

# THE SKYLINE



Volume 50, Number 18

<https://www.cnic.navy.mil/meridian> & [www.facebook.com/NASMeridian](http://www.facebook.com/NASMeridian)

August 30, 2012

## On Base...

✓ **Training Squadron Nine will hold a change of command ceremony on Aug. 31 at 10 a.m. in the hangar.**

Cmdr. Craig M. Snyder will be relieved by Cmdr. Garrett V. Krause as commanding officer of the squadron. Cmdr. Charles G. Paquin will assume duties as executive officer.

✓ **Personnel interested in forming a doubles or a singles league to bowl on Monday nights this fall.** It will be a sanctioned league. Contact Jimmy at (601) 679-2651.

✓ **9-Pin No Tap Tournament on Aug. 31 at 6:30 p.m.** Sign up by 6 p.m. same day. For information, call (601) 679-2651.

✓ **Triathlon set for Sept. 15 at 9 a.m.** at Fitness Center. Event include 10 miles bike ride, 2.5 mil run and 500m swim.

✓ **Sonny Montgomery Fitness Center hosts Afterschool Family Fitness Program** daily from 3:30-5:30 p.m. Class is taught by personal trainer Frankie Harbin. Cost is \$40 per person per month. Parents are required to stay with their children during this time. For more information, call (601) 679-2379.

✓ **All Hands Pool at the Fitness Center will remain open through the month of September.** Lunch lap swim takes place Monday-Friday from 11 a.m.-1 p.m. Water aerobics take place Monday, Wednesday and Friday from 12:15-1 p.m.

## A Day in Naval History

**September 1**  
1942: First Seabee unit to serve in a combat area, 6th Naval Construction Battalion, arrives on Guadalcanal.

**September 3**  
1885: First classes at U.S. Naval War College begin.

**September 5**  
1776: Adoption of first uniforms for Navy officers.  
1990: USS Acadia (AD-42) departs San Diego for first war-time deployment of male-female crew on combat vessel.

**September 8**  
1958: Lt. R.H. Tabor, wearing a Navy developed pressure suit, completes 72-hour simulated flight at altitudes as high as 139,000 feet. It was another step in the development of the Navy spacesuit, which NASA accepted in 1959 for use by Mercury astronauts.

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

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

# Wounded Warriors: Always a Marine

By Penny Randall  
Editor

Three Marines from the Wounded Warrior Battalion East brought a message of survival and perseverance to NAS Meridian recently.

Purple Heart recipients Sgt. Joseph Dodson, Cpl. Kyle Carpenter and Cpl. Dominique "Dom" Davila along with their Battalion East Coordinator Staff Sgt. Roger Herrera visited Marines and Sailors at Marine Aviation Training Support Squadron One and Naval Technical Training Center, Aug. 22-24.

"Our mission is to answer your questions. Please ask us whatever you want -- nothing is off limits," Dodson said.

## Carpenter's story

Cpl. Kyle Carpenter admits he was a typical teenager and joined the Marine Corps seeking adventure like many young men do.

"I joined the Marine Corps to do bad-ass stuff," said Carpenter who is a native of

Flowood, Miss. "I feel like I did. I didn't want to wake up when I was 60 years old and think, 'Why didn't I try that.' I do not regret a day of my service. I continue to serve my country today and wear my uniform."

Carpenter was injured in Afghanistan when a grenade exploded on a rooftop he and his best friend were guarding. Carpenter shielded his fellow Marine from the blast. Carpenter still serves on active duty in the Marine Corps and is stationed at Walter Reed National Military Medical Center, Bethesda, Md. For his act of courage and sacrifice he has been nominated for the Medal of Honor.

During each of his speaking engagements, Carpenter never tells the audience that he is nominated for the Medal of Honor, but his fellow Marines Davila and Dodson always recognize his achievement.

Carpenter is the youngest of the three Marines and has served 3 1/2 years in the Corps. His injuries are

• **Warriors, page 3**



Photo by Penny Randall

**Three Marines from Wounded Warrior Battalion East visited NAS Meridian to share their stories with Marine and Navy personnel Aug. 22-24. They included from left: Cpl. Kyle Carpenter; Cpl. Dominique Davila; Staff Sgt. Paul Ramirez, Marine Aviation Training Support Squadron One (MATSS-1) staff member who coordinated the visit; Sgt. Joseph Dodson and Staff Sgt. Roger Herrera, Wounded Warrior Battalion East visit coordinator. The group met with MATSS-1 and Naval Technical Training Center Meridian students who were encouraged and asked questions about the Marines' experiences in combat and their jobs as part of the Wounded Warrior program.**

## Naval Hospital CO visits



Photo by MC2 Casey Kyhl

**Capt. Maureen Padden, Commanding Officer of Pensacola Naval Hospital, speaks with Sailors during an all hands call at Naval Branch Health Clinic Meridian, Aug. 21. Padden spoke about her aspirations for the clinic before taking a tour of the facilities. This was Padden's first visit to Meridian since the change of command.**

## I am. Are you?

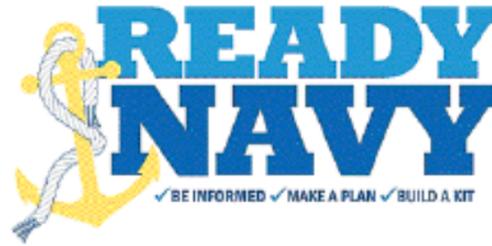
WASHINGTON – Accept the challenge and find out more in September as the U.S. Navy launches Ready Navy, its emergency preparedness and public awareness campaign.

**Be Informed:** Find out what disasters are most likely to happen in your area and the history of their occurrence, and learn about any specific instructions or information you may need to know regarding these specific disasters.

**Have a Plan:** Another important tool you and your family need to prepare for possible emergencies is a family preparedness plan. Everyone in the family should understand what to do, where to go, and what to take in the event of an emergency. Your emergency plan should include how your family will communicate with each other, particularly if normal communication methods, such as phone lines or cell towers, are out. Have a contact person outside the area that each member of the family can notify that they are safe. Also, plan ahead for how you will evacuate the area and where your family will meet if you are evacuated separately. Learn about the mustering requirements at your command and become familiar the Navy Family Accountability and Assessment System (NFAAS) (<https://navyfamily.navy.mil>). If you are stationed overseas, learn about additional Noncombatant Evacuation Orders procedures.

**Build a Kit:** The best way to prepare for the unexpected is to create one or more emergency kits that include enough supplies for at least three days. Keep a kit prepared at home, and consider having kits in your car, at work, and a portable version in your home ready to take with you. These kits will enable you and your family to respond to an emergency more effectively. Your various emergency kits will be useful whether you have to shelter-in-place or evacuate. Be sure your kits address the needs of small children, individuals with special needs, and your pets.

Ready Navy – coming soon to a base near you!



## Evacuees from Isaac arrive at NAS



**Air Traffic Controller Airman Jonathan Weber assists evacuees from Coast Guard Station Grand Isle, La., at the security training building on board Naval Air Station Meridian, Miss. NAS Meridian accepted 90 evacuees in the path of Hurricane Isaac.**



**Master-at-Arms 1st Class Michael Dozier loads sand bags into the back of a government vehicle while setting up signs directing evacuees to the welcome center on board Naval Air Station Meridian, Aug. 27.**

Photos by MC2 Casey H. Kyhl

## Look Inside



~ Page 2 ~  
Gulfport opens Navy Lodge 43,930 sq. ft., 50-room expansion



~ Page 4 ~  
Navy promotes first African-American female three-star officer



~ Page 5 ~  
USO, Sesame Street tour teaches kids how to handle military moves

## Photo of the Week



Submitted Photo

**Capt. Christopher Bower, Navy Exchange Command, Cmdr. Brian Nottingham, Naval Construction Battalion Center (NCBC) Public Works Officer, Capt. Rick Burgess, NCBC commanding officer/Commander 20th Seabee Readiness Group, Janice Baker, Navy Lodge manager, Robert Bianchi, NEXCOM chief executive officer and Michael Bockelman, NEXCOM, cut the ribbon to officially open the Navy Lodge 43,930 sq. ft., 50-room expansion on board the Seabee Base, Aug. 14.**

## Area Happenings

### AUGUST

**31-Sept. 1:** Dixie Thunder Rally featuring live music, pub crawl, car & bike shows, lots of giveaways and so much more! Live music at Bonita Lakes Park, 9 a.m.-10 p.m. Pub Crawl will kick off at Chunky River Harley-Davidson with live music starting at 6 p.m. At 8 p.m. all riders will go downtown for the Pub Crawl, shuttles will be available. First Ever Dixie Thunder Rally set for Sept. 1. Cruise into Meridian with Highway Patrol escorts from Tupelo, Jackson, Biloxi and Tuscaloosa. Rally ride: \$25 per person (Includes entry fee, armband, entertainment & T-shirt) Register online through Aug. 27. Open Car and Bike Show on Sept. 1 at Bonita Lakes Park from 11 a.m.-5 p.m. Bring the family for a day of fun! Registration starts at 9 a.m.; \$20 entry fee per vehicle. Awards for Best Car, Best Bike, Best Paint, Best Custom, Oldest Bike & Longest Distance. Danny Koker, the Count from Pawn Stars, live in concert on Sept. 1 at Chunky River Harley-Davidson from 1-3 p.m. Darryl Worley & Blackjack Billy will perform Sept. 1 at Lauderdale County Agri-Center at 8 p.m. Gates open at 5 p.m. Tickets are \$20 in advance, \$25 at the gate (cash only) and children under 12 are free.

### SEPTEMBER

**4:** East Central Mississippi Kennel Club will offer Puppy Kindergarten, Basic Obedience and Advanced Obedience classes beginning Sept. 4 at the Frank Cochran Center in Highland Park, Meridian. Orientation and registration (NO DOGS) will be on Sept. 4 at 6:30 p.m. Bring copy of written proof of vaccination from veterinarian. Classes with dogs begin on Sept. 11 with graduation on Oct. 23. Cost for Puppy Kindergarten is \$50 plus equipment. Cost for Basic/Advanced Obedience Classes is \$75 plus equipment. Discounts available for dogs adopted from the Animal Shelter/Rescue and multiple dog households. Classes are limited. Pre-registration is required. For information, call (601) 693-7194 or (601) 917-8228. If no answer, please leave name and phone number and someone will return your call. A percentage of all proceeds will be donated to the Lauderdale Animal Control & Humane Society.

**13-14:** Meridian Community College Fine Arts Production of "A Few Good Men" will be presented nightly at 7 p.m. in the college's McCain Theater. Special military discount tickets are being offered at \$5 each. This Broadway hit about the trial of two Marines for complicity in the death of a fellow Marine at Guantanamo Bay sizzles on stage. The Navy lawyer, a callow young man more interested in softball games than the case, expects a plea bargain and a cover up of what really happened. Prodded by a female member of his defense team, the lawyer eventually makes a valiant effort to defend his clients and, in so doing, puts the military mentality and the Marine code of honor on trial. Suitable for audiences of all ages. For more information, call (601) 484-8696.

**15-16:** The Meridian Little Theatre Ladies Guild will hold its annual Fall Variety Sale at the Meridian Little Theatre on Highway 39 North, Meridian. Saturday hours will be 9 a.m.-5 p.m., and Sunday from 1 p.m.-5 p.m. Sunday will be half price day. Items for sale include ladies, men's and children's clothing, purses, shoes and other accessories miscellaneous furniture items, luggage, linens, lots of kitchen items, knick-knacks, home decorations, toys, books and many other items. For more information call the box office at (601) 482-6371 or (601) 679-7671.

**28:** The Fleet Reserve Association will host a huge yard sale from 8 a.m.-noon. The location is 8874 Hwy 39 North. To donate items please call Michelle Spangler at (601) 479-8440.

### ONGOING

**NOW:** Kindermusik registration for the Fall 2012 semester is open. Music and movement classes are held at the Episcopal Church of the Mediator for children newborn to 8 years old. Our mission is to help your child learn and grow through music. Enroll, Today! For more information call (601) 678-7082, e-mail jcarolmathews@gmail.com or visit www.MusicWithJulie.com.

## Navy Housing – Helping us help you

"As a Navy leader – and someone who lives in Navy housing – I am committed to ensuring service members and their families have suitable, affordable and safe housing. Recent events pertaining to mold in Navy barracks, and government owned and family privatized housing have indicated a need to more clearly communicate assistance available on all issues, but particularly when pertaining to health or safety issues.

This is a personal issue for me. I am determined to ensure we are providing the very best housing throughout the fleet – but I also need your help. If you help me by reporting your housing issues, we can help ensure you maintain a house or barracks room that you can feel proud to say is your home." -- Vice Admiral Bill French

Should a health or safety issue arise during a Sailor's stay in Navy barracks,

government owned, or privatized family housing, we'll work with the Sailor as an advocate for their needs until we find a solution. If the issue cannot be resolved, we will work with the Sailor to find alternate accommodations. Whether in a barracks room or home, if you live in Navy housing and suspect a health or safety condition exists, please report it to the local Private-Public Venture (PPV) office, the local Navy Housing Office or your barracks manager. Use your Chain of Command; talk to your LPO, LCPO, Division officer, Ombudsman and even your Commanding Officer until you feel you're getting the right amount of attention on your issue. If you feel you are having health issues that may be related to conditions in your home or barracks room, see your medical provider immediately and then report the issue to your command medical officer or representative and your chain

• **Housing, page 7**

## MCPON sends 2012 Labor Day message

WASHINGTON (NNS) -- Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West released the following Labor Day message to the Fleet Aug. 27.

"Shipmates and Navy families, For 130 years, our great nation has celebrated Labor Day, the "working-men's holiday" as it was referred to in the 1800s. Labor Day is, in fact, a celebration of the social and economic achievements of American workers; those workers whose drive, determination and relentless strength made our nation into what it is today, and those who continue on their path.

Labor Day weekend is also seen as the last 'hooyah' before the end of summer ... a long weekend filled with various outdoor activities or one final road trip with the kids before school starts. Whatever your Labor Day plans happen to involve, be sure your holiday weekend includes risk management and preventive measures so it ends on a safe and positive note.

In 2011, between Memorial Day and Labor Day, 16 Sailors lost their lives.

One in an ATV wreck; two drowned; one during recreational activities; five in four-wheeled motor vehicles; and seven on motorcycles. This year we have lost 15 Sailors in similar mishaps. Let's not see the number rise this Labor Day weekend. You and your families are

important to the Navy and the loss of just one trained and ready Sailor or family member is unacceptable, and in most cases preventable with proper planning.

As you enjoy time off with family and friends this holiday weekend, keep in mind our Shipmates who are deployed and in harm's way. Their labor of keeping the

watch for the safety and security of our nation is one we all share. It's

because of you that Americans can enjoy the freedoms and liberties we all hold so dearly. Thank you, Shipmates, for your continued service and dedication to our great Navy and nation.

Stay focused; stay alert; stay safe and let's bring this summer to a close with zero fatalities or injuries. Enjoy your Labor Day weekend and Hooyah!"

Very Respectfully,  
MCPON



West

## NAS Meridian youth to host forum Sept. 8

NAS Meridian youth will host a forum on Sept. 8 at 11 a.m. at McCain Rec Center on board the installation. The idea for the forum is to promote more involvement and activities in the local community.

All federally connected youth ages 13 to 18 who have access to the base and who qualify to participate in Child and Youth Program (CYP) services are encouraged to attend this forum. Your input is needed in this youth centered initiative. We will be discussing plans for building a youth

program on board NAS Meridian. Refreshments will be provided free of charge.

The meeting will last approximately one hour to one and 1/2 hours. Arrange pickup accordingly if applicable.

Please preregister for this event by 4 p.m. on Sept. 7 by contacting Erica White, CYP Lead, at (601) 679-5252 or email: Erica.d.white1@navy.mil; Deridre Odom, CYP Director, at (601) 679-2652; or Cynthia McDonald at (601) 679-2473.

## Federal Voting Assistance Program

The Department of Defense's Federal Voting Assistance Program (FVAP) recently launched a mobile website for military service members, their voting-age dependents, and overseas citizens. The mobile website provides an interface that quickly leads users to voting information in an easy-to-read, mobile friendly format. Accessible from any smartphone, the site connects voters, wherever they may be, with the latest news alerts, absentee voting information, state election dates, key contact information, and answers to Frequently Asked Questions. Users also can sign up for FVAP's voting alerts. The new mobile website is found at: <http://www.fvap.gov/mobile/>. Users will automatically be directed to the mobile website when they visit FVAP.gov from a mobile browser. If you have any voting questions please contact your VAO on board NAS Meridian, Lt. Cmdr. Kevin Kent at (601) 679-2905 or e-mail kevin.kent@navy.mil.

## Recently at the Courthouse

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

At a general court martial convened on board NAS Jacksonville, a petty officer third class pled guilty to making a false official statement and was found guilty of engaging in a sexual act with a person substantially incapacitated. The court martial sentenced the accused to two years of confinement, reduction in rate to E-1, and a dishonorable discharge.

At a general court martial

convened on board NAS Jacksonville, a petty officer second class was found guilty of improperly accessing medical records. The court martial imposed no punishment in addition to the conviction itself.

At a special court martial convened on board NAS Jacksonville, a seaman apprentice pled guilty to wrongfully using Spice, sending a lewd picture to a minor, and receiving and possessing child pornography. The court martial adjudged a sentence

of eleven months confinement, reduction in rate to E-1, forfeiture of \$994 per month for 11 months, and a bad conduct 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.*

## MCC offers program specialized to military members

Meridian Community College's Career Development Testing Center participated in a pilot program through a partnership between Army, Navy, Air Force, Marine Corps, and the Manufacturing Skills Standards Council (MSSC).

A limited number of service members were given the opportunity to achieve industry-recognized credentials, Certified Logistics Associate (CLA) and Certified Logistics Technician (CLT).

These certifications can support a transition from military service to frontline jobs in the growing fields of advanced manufacturing and logistics. MCC was the only site in the state to offer the pilot program; service members from New Orleans, Baton Rouge and Gulfport took part in the program.

Service members participating in the pilot had the opportunity to earn these credentials free of charge.

New program to offer help to veterans:

"Veterans who meet certain guidelines may qualify for the Veterans Retraining Assistance Program (VRAP) and get a financial helping hand for their studies," said Sylvia Wirgau, Meridian Community College VA Certifying Official.

Wirgau noted that veterans who are between the ages of 35-60 and who are unemployed are encouraged to come to MCC's Veterans Services in Ivy Hall to see what kind of educational assistance they may receive.

A nation-wide program, veterans may apply on a first-come, first served basis for the program. The Veterans Affairs department can approve 45,000 veterans now through Sept. 30 and up to 54,000 veterans may participate during the fiscal year beginning Oct. 1. The program runs through March 2014.

For more information, contact Wirgau at (601) 553-3468, or email swirgau@meridiancc.edu.

## Announcement about replacing CACs

Common Access Cards (CACs) that NEED to be replaced, regardless of the expiration dates, are (information can be found on the reverse side on the top line):

- (1) Oberthur ID One v5.2 Dual
- (2) Oberthur ID One v5.2a Dual
- (3) Gemalto GCX4 72K DI
- (4) Gemalto Access 64KV2
- (5) Oberthur ID One v5.2
- (6) Oberthur ID One v5.2a

CACs that DO NOT NEED to be replaced

due to the DMDC initiative are:

- (1) Oberthur ID One 128 v5.5 Dual
- (2) Gemalto TOPDLGX4 144

Reference the Defense Manpower and Data Center (DMDC) initiative to replace 64K and 72K Common Access Cards (CACs), on board NAS Meridian, an appointment can be made at: <https://rapids-appointments.dmdc.osd.mil>. The DEERS/ID office is located in NTTC Administration Building 362, room 125, 740 Fletcher Road. For more information, call (601) 679-2302.

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

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Above: Duty Section 1 wins the Motivational Competition on Aug. 24. They are led by Sgt. Courtney Harris and Pfc. Waynette Scott. At right, Sgt. Joseph Dodson congratulates two of the Marines who he selected as the most motivational students.



● **Warriors**

In addition to burns and scars over 75 percent of his body, Carpenter lost his right eye in the explosion. He now has a prosthetic eye, and being the dedicated Marine he is Carpenter has the Marine Corps emblem in the place of the eye's pupil.

"The brain is a very delicate thing, and the explosion rocked me pretty hard. I'm lucky that I woke up, period," said Carpenter who remembers very little from the attack or the following five weeks he was in a coma. "The doctors had told my family that if I did wake up I would be a vegetable. So when I consider my progress and where I'm at in my recovery today... I'm very lucky. I remember physically doing the act of jumping on the grenade and how his body was on the rooftop, but very little else."

It's been two years since his injury, but Carpenter has moments that still come back to him of his buddies shaking him and the hospital corpsman trying to administer first aid.

**Davila's story**

"Dom" as his friends call him had dreams of being a police officer. He thought joining the military would give him an advantage in his career goal.

"I joined just thinking I would do a couple of years and get out," Davila said. "I fell in love with the Marine

the Helmand Province of Afghanistan where the vehicle he was riding in hit a 100-pound improvised explosive device (IED). Two of his fellow Marines were killed in the attack on July 23, 2009. Davila's injuries were severe. His right leg was amputated below the knee.

Davila, now 24 years old, is out of the Marine Corps after serving six years. His plans for the future may not include being a police officer anymore, but he is achieving one of his goals. Davila starts college in Massachusetts in a few weeks pursuing a career in the medical field.

"I can do anything I want – it took time to realize that after my injury but now I'm focused on the future," said Davila, who participates in Wounded Warrior projects when he can.

"I knew nothing about the Wounded Warrior Battalion when I joined the Corps," he admits. "The experiences I've had since my injury have been rewarding. The program helps so many men and women from all services – you sacrifice your time and self and you want people to realize that you are still the same person after your injury – I'm still a Marine."

When Davila introduces himself to audiences, including the students here, and begins to tell his story, he says, "I know you're wondering how I lost my leg. While I was surfing

years learning to walk again with the aid of an artificial leg barely noticeable under his cammies. He even wears his Marine issued boots.

He has this advice for the audience, "When you get to the fleet you're going to hate it at first and you're going to get called a 'boot,' but remember your training and learn from what your instructors are teaching you. You will use what you learn in boot camp when you go into combat."



Cpl. Dom Davila and Cpl. Kyle Carpenter show their Purple Hearts they received for their courage.

**Dodson's story**

Sgt. Joseph Dodson joined the Marine Corps at age 26 and became a member of the Marine Special Forces.

At age 30, he was deployed to Afghanistan. Seven months into his deployment his unit had completed 40 combat missions. It was a routine day that changed his life? His unit was traveling in a convoy with six other vehicles down a narrow road in a small Afghanistan city.

It was only 11 days until he was to return home.

"We were the last vehicle in the convoy," Dodson said. "Six other vehicles passed on the same road safely but it was our humvee that hit the 200-pound IED. It blew a hole in the road big enough to swallow our entire vehicle. I opened my door and fell out into the hole and had to climb out. I had so much adrenaline rushing through my body I didn't realize that I was hurt as bad as I was. I remember the smoke and looking up at the sky after falling out of the vehicle and guys shaking me out of unconscious."

The roof of the humvee that Dodson was driving collapsed on him and the steering wheel impacted his head. After the trauma

to his brain he suffers from visual and speech impairments as well as numbness and body shakes on the right side of his body that require him to walk with a cane.

"It has been hard to learn to accept the physical challenges," he admits. "It's hell for me to walk through the

each other.

Dodson's proudest day in his career was when he reenlisted before his deployment.

"I would give my life any day of the week for any Marine. I believed in what I was doing. I was good at what I did. If I could deploy again I would," Dodson said.

**Proud Marine**

Staff Sgt. Paul Ramirez organized the visit from the Wounded Warrior Battalion. Ramirez spent 13 months on special assignment from December 2010 to February 2011 at Walter Reed National Military Medical Center where he met Carpenter and Davila.

"I would do anything I could to help my fellow Marine or Sailor," Ramirez said. "Being in the military, you have a lifetime pass to a very special club. Each one of us still has our own struggles – we are away from our families for six to eight months at a time. But our fellow Marines and Sailors are our support during these times. That is why the Wounded Warrior program is so very important."

The focus of the Wounded Warrior Battalion is taking care of wounded, ill and

and highly motivated to contribute to the Marine Corps' war fighting mission. The Marine Corps needs and employs their skills, experience, and dedication in order to meet its mission to our nation. The approach to care ensures that recovering Marines return to their units as quickly as their medical conditions will allow.

The most thrilling for Dodson, Carpenter and Davila of their time spent at NAS Meridian was participation in the MATSS-1 Motivational Competition on Aug. 24. Dodson was there to cheer on the teams, but Carpenter and Davila did a little more. Carpenter participated in the three-mile run and the fireman's carry relay while Davila, a boxer, was excited to get to the pugil stick competition.

Their last stop was to speak at Naval Branch Health Clinic Meridian. The room was filled with hospital corpsmen and civilian medical personnel.

The three agreed that speaking to hospital corpsmen was the hardest audience because each had a special corpsman that helped save their life after their injury.

"We all have nothing but respect for corpsmen," Car-



Cpl. Dom Davila competes in the pugil stick portion of the Motivational Competition on Aug. 24.

Corps and wanted to stay forever."

Davila experienced two very different deployments overseas, first in Iraq for eight months in 2008. Then in May 2009 he deployed to

a huge bull shark bit it off."

It breaks the ice with young Marines and Sailors every time and they feel comfortable asking Davila questions.

Davila spent the last two

airport. It's very difficult to get on a plane because of the turbulence. I do not like to be in front of people, but I talk myself through it because I have a mission to educate people about the wounded warrior program."

After 19 months of therapy and rehabilitation, Dodson is just learning how to do basic, everyday functions.

"I'm a 32-year-old man who has to learn again how to take care of himself," said Dodson the father of two sons. He credits his wife, Jordan, for supporting him through his recovery. "She is a hospital corpsman in the Navy so she understands more than some wives would. But remember injuries come in all shapes and sizes – just like Marines – some are physical and can be seen, but others are hard to detect. It doesn't mean that the injury is not as severe."

He has this advice for the young Marines and Sailors.

"It's the details that add up to the event," Dodson said. "We couldn't have done it without the support of Marines like you doing your job. If you think your job in the Corps is not valuable... think again. Navy or Marine Corps be proud of what you do – take care of



Cpl. Dom Davila shows his prosthetic leg to an audience of Marine and Navy students.

injured Marines and their families as they proceed through the Integrated Disability Evaluation System process. Despite their injuries, Marines are focused on their abilities

penter said. Dodson added, "Sometimes it is our job to take lives in times of war. It is always the job of corpsmen to save lives and we each thank you for that."



Cpl. Kyle Carpenter, far right in red shirt, runs along side Cpl. Dom Davila and one of the duty sections competing in the Motivational Competition on Aug. 24. Carpenter, a native of Flowood, Miss., is nominated for the Medal of Honor for his heroic action in Afghanistan.

Photos by Penny Randall

# Navy promotes first African-American female three-star officer

By MC1 Phil Beaufort  
U.S. Fleet Forces Public Affairs

NORFOLK, Va. (NNS) -- Vice Adm. Michelle Janine Howard has been a trailblazer throughout her entire career. She was the first African-American woman to command a U.S. Navy warship, the first female graduate of the Naval Academy to achieve the rank of rear admiral, and the first African-American woman to command an Expeditionary Strike Group at sea.

Howard reached another milestone Aug. 24, when she became the first African-American woman promoted to three-star rank in the U.S. Armed Forces with the assumption of her new job as deputy commander, U.S. Fleet Forces headquartered here.

With a career highlighted by firsts, the path to Howard's current assignment as a Navy vice admiral initially began with an obstacle. It is an obstacle

that taught her to embrace change, find strength in the challenges she faced, and to not be afraid to lean on others.

Howard said her Navy career began as a chance encounter while watching television. It was a documentary about one of the military service academies that opened Howard's eyes to a possible future career as an officer in the military. But as Howard learned, not all opportunities were available to women at that time.

The 12-year-old Howard went to her older brother to get his opinion on her becoming an officer. He informed her that U.S. military academies were not open to women.

Undeterred, she spoke to her mother who told her that if she really wanted to join the military as an officer, she would have to wait until she was old enough. Hopefully by that time, society would change, and if it does, then she should go after it. And go for it



Photo by MCC Shawn P. Eklund

**Then Rear Adm. Michelle Howard remarks on her time in service, during her frocking ceremony. Howard is the first female graduate of the U.S. Naval Academy to attain the rank of vice admiral.**

Howard did.

Four years after that discussion, the federal law concerning the acceptance of women into the nation's service academies changed. At 17, Howard applied and was accepted into the U.S. Naval Academy in

Annapolis, Md.

In 1978, Howard entered the Naval Academy as a freshman. She was in only the third class to accept women. At that time women made up only five percent of the Navy. With more than 200 years of naval history and tradi-

tions, there was some resistance to change.

With a self-deprecating laugh Howard said that the Academy wasn't easy. In retrospect, she's realized that expecting a smooth sail wouldn't have been very realistic.

"When you look at where society was at the time, this was before there was even a woman on the Supreme Court, before Sally Ride was an astronaut, and it was also only five or six years after we became an all volunteer force in the military, so our society was still going through a lot of changes."

She says the one person who was incredibly helpful in putting her experiences in context was Wesley Brown. Brown was the first black Naval Academy graduate, Class of 1949. They met when Howard was a lieutenant commander.

"He talked about how great this country is and how much it has changed; that as the country

changed, people changed. And even though he was the only African-American to attend Annapolis in the 1940s, when he attended reunions he was a member of that class," said Howard. "What I really learned from him was that he was a man who could forgive and go on with his life. There is a lot of strength in that."

Change is inevitable, and Howard rode a wave of it as she moved through her career.

"In the 1980s when the Navy opened the logistics ships to women, that was huge, because it allowed a lot of opportunities for women to serve at sea. Then it was just a few years later that we were engaged in Operation Desert Storm. So even though women weren't serving on warships, women were still serving in a combat arena, and that started a national conversation.

"What is a woman's role in the military?" So coming out of that time frame, the

● Female, page 9

## Ike celebrates Women's Equality Day

By MC3 (SW) Rob Rupp  
USS Dwight D. Eisenhower Public Affairs

USS DWIGHT D. EISENHOWER, At Sea (NNS) -- Sailors aboard the Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69) (IKE) observed Women's Equality Day by hosting a ceremony to honor the contributions of women toward equality and their positive influence on American culture, Aug. 24.

Women's Equality Day, instituted by Congress in 1971, coincides with the anniversary of the passage of the 19th Amendment to the Constitution that granted women the right to vote.

Ike's ceremony included a guest speaker, a poem reading and a cake cutting ceremony.

"I learned a lot from the program," said Yeoman 3rd Class (SW) Ashton Fletcher, assigned to Ike's Operations Department, OX Division, who attended the ceremony. "There was so much I didn't know about women's suffrage and everything women had to go through to get us where we are today."

The right for women to vote and run for public office, established Aug. 26, 1920, was the first milestone achieved for women since the women's rights movement began in 1848. Since then, women have been actively seeking equal rights in all areas of life, social and political.

In 1942, the Navy launched the Women Accepted for Volunteer Service (WAVES) program. The program allowed women to serve in an official uniformed capacity. The term WAVES was no longer used beginning in 1972 signifying an inherent right for women to serve in the Navy. Despite the progress, women still saw themselves on unequal footing with male counterparts in that era.

Even with those challenges, women accepted the challenge and excelled. One great example is IKE's principal assistant to logistics and guest speaker of the event, Chief Warrant Officer 5 Lisa Edenhofer. Edenhofer joined the Navy in 1978, six months after graduating high school and eventually became the first woman promoted to Chief Warrant Officer 5 in the Navy's supply corps.

"It was still a man's world in the '70s. Women were pushed in clerical positions. Many laws and practices in the workplace and in society at this time still perpetuated men's status as privileged and women's status as second-class citizens," said Edenhofer. "My father's jaw dropped to the ground, and my mother cried for hours after I surprised them with the news. Parents in 1978 did not expect their daughters to join the military."

The repeal of the combat exclusion law in 1994 was

● Equality, page 9

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**Sgt. Krissy Bennett**  
MATSS-1 Instructor  
Hometown: New Orleans, La.

Sgt. Krissy Bennett reported on board NAS Meridian to Marine Aviation Training Support Squadron One in July. She is an instructor in the Aviation Supply School Course who will be stationed at MATSS-1 for three years with her daughter, Katelyn Alexandra Bel.

Bennett, 31, joined the Marine Corps on April 18, 2005.

"I wanted to assist in saving our nation and making it a safer place for my loved ones," Bennett said. "There are people who would love to do something for their country, but will never get the chance. Not everyone can be a United States Marine and I am blessed and honored to have had the opportunity."

Bennett's proudest moment in her career was when she got promoted to the rank of sergeant.

"I'm looking forward to getting my instructor certification so I can begin teaching young Marines the knowledge they will need in the fleet to be successful at their jobs," she said.

Bennett could not select just one person that she most admires.

"I admire all the wounded warriors who have risked their lives and limbs for the person fighting next to them, and their country."

# OOORAH!



**Cpl. Cody Taylor**  
MATSS-1 Student  
Hometown: Baton Rouge, La.

Cpl. Cody Taylor joined the Marine Corps on May 19, 2008. He is stationed with MAG-49 in Belle Chasse, La., and is a fleet returnee who is attending the Aviation Maintenance Administrative Specialist Course at MATSS-1.

"I joined the Marine to change the person I was," Taylor said. "The Marines gave me the leadership skills and experience I needed to help me make a decision on what I wanted to do with my life."

Taylor is the son of Lonnie and Michelle Taylor and has one sister, Crista. His hobbies include working on classic Chevy cars, rugby, fishing and hunting.

Taylor's proudest moment in his career so far came when he was promoted to corporal.

"Getting my blood stripes for the first time and becoming part of the NCO's of the USMC."

The person he most admires is his godchild, 11-year-old Cassidy who is fighting leukemia.

"Even under these circumstances and being in and out of the hospital and undergoing chemo treatments; she still smiles and wants to be a normal child. She fights just as hard for her life everyday as some wounded military personnel. She is my person motivation to remember my life could be worse and to keep smiling."

## Marine Light Attack Helicopter Squadron 269 transition to new helicopter

By Pfc. Cameron Payne  
Marine Corps Air Station New River

MARINE CORPS AIR STATION NEW RIVER, N.C. — Marines from Marine Light Attack Helicopter Squadron 269 gained proficiency in the new UH-1Y "Venom" Hueys by practicing flying and landing in confined areas aboard Marine Corps Base Camp Lejeune, Aug. 9.

The UH-1Y is the newest model of the Huey, and is commonly referred to as the 'Yankee' for the letter 'Y' in its designation. It is an upgrade from the older UH-1N 'November' version and features many new components.

According to Bell Helicopter, the manufacturer of the Huey, the UH-1Y has almost 50 percent more range and maximum cruise speed than the UH-1N. The Yankee is equipped with a modified four-blade, all-composite rotor and has upgraded engines and transmissions to give it increased payload and performance capabilities.

"The Yankee has a lot more power," said Lance Cpl. Michael J. Costa, HMLA-269



**One of Marine Light Attack Helicopter Squadron 269's Hueys takes off from a confined area landing. The training the Marines of HMLA-269 conducted helped the Marines gain proficiency with the latest model of the UH-1, the UH-1Y, Aug. 9.**

Photo by Lance Cpl. Ryan Joyner

crew chief. "The added power the Yankee has compared to the November allows us to lift more weight and gear."

To gain experience with the latest model, HMLA-269 used two of their new UH-1Y Hueys to help the pilots and crew of HMLA-269 maintain their proficiency and learn

new tactics from the transition training unit instructors.

The two UH-1Ys practiced landing in difficult landing zones where the terrain and obstacles would challenge both the crew and pilots as well as make them more comfortable with the newest variant of the

Huey. "The pilots of the Hueys took turns flying into the landing zone and taking off almost immediately after landing, ensuring that both pilots received the best and most amount of training possible," said Costa.

The Marines returned to Marine Corps Air Station New River to refuel and then performed the same flight and procedures, but during the dark of night.

Since around May, the Marines of HMLA-269 began training and transitioning to the UH-1Y, said Lance Cpl. Barry C. Clem, HMLA-269 crew chief.

"The West Coast trained with and transitioned to the UH-1Y first," said Maj. Andrew J. Erickson, Marine Aircraft Group 29 transition training unit instructor. "It takes about 10 months to completely transition a squadron to the Yankee, but now that we have done it so much we have it down to a science."

"It feels like the transition is going smoother than some of the other HMLA squadrons due to the overall preparedness of the squadron," said Clem.

## USO, Sesame Street tour teaches kids how to handle military moves

By Sgt. Heather Golden  
Marine Corps Air Ground Combat Center  
Twentynine Palms

MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, CALIF. — Not even a rainstorm and unexpected power outage could stop the Sesame Street / USO Experience for Military Families tour from bringing their message of hope and friendship to Combat Center kids on Aug. 22-23.

The free-of-charge show, which is the USO's longest running live show, features many of the beloved characters from the hit children's TV show and focuses on issues that directly impact military kids.

"Sesame Street knows kids; the USO knows military families," said Lonnie Cooper, tour producer, USO. "It's a fantastic partnership."

As of last year, there is one very special new friend on the show, named Katie. Katie is a military kid worried about an upcoming move when her family gets orders to another base.

"One out of every three military families is going to move this year," Cooper said. "This is a resource for families to help deal with one of the biggest challenges of military life."

The other Sesame Street stars help Katie discover how to turn this potentially scary experience into an adventure during several song-and-dance routines. She learns how to make the move more fun, how to keep in touch with friends she's leaving behind and how to make new friends when she gets to her new home.

"The age group we target is the age when kids start learning to make friends," Cooper said. "We want them to know that they are not alone. The cool thing about the military is you get to live all over the planet and have friends everywhere."

Katie's story is one every military kid experiences, and she was the crowd favorite as the curtain drew on the end of the show.

"Walking in, the favorite is almost universally Elmo," Cooper said. "Walking out, so many kids say Katie is their favorite because they know exactly who she is and what she's going through. They live it."

Cooper's thoughts were echoed by more than one exiting audience member.

"I loved it," said Jacqueline Kumer, age 6. "Every time she gets somewhere, she has to move



Photo by Sgt. Heather Golden

**Staff Sgt. Anthony Richmond and his 1-year-old son, Coleton, applaud at the end of a song-and-dance routine from the Sesame Street/USO Experience for Military Families tour on Aug. 22.**

again. I understand it because we do it a whole bunch of times."

The tour began in 2008 and has reached more than 248,000 military families on 131 bases in 33 states and 11 countries since then. It is scheduled to visit 68 bases dur-

ing this year's April-to-November touring season. The group averages two-to-four shows per base, and is expecting to perform more than 200 shows total this year. The Combat Center was the first stop during the 2008 tour, and the cast members

said they were excited to be back.

For more information on the Sesame Street / USO Experience for Military Families tour or for tips on how to help your child through the difficulties of frequent moves, visit <http://www.uso.org/sesame/>.

## Safety Is Our Duty

### Tips for before, during and after a hurricane treatens

The following information is provided by the American Red Cross.

**Know the difference Hurricane Watch:** Conditions are a threat within 48 hours. When a hurricane watch is issued, review your hurricane plans, keep informed and be ready to act if a warning is issued.

**Hurricane Warning:** Conditions are expected within 36 hours. When a hurricane warning is issued, complete your storm preparations and leave the area if directed to do so by authorities.

**Supplies Check List Water:** at least a 3-day supply; one gallon per person per day  
**Food:** at least a 3-day supply of non-perishable, easy-to-prepare food

- Flashlight**
- ✓ Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
  - ✓ Extra batteries
  - ✓ First aid kit
  - ✓ Medications (7-day supply) and medical items (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
  - ✓ Multi-purpose tool
  - ✓ Sanitation and personal hygiene items
  - ✓ Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
  - ✓ Cell phone with chargers
  - ✓ Family and emergency contact information
  - ✓ Extra cash
  - ✓ Emergency blanket
  - ✓ Map(s) of the area
  - ✓ Baby supplies (bottles, formula, baby food,

- diapers)
  - ✓ Pet supplies (collar, leash, ID, food, carrier, bowl)
  - ✓ Tools/supplies for securing your home
  - ✓ Extra set of car keys and house keys
  - ✓ Extra clothing, hat and sturdy shoes
  - ✓ Rain gear
  - ✓ Insect repellent and sunscreen
  - ✓ Camera for photos of damage
- What to do when hurricane threatens**
- ✓ Listen to a NOAA Weather Radio for critical information from the National Weather Service (NWS).
  - ✓ Check your disaster supplies and replace or restock as needed.
  - ✓ Bring in anything that can be picked up by the wind (bicycles, lawn furniture).
  - ✓ Close windows, doors

- and hurricane shutters. If you do not have hurricane shutters, close and board up all windows and doors with plywood.
- ✓ Turn the refrigerator and freezer to the coldest setting and keep them closed as much as possible so that food will last longer if the power goes out.
- ✓ Turn off propane tanks and unplug small appliances.
- ✓ Fill your car's gas tank.
- ✓ Talk with members of your household and create an evacuation plan.
- ✓ Planning and practicing your evacuation plan minimizes confusion and fear during the event.
- ✓ Learn about your community's hurricane response plan. Register to local shelters, plan routes with special medical needs as required and make plans for your pets to be cared for.

- ✓ Evacuate if advised by authorities. Be careful to avoid flooded roads and washed out bridges.
  - ✓ Because standard homeowners insurance doesn't cover flooding, it's important to have protection from the floods associated with hurricanes, tropical storms, heavy rains and other conditions that impact the U.S. For more information on flood insurance, please visit the National Flood Insurance Program Web site at [www.FloodSmart.gov](http://www.FloodSmart.gov).
- What to do after hurricane**
- ✓ Continue listening to a NOAA Weather Radio or the local news for the latest updates.
  - ✓ Stay alert for extended rainfall and subsequent flooding even after the hurricane or tropical storm has ended.
  - ✓ If you evacuated, return

- home only when officials say it is safe.
- ✓ Drive only if necessary and avoid flooded roads and washed-out bridges.
- ✓ Keep away from loose or dangling power lines and report them immediately to the power company.
- ✓ Stay out of any building that has water around it.
- ✓ Inspect your home for damage. Take pictures of damage, both of the building and its contents, for insurance purposes.
- ✓ Use flashlights in the dark. Do NOT use candles.
- ✓ Avoid drinking or preparing food with tap water until you are sure it's not contaminated.
- ✓ Check refrigerated food for spoilage. If in doubt, throw it out.
- ✓ Wear protective clothing and be cautious when cleaning up to avoid injury.
- ✓ Watch animals closely and keep them under your direct control.

# Navy's pay and allowance continuation program moves to Navy Safe Harbor

WASHINGTON (NNS) -- The Navy Pay and Allowance Continuation (PAC) program was realigned with Navy Safe Harbor, the Navy's wounded warrior program, effective Aug. 1, according to the Defense Finance and Accounting System (DFAS) Military Pay Advisory 32/12, released Aug. 20.

The Navy PAC program allows for the continuation of pay and allowances for up to one year during a service member's hospitalization and rehabilitation after incurring a wound, illness, or injury while on duty in a hostile fire area, or while exposed to other hostile actions.

Responsibility for PAC has been assigned to Navy Safe Harbor - which supports seriously wounded, ill, and injured Sailors and Coast Guardsmen, as well as their families - in an effort to streamline the execution of wounded warrior entitlement programs. Currently, 152 Sailors are certified for PAC with a total of \$75,410 in monthly entitlements.

"Pay problems, if not addressed quickly and thoroughly, can result in financial hardship for our service members," said Capt. Steve Hall, director of Navy Safe Harbor. "Moving the

PAC program under the Navy Safe Harbor umbrella helps us ease administrative burdens our wounded warriors face and allows them to focus on getting well."

The PAC program moved to the Navy Safe Harbor field office in Millington, Tenn. from the Navy Casualty office, OPNAV N135C. All Navy Safe Harbor personnel, particularly non-medical care managers with wounded warrior case-loads, have been fully briefed on the change.

Senior Chief Information Systems Technician Marti Heinz, a non-medical care manager based at the Veterans Affairs Polytrauma Center in Palo Alto, Calif., recently assisted a Navy Safe Harbor enrollee - and a Purple Heart recipient - with a pressing pay problem. Working in concert with the Navy Safe Harbor team in Millington, she ensured that Explosive Ordnance Disposal Technician 2nd Class Jordan Stevenson's compensation issues were corrected.

"Our recovering service members have a lot on their plates, and it's important to make sure they don't have to worry about their pay and benefits," said Heinz. "We had to make some cor-

rections to his information to ensure that Petty Officer Stevenson received his PAC pay, but, like all of our wounded warriors, he deserves the additional support."

The establishment of the PAC program was authorized by the Fiscal Year 2008 National Defense Authorization Act (NDAA), which became Public Law 110-181. Although PAC ends one year after the date on which a member is first hospitalized for the treatment of the qualifying event, it may be extended under extraordinary circumstances by the Principal Deputy Under Secretary for Personnel and Readiness.

The Navy's wounded warrior program is a key component of the Department of the Navy's 21st Century Sailor and Marine initiative, which is designed to maximize Sailor and Marine personal readiness, build resiliency, and hone the most combat-effective force.

For more information about the Navy's wounded warrior program, visit <http://safeharbor.navylive.dodlive.mil>, call 877-746-8563, or email [safeharbor@navy.mil](mailto:safeharbor@navy.mil).

-- From Navy Safe Harbor Public Affairs

## FY13 Reserve CPO results announced

MILLINGTON, Tenn. (NNS) -- Results for the Fiscal Year 2013 Selected Reservist (SELRES)/Full Time Support (FTS) Chief Petty Officer (CPO) Selection Board were posted in BUPERS On-Line Aug. 24.

Approximately 800 Sailors were selected by the Reserve board for advancement to chief petty officer in the Navy Reserve.

"Congratulations to selectees from the Navy Reserve Chief Petty Officer Selection Board. Strong competition among qualified professionals is one of the strengths of our Navy," said Navy Reserve Force Master Chief (AW) Chris Wheeler. "Non-selection does not mean poor performance. It is simply a relative judgment of standing amongst peers against a finite advancement quota."

There are 64,329 Reserve

Sailors in the United States Navy comprising of 10,364 FTS and 53,965 SELRES. On any given week 26 percent of the Navy Reserve Force is providing global operational support.

The selection board reviewed the records 3,371 SELRES and 1,168 FTS eligible candidates, selecting the best and fully qualified Sailors based on considerations identified in the precept. The precept, which may change from one selection board to another, is a written order signed by the chief of naval personnel, providing general and specific guidance to the selection board.

Among the considerations listed this cycle are proven, sustained superior performance in difficult and challenging joint and in-service leadership positions; education, including personal and

professional development; competency or skill information; special duty; overseas and arduous duty and collateral duties, according to the precept. The precept may be reviewed in its entirety in the enlisted selection board section at [www.npc.navy.mil](http://www.npc.navy.mil).

Reserve CPO induction will proceed as usual and will include all training and transition elements. Reserve CPO Pinning will be concluded by Sept. 16 as is Reserve standard operating procedure.

Selectees are directed to verify their select status via BUPERS On-Line at [www/BOL.Navy.mil](http://www/BOL.Navy.mil). A complete list of selectees will be posted via Navy message at [www.npc.navy.mil](http://www.npc.navy.mil).

-- From Navy Personnel Command Public Affairs and Commander, Navy Reserve Forces Command Public Affairs

## Gunner's mates have big impact aboard Big E

By MC3 Scott Pittman  
Enterprise Carrier Strike Group  
Public Affairs

USS ENTERPRISE, At Sea (NNS) -- Though its primary arsenal lies in the squadron aircraft embarked aboard USS Enterprise (CVN 65), the ship is also equipped with both small arms and crew-served weapons.

The gunner's mates (GMs) aboard Enterprise are responsible for these weapons and systems. They clean these weapons, maintain them, train crewmembers on their usage, and finally man the .50 caliber gun mounts and M-240 machine guns during special evolutions.

"The role that we play on Enterprise is almost strictly defensive," said Master Chief Gunner's Mate Joseph Cassista, G-2 division leading chief petty officer, from

Cutler, Maine. "We defend the ship with the .50 caliber machine guns, and we own all of the sprinkler systems that keep our weapons magazines safe from fire or accident."

There are 230 Sailors in the Weapons department of the Enterprise, only 18 of them are GMs.

"We're such a small division in such a big department on such a big ship," said Gunner's Mate 2nd Class Kyle T. Gregory, from East St. Louis, Ill. "That aside, I feel like we are one of the most important pieces to the ship because we work with security involving their weapons, and we're a part of most special shipboard evolutions."

G-2 division has custody

of the shipboard small arms and is overall in charge of the armory. In addition to these responsibilities, they are also in charge of weapons ranges used for qualifications and training.

"In addition to weapons, we keep the keys to the different weapons magazines in the armory," said Gregory. "Aside from giving those out to G-3 division, we do a lot of training to stay up-to-date with the different weapon requirements and scenarios we encounter in our job."

During underway replenishments (UNREP), up to five GMs will be on station at different UNREP stations prepared to fire shot-lines from Enterprise to whatever ship will be alongside to resupply her. The shot-line, made of spooled thread, is fired from an M-14 rifle and used to move different types of lines and connectors between ships. They remain on station in case of emergency breakaway, in which case they would need to use explosive bolt cutters to disconnect the spawires between the ships.

Another aspect of the job, perhaps just as, or more, important than assisting in resupplying the ship, is standing .50 caliber gun-mount watches.

There are usually two Sailors per .50 caliber mount, with an additional body allotted to the double .50 caliber mounts to assist

in loading the second weapon.

"It's not just the GMs who man the gun mounts during transits and special evolutions, though," said Gregory.

"The aviation ordnance men from the other divisions of Weapons department also stand the watches with us."

One of the final and more obscure duties of the GM is the "Shark Watch," during which a GM will stand watch with an M-14 watching for sharks while Sailors enjoy a swim-call, though whether or not the GMs of Enterprise will have to stand that watch remains to be seen.

The GMs of G-2 division are not the only ones doing the job, however.

"In G-2 Division, our job as Gunner's Mates is shared by our aviation ordnance men," said Cassista. Our department is mostly AOs, more than half of my division is AOs, and here, there is no distinction between the two rates. We do the same jobs and maintain the same equipment. The G-2 division on this ship is probably the finest division that I've ever served with."

Enterprise GMs will continue to stand ready to defend the ship as the ship finishes its 25th and final deployment, which currently has them underway in the U.S. 5th Fleet Area of Responsibility.

## Navy provides updated cost estimate for USS Miami repair

WASHINGTON (NNS) -- The Navy's revised cost estimate to restore USS Miami (SSN 755) is approximately \$450 million, with an estimated date of completion for the repairs of April 30, 2015 officials announced Aug. 22.

The estimate includes 10 percent variability due to the unique nature of the repair and the cost impacts of shifting the planned maintenance availabilities of other ships and submarines.

Navy is committed to delivering the submarine back to the fleet with no operational limitations. Once returned to service, Miami will serve for an additional 10 years with five planned full-length deployments, ready to respond to any combatant commander tasking.

The resources and workforce to support the repair effort are expected to come from the Portsmouth Naval shipyard, private sector, as well as the local New Hampshire and Maine trades workforce. The Navy expects to award an advanced planning contract in September to support engineering efforts to guide the accomplishment of repairs and procure repair material, followed by the repair contract in late

spring 2013.

Since June, the Navy has continued its engineered overhaul work in areas unaffected by the May 23 fire; cleaning and ripping out areas affected by fire and water damage; completing the technical assessment of the damage; developing a strategy for completing repair; and refining the cost estimate.

A lessons-learned oversight board composed of three-star flag officers from Naval Sea Systems Command, Commander Naval Installations Command and Commander Submarine Forces was formed in July 2012 to ensure that all valuable issues and lessons are identified and correc-

tive actions are developed.

The fire that damaged the submarine was set May 23. The Naval Criminal Investigative Service launched an investigation which resulted in the arrest July 20 of Casey James Fury, a 24-year-old civilian worker at the Shipyard. Fury had a first appearance hearing before a federal magistrate in Portland, Maine July 23 and was charged in connection with the May 23 fire as well as a second minor fire in the Shipyard's Dry Dock #2 area June 16. Fury remains in custody at the Cumberland County Jail in Portland Maine.

-- From Naval Sea Systems Command Public Affairs

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# Theodore Roosevelt executive officer films web reality show

By MC2 Christopher Church  
USS Theodore Roosevelt Public Affairs

NEWPORT NEWS, Va. (NNS) -- USS Theodore Roosevelt's (CVN 71) executive officer (XO) stars in the production of a new web series called "XO's Dirtiest Jobs," which began July 17 where he showcases the dirtiest jobs his Sailors are performing to rebuild their aircraft carrier during the ship's midlife overhaul.

Cmdr. Mark Colombo began this project working with TR's overhead team, deck team, Aircraft Intermediate Maintenance Division, and most recently TR's mess team. The episodes are now airing on TR's Facebook page.

"These Sailors give every ounce of energy they have every day for a job they don't often receive any sort of recognition for," said Colombo. "This show is not only a way for these Sailors to see how much I appreciate their

efforts, but it also shows the public how much our Sailors are willing to push themselves to get this ship back out to the fleet and protecting our country."

The highlighted jobs are integral parts to the Big Stick's continuation of its recent milestone of beginning Crew Move Aboard, a process allowing Sailors to work and sleep onboard the ship. TR also celebrated "crew eat aboard," its first meal served onboard since entering the shipyard September 2009.

"The hard work of our Sailors has allowed us to move along expediently in this process," said Colombo. "I can even enjoy delicious meals from our ship's Food Service Administration (FSA) onboard the ship now."

The show highlighted the FSA in the most recent episode while Colombo learned the difficulties of feeding three meals to approximately 2,000 Sailors each day, a number that will only increase the closer the ship comes

to exiting the shipyard. During the episode, the XO served food, cleaned tables, worked in the scullery, and cleaned trays in the deep sink.

"Let's just say the XO isn't very good at cleaning," said Airman Angela Green, who worked with him on TR's aft mess decks. "I think the show is a great idea though. It gives the XO a taste of what everyone does and shows that he really cares about our junior Sailors."

Colombo plans to film and release one to two episodes of the web show per month.

"It was really cool that the XO took time out of his schedule to work next to us," said Fire Controlman 3rd Class Steve Amrhein. "I think we should switch the roles though and we should get a chance to do his job."

To watch the episodes or learn more about TR visit, <http://www.facebook.com/pages/USS-Theodore-Roosevelt/99861510779>.

## NASCAR driver visits squadron, experiences flight simulator

By MC2 Ernest R. Scott  
Commander, Naval Air Force Atlantic Public Affairs

OCEANA, Va. (NNS) -- A NASCAR driver and Nationwide Cup Series points leader experienced the Navy flight simulator during a visit with the "Sunliners" of Strike Fighter Squadron (VFA) 81, Aug. 21.

Elliott Sadler came to Oceana to inform Sailors of the Military Appreciation Program at Richmond International Raceway (RIR); however, Sadler described his visit as a more personal experience.

"My family has always been involved with the military," said Sadler. "To see things from this side, to see what you're doing, it's a privilege."

Sadler spoke with Sailors in the Sunliners hangar before he was escorted to the simulator where he would trade his stockcar for a cockpit.

"He did surprisingly well for his first flight," said LT Danielle Thiriot, a pilot with VFA-81 who instructed Sadler during the simulation.

Despite his lack of formal training, Sadler was able to pilot the sim-

ulated aircraft and successfully land on the flight deck of a carrier.

"I believe the credit goes to good coaching," said Sadler, in reference to the VFA-81 crew. "Auto throttle probably helped a little, too."

While at VFA-81, Sadler took questions from Sailors, posed for pictures, and signed autographs. Sadler also took this time to learn the Sunliners mission, as well as how each Sailor contributes to the squadron's success.

"People often take for granted what you do," said Sadler. "It's those of you out there, turning wrenches, getting your hands dirty that help keep this country safe."

Cmdr. Richard Rivera, commanding officer of VFA-81, presented Sadler with a command coin, ball cap, and Sunliners patches to be displayed in the Elliot Sadler Museum in Emporia Virginia.

"It's always a pleasure to have someone like [Sadler] come out and show a genuine interest in the Navy," said Rivera. "It's a reminder to the Sailors that people do care and a reminder why their job is so important."

Sadler will defend his current Nationwide Cup Series lead Aug. 25 at Bristol Motor Speedway.

## Requirements to hunt on NAS include approved hunter education class

One requirement to hunt on board NAS Meridian during the upcoming 2012-13 season is to show proof of having passed a state-approved Hunter Education Class. It can be from any state, and is a requirement for every hunter 12 years old and older.

If you don't have proof of having passed a hunter education class, enclosed is a schedule of classes being offered by the Mississippi Department of Wildlife, Fisheries, and Parks for Lauderdale and surrounding counties. Call now and pre-register for the classes to ensure availability.

It is now also possible to obtain partial hunter education certification via the internet, followed by only three hours of classroom study. Details for internet certification are found at <http://www.mdwfp.com/law-enforcement/hunter-education/online-hunters-ed.aspx>

If you have any other questions, please call NAS Meridian Wildlife Biologist Chris Buciantini at (601) 679-3539.

**MDWFP Hunter Education Classes**

**Clarke County:**  
Sept. 22, 8 a.m.-6 p.m.  
Oct. 27, 8 a.m.-6 p.m.

Location: Clarke County Multi-Purpose Building, Quitman  
For more information, contact Helen at (601) 776-3951.

**Kemper County:**  
Sept. 22, 8 a.m.-6 p.m.  
Oct. 20, 8 a.m.-6 p.m.

Location: Kemper County Sheriff's Office, 330 Stennis Park Road, DeKalb  
For more information, contact MDWF&P Central Region Office at (601) 859-3421.

**Lauderdale County:**

Sept. 22, 8 a.m.-6 p.m.  
Location: Meridian Police Training Facility, 1180 Sandflat Road, Meridian

For more information, contact Mike Vick at (601) 484-6890.

**Neshoba County:**  
Sept. 8, 8 a.m.-6 p.m.  
Oct. 6, 8 a.m.-6 p.m.  
Nov. 3, 8 a.m.-6 p.m.

Location: Railroad Depot, 256 West Beacon Street, Philadelphia  
For more information, contact MDWF&P Central Region Office at (601) 859-3421.

**Newton County:**  
Sept. 22, 8 a.m.-6 p.m.  
Oct. 20, 8 a.m.-6 p.m.

Location: MSU Coastal Plains Experiment Station, 51 Coastal Plains Road, Newton  
For more information, contact MDWF&P Central Region Office at (601) 859-3421.

### ● Housing of command.

Taking personal responsibility to prevent issues like mold before it gets out of hand is essential. In many environments mold can grow no matter how well we maintain the home or condition the air quality. Be vigilant and ensure areas of your home or barracks room that tend to have more moisture, like kitchens and bathrooms, are kept clean on a regular

basis. Often times, all it takes is a once weekly wipe down with mold/mildew cleaner.

As a ready and resilient force, 21st Century Sailors and their families must feel confident they can report personal and housing concerns in order to stay safe and healthy in the places they live so we can all focus on our mission, our duties and those we care about.

Blog Post by Commander, Navy Installations Command Public Affairs

# Great Lakes chief selectees to serve as museum tour guides

By Judy Lazarus  
Naval Station Great Lakes Public Affairs

GREAT LAKES, Ill (NNS) -- Forty nine volunteer chief selectees completed training to serve, for the second year in a row, as tour guides at the Museum of Science and Industry for the USO U-505 Naval History Program, presented along with the Pritzker Military Library and the museum, Sept. 4-8.

The selectees received training Aug. 9-10, about the history and artifacts relating to the U-505, the only German U-boat captured during World War II.

U.S. submariner veterans also provided their knowledge and experience during the two-day training.

The selectees will volunteer at the exhibit to answer questions and discuss submarine-related artifacts with museum guests.

Located in a 35,000-square-foot exhibit at the museum, the U-boat serves as a national war memorial for those who lost their lives in the two battles of the Atlantic during World War I and II.

"This is an outstanding program on many fronts," said Senior Chief Hospital Corpsman (FMF/SS/SW) Roger Buck, sen-

ior enlisted leader, director Fleet Medicine, Captain James A. Lovell Federal Health Care Center. "The new selectees learn about the heroic capture and transport of the U-505 and get to work alongside submarine veterans and share their new knowledge with museum guests. This program has expanded Navy/CPO presence in Chicago and educated thousands of civilians on naval history and the role/history of CPOs," the senior chief said.

Command Master Chief Leon Walker, Naval Station Great Lakes, noted that the volunteers are an example of, "chief selects giving back what has been given to them."

"Having an opportunity to be even a small part of the career development path for Navy chief selects is truly an honor for the USO of Illinois," said USO President and Chief Operating Officer Alison Ruble. "We are thrilled to offer this program, now in its second year, and to continue to support our Navy chief petty officers while fostering connections to naval heritage through the legacy of the U-505 submarine."

Chief selectee participants said they look forward to serving as museum guides. "I am personally very excited to repre-

sent the U-505 and share its experience with the public," said Chief Machinery Repairman (select) Kelly Morrow, Machinery Repairman Strand School course supervisor. "Heritage is everything to me, and being able to actually relive the stories is an honor," said the Los Angeles, Calif. native who has been in the Navy 19 years.

"Volunteering at the U-505 exhibit in the Museum of Science and Industry is an honor that I take very seriously," said Chief Hull Technician (select) Nolan Nichols, from Monroe City, Mo. "Representing the Navy and chiefs mess, in front of thousands of people at one of the most important naval heritage exhibits in the area, is going to be one of the highlights of my induction that I will remember for the rest of my life.

"Now that I have learned about what happened with the capture of the U-505, I will take the lessons of honor, courage, and commitment that those U.S. Sailors showed and instill those same core values in Sailors in today's Navy," said Nolan, who has been in the Navy for almost eight years.

"Overall, the U-505 has been a great experience. I would recommend that any-

one who gets the chance make a trip down to Chicago to see the exhibit and learn the story behind the exhibit for themselves."

"In my lifetime, I can recall going to museums and wishing I had a guide," said Chief Hospital Corpsman (select) Shante Morris. "Having someone to explain the artifacts or the significance of a time period, in layman's terms, would have made my experience more enlightening. So when the opportunity arose to be a volunteer at the museum I was elated.

"The museum was captivating; the atmosphere was exciting for kids and adults alike," said Morris, who noted the friendliness of the other chief selectee volunteers. "They were genuine about their interactions with the visitors and were excited the entire time I visited. I expect to be infected by that excitement and help carry out the museum's mission and vision.

"I love interacting with people, so this is going to be an awesome experience," said the Atlanta, Ga. native who has been in the Navy close to 15 years. "Not many people are afforded the opportunity to make a difference in a young person's life and I am honored that they are entrusting me to do so."

## Sale ... or

### EXERCISE EQUIPMENT

**Allegro "Balanced Body" Pilates reformer.** Gym quality, top of the line in pilates equipment. Bought 1 year ago at \$2,695. Used 1-2 times a week. Just like new always keep in doors. Moving and will sacrifice at \$1,800 OBO. Call Sonia (601) 513-2229.

**AB Lounger Sport exerciser,** great condition and assembled. \$40 Call Willie (601) 479-4061.

**Brand New Treadmill** fully equipped. Asking \$400 firm. Great savings! Call (601) 681-4280.

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

### BOATS/CAMPERS/TRAILERS

**NEW ITEM! 2006 Jayco Toy-hauler Camper(22')** excellent for hauling ATVs and motorcycles. Fully equipped with 4000 watt generator, 4 burner stove, AC, bathroom vanity, bathtub/shower, and commode, queensize bed, dinette, reefer/freezer, awning, TV cable wired, radio outside/inside speakers, outside shower, smoke free, fueling station for remote fueling of equipment. Great condition! Asking \$11,500. Call (601) 917-2401.

**NEW ITEM! 2006 37' Keystone Montana 3600 RE 5th Wheel,** 4 Slides, 2AC's, King Bed, Queen Sofa, 2 Recliners, Electric Fireplace, Washer/Dryer Hookups. Used Approximately 7 times. NO SMOKERS, NO PETS. Rear living, 2 TV's. Excellent Condition. Cost \$64,000 New. Asking \$28,500 OBO. Call (601) 644-3707 or (601) 616-7147.

**Camper/F350 Package -- 1999 5th Wheel Imperial by Holiday Rambler 36SKT** standard or gooseneck 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.

### HOUSEHOLD ITEMS

Call (267) 414-4124.

**NEW ITEM! Sleigh Day Bed Set** made out of metal comes with a beautiful ivory comforter, bed skirt, shams and matching valance. Paid \$600 will settle for \$185. Call (601) 527-2587.

**NEW ITEM! Cherry Wood Twin Bed** without mattress, solid with six drawers underneath. Was \$500 will sell for \$230. To request photos, call (601) 527-2587. Will also consider delivery.

**Beautiful cherry wood, twin size bed w/six draws underneath.** Purchased for \$500 about year ago. Has plastic still on original mattress. Asking \$280. Can deliver. Call (601) 527-2587.

**Washer and dryer set** for sale. Price \$700 or OBO. Call (601) 938-7213.

**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.

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

**White Queen Bed and Frame.** Asking \$175. Call (601) 513-3495.

**Sofa and love seat.** Dark blue microfiber material in great condition, 6 pillows included. Asking \$500 OBO. **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 Rack** for \$100 or OBO. If you would like to see a picture e-mail jason4theather@

### AUTOMOBILES, ETC.

yahoo.com or call (601) 679-8372.

**2001 Audi TT ABT,** Blue, 116k miles, manual 6 speed, 4 cylinder turbo, new tires, leather interior, heated seats, H.I.D. headlights, foglights. \$7000 OBO. Call Brandon at (601) 678-9177.

**1978 Fiat Spider 124,** 4cyl, 5 spd, 4 wheel disc brakes, 80K miles, biege with black conv top, luggage rack. Pictures available. Asking \$2500 OBO. Call (601) 52-6191.

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

**2005 Toyota Rav4 L** 121k 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.

**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.

**1991 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.

**2005 Ford Ranger,** 136k miles, 3.0 v6 with 5 speed trans, 15" Dick Cepek rims with 31x12.5 Bridgestone Revo A/T, DUAL 7" touch screen DVD player with 2 Memphis 12's. Asking \$6,500 call or text (601) 781-7189.

**1984 Full-Size GMC Jimmy,** has 350 4-bolt main has less than 9k miles after rebuild, skyjacker lift, 35" pro 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,** 77K miles, LS1-5.7 Liter SFI V8-350HP, Black exterior or w/lorch red interior trim, transparent removable roof panel, Bose speaker and amplifier system. Asking \$19,000. Call (601) 737-4435

### MOTORCYCLES/GEAR/ATV

after 6 p.m.

**2005 Harley Davidson Softail Deluxe.** Low mileage (5500 miles), Asking \$15K OBO. Original owner. Stored indoors. Blue/White with chrome trim. Exceptional condition. Harley Davidson accessories: Windshield, road bars with pegs, hard leather saddle bags. Corbin custom seat with back rest. Original seat included. Pictures available upon request. Call: Bob at (334)341-1670.

**2004 Honda CBR F4i 600** Many extras. Black/Red. D & D carbon, fiber exhaust. 9500 miles -- never been dropped! Excellent condition. A must see! Asking \$3,250. Call Ben at (601) 681-9921.

**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.

**Two motorcycle helmets.** DOT approved. \$25 each. Call Joe at (916) 402-7908.

**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 KZ240LTD 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.

### HOMES/APARTMENTS

Call (601) 483-3801.

**For Sale:** Three bedrooms, 2 baths, family room, library, kitchen, dining room, dish washer, stove, refrigerator in the Preston area. Call (601) 513-5067.

**For Sale:** 2389 sq. ft. 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:** Home in excellent Meridian neighborhood. Call Alita at (601) 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: [paradisewk@yahoo.com](mailto:paradisewk@yahoo.com). Call (601) 479-9713 or (601) 679-3517.

**Gravelly 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.

**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-

### MISCELLANEOUS

1003.

**13-year-old miniature registered**

**stud donkey.** Absolutely adorable. Good pasture mate or pet. \$200. Call (601) 679-7649.

**Girl clothes** in excellent condition sizes 4T - 6 all seasons. Shoes sizes 1 -12. Great prices ranging from .50 - \$5. Coats, dresses, pants, shorts, tops, etc. Call (631) 410-3547.

**Bahia Hay for sale.** Weed free and horse/cow quality. 4x5 rolls, \$32 each. Call (601) 986-5334.

**Beagle Puppies,** 16 week old for sale, 2 male & 1 female. All shots up to date including Rabies, asking 75.00 dollar. Please call Tommie at 601-679-2866/601-880-6625/

**Horse tack for sale:** Black saddle cushion, \$25; Troxel Riding Helmet, \$25; Purple saddle blanket, \$25. These items were never used. Call (601) 679-7649.

**One set of F2 (face forward) irons 4-9** with graphite shafts and F2 pitching, sand and lob wedges with steel shafts. Asking \$150; and **Bobby Jones Workshop Edition Driver,** \$60 -- all in like new condition. Call (601) 679-2022.

**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.

**5x5x4 fenced kennel.** Asking **WANTED**

\$150. Call Tamra at (601) 479-7902.

**Need someone to babysit** your child/children starting in August, Mon-Fri. Over 25 yrs of experience in child care. Please contact (601) 595-2035.

**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 or parts for sale.

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



# NAS Meridian, MS • Morale, Welfare and Recreation

On the Web: [www.ona.navy.mil/meridian](http://www.ona.navy.mil/meridian)

## Facility Phone Numbers

Fitness Center	678-2378	The Outpost	678-2608	CDC/CDH	678-2652
All Hands Pool	678-3470	Library	678-2326	SAC	678-2522
Liberty Center	678-3760	Rudder's	678-2636	SLO	678-2473
ITT	678-3773	Sandtrap Grill	678-2780	P.C. Golf Course	678-2526
McCain Rec Ctr	678-2651	Moin's Diner	678-2531	MWR Admin.	678-2551

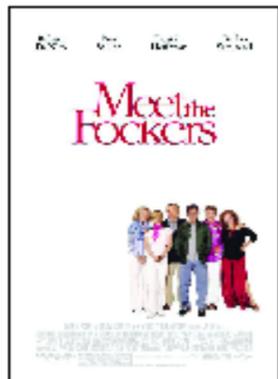


## McCain Rec Center Bowling Specials

- Friday- August 31**  
9 Pin No-Tap Tournament, Bout 3 games, \$15 entry fee, sign up by 6:15pm.
- Sunday- FAMILY SPECIAL,**  
11am-Close, Bout for \$2 a game including rental shoes.
- Monday- NTTC/MATSS1 STUDENT SPECIAL,** 5:30pm-Close, \$2 a game including shoes.
- Tuesday- CAPTAINS CUP BOWLING,** 6pm-Close.
- Wednesday- RCTA SPECIAL,** 5pm-Close, \$2.50 a game including shoes.
- Saturday- COSMIC BOWLING,** 2-4pm and 7:30-9:30pm, regular rates apply.

## Coming Attractions

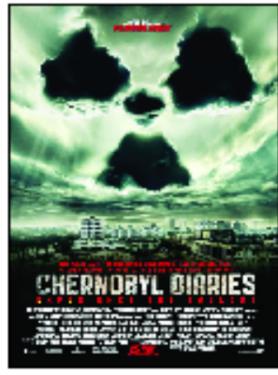
To McCain Rec Center



August 30 • 6pm  
Rated PG 13



September 1 • 1pm  
Rated PG



September 4 • 6pm  
Rated R



September 6 • 6pm  
Rated PG 13

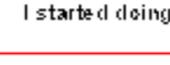
"Madagascar 3"  
September 8 • 1pm  
Rated PG

"8 Mile"  
September 8 • 6pm  
Rated R

\*S scheduled movie premieres at McCain Rec Center. Movie schedule subject to change. Admission is FREE!

## Fitness Trainer pays dividends

submitted story  
I'm Wendy and I'm 33 years old. Thanks to a rocky relationship, I packed on the pounds... up to my heaviest at 347! At that weight everything is a challenge; walking to your car, or getting up out of the bath tub. I decided that was no way to live.



Tullos

I started doing a lot of research and began going to the gym here at NAS Meridian. I worked out for a month by myself and was only seeing a few pounds lost. So I decided to recruit the help of the trainer that's available: Mr. Frank Harbin.

On the first day of working out under the direction of Frank, I hated that I even knew who Frank was, but when I weighed one week later I dropped 18 pounds! I was hooked!

The differences in working out on my own and Frank coaching

me, were small but amounted to huge results. He taught me about nutrition changes, proper form and how to keep from hurting myself.

To date I've lost 78 pounds and counting. Frank says, "I didn't say it would be easy; I said it would be worth it!" He's absolutely right!

I'm still a long way away from where I want to be, but I'm a work in progress. I know I'll make it, especially with the support of my trainer and friends.

\*Tullos is the ACTRINS aboard NAS Meridian.

## ITT IS MOVING!

To McCain Rec Center

ITT will be closed Sept. 4-7.  
ITT will reopen in McCain Rec Center on Sept. 10 at 10am.  
For more info call (601) 679-3773.

## TRIATHLON

Bike 10 miles    Run 2.5 miles    Swim 500m  
September 15 ~ 9 am ~ Fitness Center

## UFC 152

Jones vs. Belfort  
Benavidez vs. Johnson  
Sat. September 22 • 9pm

Watch At

### Andrew Triplett Library

Some services offered:

- Story Time/Ages 3-6
- NY Times Bestsellers
- Over 20 Magazines
- Daily Newspapers
- Navy Reading List Books
- TV/Lounge Area
- Six Free Computers
- Copy/Fax Service
- Free WiFi
- Comfy ice Room

Wireless printing now available.

**New Arrivals!**  
The library just received a new shipment of books for young adults.

For more info call (601) 678-2326.

Listen while you... **YEA!**

Check out the selection now at the Andrew Triplett Library!

**PLAYAWAY!**  
BY THE BAY

## LIBERTY

MWR NAS Meridian, MS

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

- Thursday, September 6  
Double Elim. Pool Tourney  
The tournament begins at 7pm in the Liberty Center. No entry fee - prize awarded to the winner.
- Sunday, September 9  
**SEPTEMBER JAMBOREE!**  
A catered dinner will be provided and include: pulled pork, chicken wings, beans and potato salad. For dessert you can enjoy a variety of favors. End the day with live music by Natalie Stovall who performs around the Country and was named "2012 Entertainer of the Year" and "Female Entertainer of the Year" for "CALIPUS Activities Magazine". This event is for all Marine and Navy Liberty parties and takes place in the Marine Grille (parking lot). **BEST OF ALL IT IS FREE!**
- Monday, September 10  
Football Tournament  
Game time is 7pm. No entry fee - prize awarded to the winner.
- Tuesday, September 11  
Ramen Noodle Eating Contest  
Liberty will supply the noodles while you supply the appetite beginning at 7pm.

## Redden Events

**Monday**  
Monday Night Football  
\$1 Manager's Choice Draft during game

**Tuesday**  
Hip Hop Night  
\$3 House Special or Mixed Drinks

**Wednesday**  
Country/Karaoke Night  
Premium & Spec. Bottled Beer same price as regular

**Thursday**  
Reggae Night  
\$3 Bahama klava's

## MWR Aquatics

### 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.

Back to School  
All Hands Pool Hours of Operation  
Mon - Closed • Tues - Fri: 3pm-7pm • Sat., Sun. & Holidays: 10am-6pm  
For more info call (601) 678-2378.

## Sonny Montgomery Fitness Center Complex

**Personal Trainer**  
Available Mon.-Fri. 5am-7pm  
By Appt. Only on Sat.  
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 Dany @ 6pm

**Friday**  
Belly Dancing Class @ 11:30am  
\*All group exercise classes available

**Wednesday**  
Belly Dancing Class @ 11:30am  
Blg. 246 and are free.

## September Specials

### Fitness Center

30 Days of Fitness Training from the personal trainer for only \$100. For more info call (601) 679-2379.

### The Outpost Eagle Point Stables

Military & Ret. \$75 month  
DoD \$80 month

45 acres of pasture, 26 stall barn, and much more. Monthly fees include showings.  
\*For boarding only.  
For more info call (601) 679-2609.

### POV & Personal Property Storage

Military & Ret. \$20 month  
DoD \$25 month

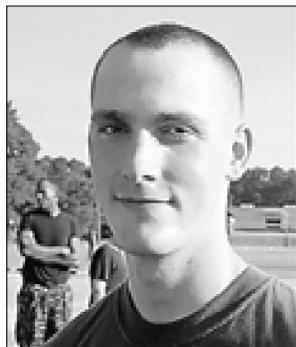
NAS Housing residents receive \$5 per month discount on POV storage.

For more info Call (601) 679-2609.

# It's Your Turn...

From Aug. 22-24, three members of the Wounded Warrior Battalion East visited and spoke with military on board NAS Meridian. We asked these Marines, "What did you take away from the time you spent with the Marines from the Wounded Warrior Battalion?"

By MC2 Casey Kyhl and Penny Randall



**Pfc. Sean Gleaves**  
Dallas, Texas

"They were all inspiring. Sgt. Dodson makes me want to be a better Marine. No matter what happens in your career... you can overcome adversity."



**Pfc. Jason Willis**  
Greenville, S.C.

"I know now that my job as a Marine is very important. I may not be kicking down doors, but I have a job to do."



**Pfc. Alyn Martinez**  
Houston, Texas

"I realize that family is so very important in the military. We should learn to appreciate the small things in life. They all taught me to think and make better decisions."



**Pfc. Casey Kirkman**  
Headland, Ala.

"These Marines never gave up. They pushed themselves in the time of true crisis. It makes me want to be a better person."



**Pfc. Nancy Granados**  
Chicago, Ill.

"I understand better that my job as a Marine is very important and I play a role in bringing Marines home safely."

## Fleet & Family Support Center

### De-stress your life for success

Stress is an everyday fact of life. We all experience it. Too much stress, however, can be harmful to your health. When stress has reached an unhealthy level, you may begin to notice certain signs and symptoms. Thoughts and feelings become entangled with physical responses. Often the results are expressed in our behavior.

Below is a list of common stress-related signs and symptoms. Everyone experiences a few of these from time to time, but if you routinely experience them—or if the number of them is increasing—you could use some new skills for responding to stress more effectively.

**Physical symptoms of too much stress:**

- Chest pain
- Clenched jaw
- Cold, sweaty palms
- Insomnia
- Dry mouth
- Nausea
- Fatigue
- Frequent illness
- Frequent urination
- Grinding of teeth
- Headache
- Tight throat
- Dry or itchy skin (or skin rash)
- Constipation or diarrhea
- Increased perspiration
- Indigestion or heartburn
- Racing or pounding heart
- Rapid, shallow breathing
- Rise in blood pressure
- Stomach changes or pain
- Trembling or shakiness
- Weight change
- Impaired sexual function

**Stressful thoughts & feelings:**

- Anger
- Anxiety
- Apathy
- Sadness
- Defensiveness
- Suspiciousness
- Helplessness
- Hopelessness
- Irritability
- Feeling of insecurity
- Lack of direction
- Worthlessness
- Nightmares
- Racing thoughts
- Feeling of impending danger or doom
- Panic
- Cynicism
- Restlessness
- Depression
- Mood swings

**Stress-related behavioral changes:**

- Angry outbursts
- Avoiding social activities
- Being late
- Overeating
- Loss of appetite
- Change in sleep patterns
- Difficulty concentrating
- Excessive worrying
- Forgetfulness
- Impatience
- Procrastination
- Increased arguing, complaining, crying
- Increased smoking, use of alcohol or drugs
- Increased use of sick time
- Change in religious practices
- Neglecting responsibility

Nervous twitch or habit  
Poor job performance  
Neglect of personal hygiene  
Decreased interest in sex  
Increase in accidents or injuries  
Inability to enjoy the activities you used to enjoy

Getting a handle on out-of-control stress is a must. The following is a list of strategies for handling stress:

- ✓ Daily exercise
- ✓ Massage
- ✓ Deep breathing
- ✓ Getting more sleep
- ✓ Skipping that second cup of coffee
- ✓ Eating a good breakfast and lunch
- ✓ Relaxation techniques
- ✓ A new attitude – try think of problems as puzzles to solve
- ✓ Building a "stress barrier" – don't take work problems home or home problems to work
- ✓ Taking 30-second breaks to stretch or look out the window
- ✓ Finding the humor in daily situations

Awareness is the first important step to taking charge of unhealthy stress. Make some positive changes such as those suggested above to de-stress. If you feel really stressed out for more than 10 days, look into what help is available. The FFSC has counselors who can instruct you in various techniques for reducing stress. On board NAS Meridian call (601) 679-2360 to schedule an appointment.

— Compiled by Fleet & Family Support Center Counseling Staff

**● Female**  
combat exclusion law was repealed and that meant that women were going to serve on combat ships and fly combat aircraft," said Howard.

After serving sea tours aboard several ships, Howard fulfilled her dream in 1999 of commanding a Navy warship at sea. She took command of the amphibious dock landing ship USS Rushmore (LSD 47), becoming the first African-American woman in such a role.

"The crew was wonderful. To this day that's what I think about. When you are going into command you think it's going to be challenging, you believe it's going to be fun, and it definitely was fun, but there are always challenges you don't expect. At the same time you go in with the expectation that Sailors can do anything, and that was the ship that proved it. We are so lucky that we have the people who not only have the talent, but who care and want to get it right."

Howard was selected for the rank of rear admiral lower half in 2006, making her the first admiral selected from the United States Naval Academy class of 1982 and the first woman graduate of the United States Naval Academy selected for flag rank.

In 2009, Howard put on her second star and assumed command of Expeditionary Strike Group 2 and deployed in the Gulf of Aden to conduct anti-piracy operations. Within one week of checking aboard her flag ship, amphibious assault ship USS Boxer (LHD 4), she was immersed in the rescue of Capt. Richard Phillips, commanding officer of

**● Equality**  
another milestone for women's equality in the military. It translated to women being allowed to serve on combat ships for the first time.

On March 10, 1994, Lt. Deanna Reiber reported on board Ike; she was the first female assigned to a combatant. Five other female officers and one enlisted female would also join IKE's crew in 1994. The following year, Ike deployed to the Mediterranean with approximately 400 women serving.

Today, nearly every naval community is open to women and women continue to excel in all duties they are

**"You have to keep your sense of humor. You have to develop stamina and you need to be adaptable."**

Vice Adm. Michelle Janine Howard

the MV Maersk Alabama.

"That's an eye-opening way to start a new job. Very quickly we had several ships, special forces, aircraft and it seemed like everyone in the world was focused on one American and trying to make sure he didn't end up on shore in Somalia. Synchronizing that kind of might and capability was pretty amazing."

Not including the 3,000 Sailors and Marines in her task force, Howard said they also had support from reconnaissance aircraft out of Djibouti, intelligence support from the United States, and she was in constant communication with the staff at U.S. 5th Fleet in Bahrain.

"When you think about it that's a lot of people, and I'm going to say that's the right call. The Department of Defense is there to protect America's interest, America's property and America's citizens. And in the end there is a deterrence

assigned, whether afloat or ashore. "We are fortunate to be in today's Navy because of the many programs and opportunities it offers," said Edenhofer. "We owe a lot to both the men and women whose countless sacrifices laid the path for the freedoms and advantages that all of us have."

In April 2010, the Navy allowed women to serve aboard submarines, breaking down another barrier. Today, 95 percent of naval billets are open to women and more than 65,000 women, active and Reserve, are serving in the Navy, comprising 17 percent of the force.

factor. You want the average pirate to look at an American ship and say, 'we'll just let that one go by.'"

For the women who are following in her footsteps, Howard has this advice.

"You have to keep your sense of humor. You have to develop stamina and you need to be adaptable. Finally, you need to stay connected to women. It's important to be able to share experiences and to be able to tap into those shared experiences."

During her career, Howard has seen dramatic changes in the Navy and the nation, but there is one more change she'd like to witness.

"I would like to see our nation appreciate the importance of the Navy. We are blessed to live in a time where the average citizen really appreciates their Sailors; when we walk anywhere in a uniform we get thanked. If I could change anything I'd like to have Americans understand who they are thanking and why. How do you convince a nation this big that they are a maritime nation? Our founding fathers got it; they understood the importance of international commerce and that is why they said maintain a Navy in the Constitution. And ironically enough, we are even more dependent on maintaining safe water ways now than they were then."

Howard may get her wish. As the newest vice admiral in the Navy and deputy commander of U.S. Fleet Forces she will have the opportunity to reach a much larger audience than ever before.

As she has proven time and again, there is a first for everything.

"I am always thrilled to be a part of any event that embraces womanhood," said Senior Chief Navy Career Counselor (SW/AW) Melinda Reaves, who read a poem at the conclusion of the ceremony. "We have made great progress in this organization, and I'm very proud to be a part of the movement. I'm very grateful for all our female trailblazers of our past. But we too have a responsibility to continue that great legacy, ensuring our female Shipmates have no limits on their dream, no obstacles to their achievements and no remaining ceilings to shatter."

### 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.

**Stress Management: Sept. 4 from 2-3 p.m. or Sept. 19 from 10-11 a.m.** Everyone experiences stress in normal day-to-day life, and your reactions to stress can be difficult to control. Some stress can be helpful because it spurs you to meet life's challenges, but too much stress (or poor stress management skills) can affect your mental and physical health and damage your relationships. If you feel that you're just not handling stress well, come to this workshop to learn about your stress triggers and what you can do to manage your stress better.

**Raising Financially Fit Kids: Sept. 5 from 3-4 p.m. (Held at CDC)** This program, designed for parents of children of all ages, will teach parents how to explore their own financial habits and skills and learn techniques to teach their children sound financial management skills.

**Welcome Aboard: Sept. 6 from 8 a.m.-2 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 Program, TRICARE, vehicle registration, on-and off-base driving regulations, legal services, community service, chapel and other area religious services, MWR, things to do at NAS and in Meridian, School Liaison Program, and more!

**Command Financial Specialist (CFS) Training: Sept. 10-14 from 8 a.m.-4:30 p.m.** Each command with at least 25 active duty service members is asked -- in accordance with OPNAVINST 1740.5B and SECNAVINST 1740.4 -- to select individuals to attend CFS Training. Commands are required to maintain a ratio of one CFS to every 75 active duty personnel. Current CFSes must attend CFS Training every three years to remain active. Only E6 & above service members are eligible to attend this training and serve as CFSes. For more information about eligibility, or to register for the class, please contact the FFSC.

**Suicide Prevention: Sept. 18 from 3-4:30 p.m.** Did you know that suicide has been the second or third leading cause of death among active duty Sailors and Marines for the past 10 years? September is National Suicide Prevention Month, and awareness about suicide can help prevent the number of men and women our military family loses to suicide each year. Topics of discussion will include: why people kill themselves, warning signs, what YOU can do, and places to get help. Don't miss this opportunity to gain information that might save a life.

**TSP: Roth vs Traditional: Sept. 20 from 9-10 a.m.** TSP is now offering all active federal employees and members of the uniformed services the option to designate some or all of their contributions as Roth contributions. Do you know how Roth TSP compares to Traditional TSP, and if it can benefit you? Attend this workshop to find out more about this new option and how to make it work for you.

**Transition Assistance Program (TAP) Seminar: Sept. 24-28 from 8 a.m.-4 p.m.** Military personnel who are voluntarily or involuntarily separating or retiring and are within 180 days of separating should attend this seminar, held at the FFSC. It is highly recommended that spouses attend. You may also attend if you're up to 18 months away from your separation or retirement date. The following topics will be covered: résumés, job search skills, job interviewing, employment (state and federal), veterans' benefits, pay and travel, movement of household goods, PSD/ID cards, TRICARE, emotional transition to separation, financial planning, forms and documents, benefits and services, Naval Reserve programs, military obligations, and more.

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

NAS Meridian is coordinating an installation-wide (including tenant commands) Family Readiness Group (FRG). The purpose of the FRG is to plan, coordinate, and conduct informational, care-taking, morale-building and social activities to enhance preparedness, command mission readiness, and increase the resiliency and well-being of Sailors/Marines and their families. The FRG shall promote friendship and mutual support among the members. Any one can join the FRG -- active duty, family members, retirees, and civilians are all welcome. For more information, contact Stacey Jemison at the Fleet & Family Support Center at (601) 679-2360.

# 9 aviators earn 'Wings of Gold' in August 24 ceremony

There was a naval aviator designation ceremony on Aug. 24 in the NAS Community Chapel.

Seven U.S. Navy aviators and two Spanish navy pilots received their "Wings of Gold" during the ceremony. The naval aviator designation ceremony is not prescribed specifically by U.S. Navy regulations, but has emerged as an honored product of the rich heritage of naval tradition. It marks the culmination of nearly two years of specialized training, which has prepared these officers for the rigorous demands of aerial combat and carrier operations -- earning each the title of "Naval Aviator" and the right to wear the coveted "Wings of Gold."

Those earning their "Wings of Gold" included:

**Lt. j.g. Jose Aparicio Mendez**, Spanish navy, carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on June 28. Mendez completed Advanced Jet Flight Training with Training Squadron Nine;

**Lt. j.g. Mario Belizon Melero**, Spanish navy, who earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on June 28. Melero completed Advanced Jet Flight Training with Training Squadron

Nine; **Lt. j.g. Brendan Buholzer**, USN, who earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on June 24. Buholzer completed Advanced Jet Flight Training with Training Squadron Seven;

**Lt. Allan Elsberry**, USN, who was named to the Commodore's List during Primary Flight Training and earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on July 2. Elsberry completed Advanced Jet Flight Training with Training Squadron Seven;

**Lt. j.g. Noah Gray**, USN, who earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on June 28. Gray completed Advanced Jet Flight Training with Training Squadron Nine;

**Lt. j.g. Robert Hallum**, USN, who earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on June 28. Hallum

completed Advanced Jet Flight Training with Training Squadron Seven;

**Lt. j.g. Gavin MacGarva**, USN, who was named to the Commodore's List during Primary Flight Training and earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on June 28, when he was named "Top Hook" for that carrier qualification evolution. MacGarva completed Advanced Jet Flight Training with Training Squadron Seven;

**Lt. j.g. Justin Reece**, USN, who was named to the Commodore's List during Primary Flight Training and earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on June 28. Reece completed Advanced Jet Flight Training with Training Squadron Seven; and

**Lt. j.g. Jerome Teer**, USN, who earned three Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS George H.W. Bush (CVN-77) on June 24. Teer completed Advanced Jet Flight Training with Training Squadron Seven.



Aparicio-Mendez



Belizon-Melero



Buholzer



Elsberry



Gray



Hallum



MacGarva



Reece



Teer

# MCPON names Gary Sinise honorary chief

By MC2 Thomas Rosprim

Office of the Master Chief Petty Officer of the Navy

WASHINGTON (NNS) -- Actor, humanitarian and musician, Gary Sinise, was named an honorary chief petty officer during a ceremony held at the United States Navy Memorial and Naval Heritage Center Aug. 24.

Sinise received the honor from Fleet Master Chief (AW/NAC) Michael D. Stevens on behalf of Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West. Stevens was named as the next MCPON by Chief of Naval Operations (CNO) Jonathan Greenert June 27.

"It is very interesting how things work out and I believe that all things happen for a reason," said Stevens. "MCPON was going to honor Mr. Sinise at the 'Year of the Chief' kickoff event in April, but unfortunately Mr. Sinise was slightly injured in a car accident here in D.C. and was unable to attend the event. Thankfully, he was not seriously injured and MCPON is on a trip overseas visiting Sailors, so now I have the opportunity to preside over this event tonight."

Sinise has been exposed to the military all of his life through his family's deep roots in military service. His father served in the Navy in the 1950s, two of his uncles served in World War II, three brother-in-laws served in Vietnam, his sister-in-law served for 10 years, and his nephew served in Afghanistan and was recently accepted into the Green Berets.

While not serving in the military himself, Sinise has raised millions of dollars for various charities dedicated to helping

the military and veterans through his Gary Sinise Foundation launched in 2010. He has also performed free concerts all over the world for service members with his 'Lt. Dan Band,' named after his role in the 1994 Oscar-winning movie "Forrest Gump."

"I am a big fan of your work as an actor, but I am an even bigger fan of the role you play in real life," said Stevens. "And it is that body of work that we honor here today."

Stevens presented Sinise with the honorary chief petty officer certificate signed by MCPON, while his daughter, Ella, pinned the chief's anchor on his lapel. Stevens helped Sinise don a chief's cover, which was followed by a salute to the crowd by honorary Chief Sinise, bringing the large crowd of chief petty officers, chief petty officer selectees, Sailors, families and the general public to their feet in a standing ovation.

"What a humbling day it is for me to receive this," said Sinise. "I'm truly touched by it. I don't take it for granted, and I don't take it lightly."

The cornerstone of Sinise's foundation was built upon his life-long principals and long standing commitment to be a citizen of action, and to help in any way that one can to serve the nation by honoring and helping the people who serve our country.

"I'm always amazed and humbled at the skill and dedication of the men and women who serve in our Navy ... God bless you all for doing what you do in defense of our freedom all around the world," said Sinise.



Photo by MC2 Thomas L. Rosprim

Gary Sinise, left, is named an honorary chief petty officer by Fleet Master Chief Michael Stevens during a ceremony at the Navy Memorial and Naval Heritage Center. Stevens presented the honor on behalf of Master Chief Petty Officer of the Navy (MCPON) Rick D. West. Stevens was named as the next MCPON.

## Pediatrics

Pediatrics is the branch of medicine that deals with the medical care of infants, children, and adolescents.

The Specialty Hospital of Meridian and North Hills Family Medical Clinics are pleased to announce the affiliation of

Nick Kelly, M.D.

### Education

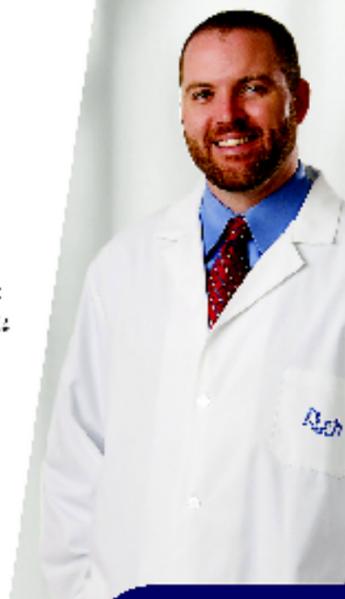
- Pediatric Residency - Duke University Medical Center, Durham, North Carolina
- Emory University School of Medicine, Atlanta, Georgia

### Professional Society Memberships

- American Association of Pediatricians

### Diagnosis, treatment and procedures for:

- Primary Care for children and adolescents
- Well baby checks
- Well child checks
- Illness evaluation
- Childhood immunizations
- Sports injuries
- Adolescent medicine
- Special interest sports medicine and nutrition



**2012 Navy Ball Pancake & Sausage Breakfast**  
**Tickets: \$6**  
**Date: Saturday, Sept. 1, 7-9 a.m.**  
**Place: Applebee's, 106 HWY 11&80, Meridian**



**NAS:**  
**CSC Jessica Nettles**  
**AC1 Sanja Perez**  
**Susan Junkins**  
**NTTC:**  
**SHC Jodi Ahner**  
**LS1 Rosa Molgar**  
**PS1 Cruz Ponce**

**Branch Health Clinic:**  
**HM2 John Kippes**  
**HM2 Shannon Payne**  
**VT-7:**  
**LTJG Joseph Yates**

**TW-1:**  
**LT Mark Collins**  
**Michelle Carlson**  
**NOSC:**  
**HM1 Smith**  
**PSSN Kaylan Barrett**

All proceeds benefit NAS Meridian's celebration of the U.S. Navy's 237th Birthday Ball set for Oct. 13, 2012

For appointments: 601.484.6180  
 Walk-ins Welcome!  
 rushhealthsystems.org  
 North Hills Family Medical Clinic | 4331 Highway 39 North | Meridian, MS 39301