feet, hard wood floors, 5 fire places, living

**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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If you wish to add or remove an item from "Sale...or" please send your request to [penny.randall@navy.mil](mailto:penny.randall@navy.mil) or call (601) 679-2809. Deadline for submissions is 4:30 p.m. the Thursday before publication.

# Mission First... Sailors Always



## May Specials

### Mondays:

**MATSS-1/NTTC Student Special**

5-9 p.m., \$2 a game and \$1 for shoes.

**Wednesdays: RCTA Special**  
4:30-9 p.m. Bowl for \$2.50 a game including shoes.

### Fridays:

**Cosmic Kid Bowling Night**

6-10 p.m. kids age 16 and under bowl for \$1.50 a game when parent bowls at regular rate.

## 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 30: "Yogi Bear" (PG)
- May 3: "Country Strong" (PG13)
- May 4: "Major League" (R)
- May 5: "Black Swan" (R)
- May 7: "Miracle" (PG)
- May 10: "The King's Speech" (R)
- May 11: "The Fighter" (R)
- May 12: "127 Hours" (R)
- May 14: "Remember the Titans" (PG)



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

## May

- 4th:** Double Elimination Pool Tournament begins at 7 p.m. in the Liberty Center. No entry fee - prize awarded to winner. Register day of event at Liberty Center.
- 5th:** 3-on-3 Basketball game at the basketball court 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!
- 7th:** Kentucky Derby Day Meet in the Liberty Center at 4 p.m. to compete in broomstick jockey races, sample Derby Mint Julep drinks (non-alcoholic of course), attempt to win the most outrageous hat contest & enjoy. With prizes & free food!
- 8th:** WWE Smack Down 2011 World Tour Trip Event is hosted by WWE hall of famer "Sgt. Slaughter." Bus leaves Liberty Center parking lot at 1:15 p.m. Cost is \$20 per person. Must register & pay for the trip by May 4. Minimum of 20 people needed for trip to run - NO REFUNDS (unless the trip is cancelled).
- 9th:** Angry Birds Launch Test your skill at launching the angry birds and seeing how many bunker blocks you can knock down. Event will be outside of Liberty Center at 6:30 p.m.
- 11th:** Video Game Tournament at 7 p.m. Prize awarded to winner. Register day of event at Liberty Center.

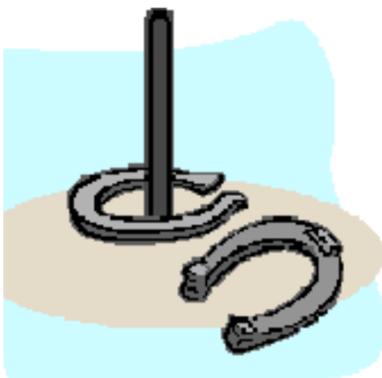
## Fishing Rodeo



Submitted photo

The following kids were the winners in the Fishing Rodeo at Lake Tant on April 23. Age 6-under: Gabby Reyes (Age 2) pictured with her dad, Master Sgt. Ismael Reyes, caught five fish. Age 7-12: Will Geter (Age 9) caught 10 fish; and Age 13 & over: Jamie Sciple (Age 17) caught one fish.

## Horseshoe Tournament and Hot Dog Cookout



May 2, 5 p.m.

Lake Martha Food and fun for the entire family.

Call (601) 679-2609 for information.

## Duathlon Fun



Submitted photo

Pictured are the participants in the Captain's Cup Duathlon on April 23. Placing first in the men's division was Bill Whitmire of VT-7. Ross Armstrong of VT-9 was second and Ben Barnett of NAS Meridian and Tim Wall of VT-9 finished out the top four in the men's division. Placing first in the women's division was Anna Whitmire. Stephanie Titus of NAS Meridian placed second.

## BUS TRIP!!!



The NAS Meridian 177

Office is planning a bus trip to a Mississippi Braves baseball game in Jackson on May 14. Game time is 6:05 p.m. Cost for ticket and bus ride is \$32 per person. Departure Time from Administration 255 Parking Lot is 3 p.m. To sign up or for information, call (601) 679-3773.

## McCain Rec

May 14, 10 a.m.-2 p.m.: Grumpy Granny 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. Games scratch, \$20 entry fee. For information on any of these events, call Gene at (601) 679-2651.

## Ponta Creek Golf Course

Weekday Special Monday-Thursday  
18 Hole Green & Cart: \$20  
9 Hole Green & Cart: \$12

Carts Rates for Friday, Saturday, Sunday and Holidays:  
18 holes: \$14  
9 holes: \$7

Greens Fees	18 holes	9 holes
E-1-E-5	\$9	\$5
E-6 and up	\$12	\$7
DOD/NL	\$14	\$8
Others	\$16	\$9

Pro Shop Hours  
Monday-Sunday: 8-5 p.m.

For more information, call the Pro Shop at (601) 679-2526.

## Sonny Montgomery Fitness Center

The All Hands Pool is scheduled to open May 28!

Captain's Cup Events  
May 6, 5 p.m.: Homerun Derby followed by Double Elimination Pre-Season Softball Tournament at Bernath Field.

May 9: Captain's Cup Softball games begin at Bernath Field.

The Outpost will be open Saturday May 7, from 8 a.m.-4 p.m.

Work on your vehicle or check out the new rental equipment... paddle boats, jon boats & mountain bikes.

For more info call (601) 679-2609.



## ~~ 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 to take advantage of the Walt Disney Military Salute today! For more information call (601) 679-3773.

**The Library** 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.

**CDC/SAC** has spaces available for drop-in care. For more information, call (601) 679-2652.

**Child and Youth Programs** are looking for individuals interested in providing evening care in their homes. For more information, call (601) 679-2652.

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

**MWR POV Lot** now has two covered parking slots available. Sizes are approximately 15'x30'. POV and Personal Storage units for rent. Starting at \$20 month for military & \$25 month for DoD. Call (601) 679-2609 or come by for more details!

**Rudders** says join us for country music hour until 7 p.m. every Wednesday. Rudders features u-pick music nights.

Hours of Operation are Monday-Thursday from 4:30-10 p.m.; and Friday-Saturday from 4:30-11 p.m. For information, call (601) 679-2636.



## 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
<b>FRIDAY</b>					
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.....
<b>SATURDAY</b>					
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.....
<b>SUNDAY</b>					
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 Earth Day, we asked five people, "What can we all do to help the environment?"

Photos by MC2 Flordeliz Valerio



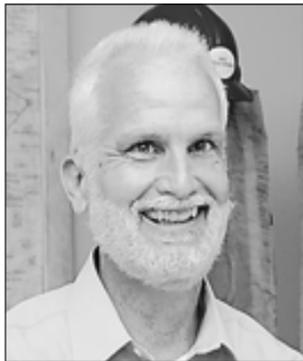
**AC2 Jeffrey Wilbanks**  
Air Ops

"Recycle more. Use your recycling bin that was given to you to separate trash. It only takes a few minutes."



**Jennifer Altman**  
NMCI Lead Manager

"Save gas. Car pool."



**Jim Copeland**

Community Planning Liaison  
"To eliminate fire ants, mix one cup liquid hand soap with one gallon warm water. Pour over mound. Ants will be dead in a day. No chemicals needed."



**DC1 Robert Sharp**  
Supply/Security

"Save energy by using more "green" products. Using solar energy is free."



**Darlene Maes**  
Information Assurance Manager

"Use less water. Don't run the dishwasher/washing machine until you have a full load. Turn water off while brushing your teeth."

## Fleet & Family Support Center

### When your teenager wants to work

An after-school or summer job means new challenges for your teenager, who may need help balancing work, school, and family responsibilities.

Whether your teenager wants to mow neighbors' lawns after school or take a part-time job in a video store, you may have mixed emotions about her desire to work. You may be proud that your teenager has the maturity to want to take on extra responsibilities but worried that her job will affect her grades or that she will have no time left for family obligations. You may also wonder whether your teenager is ready to handle a paycheck responsibly. As a parent, you can play an important role in helping your teenager learn to balance work, school, and family responsibilities.

#### Making the decision to work

Your teenager may have any number of reasons for wanting to work. He may want to save money for a car or college. He may want to earn more spending money or get experience that will help him find a job after graduation. Or he may want a different kind of challenge than he gets at school.

When your teenager tells you that he wants to work, find out as much as you can about what he wants to do and why. These questions can help you and your teen explore whether he has found the right job:

- How many hours does he plan to work?
- Where will the work actually be performed?
- What will he be doing?
- What are the employer's job requirements?
- Who will he be working for?
- Who will supervise him? Has he or she supervised teens before?
- Does the employer's expectations match your teen's?
- Will he know anyone else there?
- How will he get to and from the job?
- Does the salary seem fair?

Remember, if it sounds too good to be true, it may be. There are many jobs for teens that promise high pay, but are tied to difficult-to-meet quotas such as selling magazine subscriptions.

If you're still unsure about whether your teenager should take a job, think about how he has handled other responsibilities. Some teenagers have little trouble balancing many obligations -- school, family, extracurricular activities. Others find it harder to handle an array of projects. If your teenager is having trouble keeping up with the activities he has now, you might suggest ways he can become better organized or cut back on a few other activities before taking a job.

Experts recommend that teenagers work no more than 15 to 20 hours a week at a job during the school year. Working more than this affects grades and school performance. If possible, try to limit job hours to afternoons and weekends, rather than evenings, during the

school year.

Your teen's school is a good place to start looking at work options. Many schools have a school-to-work program. Some schools offer internship programs that connect students with jobs in the community. These work experiences are for academic credit, but may also be paid. Check with your school counselor.

#### Balancing work, school and family

Getting a job naturally makes many teenagers feel more independent. This can lead them to focus so intently on their work that they neglect their families or their studies. It's important to let your teenager know that, although you admire her willingness to take on new responsibilities, her old responsibilities haven't disappeared. Be clear about what you expect regarding

• **School work.** Make sure your teenager knows your expectations for grades and homework. If necessary, set specific goals so that she won't neglect her school work if her job keeps her busier than expected. Let your teen's teachers know that she is trying a new work experience and ask them to notify you if they notice any difficulties keeping up in class.

• **Family obligations.** Talk to your teenager about the family responsibilities she will still have and how she will meet them. These might involve chores, babysitting, taking care of the dog, or participating in family activities. If you know that a family wedding is coming up and you want your teenager to make arrangements to be able to attend, say so.

• **Schedules.** Ask your teenager to let you know her schedule in advance. Make sure you know when, where, how long, and for whom she will be working. Work out any special arrangements that you need to make for meals, transportation, or laundry (if, for example, your teenager will need to have a uniform ready at certain times).

• **Extracurricular activities.** Discuss whether your teenager will need to cut back on extracurricular or other activities because of her job. If so, help her set priorities so that she doesn't have to give up the things she loves most to keep her job.

Be sure to watch for signs of stress and other behavioral changes or changes in sleep patterns that might occur with the new job. You may notice some signs that your teen needs more help balancing work and all of the other things she has going on. Also make an effort to treat this work experience seriously by asking questions and keeping up to date with what is happening at work.

#### Helping teenagers handle a paycheck

One big advantage of a summer or part-time job is that it can teach your teenager the relationship between money and hard work. Even a small paycheck can be a first

step toward learning to be financially responsible. But managing money can be difficult for teenagers used to having their parents provide for their needs. Some good ways to help your teenager become financially responsible are:

• **Help him come up with a plan for saving and spending.** Talk about what percentage he might save, what percentage he might spend, and how he might spend his money. To make sure that your teenager gets off to a good start, consider making this kind of plan a condition for allowing him to take a job. Review the plan after the first month to make sure it's working. Review it again every few months to help your teenager stay focused on his goals.

• **Talk to your teenager about financial options.** Let your teenager know about the different kinds of bank or investment accounts that might be available to him, or take your teenager with you to the bank and have a banker explain them. This will help your teenager to understand that he always has choices about what to do with his money. Talk to your teen about starting a retirement fund or IRA. Show him how much money can be saved over the long term with small investment amounts.

• **Have a clear idea of costs.** If your teenager wants to save for a trip or car, help him figure out how much they will cost and how long it will take to earn that amount. Without a clear sense of the time needed to reach a goal, your teenager may become discouraged or blame himself if the project takes longer than expected.

• **Consider matching funds.** If you want to encourage your teenager to save, and can afford it, consider matching some of the money he deposits into his savings account. You might consider matching 5 percent to 10 percent of the money your teen saves as an extra incentive. This contribution will give him an incentive to save and will give you and your teenager a shared goal that you can talk about together.

• **Don't try to take control of your teenager's paycheck.** Taking control of a paycheck deprives him of the chance to learn how to handle his money. If he isn't saving as much as you would like, try giving your teenager incentives to save, such as matching funds, or requiring him to stick to a financial plan as a condition for having a job. This will give your teenager some independence while sending the message that you want him to act responsibly.

• **If your teenager runs out of money between paychecks,** consider giving him a loan with interest. Simply giving your teenager the cash won't encourage him to manage his money more responsibly. Making a loan at a modest interest rate will help to teach him about the cost of credit and give him a reason to try to make his earnings last longer.

• **Praise your teenager when he**  
• **Teenager, page 10**

### 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.*

**Controlling Anger: May 3 from 1:30-2:30 p.m. or May 18 from 10-11 a.m.** Everyone gets angry every now and then from normal frustrating life events, but some people handle angry feelings better than others. Your upbringing, personality, and other factors affect how you display anger and how you argue with others. However, you aren't a slave to those patterns, and you CAN learn better ways to express angry feelings and argue constructively. If you frequently "blow up" or if the way you currently handle anger is threatening your relationships and/or work, come to this workshop to learn better anger management techniques.

**Welcome Aboard: May 5 from 8 a.m. to noon.** FFSC welcomes you to Meridian by providing current information and policies regarding NAS. Topics covered will include: Navy career choices, FFSC services, medical/dental, Exceptional Family Member Program, TRICARE, vehicle registration, on- and off-base driving regulations, legal services, community service, chapel and other area religious services, MWR, things to do at NAS and in Meridian, School Liaison Program, and more!

**IA Spouse Discussion Group: May 6 from 9:30-11 a.m.** FFSC hosts this IA Spouse Discussion Group over coffee (or tea). Join other military spouses to talk about the challenges of IA deployment, share survival tips, discuss the impact of deployment on kids, remind one another about the benefits of deployment, or just kick back and chat!

**Military Spouse Appreciation Day Celebration: May 6 from 10-11:30 a.m.** Join the FFSC in honoring military spouses and their sacrifices and contributions to family and military readiness! Refreshments will be served.

**Acing the Job Interview: May 12 from 9-10:30 a.m. or May 17 from 2-3:30 p.m.** You've landed a job interview -- the hard part of your job search is over, right? Wrong! The interview will definitely "make or break" your chances of actually getting the job. Join us for this hands-on clinic to learn helpful techniques that can turn your job interview from a nerve-wracking ordeal to a chance to really sell yourself to your potential employer. We'll cover dos and don'ts, tough questions, the STAR (situation, task, action, result) method for responses, and conduct some mock interviews for practice!

**Ombudsman Basic Training: May 19-21 from 8 a.m.-2:30 p.m.** An Ombudsman (the spouse of an active duty Sailor) volunteers to support the command by providing communication, outreach, referrals, information, and advocacy to and for command family members. Every command, afloat and ashore, is required to appoint an Ombudsman. This class is the required training for all command-appointed Ombudsman candidates. For more information, please call the FFSC. Registration is required.

**Transition Assistance Program (TAP) Seminar: May 23-26 from 8 a.m.-4 p.m.** Military personnel who are voluntarily or involuntarily separating or retiring and are within 180 days of separating should attend this seminar, held at the FFSC. It is highly recommended that spouses attend. You may also attend if you're up to 18 months away from your separation or retirement date. The following topics will be covered: re'sume's, job search skills, job interviewing, employment (state and federal), veterans' benefits, pay and travel, movement of household goods, PSD/ID cards, TRICARE, emotional transition to separation, financial planning, forms and documents, benefits and services, Naval Reserve programs, military obligations, and more!

**10 Steps to a Federal Job: May 24 from 4-6 p.m.** The government is hiring. But if you want to be successful in landing a federal job, you need to understand the government's unique and complex application process. This workshop, based on the writings and training of federal job search guru, Kathryn Troutman, will walk you through the 10 steps to finding and applying for a federal job. We'll cover: finding and analyzing federal job announcements; crafting a federal-style re'sume' and an electronic re'sume'; interpreting the cryptic language of federal hiring process ("core competencies", etc.); the incredible importance of including "keywords" in your application; writing "KSAs"; and much more!



### Financial Specialists

Newly trained Command Financial Specialists are: **AC1 Willie Gordon, MM1 Randall Booth, ABEC Demetrius Jenkins, ABH1 Jeremy Chase, LS1 Dan McGregor, AC1 Sonja Perez and LS1 Jason Kelch.**

Submitted photo

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



# Chapel & MWR host Egg-travaganza

The U.S. Meridian Chapel along with MWR hosted the annual Easter Egg Hunt on April 27. More than 50 children ages one here to 12 years old enjoyed hunting for 1,000 Easter eggs and playing with the Easter Bunny. MWR provided great games for the children and had a "Dessert Table." Parents and kids enjoyed refreshments during the family event.

Photo by Anne Arnold



## Naval Aviation Memorial Chapel marks 50th jubilee

By Joy Samuel

Naval Aviation Memorial Chapel Protestant Chapel Council

PENSACOLA, Fla. – Marking their jubilee, the chapel community on board Naval Air Station (NAS) Pensacola will celebrate the 50th anniversary of the Naval Aviation Memorial Chapel May 13-15. The event coincides with the Navy's celebration of the Centennial of Naval Aviation.

The chapel was dedicated on May 14, 1961.

"Back in 1961 the Navy was honoring the 50th anniversary of Naval Aviation, and the Naval Aviation Memorial Chapel was dedicated here at NAS Pensacola, the birthplace of Naval Aviation," said Cmdr. David Gibson, command chaplain for the air station. "Back then, NAS was the home of the Aviation Officer Candidate School, and I'm told by people who were here that the students marched into the chapel, and every pew was filled. A Catholic mass was held earlier in the morning to dedicate the Our Lady of Loretto Chapel, named for the patron saint of flyers, which is also part of the building. The Italian aviators who were training here at NASP at that time raised the funds to build the Our Lady of Loretto Chapel."

Special events planned for the jubilee weekend include a concert at 7 p.m. Friday, May 13, featuring duet-

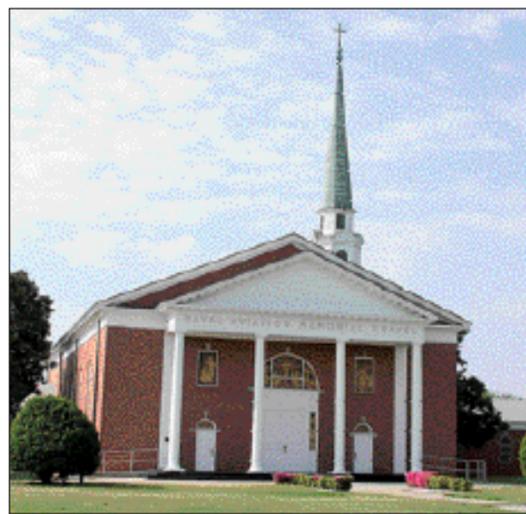
ing organs and a selection of classical music. On Saturday, 14 May at 1 p.m., the chapel will host a renewal of marriage vows for any and all couples who were married over the past 50 years.

"Families are an important part of our military," Gibson said. "The support, dedication and love of our families give military members the strength to succeed in the most difficult situations. They are our anchors, and that bond begins with their marriage vows. What better way to celebrate that incredible union, than to rededicate their lives together. We are inviting couples who were married at the Naval Aviation Memorial chapel to return and renew their vows."

Gibson says the hope is to fill the pews with couples, while a special couple will make the ceremonial walk up the aisle. The first couple who were married at the chapel has marked their calendar and will return to Pensacola.

"John (J.R.) and Sharon Arthur are a wonderful couple and were longtime residents in Pensacola following his retirement from the Navy," Gibson said. "They now live in Washington, D.C. but will be returning for the May 14 event."

The regular Catholic and Protestant services on Sunday, May 15 will complete the jubilee weekend, with former NASP Command Chaplain, Capt. Jerry McNabb speaking in the Protestant Worship service at 10:15 a.m.



The Naval Aviation Memorial chapel on board NAS Pensacola will celebrate its 50th anniversary May 13-15 with a special service on May 15 with former NASP Command Chaplain, Capt. Jerry McNabb speaking at the worship service at 10:15 a.m.

## Rear Adm. Alexander signs proclamation encouraging community service

By MCC Monica R. Nelson  
Navy Region Southeast Public Affairs

JACKSONVILLE, Fla. (NNS) -- A proclamation signed by Commander, Navy Region Southeast Rear Adm. Tim Alexander, made April 10-16 not only National Volunteer Week, but also Navy Volunteer Week.

The proclamation encouraged commands to partner with the Navy Community Service Program (NCSP) and serve their community.

"Through volunteer work, Americans can demonstrate the kindness and generosity that make our nation great," said Alexander.

"Mentoring a child, teaching someone to read, visiting the elderly, feeding the hungry, and building shelter for families are all examples of how Americans can and do aid those in need."

The Navy's Community Service Program exists to help build stronger communities and develop mission-ready personnel through outreach activities. It offers commands the opportunity to make a positive, long-term impact on the development of America's youth and the quality of life for residents and personnel that live in the area.

Commands throughout the Southeast Region set up volunteer activities under one of five community service flagship projects. The flagship projects are personal excellence partnerships which encompass mentorship relationships, youth health and fitness programs,

a youth drug education campaign, an environmental conservation program, and project good neighbor, which provides aid and restores hope for homeless, hungry, homebound, ailing and elderly community members.

"Here at Naval Ordnance Test Unit Cape Canaveral, we are lending a hand to help build a house with Habitat for Humanity in Titusville, Fla.," said Master Chief Missile Technician Gene A. Chattin. "We also worked with the Hacienda Girls Ranch during the time providing them with maintenance support."

Commands throughout the region stepped up by sponsoring Relay-for-Life, building more homes, organizing blood drives, conducting maintenance at a local conservation center, landscaping for local parks, cleaning historical artifacts at an area museum, and washing cars for residents at assisted living facilities, among many other things.

"This is just the beginning," said Dianne Parker, NRSE Community Service Program coordinator. "CNRSE will sponsor Navy Volunteer Week each year in conjunction with National Volunteer Week to reaffirm our commitment to community service and assisting our local communities. In fact, we are the first region to sponsor this type of event and have raised some awareness for volunteer week. The Navy Community Service Council is interested in making this a Navy-wide observance in the future."

command list. Now, according to instruction it is mandated that all 11 Navy regions worldwide establish and maintain a regional CSADD main chapter.

Each month CSADD takes the Navy monthly focus topics and concerns, and makes them more relevant for junior Sailors to identify with. April is Sexual Assault Prevention and Response. Upcoming in May will be Operational Stress Control and Suicide Awareness. In June the focus will be Driving Safety emphasizing the dangers of texting, speed and the need to use seatbelts.

Everyone is encouraged to check out the Meridian chapter's FACEBOOK page, CSADD NAS Meridian. For more information on Meridian's chapter or to volunteer to assist with any of the monthly topics, e-mail the CSADD team at nasmer2011@yahoo.com.

### • Evaluation

For Reserve Sailors, the fourth chapter of the new instruction enables authorized mobilization unit commanding officers to write concurrent reports for Cross Assigned In (CAI) personnel, while the training unit commanding officer (CAI regular drill unit) retains regular reporting responsibilities.

These are a few of the updates published in BUPERSINST 1610.10C. To see more, review the instruction posted on the Navy Personnel Command Web site at

<http://www.npc.navy.mil/CareerInfo/PerformanceEvaluation/>

NAVFIT98A version 29 and an updated user guide is available at <http://www.npc.navy.mil/CareerInfo/PerformanceEvaluation/SoftwareForms/>.

Those with questions should call the NPC Customer Service Center toll-free at (866) 827-5672 or e-mail them at CSCMailbox@navy.mil.

-- From Navy Personnel Command Public Affairs Office

### • Teenager

handles money well. Let your teenager know that even adults can have trouble making their paychecks last or their savings accounts grow. Make clear that you admire how well your teenager has handled his money, and he will have that much more incentive to keep up the good work.

### Teen employment and the law

You and your teenager can avoid unpleasant surprises by understanding the tax and legal implications of getting a job. An accountant, tax adviser, or lawyer can tell you which rules, if any, apply to your teenager. Some things that every parent needs to know are:

- Children under 14 generally cannot work for pay. This rule does not apply to acting, delivering newspapers, and a few other jobs. Talk to a lawyer if you have questions.

- Certain restrictions apply to 14- and 15-year-olds. Teens this age cannot work more than 18 hours per school week, cannot start before 7 a.m. or work after 7 p.m., and cannot work more than three hours per school day.

- Other restrictions apply to 16- and 17-year-olds. For example, 16- and 17-year-olds cannot operate some machinery, such as deli meat slicers and trash compactors, or drive certain vehicles.

- Teenagers older than 16 may

join the regular work force as full- or part-time employees. This requires a Social Security number. To find out how to get one, call the Social Security Administration at 800-772-1213 or visit [www.ssa.gov](http://www.ssa.gov).

- A teenager who earns more than \$600 a year may have to pay income taxes. Talk to an accountant or adviser about taxes that might apply to your teenager's earned income.

- There are different tax implications for independent contractors and regular employees. Find out which designation applies to your teenager because this will affect how taxes are withheld and what your responsibilities are. Check with your accountant so there are no surprises come tax day.

Combining work, school, and family isn't always easy for teenagers. But learning to balance an array of activities is an important first step toward being able to handle the many responsibilities of adulthood. With your help, your teenager can develop a new sense of pride, maturity, and respect for the rewards of a job well done.

Written with the help of Mary Beth Klotz, Ph.D., a project director at the National Association of School Psychologists (NASP). Dr. Klotz is a Nationally Certified School Psychologist and a certified special education teacher and administrator. She taught and worked as a school psychologist for 15 years in a variety of public school settings.