

THE SKYLINE



Volume 50, Number 13

<https://www.cnmc.navy.mil/meridian> & www.facebook.com/NASMeridian

June 21, 2012

On Base...

✓ **Rosenbaum Avenue Closure:** In preparation and set up for the Freedom Fest Celebration. Rosenbaum Avenue (In front of Administration Building 255) will close to traffic at 1 p.m. on June 29 and reopen at 11 p.m. after the festivities.

✓ **The NAS Chapel will host Vacation Bible School June 25-29** from 6-8 p.m. Children entering the first grade through fourth grade (approximately ages 5-9) are eligible. There are a limited number of seats available. For more information on VBS, how to volunteer, and/or to register your child for VBS, please contact the chapel at (601) 679-3635 or e-mail joseph.stroney@navy.mil

✓ **Kids Summer Safety Day** set for July 2, from 11:30 a.m.-1:30 p.m. at Balfour Beatty Community Center in Housing. Fleet & Family Support Center and Balfour Beatty Communities are partnering to offer this informational and fun workshop for kids, teaching them a variety of summer safety skills. Topics will include: heat-related illnesses, fire safety, dangerous animals, bicycle safety, and more! Lunch will be provided.

On board
NAS
Meridian



A Day in
Naval History

June 23
1961: Navy's first major low frequency radio station commissioned at Cutler, Maine.

June 25
1950: North Korea invades South Korea beginning Korean Conflict.

June 26
Seaway to seagoing ships. 1962: NAVFAC Cape Hatteras makes first Sound Surveillance System (SOSUS) detection of a Soviet diesel submarine.

June 27
1950: To support U.N. call to assist South Korea, Truman authorizes U.S. naval and air operations south of 38th Parallel, Korea.

July 1
1911: Trial of first Navy aircraft, Curtiss A-1. The designer, Glenn Curtiss, makes first flight in Navy's first aircraft, A-1, at Lake Keuka, N.Y., then prepares Lt. Theodore G. Ellyson, the first naval aviator, for his two solo flights in A-1.

-- www.history.navy.mil

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

NJROTC cadets converge on NAS

By Casey H. Kyhl
Staff Writer

More than 135 Naval Junior Reserve Officer Training Corps (NJROTC) cadets from 41 southeastern high schools graduated from the annual week-long NJROTC Leadership Academy June 16, on board NAS Meridian.

The cadets ranged between ages 16 and 18 and represented NJROTC units from Louisiana, Arkansas, Alabama, Mississippi and the Florida Panhandle.

"Each one of these cadets was hand selected and individually approved

● **NJROTC, page 3**



Retired Gunnery Sgt. Don Alderson sings cadence as Navy Junior Officer Training Corps (NJROTC) members march in formation after a drill competition on board Naval Air Station Meridian. More than 130 NJROTC members participated in an Advanced Leadership Academy, June 10-16. The camp was designed to instill leadership abilities and give cadets a taste of Navy life culminating in a graduation ceremony on board the base on Saturday, June 16.

Photo by MC2 Casey Kyhl

Reduce, Reuse...Recycle

By Penny Randall
Editor

NAS Meridian has started a paper/cardboard recycling program and staff on board the installation are responding well to the idea.

"Everyone seems to be excited about the new recycling program and ready to participate," said Lt. Cmdr. Lance Coe, NAS Meridian Public Works Officer.

Coe added that the largest amount of recycling has come from the Training Air Wing 1 which has the largest population of employees on the installation.

"Instead of throwing away old pubs and manuals, they are now recycling them," Coe said. "It's hard to say exactly how much we've gotten so far -- maybe 2-3 tons of loose paper. It's a great start for the program, especially since we've only been at it for about two weeks."

There are large tri-fold containers located at various commands for paper and cardboard recycling only. Locations include the hangar, simulator building, Fleet & Family Support Center, Administration Building 255, Building 330, Building 361, Navy Operational Support Center and Navy Gateway Inns & Suites.

Coe urges those on board NAS Meridian to help maintain this program by using the containers

● **Recycle, page 2**



Photo by MC2 Casey H. Kyhl

Monique Beard, a Navy Federal Credit Union employee, empties recyclable paper into a designated container as a part of a new paper/cardboard recycling program aboard NAS Meridian.

CSADD:
Expanding
Meridian
chapter to help
junior Sailors

By AC2 Whitney Powell
Meridian CSADD Team

I know many out there are asking just what is CSADD and what is the big deal?

CSADD stands for the Coalition of Sailors Against Destructive Decisions -- and it's a hot item on each command's "to do" list.

In reality CSADD is so much more than making good decisions.

CSADD is unique because we are effective with junior Sailors in the way that best communicates to them. By getting Sailors to interact with each other about important issues such as suicide prevention, sexual harassment, drinking and driving, and even advancement. We open the lines of communication up and down the chain of command. CSADD is about developing leadership at the junior level, positively influencing each other, and promoting the good character and conduct amongst Sailors on and off duty. Another reason CSADD is unique is because the primary means of media networking is through a CSADD Facebook page.

Currently the NAS Meridian team members are Chief Jessica Nettles, command sponsor; and myself, AC2 Powell, command advocate. The other members of our team include AC2 Freeman, Airman Jones, Airman McCague and LSSN West, but help is wanted! The target age is 18-25 or junior Sailors but all are encouraged to get involved. CSADD is open for participation from commissioned, enlisted, reserve, active-duty, ROTC,

● **CSADD, page 2**

Transition Benefits: Life after ERB

By Patrick Foughty
Commander, Navy Installations Command
Public Affairs

WASHINGTON (NNS) -- When Chief Aviation Machinist's Mate(SW/AW) Anthony Hughes received news in November 2011, that he was on the Enlisted Retention Board (ERB) list he felt like his life was over.

"I remember my CO (commanding officer) sitting me down and saying 'Chief, I've got some bad news,' and I immediately knew what was coming," said Hughes.

His commanding officer informed him of his selection for ERB, which angered him.

"I felt like I had honored my part of the bargain, and the Navy had just backed out on the deal," said Hughes.

Instead of giving up or feeling

sorry for himself, Hughes said he quickly accepted the news and started looking toward the future.

"I literally knew exactly what I had to do at that very moment; from that day on my only mission was to get my family back home, so I could get a new job ASAP."

Hughes is one of 2,946 Sailors chosen for separation by the ERB in late 2011, all of whom were from a list of approximately 16,000 records the board reviewed to help reduce manning and meet quotas in various rates across the fleet. With record high retention and low attrition among active duty Sailors, the Navy became overmanned by greater than 103 percent in 31 of 84 ratings, resulting in increased competition and reduced advancement opportunities for strong-performing Sailors to reenlist.

The ERB was introduced to

allow the Navy to achieve stability and fit across the force while retaining balance based on seniority, skills, and experience.

Chief of Naval Operations Adm. Jonathan Greenert explained in his official blog that, "ERB reduces overall manpower by reducing the number of Sailors in overmanned ratings through conversions and separations."

Navy leadership realized; however, that while the ERB was fair and necessary for the needs of the Navy, it also left Sailors with questions and concerns for their future.

"The ERB and follow-on transition process have my full attention," wrote Greenert, "we are putting great efforts to ensure the ERB process is being conducted professionally and fairly. More importantly, we look to ensure that the means

● **ERB, page 6**

Look Inside



~ Page 3 ~
VT-7 & VT-9
select
Civilians
of the
Quarter



~ Page 5 ~
Marines assist
Coast Guard
in search,
rescue
operations



~ Page 6 ~
Wilbanks
honored by
Navy-Marine
Corps Relief
Society

Photo of the Week



Photo by MC2 Casey H. Kyhl

Hospital corpsman recite the Corpsman's Oath during a celebration of the hospital corpsman's 114th birthday at the NAS Meridian Naval Branch Health Clinic.

Area Happenings

JUNE

22-24: A Midsummer Night's Dream presented by Stage 2 at the Temple Theater, 2320 8th Street. Advance tickets are \$15/adult, \$10/child or student. Tickets at the door are \$20/adult, \$15/child or student. Time: 7 p.m. on June 22-23 and 2 p.m. on June 24.

For information, contact Susie Johnson at (601) 604-2129 or e-mail susiesmj@comcast.net.

30: The Secret Garden presented by the Meridian Performing Arts Center at the Temple Theater for the Performing Arts, 2320 8th Street. Advance tickets are \$15/adult, \$10/child or student. Tickets at the door are \$20/adult, \$15/child or student. Show time is 7 p.m. For information, contact Susie Johnson at (601) 604-2129 or e-mail susiesmj@comcast.net.

JULY

7: "Earth's Bounty: Agricultural & Tourism Festival" held the first Saturday of each month at the Singing Brakeman Park, Front Street between 17th & 18th Avenues. Time: 8 a.m.-4 p.m. For information, call (601) 693-7480 or e-mail: johnmclure@meridianmainstreet.com.

11-14: Celebrate the 63rd anniversary of the Choctaw Indian Fair in beautiful Choctaw, Mississippi. Enjoy four fun-filled days of Choctaw culture and spirit including Tribal arts, crafts, dances, foods, and the thrilling action of World Championship Stickball. The fair offers fun for young and old alike, from exhilarating rides and contests to chart-topping, country, gospel and rock entertainers. There's something for everyone at the Choctaw Indian Fair. Schedule of entertainment includes: July 12 - performances by Steve Azar at 7 p.m. and Chris Cagle at 8:30 p.m.; July 13 - Indigenous at 7 p.m. and Jo Dee Messina at 8:30 p.m.; July 14 - The Lost Trailers at 7 p.m. and Clint Black at 8:30 p.m.

17: The Riley Center presents Alice Tan Ridley in concert at 7:30 p.m. at the center, 2200 Fifth Street, Meridian. Ridley's rousing rendition of Etta James' "At Last" during her first appearance on America's Got Talent is a classic example of her strong voice, with its R&B stylings. Ticket are \$28 and \$22. For information, call the box office at (601) 696-2200 or visit www.msurileycenter.com.

In the Spotlight...

Retirement...

A retirement celebration for **Sonya Evans**, a member of the NAS Meridian Housing Office, will be held Wednesday, June 27 from 1:30-3:30 p.m. at 721 Gill St., Housing Community Center. Sonya is retiring after 31 years of service. All are invited to attend.

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

Deadline for Navy League Scholarship is June 30

The Meridian Area Navy League Scholarship Application deadline is June 30. Please be advised, that the scholarship has requirements as indicated on the application and as follows:

- Graduating High School Senior or higher
- A student participating in NJROTC
- A dependent of active Navy, Marine Corps, Coast Guard or Merchant Marine personnel,
- A dependent of retired Navy, Marine Corps, Coast Guard or Merchant Marine military personnel
- A spouse of active Navy, Marine Corps, Coast Guard or Merchant Marine personnel
- A spouse of retired Navy, Marine Corps, Coast Guard or Merchant Marine personnel

Depending on the quality and quantity of the applications submitted, up to three \$750.00 scholarships for the 2012 - 2013 Academic Year may be presented. For more information, call Susan Junkins in the Public Affairs Office at (601) 679-2602.

● Recycle

properly. At this time no plastic, no cans, no bottles or general trash is being recycled. If you have shredded paper inside plastic bags, you must empty the shredded paper in the box. Do not place it in a plastic bag inside the recycle container.

"This program will only work with everyone's participation," Coe said. "That means having staff put their

paper in the containers once a week or a schedule you set up. Some folks will have to travel further than others to the recycling bins, but we've tried to locate them in the most convenient areas."

Public Works employees will check on the containers routinely and move them to supply when they're full.

This is just the first step in recycling; future plans are to recycle other products.

● CSADD

and JROTC members.

Meetings are scheduled for every other Thursday (opposite the schedule of the Petty Officers Association) and held at McCain Rec Center. The next

meeting is set for June 28 at 3 p.m. For more information on how to get involved e-mail AC2 Powell at whitney.powell@navy.mil or check-out our Facebook page at facebook.com/nasmeridian.csadd.

Seabees build PEB in preparation for upcoming deployment

Lt. j.g. Chris Lloyd
NMCB 74

Seabees from Naval Mobile Construction Battalion (NMCB) 74 based in Gulfport, Miss., recently completed work in Meridian honing their skills for their upcoming PACOM deployment.

The project, for the Meridian security forces, was a Pre-Engineered Building (PEB) intended to be a shelter at the shooting range.

This is the first time that Seabees have operated on NAS Meridian in over 10 years.

"Having the Seabees here has been a great opportunity for the base and we look forward to having them return for future projects," said Lt. Cmdr. Lance Coe NAS Meridian Public Works Officer. "The Seabees from NMCB 74 have been great ambassadors for the whole Seabee community."

There are already several more projects in



Submitted Photo

Danny Cook, Deputy Public Works Officer, sits on the bleachers under the structure recently completed by Seabees from Naval Mobile Construction Battalion 74. The structure is located on board NAS Meridian at the live firing range.

Meridian for Seabees in the future.

"Building this PEB is a great learning experience for me right before deployment where I'll be working on building a couple more," said BU3 Joseph Morales.

Homeport projects like this are a vital training tool in the preparation needed in order to be ready for deployment when timeframes are tighter and logistics are more difficult.

"This has been a great crew to work with. They are always willing to work hard and learn new things," said Project Supervisor CE1 Daniel Harper.

"This was a great opportunity for the crew since none of them has ever built a PEB before. Despite this, they charged ahead and completed the project ahead of schedule showing the true meaning of 'Can Do'."

Collecting food for Feds Feed Families

Feds Feed Families (FFF) 2012 is back in full swing now through Aug. 31!

Food banks across the country are facing severe shortages of non-perishable items, just as summer begins and children are left without school nutrition programs. This is an opportunity for federal employees to donate non-perishable items in support of the need in our community.

Last year Region Southeast was the leading region in collecting pounds of food for this worthwhile cause that directly assists the food banks in our own locations. The goodwill and gratitude that your efforts generated in our community was profound and deeply appreciated by the recipients and the commands alike.

It is our desire to make the 2012 Feds Feed Families an equally great blessing for those served by local food banks and those blessed to be able to give.

FOOD DROP OFF LOCATIONS & POCs

ADMIN: MC2 Kyhl (679-2809)
NOSC: ET1 Compton (679-3610 Ext: 19)
MATSS-1: Sgt. Ard (679-2718)
AIR OPS: ACAN Whelton (679-2505)
CHAPEL: RP1 Stroney (679-3635)
NTTC: Leave donations at quarterdeck
MEDICAL: HM1 Rice (679-2230)

On board NAS Meridian, if you wish to make a canned food donation please bring it to one of the representatives listed below or just drop it off at the chapel. For any other questions about this great program please call RP1 Joseph Stroney at (601) 679-3635 or email at joseph.stroney@navy.mil.

New VFW Post forming in Meridian

Organizers are coming to the final stages with many interested active duty military, guardsmen, retired military and veterans that are forming a new Veterans of Foreign Wars (VFW) Post in Meridian.

The new post will be family oriented so that the entire family can assist with supporting veterans, military and the community.

Have your community service count for veteran benefits! What you are already doing needs to be reported to our Congress to ensure they know that our military need

their benefits to continue to support local communities.

If you have not gotten your application in, you still have time. Organizers are working to submit the charter application July 1 with the start of the new VFW year. If you desire to be on the charter showing your support in assisting veterans in Meridian, provide application, copy of DD-214 or service record entry showing your foreign service and dues. For complete information call Norm at (601) 282-5866 or e-mail: meridianvfw@comcast.net

SECNAV announces early move for amphibious ready group

WASHINGTON (NNS) -- Secretary of the Navy Ray Mabus announced June 15 that the first amphibious ready group (ARG) ship scheduled to shift homeport to Naval Station Mayport, Fla., will arrive in the last quarter of calendar year 2013.

USS New York (LPD 21), USS Iwo Jima (LHD 7) and USS Fort McHenry (LSD 43), will shift from their current homeport of Norfolk, Va., to Mayport. The New York will be the

first to change homeport, followed by the Iwo Jima and Fort McHenry in 2014.

Mabus originally announced Feb. 28 that the ARG would arrive no later than 2015.

The accelerated timeline ensures continued viability of the Mayport ship repair industrial base and maintains the capabilities of the Jacksonville fleet concentration area, thereby preserving surge capability and reducing risk to fleet resources in

the event of natural or manmade contingencies.

"I am very pleased that the Navy is able to condense the time horizon for the arrival of the Mayport ARG," stated Mabus. "The move underscores just how important Jacksonville and Naval Station Mayport are to our national defense, and how committed we are to strategic dispersal on the East Coast."

-- From Department of Defense Public Affairs

At the courthouse

Courts-martial in Navy Region Southeast recently heard the following cases:

✓ At a special court martial convened on board NAS Jacksonville, airmen recruit pled guilty to wrongful possession of synthetic cannabis known as Spice, wrongful use of marijuana, housebreaking by unlawfully entering a barracks room with intent to commit a criminal offense, and larceny of a 22" LCD television, an iPod touch, an iPod speaker, a Dell laptop computer, 5 DVDs, and \$400 U.S. currency, of a total value of about \$2,340. The military judge sentenced the accused to 11 months confinement, forfeitures of \$994 pay per month for

eleven months, and a bad conduct discharge.

✓ At a general court-martial convened on board NAS Pensacola, a private first class pled guilty to abusive sexual contact with a person substantially incapable of declining participation in the sexual contact. The military fudge sentenced the accused to 18 months of confinement, reduction in rate to E-1, and a bad conduct discharge.

✓ At a contested special court martial convened on board NAS Pensacola, a seaman was acquitted of wrongful use of cocaine.

✓ At a general court martial convened on board NS Mayport, a petty officer third class pled guilty to

desertion ended by apprehension, wrongful use of methamphetamine, knowingly purchasing more than nine grams of ephedrine or pseudoephedrine, and distributing chemicals knowing that they would be used to manufacture controlled substances. The military judge sentenced the accused to three years of confinement, reduction in rate to E-1 forfeiture of all pay and allowances, and a dishonorable discharge.

Courts martial in Navy Region Southeast are tried with few exceptions at NAS Jacksonville, NS Mayport, and NAS Pensacola. Therefore, the location of where a court-martial described above was convened does not necessarily correlate to the command that convened the court-martial.

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www.facebook.com/NTTCMeridian

The Skyline ~ Naval Air Station Meridian, Miss.

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Congratulations NAS Sailors of the Quarter



ABE1 Joseph Gill
Field Support
Senior Sailor of Quarter



ABH2 Andrew Valencia
Field Support
Junior Sailor of Quarter



AC3 Danielle Murphy
Air Operations
Bluejacket of the Quarter

VT-7 & VT-9 honor civilians



Ashley G. Hughes is presented a Time-off Award by Training Squadron 9 Commanding Officer Cmdr. Craig M. Snyder. The award was in recognition of her "superior support" as VT-9 administrative clerk.



Jerri Mixon is presented the Training Squadron 9 Civilian of the Quarter Award (3rd Qtr 2012), by Cmdr. Craig M. Snyder. Mixon was recognized for her outstanding performance of her duties as a VT-9 administrative clerk.



Cmdr. Michael Hritz presents Adam Worfolk, a member of Training Squadron 7 Student Control Office, with the VT-7 Civilian of the Quarter Award.

• NJROTC

to attend this training," said Capt. Tom Daniel, commanding officer, Area 8 Leadership Academy 2012. "This week was designed to be challenging and I am very proud of the way they performed."

Academy graduate James Kelly of Neshoba Central High School in Philadelphia, said that attending the academy is one of the most important things he has ever done.

"I gave the NJROTC a try two years ago and really started enjoying it after a while," Kelly said. "I'm planning on being an officer someday and I think I learned a lot of things this week that will help me get there."

Each day of the academy began with a 5:30 a.m. reveille and physical fitness training. Then until taps at 9:45 p.m., the cadets participated in military drill, classes on leadership principles, personnel and room inspections, tours of base facilities and team building exercises. Divided into four platoons, the cadets competed against each other in academics, physical fitness and drills.

"These long days and new environment are a challenge for these kids, but they are learning a lot and taking advantage of this opportunity," said Retired Gunnery Sgt. Don Alderson, an instructor from Greenwood.

The graduation was attended by friends and family and included a drill display, the presentation of awards to outstanding cadets and keynote speaker NAS Meridian Commanding Officer Capt. Charles C. Moore II.

"I see before me the future of the United States of America and I am proud to be in your company," Moore said. "I challenge you to be legal, moral and ethical in your daily lives and no matter what profession you choose, you will be serving the nation in some fashion. Being a good citizen is a reward in itself."

The ceremony concluded with the cadets receiving their silver aiguillettes, which are ropes worn on the shoulder signifying graduating from the academy.

The June 16 graduation was the second in as many weeks. On June 9, almost 150 cadets graduated from Basic Leadership Academy designed for those experiencing their first year in NJROTC.



NJROTC ... in pictures



Above: NJROTC cadets tour the air traffic control tower at NAS Meridian's McCain Field. Below: Anastasia Cobb of Escambia High School receives her silver aiguillettes during the graduation ceremony on June 16.



Photos by MC2 Casey H. Kyhl

NAS Meridian Commanding Officer Capt. Charles C. Moore II speaks at the NJROTC graduation ceremony, June 16.

Best practices for social media outlined at home, workplace

By Anna Marie General

Navy Region Hawaii Public Affairs Contributing Writer

PEARL HARBOR, Hawaii (NNS) -- Sailors and Marines deployed around the world, and their families at home don't go a day without a reminder of the benefits and risks of the communication environment of today.

Whether it's "friending" or "liking" on Facebook, "following" and "tweeting" on Twitter, sharing photostream on Flickr or virtually hanging out with a circle of friends on Google+, the digital revolution has changed the way servicemembers and their families communicate.

"You can protect yourself by disabling functions on social media, such as geotagging, which pinpoints your location," said Lt. Theresa Donnelly, director for public affairs social media at U.S. Pacific Command. "Should you be in a classified location, for the safety of your command, this information must be protected."

Social media sites began with sharing posts about your life mainly to connect with family and friends. Today, with the rapid growth of social networking, more and more people realize the benefits and simplicity of communicating through social media, thus, expanding to the workplace.

"On a daily basis, social media networks provide us with not only the means

For more information on social media policies and OPSEC, visit the following websites:

Navy PA resources website:

<https://www.chinfo.navy.mil/chinfo/SocialMedia.aspx>

National OPSEC program: <https://www.iad.gov/iass/index.cfm>

Department of Defense social media hub:

<http://www.defense.gov/socialmedia>

U.S. Navy social media presentations channel:

<http://www.slideshare.net/USNavySocialMedia>

for sharing information but, more importantly, opportunities to build relationships with the wider Navy family and supporters all around the region," said Chuck Bell, emerging media director at U.S. Pacific Fleet.

While social networking can be useful and fun, service members and their families should consider the risks and vulnerabilities in both personal and command activities by practicing operation security (OPSEC).

Observing OPSEC keeps potential adversaries from discovering critical information on social media sites. Using common sense and limiting detailed information that you share will help to protect yourself, service members, families and the command's mission.

According to CHINFO's Navy Ombudsman Social Media Handbook, a few tips to also be aware of are to:

* Protect your families by limiting, to

the extent practical, detailed information about them (such as addresses, towns or schools).

* Understand profile security settings so you can make informed choices about who sees what on your profile.

* Keep sensitive information safe. Do not discuss sensitive information such as ship/unit movements in advance, personnel rosters, training or deployment schedules, or anything else that may compromise the personal privacy of the crew and their families and the command's mission.

* Educate families about online OPSEC (<http://www.facebook.com/NavalOPSEC>)

As more commands engage in social media every day, Facebook being the most popular, has proved to be a valuable tool to communicate instantly with the community and its stakeholders.

"Social media networks are extreme-

ly important to our communication efforts, and that's particularly true during a crisis. We witnessed the benefit of social media firsthand last year in the aftermath of the earthquake and tsunami in Japan, as family members in particular turned to the social networks for information and to communicate with both military organizations and their neighbors," Bell said.

Since social media is an open forum, the community needs to be informed of the do's and don'ts of posting. This makes a command policy a valuable part of social media posting.

"It's imperative that social media content managers have a posting policy when engaging on social media and then stick to it. This includes rules regarding third-party advertising, comments that violate operational security, and ensuring that the community is respectful of others," Donnelly added.

Social media allows deployed members to stay in touch with their loved ones at home, reconnects long lost friends and also makes it possible to stay connected through electronic devices around the clock. With the convenience of instant communication, service members and their families are encouraged to appreciate this opportunity while practicing operation security and to be mindful of what information they share on the Internet.

Culinary specialists cook like it's 1812 at Baltimore's 'Sailabration'

By Debbie Dortch
NAVSUP Corporate Communications

BALTIMORE. (NNS) -- Navy culinary specialists (CSs) are in Baltimore's Inner Harbor June 14-17 to offer some insight into the diet of Sailors in 1812 and compare it to today's diet to support the 21st Century Sailor.

CSs have demonstrations scheduled each afternoon in which they will serve up samples of 1812 recipes like dried peas with pork and ship's biscuits.

A costumed interpreter from the USS Constitution will be present, as well as Naval Supply Systems Command's (NAVSUP) nutrition program manager (registered dietician) to answer questions and talk about the significance of today's nutritional requirements.

"A lot goes into ensuring Sailors get healthy and nutritious meals to fuel them out at sea and keep them motivated and keep them going," said Cmdr. Danny King, Navy Food Service director for NAVSUP. "From recipe committees to nutritional analysis to Sailor feedback to recipe testing-it all adds up to ensuring Sailors have are the best they can be."

"Baltimore's Sailabration is a terrific opportunity to share with others the importance of the work we do and our commitment to the Navy's success," King added.

The Navy's more than 7,300 culinary specialists, deployed around the globe feed on average more than 92.5 million wholesome and nutri-

tious meals per year, ensuring the Navy's fighting forces operate at peak performance and are ready to respond to threats worldwide. Navy commanding officers agree that nothing impacts Sailors on a day-to-day basis more than the food CSs prepare for them; they believe these top quality meals contribute directly to Sailor quality of life and morale.

Today's CSs have greater culinary instruction than ever before. With even more advanced training on the way, Sailors, both afloat and ashore, can look forward to even healthier and better-tasting meals in the near future.

The NAVSUP and Navy Supply Corps team share one mission--to deliver sustained global logistics capabilities to the Navy and Joint warfighter. NAVSUP/Navy Supply Corps' diverse team of more than 25,000 civilian and military personnel oversee a diverse portfolio including supply chain management for material support to Navy, Marine Corps, joint and coalition partners, supply operations, conventional ordnance, contracting, resale, fuel, transportation, security assistance, and quality of life issues for our naval forces, including food service, postal services, Navy Exchanges, and movement of household goods.

The NAVSUP/Navy Supply Corps team forms a vast network of professionals who deliver unparalleled products and services to customers in the fleet and across the world.

REFER SOMEONE FOR MEMBERSHIP AND GET \$25*

For a limited time only, if you get someone eligible to join, you'll each get \$25. You can refer a friend, family member, coworker, or fellow servicemember, and you'll each get \$25—it's that simple. So help spread the word and cash in on the rewards.



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The NAS Meridian Petty Officer's Association meets on the 1st and 3rd Thursdays of each month at the Air Operations Building at 2 p.m.

Master Sgt. Marquis Moore

MATSS-1 NOCIC
Hometown: East St. Louis, Ill.

Master Sgt. Marquis Moore recently reported to Marine Aviation Training Support Squadron One as the new non-commissioned officer in charge of the schools. Moore transfers to Meridian from Yuma, Ariz.

Moore has served in the Marine Corps for 21 years and said he joined in 1991 to better himself through technical training and life experiences.

"Everyday in the Marine Corps has been a memorable experience being surrounded by professionals that embody the characteristics of honor, courage and commitment," Moore said.

Moore and his wife, Kebra, have two sons, Marquis and Maurice. He lists his hobbies as fishing, working out and music.

The person he most admires is his mother and grandparents.

"They provided me a solid moral foundation," Moore added.

OOORAH!



Pfc. Robert Scott

Aviation Maintenance Student
Hometown: Bonne Terre, Mo

Pfc. Robert Scott is following in the footsteps of his two brothers who both joined the military.

His brothers, Lee and Chris, joined the Air Force.

"Lee is out now, but Chris is still in and he works on UAVs," Scott said.

It wasn't the Air Force that interested Scott. He selected the Marine Corps instead.

"I wanted to become a better leader and to gain discipline... also to be apart of a brotherhood," Scott said.

His hobbies include reading, playing Xbox and cooking. "My favorite dish is salmon with potatoes," he said.

Scott said his most memorable experience in Boot Camp was completing the urban training.

"We did house-to-house training simulations and got to kick in doors -- it was a lot of fun," Scott added.

The person he most admires is his father.

"He proved that no matter what you do you can turn your life around and become successful."

Marine Wing Support Group 17 deactivates in Japan

By Lance Cpl. Erik S. Brooks Jr.
Marine Corps Bases Japan

CAMP FOSTER, Okinawa, Japan -- Marine Wing Support Group 17 officially deactivated during a ceremony at the field house at Camp Foster June 4.

MWSSG-17, formerly part of 1st Marine Aircraft Wing, III Marine Expeditionary Force, deactivated in accordance with Marine Corps Bulletin 5400, that was released June 1, that dictates all MWSSGs throughout the Marine Corps be deactivated.

"This is a significant day in history for the 1st Marine Aircraft Wing," said Maj. Gen. William D. Beydler, commanding general of 1st MAW. "The downsizing of the Marine Corps has reached the Pacific. The 1st Marine Aircraft Wing is getting a little bit smaller. We are losing one of our five major commands."

The former subordinate units of MWSSG-17, Marine Wing Support Squadron 171 and 172, will now be assigned to different groups, according to Gunnery Sgt. Genette D. Prather, an embarkation chief with MWSS-172, Marine Aircraft Group 36, 1st MAW.

MWSS-171 will now fall under Marine Aircraft Group 12, located at Marine Corps Air Station Iwakuni, Japan, and MWSS-172 will now fall under MAG-36, located at MCAS Futenma.

The wing has known about the deactivation for two years, according to Beydler.

"For 59 years, our Marine Wing Support Group has made us unique, made us different," said Beydler. "We are not just another air force, but the aviation combat element for III MEF."

MWSSG-17 was activated in 1953 in Itami, Japan, right after the Korean War as Marine Wing Service Group 17, according to Col. James M. Gannon, the commanding officer of MWSSG-17. Later, it was redesignated as Marine Wing Support Group 17 in

1968 and relocated to MCAS Iwakuni. In 1979, it was relocated to Okinawa.

Elements from the group have supported Operations Enduring Freedom in Afghanistan and Iraqi Freedom and played a role in Operation Tomodachi, according to Gannon.

"Last year, MWSS-172 had a forward arming and refueling point operating in Yamagata Airfield in support of Operation Tomodachi within 48 hours of being tasked," said Gannon. "We also had Marines up in Sendai in support of the operation."

Operation Tomodachi, meaning "friendship" in Japanese, was the U.S. Armed Forces actions in response and support of the Japanese people following the Great East Japan Earthquake and subsequent tsunami in 2011.

Gannon made sure during the planning of the deactivation that the wing did not lose one ounce of combat readiness, according to Beydler. He ensured that MWSS-171 and MWSS-172's operations will be absorbed into the MAGs.

"We provided aviation ground support to the wing," said Gannon. "The ACE needs its own aviation ground support to generate combat power, and I've seen that in the last couple of years in Iraq and Afghanistan and here in the Pacific."

The Marines and Sailors of MWSSG-17 are a great representation of that and they do it very well, according to Gannon.

"We have met and exceeded the standards and we have been ready every time we have been called upon, and it's because of the effort, motivation and innovation of these Marines and Sailors."

"Even though the group deactivated, we have preserved the aviation ground support that allows the ACE to be combat ready and operational (at any time or place). I don't think there is any other military or air power that can do what Marine aviation can do," said Gannon.

Marines assist Coast Guard in search, rescue operations

By Lance Cpl. J. Gage Karwick
Marine Corps Bases Japan

APRA HARBOR, Guam -- Marines with Marine Aerial Refueler Transport Squadron 152, Marine Aircraft Group 12, Marine Wing Communications Squadron 18 and MAG-36 banded together to successfully conduct a search-and-rescue mission June 6.

The Marines were in search of two men, ages 32 and 24, who had been missing for almost three days. The Coast Guard had assumed command of rescue operations and received permission from Marine Forces Pacific to receive aerial assistance from the Marines who were in Guam participating in Exercise Geiger Fury 2012.

"I heard about the mission last night and I can't explain exactly how I felt, but I knew I had to be a part of the effort to find these men in some way," said Staff Sgt. Elliott Stanton, MAG-12 search and rescue volunteer. "I couldn't help but think 'what if that was me out there, floating in a little boat with no food or water?' If it was me out there and the only thing I saw for days was a C-130 flying over me with 'Marines' painted on the side of it, that is truly inspiring."

"This truly says something special about the Marine Corps that in short notice we were able to launch and get the mission underway and successfully complete it," said Capt. Joseph Lennox, a pilot with VMGR-152 and search and rescue volunteer. "That's the kind of thing the American people expect out of us, to be able to conduct a mission at the drop of a hat and accomplish it professionally, and we definitely proved that today."

The two men were adrift



Photo by Cpl. Tatum Vayavananda

Lance Cpls. Eric Bruning, left, and Vinson Gallardo drop a life raft containing food, water and other survival aids from a KC-130J Hercules aircraft to two men aboard a skiff during a search and rescue mission June 6. The aircraft aided U.S. Coast Guard Sector Guam with a search-and-rescue mission approximately 60 nautical miles northwest of Chuuk Island, one of the Federated States of Micronesia.

in the Pacific in a 23-foot skiff with a 40 horse-power outboard motor.

"We were about three hours into our search pattern given to us by the Coast Guard when suddenly there was a small orange dot in the middle of the vast blue of the Pacific barely noticeable from the window of the cockpit," said Lennox.

After spotting the two men, the Marines circled the vessel a few times to assure the men that they had them in sight and that the Marines were going to take care of them.

Ten miles away from the two men, the Marines spotted the Solar Africa, a Japanese tanker with which the Marines were able to establish radio contact to inform them of the situation. The ship's crew members agreed to help.

"As soon as we saw that tanker we knew we had to try to get their help because there is only so much we could do

from the air," said Capt. Michael Smith, a pilot with VMGR-152 and search and rescue volunteer. "We guided that ship to the raft we had dropped for the two men containing some food and water. The ship then proceeded to send out a small motored raft to pick up the men who were adrift and bring them back to the tanker. We stayed circling above until we were sure the men were safely aboard the tanker then proceeded back to base having completed the mission."

The Marines, having been given short notice orders, teamed with the Coast Guard and Japanese good Samaritans of the Solar Africa to save lives.

After having been adrift for almost three days and all prior search efforts having been in vain, the two men are now able to return home, possibly never meeting the Marines who first found them and aided their rescue.

Safety Is Our Duty

Summer Safety: Lyme disease prevention & tick tips and tricks

By Retired Capt. Chuck Rhodes
Head of Preventive Medicine
Department at Camp Lejeune
and Lt. j.g. Firdous Halwany
Assistant Head, Preventive Medicine
Department at Camp Lejeune

Each summer, Marines, their families, and pets at Marine Corps Base Camp Lejeune face a common enemy -- the tick! The hot, humid summer weather, abundance of forest and thick underbrush, coupled with a thriving wild deer population all contribute to the perfect environment for ticks to breed, feed, and thrive.

Yes, many frequently come into contact with ticks during outdoor activities in places where ticks reside looking for their next blood meal. The nature of realistic Marine Corps training at the ranges and training areas virtually assures that Marines will brush up against, lie upon, or walk through forested areas and fields where ticks are found. Likewise, off-duty activities, such as outdoor sports, camping, or even gardening can result in ticks finding their way onto your clothing and body.

Unfortunately, ticks are much more than just a biting nuisance. Depending on the species of tick, they can carry diseases such as Lyme Disease, Rocky Mountain Spotted Fever, and Ehrlichiosis. Although these are potentially serious illnesses,

these diseases can be prevented through awareness of the risk of tick bites and knowledge of how to prevent becoming the tick's next meal.

First, everyone must remember that the ticks are found everywhere. A tick will wait for you to stroll near a bush, a blade of tall grass, weeds, or on a tree limb where they can quickly rub off or crawl onto you. Knowing this, approved insect and tick repellents for use on human skin should be applied to exposed body areas before venturing outdoors.

Secondly, if you are frequently in the habit of spending time outdoors where you may come into contact with vegetation, then purchasing pre-impregnated tick and mosquito repellent clothing, or spraying your clothing with a permethrin containing tick repellent spray, will be advantageous. The good news for Marines is that their issued MARPAT utility uniforms come pre-impregnated against ticks and mosquitoes, which will remain effective for well past 50 wash cycles.

Thirdly, you should closely inspect your entire body for ticks. Remember, some are very small and hard to see.

If you do find a tick or ticks on your body, an easy way to get rid of them is to use tape or a lint roller and trap them to the sticky

side; then fold the tape over to ensure that they are secured inside. Never crush them since this could lead to exposure of their body fluids that may contain pathogens which carry disease.

If you find a tick already imbedded and feeding in the skin, please see your local medical provider. If a provider is unavailable, follow the steps below:

✓ Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.

✓ Pull upward away from the skin with even pressure, thus ensuring an even amount of prolonged upward pressure to the tick, which will cause them to dislodge from the feeding site. Avoid jerking or twisting, which may cause the mouth parts to break off. If the mouth parts should break off, try and remove them with clean tweezers. If you are unable to remove the mouth parts, leave the area alone and let it heal on its own.

✓ After tick removal, thoroughly clean the bite area and your hands with rubbing alcohol, iodine, or soap and water.

The collected tick should be placed in a zip-lock bag and placed in the freezer. This will allow you to later present the tick to your medical provider for identification if you develop

• Ticks, page 6

Boating safety

"You're in Command"... That's the title of a new outreach campaign with which the Coast Guard is challenging boaters to a higher level of safety.

The Coast Guard cites that an average 700 recreational boaters die on American waterways every year and 7,000 more are injured annually. Property damage runs into the hundreds of millions of dollars. These accidents are particularly tragic because they happen to people and families out for pleasure and relaxation. Nearly all could be prevented with a few simple steps on the part of boat owners and operators. Attitudinal research sponsored by the U.S. Coast Guard Office of Boating Safety confirmed a strong suspicion: Most boaters believe they are safe enough already. They equate boating safety with equipment-like life jackets, fire extinguishers, and radios-and forget that safety really is a matter of personal behavior. Meanwhile, congestion on America's waterways continues to grow. As a result, only one group has the power to make accident rates go down: the boat owners and operators themselves.

The Coast Guard isn't in this new outreach program alone. Partners include the U.S. Coast Guard Auxiliary, U.S. Power Squadrons, National Safe Boating Council, National Water Safety Congress, and the National Association of State Boating Law Administrators. The campaign asks recreational boat owners and operators to take new steps to ensure their own safety, as well as the safety of passengers and other boaters.

"You're in Command" focuses on four actions boaters can take:

• Get a vessel safety check (VSC). This program provides a bow-to-stern inspection of a boat's condition and safety equipment. Experienced members of the U.S. Coast Guard Auxiliary and U.S. Power Squadrons do the checks, which identify safety issues and violations before they become problems on the water. "You're in Command" encourages boat owners to seek a VSC once each year.

• Take America's Boating Course (ABC). This new electronic course is sponsored by the Auxiliary and Power Squadrons and is easily accessible to a vast segment of the population that may never

• Boating, page 7



Deployed Sailor takes physical fitness to extreme

By Master Sgt. Ryan Kruse
397th Air Expeditionary Wing Public Affairs

SOUTHWEST ASIA (NNS) -- A week before her 30th birthday, Fire Controlman 1st Class Sol Benavides was in the middle of another late night run on a dusty 2.5 mile gravel track in Southwest Asia. As she glanced up in the sky and admired the full moon, she had an epiphany.

"I told myself, 'I'm going to run 30 miles for my birthday,'" said Benavides, who works with Air Forces Central as an assistant to the senior air defense officer. "It just came into my head."

Even though she had already completed eight marathons and averages 30 miles a week, this one required additional preparation due to the harsh conditions.

"I planned my route and strategically placed water bottles," said Benavides. "I had a locker in the gym where I stored energy bars. The first 20 miles were good and I was happy with how I felt. The last 10 miles were painful because at 2 a.m.

the wind really hit."

Although she told only one coworker about her feat, the news traveled fast.

"Word got around that I'm the crazy person who ran 30 miles," said Benavides.

"Establishing such an ambitious and personal goal like running 30 miles on her 30th birthday is just inspiring," said Maj. Marlon Strickland, the senior air defense officer who supervises Benavides.

The California native spent a majority of her seven-year Navy career aboard ships working on missile systems. During this deployment, she's working for an Air Force officer and helping manage the air picture for Afghanistan and the Arabian Gulf at the combined air operations center.

"I'm more of a wrench turner and mechanic that does maintenance," added Benavides. "They've never had a Navy person here before, so that's kind of cool."

"She brings an outstanding attitude to every task," added Strickland. "Her



Photo by Master Sgt. Ryan Kruse

U.S. Navy Petty Officer Sol Benavides, U.S. Air Forces Central assistant to the senior defense officer, runs along the 2.5-mile track. Benavides recently challenged herself to run 30 miles on her 30th birthday.

'pay it forward' personality is contagious and has had a tremendous effect on the entire joint team. She has motivated Airmen, Soldiers, Sailors and our British airman to challenge ourselves."

A few days after Benavides complet-

ed her run, she was already thinking about her next challenge.

"Personally, I want to do 50 miles before I leave," said Benavides. "I'd like to do something with charity this time. The 30 miles was for me."

Speaking to teachers



Photo by Cynthia McDonald

Capt. Charles C. Moore II recently spoke to a group of local middle and high school teachers attending a week long workshop hosted by the ASM Materials Education Foundation focusing on STEM (Science, Technology, Engineering and Mathematics). Also attending the workshop was Pam Litton, director of NAS Meridian's Starbase Atlantis program for 5th graders and Cynthia McDonald, NAS Meridian school liaison officer.

NMCRS honors Wilbanks



Photo by Penny Randall

Kenya Wilbanks, chair of volunteers for NAS Meridian's Navy-Marine Corps Relief Society Office, accepts an Superior Performance Award from Capt. Charles C. Moore II. Wilbanks served the NMCRS from October 2008-May 2012 while her husband was stationed at NAS Meridian. During her tenure as chairman she distributed more than \$28,000 in aid to military members in need. The award stated, "Mrs. Wilbanks represented herself and the Society in a sterling manner... Her dedication is most commendable."

• ERB

for transition is clear, broadly applied, open and readily available."

For Hughes, that message couldn't have been clearer.

"I knew I couldn't mess around," he said. "With a wife and two small kids, I have mouths to feed and bills to pay. There was no way I was going to let this situation mess up my family and our way of life, and as it turned out, neither was the Navy."

Soon after Hughes received the news, a representative from Challenger, Gray and Christmas (CGC), a firm contracted by the Navy to provide extensive transition services for ERB Sailors, reached out to him and began working with him on his life after active duty.

"One thing that I really needed to work on was my resume, I was taking action on all other areas of my life, from my move to my out processing, but my resume needed work, and the folks at CGC really helped with it."

Hughes said he was very impressed with the comprehensive resume services offered by CGC.

"I felt like I was talking with someone that had been through the transition process, was in a similar position in the service when they were active duty, so they knew literally all the aspects of creating a resume for me," he said. "In the end my future employer told me my resume was excellent, and a key reason I got the job."

CGC is an employment placement firm that was contracted to "continue to build on the job skills, success and training acquired during Sailors' careers and succeed in the civilian job market," said Rick Trimmer, a contract manager for Commander, Navy Installations Command, who manages CGC's contract. "We (the Navy) have asked them to reach out to each ERB Sailor and offer as much assistance in their employment transition as possible, from resume writing to help finding employers that need Sailors with their specific skill sets."

Hughes explained that CGC worked in a partner-

ship with other firms and assigned him a personal coach to help with his transition.

"The coach I had, Dennis, offered to take my phone calls with questions or concerns at any time, he even gave me his personal cell phone number. I knew he was doing everything he could to help me find a job," he said.

Hughes reiterated that while CGC was a great help, they couldn't do all the work.

"A lot of this is self motivation," he said. "Sure, they'll help you, but you need to take initiative and work with them too. For instance they could only give me a draft for the resume; I had to fill out my information before their editors could make it presentable."

CGC is also contracted to assist with actual job search help by providing employment resources to Sailors and even practice interviews and salary negotiation techniques.

"I was overwhelmed with all they were offering, luckily, with my networking efforts I was fortunate enough to meet my future employer here on NSA Crane, so I didn't really

need the full complement of CGC's services," Hughes explained.

In the end, Hughes' setback turned out to be a road to a new bright future, noted his wife Nikki Hughes.

"The main 'stressor' with getting out of the Navy is clearly the job search," said Nikki Hughes. "But I must say, within the blink of an eye Anthony had a job offer...with the ERB resources (CGC) plus my husband's natural abilities to take charge of the situation, we are ready for the next chapter!"

Hughes has a job offer with a local contracting company in his hometown of Crane, Ind., where he plans to settle his family after he leaves active duty in September 2012.

"I'll tell you this, no one is going to hand you a job, but with a little help from the Navy and CGC, plus my willingness to lean forward and make a plan, I was able to ensure a future and a life after my 14 year plus career in the Navy."

The Navy's contract with CGC is extensive and tasks them to reach out to all ERB Sailors. Sailors are encouraged to contact CGC by calling 1-800-971-4288 or

by e-mail at cgc-us-navy@challengergray.com if they desire services and have not heard from CGC. Sailors can also contact the Help Center at Commander, Navy

Personnel Command by calling 866-827-5672 for more information.

For more information visit the NPC ERB Web Page at

www.npc.navy.mil/boards/ERB/, contact the NPC customer service center at 1-866-U-ASK-NPC (1-866-827-5672) or email cscmail-box@navy.mil.

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As a teenager he won national string instrument championships for his virtuosic playing of the guitar and mandolin as well as on the fiddle. His mentors include Texas old-time fiddler Benny Thomasson, French jazz violinist Stéphane Grappelli and guitarist Chet Atkins.

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Photos by MC2 Casey H. Kyhl
Capt. Charles C. Moore II presents AC3 Danielle Murphy her advancement certificate on June 15.



AC3 Lejoya Partlow is presented her reenlistment from Air Operations Officer Lt. Dennis Smith. Partlow reenlisted for four years.

AU / 2012

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Household goods goes 'social'

SAN DIEGO, Calif. -- NAVSUP Global Logistics Support (GLS) Household Goods (HHG) services initiated social media campaign June 4 to reach out to customers and further reduce confusion and make a household move easier on families.

HHG is now employing the public web, YouTube and Facebook to unravel some of remaining mystery associated with moving, shipping and storing household goods.

"Our number one goal is easing the whole moving process for families moving across the country or around the world," said Deborah McGlennon, program manager, Household Goods and Global Distance Support Center in San Diego. "We're choosing new mediums to reach out and social media will help us reach our audiences with a message that we know how hard a move is, and here's how we can be there to help you.

"We believe our web presence, plus YouTube and Facebook Fan Page will provide relevant and interesting information to NAVY service members and civilians initiating a household goods move. In addition, the YouTube Channel provides customers with instructions to set up their household goods move using the Defense Personal Property System (DPS)," McGlennon said.

The idea is to use YouTube as a source for education. According to McGlennon, even as the process incorporated www.move.mil and the Defense Personal Property System (DPS), the process can still be a bit daunting. The YouTube and Facebook sites are designed to ease families into the move.mil and DPS process.

"It will be like 'pre-learning' designed to familiarize families with how these systems operate and integrate," McGlennon said. You can subscribe now

to the HHG YouTube Channel at <http://www.youtube.com/user/NavyHHG> and for tips, updates and additional information, make sure to like our Facebook Fan Page at <http://www.facebook.com/pages/NAVY-Household-Goods/294799990565426>.

In addition, the Navy Household Goods webpage also provides customers with information on getting started with their move, entitlements and contact information. Check us out at https://www.navsup.navy.mil/navsup/ourteam/navsupglprod_serv/household.

McGlennon said, "We value your feedback and suggestions on how we can further help you to have a successful move."

Finally, In addition to leaving comments on our social media pages, you can email them at household-goods@navy.mil.

— From NAVSUP GLS Office of Corporate Communication

Chaplain's Corner...

Do you ever feel as though so many things in your life are messed up that, literally, nothing at all is going right?

When we are faced with failures we can get to the place that we begin to expect that nothing will ever work out for us. Here is a funny story about a Soldier that was having a bad day...

A young Soldier showed up for jump school at Fort Benning, Ga. He successfully went through all the rigorous physical training, and all the necessary classes to prepare for his first jump.

To keep things less confusing, the instructors had condensed the critical instructions down to four easy-to-remember steps so that the potential paratroopers would not panic or forget something important in that critical moment when they stood in the jump door of the plane:

1. Jump when you are told.
2. Count to 10, then pull your ripcord.
3. In the unlikely event that your parachute doesn't open, pull the emergency ripcord.
4. When you get down, a truck will be there to take you back to the rendezvous point.

The young Soldier memorized these instructions and climbed aboard the plane. At 10,000 feet the paratroopers began to

move to the jump door. When he was told to jump, he jumped. He counted to 10 and pulled the ripcord. Nothing! So he pulled the emergency ripcord. Still nothing! No chute!

"Oh great!" he said as he plummeted toward the ground, "And I suppose that the truck won't be there when I get down either!"

One of the best things we can do when we face failure is to remember our sense of humor. Then we can evaluate what is going wrong, and take steps towards making things go right.

Often times when attempting something that doesn't seem to want to work for me, I will say "Well, how hard does this really have to be? It isn't rocket science!" and then I take another look and try again. Most often, life will give us a second chance to try, like an emergency parachute.

I am reminded that God is also a God of second chances. Thankfully, He does not condemn us the moment we make our first mistake. He graciously and patiently gives us the opportunity to try again, with His help, until we get it right.

Never give up! God really is on your side!

By Lt. Cmdr. Doran Kelvington
NAS Meridian Command Chaplain
can be reached at (601) 679-3635.



● Boating

invest the time to attend traditional safe-boating classes. "You're in Command" promotes boating courses, specifically the convenience of ABC.

•Wear your life jacket. Nothing would reduce boating fatalities faster than universal life-jacket wear. Most boaters carry life jackets, but few wear them consistently while underway, despite the fact drowning causes most boating deaths. Through "You're in Command," the Coast Guard challenges all boaters to wear life jackets while underway. Officials hope the

new styles of compact and inflatable jackets will make this practice much more common.

•Never boat under the influence. Boaters must understand that waterborne stressors, such as wind, sun, vibration, and noise, multiply the effects of alcohol and even some prescription medications to dangerous levels. The Coast Guard recommends no alcohol on board and hopes the "You're in Command" campaign will reduce the instances of under-the-influence boaters on the water.

"You're in Command" is timely, given the Coast

Guard's new role in homeland security. The equation is simple: The more recreational boaters take responsibility for their own safety, the more time and resources the Coast Guard can devote to protecting our ports and waterways from waterborne threats. Help do your part to reduce accidents and save lives.

Provided courtesy U.S. Coast Guard Office of Boating Safety. Go to www.uscgboating.org for a variety of resources, links and free information.

If you have questions on this or any other fire related topic or need any assistance with your home fire safety, contact the NAS Meridian Fire Prevention Office at (601) 679-3866/3867/2589.

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Chuck Norris Total Gym "XLS." Call (601) 513-3495.

BOATS/CAMPERS/TRAILERS

Camper/F350 Package -- 1999 5th Wheel Imperial by Holiday Rambler 36SKT standard or goose-neck hitch, new refrigerator/freezer, new leather swivel recliner chairs, 80 gallon fresh water tank, flat screen TV, microwave over with bent fan, three burner stove with oven, two air conditioners, owners are non-smokers! Asking \$16,165. **2003 F350 Dualie Crew Cab** with Lariat Package, 135,000 miles complete maintenance record. 6 speed manual transmission, 7.3 liter turbo diesel, trailer pkg., tool box, non smokers. Will sell separately or discount both items as a package. Asking \$19,000 for F350. As a package: \$34,000. Call (601) 917-4545 or (601) 693-9292.

2012 Cargomate 6x12x6 enclosed cargo trailer. One month old, bought from a dealer, build date 8/18/2011. Rear barn doors, side door, interior light, spare tire, 3 month limited factory warranty. \$3200 OBO. Call (267) 414-4124.

32-foot Mountaineer Travel Trailer, tag-alone, 2 slides, excellent condition. Asking \$13,300. Call (251) 607-9536.

1992 Sprint 276 Pro Bass Boat Yamaha Pro V 150. Runs great, ready to fish. Asking \$4,500. Call John at (601) 737-8735 or (601) 701-5069.

Concession Trailer (former CATFISH PLUS). Great operation for new power plant area. Negotiable terms. Call John at (601) 737-8735 or (601) 701-5069.

2008 SKEETER ZX190, Bass Boat -- Blue/White/Black Galaxy Hull with protective Keel Guard and Light Grey Interior. Powered by Yamaha 175 HPDI motor. Package includes: EZ Loader Trailer, Line Spooler, Hot foot/Pro Trim, tilt Steering, Hummingbird 767 w/GPS, Hummingbird 727 Bow Mount, Auto Bilge Switch, Safety Ladder, Bow Mounted 80 LB. thrust Minn Kota trolling motor and much more. Price \$29,500. Call: day (601) 604-2256, evening: (601) 483-5311.

HOUSEHOLD ITEMS

NEW! GRACO Portable Crib. Great condition. Easy setup. Folds nicely into carry bag for travel. Asking \$40. **Wood High Chair.** Great condition. Asking \$50 Call Joe at (916) 402-7908.

NEW! Oak entertainment center. Asking \$100. Call Joe at (916) 402-7908.

White Queen Bed and Frame. Asking \$175. Call (601) 679-3495.
Sofa and love seat. Dark blue microfiber material in great condition, 6 pillows included. Asking \$500 OB.
Coffee table and end table. Asking \$120 OBO. Call (619) 512-6630.

Solid Wood Oak top white high dining room table with hideaway extension, and 4 white high top chairs. Six months old in perfect condition. \$650 call (601) 513-3495.

Wrought Iron Baker's Rake for \$100 or OBO. If you would like to see a picture e-mail jason4heather@yahoo.com or call (601) 679-8372.

Chocolate love seat with decorative pillows. Asking \$280. In excellent condition with no tears or stains and comes from a smoke free home. Call Helena at (601) 485-1472.

34" widescreen Trinitron Sony HDTV. Remote & Memory Card slot, works great. Asking \$150. Call (601) 621-4417.

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

AUTOMOBILES, ETC.

NEW! 2006 AUDI S4, gray, GPS, Bose System, 80k miles. Asking \$19,900. Call Stephane (210) 837-2437.

NEW! 2005 Toyota Rav4 L 121,000 miles. Excellent condition, white with tan interior, fully loaded, cruise control and power everything. Asking \$11,500. Call (601) 480-3552 or (601) 513-2220.

NEW! 2010 Toyota Highlander SUV, 4x2, 3.5L. Silver color, navigation system, backup camera, dual leather PWR/heated seats, sunroof, third row seat, multi disc, JBL premium sound, dual control air/heat system, like new condition. Asking \$28,500. Call (601) 479-9713.

'91 CHEVY Z71, Rebuilt 350, transmission and a lot more, needs interior work, great toy or work truck. Asking \$6,000 OBO. Call (601) 679-3258 or (601) 681-4280.

Four 37x12.50x16 Super Swamper Irok Radial tires and four - 16x10 alum 8x170 rims. Asking \$1000 firm. **6" Ford 99-03 Superduty lift springs.** Asking \$500. **Curt Class III trailer hitch** for Ford Super Duty. Asking \$100. Call Mike for details on each (601) 604-2170.

1995 Jeep Cherokee 4.0L auto, 4x4 Blue Custom bumpers, roof rack, off road tires and lights. Asking \$4000. Call Mike at (601) 604-2170.

2005 Ford Ranger, 136,000 miles, 3.0 v6 with 5 speed trans, 15" Dick Cepek rims with 31x12.5 Bridgestone Revo AT, DUAL 7" touch screen DVD player with 2 Memphis 12's. Asking \$6500 call or text (601) 781-7189.

1984 Full-Size GMC Jimmy, has 350 4-bolt main has less than 9,000 miles after rebuild, skyjacker lift, 35" prop comp M/T tires, electric water pump, cam, chrome, new Auburn locker in rear end, lots of performance

parts. Asking \$3,000 call or text (601) 781-7189 MUST SEE! Too many extras to list.

2004 Corvette, 77,000 miles, LS1-5.7 Liter SFI V8-350HP, Black exterior w/torch red interior trim, transparent removable roof panel, Bose speaker and amplifier system. Asking \$19,000. Call (601) 737-4435 after 6pm.

2004 Honda Civic EX, 4 door, 36 miles per gallon, gray. Asking \$6,300. Call Groves at (601) 679-2589.

2006 Pontiac G6 GTP Coupe, black, man 6 spd, heated leather, moonroof, SiriusXM radio, HID Xenon's, well maintained. 59k miles. Asking \$10,999 OBO. Call (601) 678-9177.

2003 Gold Chrysler, 300M loaded, heated leather, CD, XM satellite, sun roof, nice interior. High mileage but well maintained. One owner, new transmission and battery, fairly new tires, needs motor work. Asking \$1350 OBO. Call (601) 679-2636 or (662) 803-9007.

2005 Ford Explorer, sunroof, leather interior, low mileage. Asking \$7,500 OBO. Call (601) 490-3905.

MOTORCYCLES/GEAR/ATV

NEW! Leather Jacket and Chaps. Matching set. Has all the fringe for that freedom in the wind. Make yourself seen and look good doing it. Asking \$130. **Leather Chaps.** great condition. Add some protection to your riding. Asking \$50 Call Joe at (916) 402-7908.

NEW! Two motorcycles helmets. DOT approved. \$25 each. Call Joe at (916) 402-7908.

2007 Yamaha Vstar 1300 Tourer/Silver and Grey two tone paint. 23k miles, new tires, recent service with records and many extras. Availability 49 mpg. Asking \$7000 OBO. Pics available upon request. Call Mike at (601) 604-2170.

2007 Suzuki Eiger 400 ATV, 4x4, auto trans, wench, garage kept excellent condition, low miles. Also, 6x10 utility trailer with spare tire and mount. Asking \$3,000 for both. Call Jerry at 601-513-2624.

1981 Kawasaki KZ440LTD motorcycle, 22k miles. Asking \$1500.

Call (601) 457-8915.

2008 Suzuki Boulevard T-50. 10600 Miles, leather touring bags, floor boards, shield, various helmets, garage kept, synthetic oil since new, new tires with sale. Asking \$4,500. Call John (601) 737-8735 or (601) 701-5069.

4-wheeler for sale. Asking \$800. Call (601) 483-3801.

HOMES/APARTMENTS

NEW! For Rent: 1920 sq ft 3BR/2BA on North Hills Street 20 minutes from NAS Meridian. Home has 2 car garage, fenced back yard and gas fireplace. Excellent location. Call (601) 934-2862.

For Sale: 2389 sqft 4 BR/2BA brick home just off North Hills St on a less traveled path. Kitchen has been nicely updated and is open to the breakfast area and family room. There's a great backyard with plenty of play room. Call Carla at (601) 678-6165.

For Sale: Home located 20 minutes from NAS Meridian, 3 BR/2BA home located in the Poplar Springs school district. Home also has a finished basement with full living area, sunroom, and deck, 1 car garage and nice backyard. Must see! Call (601) 490-3905 great deal!

For Sale in excellent Meridian neighborhood. Call Alita at (602) 513-4787.

For Sale by Owner: 3 BR/2BA, nice kitchen with breakfast nook, formal living room and dining room, 1860 sq. ft., view of main lake at private community of Dalewood Lake in Lauderdale, 2 car garage, situated on 3 beautiful fenced lots, large front porch, deck, double French door lead to back court yard, 12 miles to NAS Meridian. Can provide picture with email request to: pardisekv@yahoo.com. Call (601) 479-9713 or (601) 679-3517.

TOOLS

NEW! Gravely zero turn lawn mower. Industrial model HD (Heavy Duty), 52 inch cut with 26 hp Kohler engine. 2-5 gallon fuel tanks with 3 blades. Almost new with approximately 75 hours running time. Always keep

inside, never left in the weather. Used residentially only. Paid over \$5,600 new 2 years ago. Asking \$4,500 OBO. Call (601) 513-2220.

Craftsman self-propelled lawn mower. Honda engine; bag; used very little. \$400 new, will sell for \$250. Call (601) 616-0947.

Snapper Rear Engine Riding Lawn Mower - Model SR1433 - 33 inch cut, mulching kit, one owner, excellent condition, full serviced Every Year. Call (601) 513-0324.

Craftsman Contractor Series Radial Arm Saw with stand, asking \$200. Call (601) 679-9972.

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

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

MISCELLANEOUS

10 month old Maltese Poodle mix puppy, spayed female, med records, 8 pups. Can email pics. Serious inquiries only. Fenced yard preferred. Asking \$150 Call (601) 880-3819.

Lab Puppies -- AKC registered have first shots and ready to pick up April 1, mother and father onsite. Asking \$300 each. Call Ann at (601) 480-4134.

Wedding dress size 8 and veil for sale. If interested please call 601-938-0182.

Golf Taylormade Driver R9 \$150; Bobby Jones Workshop Edition Driver \$70 -- all in like new condition. Call (601) 679-2809. Deadline for submissions is 4:30 p.m. the Thursday before publication.

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 any time.

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



NAS Meridian, MS • Morale, Welfare and Recreation

On the Web: www.cnic.navy.mil/meridian

Facility Phone Numbers

Fitness Center	679-2379	The Outpost	679-2609	CDC/CDH	679-2652
All Hands Pool	679-3470	Library	679-2326	SAC	679-5252
Liberty Center	679-3760	Rudder's	679-2636	SLO	679-2473
ITT	679-3773	Sandtrap Grill	679-2780	P.C. Golf Course	679-2526
McCain Rec Ctr	679-2651	Mom's Diner	679-2531	MWR Admin.	679-2551



McCain Rec Center Bowling Specials

June
Sunday- FAMILY SPECIAL, All Day.
Monday- NTTC/MATSS1 Student special, 5-9pm
Thursday-RCTA SPECIAL, 4:30-9pm
Friday- Colored Head Pin Night, June 29; 9 Pin No-Tap Tourney, June 22, \$15 entry fee, sign up by 6pm.
SATURDAY- Black Light Bowling, 7pm-Close.
July
Sunday- FAMILY SPECIAL- 11am-3pm
Monday- NTTC/MATSS1 Student Special- 5:30pm-Close
Wednesday 4th July Special- All Day-2.00/ game including shoes



Rated PG13
06/21/12 • 6pm

Dr. Suess' The Lorax
 Rated PG
 06/23/12 • 1pm

The Hunger Games
 Rated PG13
 06/26/12 • 6pm

Aliens
 Rated R
 06/27/12 • 6pm

War of the Worlds
 Rated PG13
 06/28/12 • 6pm

The Rookie
 Rated G
 06/30/12 • 1pm

Monday Matinees

There are two scheduled movies every Monday for dependent children. The movies will be shown starting at 1pm. The second movie will start after the first has concluded. Popcorn is also available.



Rated PG
06/25/12 • 1pm

Despicable Me
 Rated PG
 06/25/12



Rated G
07/02/12 • 1pm

Toy Story 3
 Rated G
 07/02/12

*Scheduled movie premieres at McCain Rec Center. Admission is FREE!

Rosenbaum Avenue Closure

Rosenbaum Avenue will close at 1pm on Friday, June 29, 2012 in order for the setup for FreedomFest. The road will reopen on Friday, June 29 at 11pm.

June 29
1700-2100
 Across From Admin 255
 Enjoy food, beverages, inflatables, extreme rides and more!
 Live Performance by Natalie Stovall
 Fireworks By Pyro Shows

MWR USAA No Federal endorsement is implied.

MWR Closing Times for FreedomFest

CDC	1800	Rudders	Closed	Fitness	1700
SAC	1800	Rec Center	1700	Aquatics	1700
ITT	1700	Library	1700	The Outpost	1700
*Ponta Creek	1730	Liberty	Closed		

*Back Nine of Ponta Creek Golf Course will be closed all day June 29, 2012. All MWR facilities will resume normal hours of operation on Saturday, June 30, 2012.

Andrew Triplett Library

Some services offered:
 • Story Time/ Ages 3-5
 • NY Times Bestsellers
 • Over 20 Magazines
 • Daily Newspapers
 • Navy Reading List Books
 • TV/Lounge Area
 • Six Free Computers
 • Copy/Fax Service
 • Free Wi-Fi
 • Conference Room

For more info call (601) 679-2326.

Now Available!

ITT
 INFORMATION TICKETS & TRAVEL
 Six Flags Over Georgia & Geyser Falls tickets now available at the ITT Office!



BENCH PRESS WINNERS
 Left, The top three winners in the men's division are Brandon Mason of NAS, Chris McGee of NOSC and Brandon Fowler of Medical. Right, The top three winners in the female division are Catlin Morris, Quante Jones and Tina Manley all from MATSS-1. The competition took place on June 5, 2012 at the Fitness Center.



MWR Aquatics Swim Lessons

All swim lessons will take place Tuesday-Friday. There will be two classes daily from 9-9:45am & 10-10:45am.
Sess. 3: July 10-20 **Sess. 4:** July 24-Aug. 3
 *For more information regarding private swim lessons, contact Lea Cook at (601) 679-2379.

Water Aerobics & Lap Swim

Lunch Lap Swim takes place M-F from 11am-1pm.
 Water Aerobics take place M,W,F from 12:15-1pm.

submitted photos

All Hands Pool Hours Of Operation
 Monday-Closed •
 Tues.-Fri.: Noon-8pm
 Sat., Sun. & Holidays: Noon-6pm

For more info call (601) 679-2379.

Sonny Montgomery Fitness Center Complex

Personal Trainer
 Now available at the Fitness Center. Begins at 5:30am Monday-Saturday. Call (601) 679-2379 for info.

Massage Therapy
 Rates start at only \$35 for a 1/2 hour massage. Call (601) 679-2379 today to schedule your appointment!

Group Exercise Schedule

Monday Belly Dancing Class @ 11:30am Self Defense with Dawg @ 6pm	Thursday Spin with Shannon @ 11:30am
Tuesday Spin with Shannon @ 11:30am	Friday Belly Dancing Class @ 11:30am
Wednesday Belly Dancing Class @ 11:30am	*All group exercise classes are held in Bldg. 266 and are free.

Events

Monday- Miller Madness Monday
Tuesday- Karaoke Night
Wednesday- Import Beer Night
Thursday- Ladies' Night
Saturday- MLB with Beer Special

Congratulations

to George Adam who took home first place and Leonard Mack who finished second in the pool tournament at Rudders on June 9, 2012.

Available at

The Outpost
 601-679-2609



Rent One Today!

Hours of Operation
 Mon.-Sat. 0930-1800
 Closed Sun. & Wed.

For more information call (601) 679-2609.



The following are events scheduled for single and unaccompanied active duty military aboard NAS Meridian. For info call (601) 679-3760.

Sunday, June 24
Cream Soda & Rootbeer Float Night

Cool down with a FREE float! Put a smile on your face starting at 7pm.

Tuesday, June 26
Video Game Tournament
 Game time is 7pm. Prize awarded to the winner. Register the day of the event at the Liberty Center.

Thursday, June 28
Birthday Bash
 A celebration of June birthdays! FREE cookies and soda will be provided at 7pm in the Liberty Center.

Saturday, June 30
Air Hockey Tournament
 The tournament begins at 7pm in the Liberty Center. No entry fee - prize awarded to the winner. Register the day of the event at the Liberty Center.

Tuesday, July 3
Ping-Pong Tournament
 The tournament begins at 7pm in the Liberty Center. No entry fee - prize awarded to the winner. Register the day of the event at the Liberty Center.

Captain's Cup Golf Standings

	W	L
Public Works	5	0
VT-7	4	1
Air Ops	2	3
Fidelity	1	1
MATSS-1	0	4

* Standings as of June 14, 2012.

Captain's Cup Softball Standings

	W	L
Public Works	10	0
Field Support	8	2
Air Ops	8	3
Sluggers	6	4
Devil Dawgs	3	7
Eagles	3	7
Devil Pups	2	8
Tigers	1	10

* Standings as of June 18, 2012.

It's Your Turn...

This week we asked active duty Sailors, "Besides your current rating, what other rating in the Navy would you like to experience?"

By Penny Randall



Chief Tyrone Evers
NTTC Staff

"I would consider Navy Musician. I play the piano and the bass guitar, and it would be really cool to get to travel with the Navy Band."



AZ1 Nathan Hughes
AZ Course Instructor

"SB-- Special Warfare Boat Operator. I love being on the water and to drive something with that much power would be awesome."



LS2 Diana Davidson
NTTC Assistant Course Supervisor

"Legalman -- you get to learn so much about the ways of the law."



AZ1 Gregory Cohen
AZ Instructor

"Air Traffic Controller -- They have to be experienced multi-taskers to be able to talk to 10 pilots at once. And they get paid really well when they get out of the Navy."



LS2 Hector Vacca
Reservist from San Diego training at NTTC

"A rating in the intelligence field. I've been on a few deployments where I've had the chance to get advanced special operations training and I really enjoyed it"

Fleet & Family Support Center

What to do when your child is diagnosed with a serious medical condition

When your child is diagnosed with a serious medical condition, your world may feel like it's been turned upside down. Like many parents, you may be overwhelmed by the news -- and by the effort to understand the best treatments for your child. For military families, the diagnosis may be even more difficult if one parent is deployed. The following information can help you organize your thoughts so you can focus on what's best for your child.

What to do when your child is first diagnosed

When you first learn that your child has a serious medical condition, you may feel confused and overwhelmed. If you live far from family and close friends, you may also feel isolated. These feelings are all normal as you learn to cope with the news.

- Give yourself time to absorb the news. Put off making any important decisions until you've had time to absorb what the doctors have told you. Talk things over with your spouse, family, or close friends. By giving yourself a little time, you'll be able to make thoughtful and informed decisions on your child's care.

- Understand that your spouse may not handle the news in the same way you do. Everyone copes differently. Where you may cry, your spouse may seem unemotional and detached. You may want to talk about it, but your spouse may not. This is a difficult time for both of you, so try to let your spouse deal with the emotions in his or her own way. If you need help, contact Military OneSource at 1-800-342-9647 or through the Web site at www.militaryonesource.mil. This program's expert consultants can arrange counseling in your area and at no cost to you.

- Gather information. Try to channel your emotional energy into research. You'll find lots of information online. Contact a local or national support group for parents of children with the same medical condition. Learning more about your child's condition will help you understand the complex medical terminology and make good decisions about your child's care.

- If you live overseas or in a remote location, you could be asked to PCS to a new duty station where your child can receive medical care. Managing a PCS move at this difficult time may seem overwhelming, but it will ensure your child has the most appropriate medical care for his or her condition.

- Find your support system. You'll need your family and friends in the coming months. They may offer to help with child care or provide a shoulder to cry on. A special friend or family member may be able to help you sift through all the medical information and help you advocate for your child.

- Get in touch with the Exceptional Family Member Program (EFMP) office on your installation. Enrollment in the program is mandatory for family members with certain medical conditions. Also, the program coordinator can help you access information on military programs, help you find a Special Needs Advisor (if one is available on your installation), and help you access services available through TRICARE and in your local community.

- Find out about Supplemental Security Income (SSI) and Medicaid. Contact the Social Security Administration (www.ssa.gov) to find out more about SSI, which is available for families with children meeting certain income and disability conditions. If you qualify for SSI, your child will receive a monthly stipend for supplies (such as diapers), transportation, and respite care.

- Take time out as a couple. Marriage is tough, but maintaining a

marriage while dealing with your child's medical condition can be even more difficult. Even though you may feel overwhelmed right now, it's important to find time to spend alone with your spouse.

Medical care

The military health care system -- TRICARE -- offers comprehensive health care for military families. But navigating the system can be intimidating. If you have a child with a serious medical condition, you need to find ways to access all the services available for your child, both within the military and in the local community.

- TRICARE Prime offers the most comprehensive of TRICARE's health care services with no deductible and generally lower costs. Through TRICARE, you have a Primary Care Manager (PCM) who will coordinate your child's care, including referrals for specialty care. TRICARE also offers other health care options, such as TRICARE Standard, TRICARE Extra, and US Family Health Plan (in certain areas). For more information, visit TRICARE online at www.tricare.mil.

- Extended Care Health Option (ECHO). ECHO supports TRICARE by providing supplemental assistance to active-duty family members with a qualifying condition. To take advantage of ECHO, the family member must be enrolled in EFMP. More information is available at TRICARE's site at <http://www.tricare.mil/mybenefit/home/overview/SpecialPrograms/ECHO>. Case management. A case manager may be available through TRICARE or your Military Treatment Facility (MTF). Case managers can help you plan your child's medical treatment and coordinate with the different health care providers. Check with your child's PCM for more information on case management.

- Medicaid. Medicaid may provide supplemental coverage for families meeting certain income requirements. Medicaid may cover co-payments and some supplies not covered by TRICARE or ECHO. To apply for Medicaid, visit the State Health Department office in your community (for a directory, visit the Centers for Medicare and Medicaid site at www.cms.hhs.gov and follow the links under "Contact CMS").

Relocation

Frequent moves are routine for most military families. But when your child has a serious medical condition, your move may be much more complicated. If your child is diagnosed while you live in an overseas or remote location, you may need to relocate in order to be near medical care. Good planning before your move will help make sure you stay on track during this transition.

- Request priority housing. If your family meets the requirements, priority housing may allow you to move into installation housing more quickly. Each installation has different housing availability and requirements. The EFMP coordinator can help you find more information on your new installation's housing policies and apply for priority housing, if you qualify.

- Make a list of medications and supplies. Make sure you have enough medications and medical supplies to cover traveling and getting settled in your new home. TRICARE beneficiaries can order extra medical supplies and medications prior to a PCS move.

- Get your paperwork together. Make sure you have an extra copy of your orders, your child's Individual Education Plan (IEP) or Individual Family Service Plan (IFSP), and other important paperwork before your move. Ask your doctor to write a summary of your child's medical condition to carry with you. Even though medical records are kept electronically,

you'll have this description in case you run into a problem while traveling.

- During the move. If you've planned carefully, your move should go smoothly. Keep medicines and medical supplies in your car or at a friend's house -- away from the movers. When traveling, hand carry medical supplies and important paperwork. You don't want these important items to get lost.

- At your new duty station. Once you've arrived, you'll be busy getting your new home set up. You'll also want to make sure your child's medical care can continue smoothly.

- Notify the TRICARE Service Center at your new location if you've changed TRICARE regions.

- Set up an appointment with your child's new PCM.

- Connect with the EFMP coordinator at your new installation. The EFMP coordinator can put you in touch with local services both on and off your installation.

- Set up an appointment with the Social Security Administration in your new area to find out if you qualify for SSI and Medicaid. Call the Social Security Administration at 1-800-772-1213 or visit their Web site at www.ssa.gov for more information.

- If your child is school age or involved in a program for infants and toddlers with special needs, contact the school district about your child's needs and his IEP.

Deployment

When one parent is deployed or living in another area, the other parent will have to cope with their child's medical issues alone. If your spouse is deployed, you'll need to rely on family and friends in a significant way.

- Requesting a compassionate reassignment. Service members may consider requesting a compassionate reassignment due to a child's medical condition. Each service branch has different rules for applying for compassionate reassignment and different criteria for granting it. Your installation's EFMP coordinator can help you begin the process. If you or your spouse is scheduled to deploy soon, you may also want to notify your command of your child's serious medical condition.

- Moving home when your spouse is deployed. If you're more comfortable living closer to your family while your spouse is deployed, make arrangements to store your household goods and move home.

Make sure you contact TRICARE and your EFMP coordinator to be sure you have access to the medical services you need. If your best support comes from your friends on the installation, take advantage of their support and stay put while your spouse is away.

- Arranging respite care. Even if you don't use child care on a regular basis, plan to have someone relieve you from time to time so you can take a break. Respite care may be available to those families who have ECHO (visit <http://www.tricare.mil/mybenefit/home/overview/specialprograms/ECHO> for more information). Your installation's EFMP coordinator may have information on local sources for respite care.

- Contacting your spouse in case of emergency. The American Red Cross can help you get messages to a service member in the event of an emergency, 24 hours a day, 365 days a year. You will need the service member's full name, rank, service branch, Social Security number, military address, and any other information about the deployed unit. Keep your local Red Cross number available (call 1-877-272-7337 or visit www.redcross.org to find the number of your local Red Cross) and leave a copy with a friend or family member.

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.

Communication Skills: June 27 from 3-4 p.m.

Communication is powerful and directly affects our quality of life and relationships. This workshop helps people use the power of communication to strengthen relationships at work and at home by practicing skills that build effective two-way communication.

Saving & Investing: June 28 from 9-10 a.m.

While money doesn't grow on trees, it does grow when you save and invest wisely. Knowing how to secure your financial well-being is one of the most important things you'll ever need to know in life. You don't have to be a financial genius to do it, you just need to know how to get started.

Conflict Management: July 5 from 2-3 p.m. or July 17 from 9:30-10:30 a.m.

Conflict is normal, even in the most high-functioning work groups. We all have different styles, points of view, and ways of communicating. However, when a conflict between two individuals or within a group lingers or goes unresolved, it can waste time, lower energy and morale, and leave those involved with hurt feelings that are hard to forget. If you need to improve your coping-with-conflict skills, come to this workshop to learn the mediation method and other tips to manage the sticky situations in your life.

Building Self-Esteem in Kids: July 11 from 3-4 p.m. at Child Development Center.

Healthy self-esteem is like a child's armor against the world. Children who feel good about themselves seem to have an easier time handling conflicts and resisting negative pressures. They tend to smile more readily and enjoy life. These kids are realistic and generally optimistic. Join us for this workshop to learn more about how you, as a parent, can nurture healthy self-esteem in your child.

Welcome Aboard & New Spouse Orientation: July 12 from 8 a.m.-2 p.m. (Spouse Orientation from 2-3 p.m.)

FFSC welcomes you to Meridian by providing current information and policies regarding NAS. Topics covered will include: Navy career choices, FFSC services, medical, dental, Exceptional Family Member (EFM) Program, TRICARE, vehicle registration, on- and offbase driving regulations, legal services, community services, chapel and other religious services, MWR, things to do at NAS and in Meridian, and more! The New Spouse Orientation will include a Q&A session with command Ombudsmen and other briefs of interest to military spouses. Whether you're a spouse new to military life or just new to Meridian, you'll be able to pick up important information and meet other spouses.

IA Spouse Discussion Group: July 13 from 9:30-11 a.m.

FFSC hosts this IA Spouse Discussion Group over coffee! Join other military spouses to talk about the challenges of IA deployment, share survival tips, discuss the impact of deployment on kids, remind one another about the benefits of deployment, or just kick back and chat!

Financial Readiness for Deployment: July 18 from 2-3:30 p.m.

Financial mismanagement can be the number one cause of conflict and anxiety during deployment. While deployment brings additional pay, not having a plan for what to do with it can lead to wasting valuable opportunities (such as the Savings Deposit Plan) to put those extra deployment dollars to work. Also, planning for handling everyday financial matters during deployment is crucial.

KIDS' SUMMER SAFETY DAY

MONDAY, 2 JULY, 1130-1330

BALFOUR BEATTY COMMUNITY CENTER

FLEET & FAMILY SUPPORT CENTER AND BALFOUR BEATTY COMMUNITIES ARE PARTNERING TO OFFER THIS INFORMATIONAL AND FUN WORKSHOP FOR KIDS, TEACHING THEM A VARIETY OF SUMMER SAFETY SKILLS. TOPICS WILL INCLUDE: HEAT-RELATED ILLNESSES, FIRE SAFETY, DANGEROUS ANIMALS, BICYCLE SAFETY, AND MORE!

LUNCH WILL BE PROVIDED.

TO REGISTER OR FOR MORE INFORMATION, CALL 601-679-2360.



Balfour Beatty

GET YOURSELF MOTIVATED!

Duty Section 4 Wins Moto Comp

Duty Section Leader: Pfc. James Richard

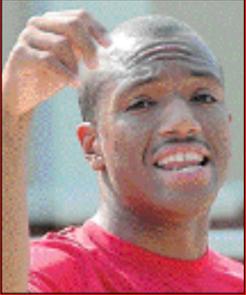
Faculty Adviser: Sgt. Phil Ard

Marine Aviation Training Support Squadron One held its "Moto Comp" on June 15. Four duty sections of students competed in various events including a drill competition, 4-person relay race, combat conditioning course, logistics run and one-on-one pugil sticks competition. Duty Section 4 was the winner of the event held to create comradery and motivation among the students and staff. In past competitions only Marine Corps students participated in the event, but since both Navy and Marine Corps enlisted are trained in the Aviation Maintenance program the competition now includes Sailors.

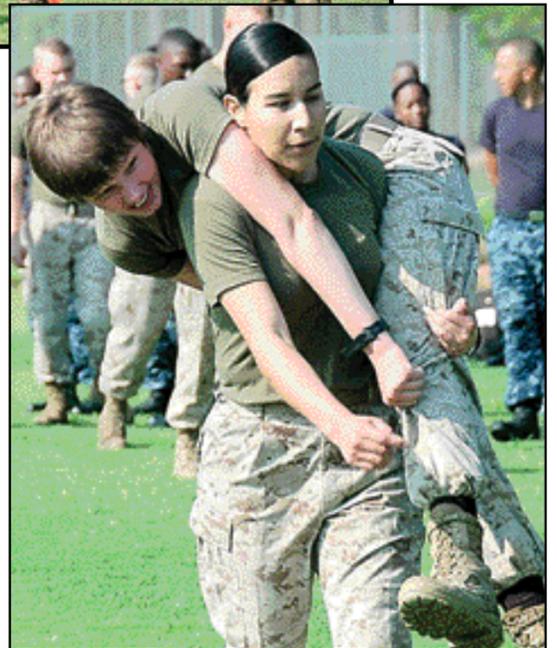


Photo by AZ1 Nathan Hughes

Faces of MOTIVATION



Photos by Penny Randall ~ The Skyline Editor



Faces of MOTIVATION

