

# THE SKYLINE



Volume 50, Number 19

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

September 13, 2012

## On Base...

✓ **POW/MIA and 9/11 Commemoration** ceremony will be held Sept. 21 at 10 a.m. at the NAS Meridian Chapel. The event is open to those who have access to the base.

✓ **The Petty Officer Association is sponsoring a Softball Tournament and Home Run Derby** on Sept. 22 beginning at 8 a.m. until its completion at Bernath Field. If you are interested in putting a team together please submit your roster with entry fees to AC1 Brady, ABE1 Gill, or RP1 Stroney NLT Sept. 20. Entry fee is \$10 per person which also includes a hamburger or hotdog, chips, and a drink. Meals will be available to anyone not playing for \$5. The Home Run Derby is \$3 per person. You will have 5 chances to hit the ball as far as possible. A prize will be awarded to the person who hits it the farthest and you will have the distinct privilege of being the 2012 NAS Meridian Home Run Derby Champion!

✓ **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 16**  
1940: President Roosevelt signs Selective Training and Service Act, the first peacetime draft.

**September 22**  
1943: U.S. destroyers and landing craft land Australian troops at Finschhafen, New Guinea.  
1989: After Hurricane Hugo, Sailors and Marines provide assistance to Charleston, S.C., through Oct. 10.

**September 23**  
1990: Two Hospital ships (USNS Mercy and USNS Comfort) steam together for first time in Arabian Gulf.

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

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

## VT-9 welcomes Krause as CO, farewells Snyder

By Penny Randall  
Editor

Training Squadron Nine welcomed its 48th commanding officer, Cmdr. Garrett V. Krause to the helm during a change of command ceremony on Aug. 31.

"I am honored and humbled to serve as the commanding officer of the Tigers," Krause said. "I look forward to the challenges – big and small. I can truly say I will be working with an amazing team. We will continue with the tradition of training great strike fighter pilots.

Krause relived Cmdr. Craig M. Snyder who served as the commanding officer since June 2011.

"Thank you to everyone who has supported me at VT-9," said Snyder whose next assignment will be as air boss aboard the USS Eisenhower. "As the CO I set the tone and policy of the squadron, and you the support staff are the ones who make the squadron great. My family and I will miss Meridian."



Photo by Penny Randall

**Cmdr. Garrett V. Krause, left, and Cmdr. Craig M. Snyder speak with Capt. David Lobdell, commander of Training Air Wing One, during Training Squadron Nine's change of command ceremony, Aug. 31.**

Rear Adm. William G. Sizemore II, Chief of Naval Air Training, was the guest speaker.

"Thank you to the city of Meridi-

an for the unparalleled support of NAS Meridian and Training Air Wing One," Sizemore said. "You welcome our Sailors and Marines

into the community and your lives with open arms. We cannot thank you enough."

Sizemore went on to recognize Snyder's accomplishments during his time as commanding officer.

"It's an enormous job and responsibility to train strike pilots," Sizemore said. "Snyder is a leader. He has set the standard and led from the front and by personal example."

During Snyder's leadership, the squadron amassed over 19,000 sorties and more than 20,500 training flight hours in the T-45C Goshawk. Eight intermediate E2/C2 aviators completed; and 72 Navy and Marine Corps strike aviators and 10 international pilots from Spain, Italy and Great Britain received wings of gold.

As the CNATRA recognized T-45 subject matter expert, Snyder spearheaded the roadmap efforts of Training Air Wing One for the T-45 community in future sustainment, modernization and syllabus

• **VT-9, page 10**



Photo by MC2 Casey H. Kyhl

**Capt. Charles C. Moore, commanding officer, Naval Air Station Meridian speaks with World War Two veteran and resident of Kemper County Norman Davis during an open house at Navy Outlying Field Joe Williams, Sept. 6. The open house was held so local residents could learn about the recent upgrades to the airfield and speak with NAS Meridian leaders about the upcoming return of flight operations to the area.**

## Residents show support for Joe Williams Field

By MC2 Casey H. Kyhl  
Staff Writer

An open house was held Sept. 6 at Navy Outlying Field Joe Williams in appreciation of the 50 years of support for naval aviation provided by local residents.

Kemper County residents took the opportunity to meet NAS Meridian leaders, learn about upgrades to the field, view maps and old photographs, and discuss matters of interest to the community.

"This airfield is invaluable for student pilot training in our training

squadrons," said Capt. Charles C. Moore, commanding officer, Naval Air Station Meridian. "It's important that we get the message across to tax-payers and residents why we are doing this and how much we value the overwhelming support of our neighbors in Kemper County. The landings those aircraft will make at Joe Williams Field will build vital aviation skills for future missions."

This modern facility, originally known as NAS Meridian Bravo Field, was re-named Joe Williams Field in 1987 in honor of Capt. Joe Williams, NAS Meridian's second commanding

• **Field, page 10**

## CPO selectees ready for pinning



Photo by Penny Randall

**Chief Petty Officer selectees kneeling from left, MRC (Sel) Matthew East, AZC (Sel) Nathan Hughes, AZC (Sel) Gregory Cohen, LSC (Sel) Rosa Melgar, AZC (Sel) Ian Knowles and FCC (Sel) Charles Whittington are picture with chief advisors on board NAS Meridian. The CPO pinning ceremony will be Sept. 14 at 10 a.m. at the Naval Operational Support Center Meridian.**

## Navy adjusts selective reenlistment bonus plan to retain skilled Sailors

WASHINGTON (NNS) -- Navy announced updates to the Selective Reenlistment Bonus award plan, Sept. 8, in NAVADMIN 273/12.

The intent of the Selective Reenlistment Bonus (SRB) is to incentivize Sailors with critical skills and experience to stay Navy. SRB rewards Sailors who attain special training in skills most needed in the fleet, and helps meet critical skill reenlistment benchmarks and enhance Navy's ability to size, shape and stabilize manning. Award levels are strategically adjusted as reenlistment requirements for specific ratings and skill sets are met.

From the 100 skill/zone combinations detailed in NAVADMIN 143/12, this update includes reductions for three skills, one skill elimination, ten skills award level increases and 11 skills added to the list.

"The SRB program provides a retention incentive to our top-performing Sailors with critical skills needed in the fleet," said Rear Adm. Tony Kurta, director, military personnel plans and policy. "We will continue to monitor our bonus programs to maximize retention behavior in our most critical skills within the constraints of our budget."

Sailors should consult NAVADMIN 273/12 to determine their SRB eligibility and award level. The increased award levels are effective immediately and decreased levels are effective 30 days from the release of the NAVADMIN.

This update also announces the upcoming change to annual SRB installment payments from October to the anniversary month of reenlistment date. This policy change will take effect for all Sailors reenlisting for SRB on, or after, Oct. 1, 2012. For example, Sailors reenlisting in December 2012 will receive their initial SRB payment upon reenlistment, and all subsequent installment payments annually in December until the full bonus amount has been reached. Sailors under current SRB contracts, as well as those reenlisting prior to Oct. 1, 2012, will continue to receive anniversary payments annually in October until the full bonus amount has been reached.

Additionally, NAVADMIN 273/12 temporarily lifts the restriction preventing Sailors with FY13 end of active obligated service (EAOS) dates from reenlisting for SRB in FY12. With this change, all FY13 EAOS Sailors, regardless of SRB tier, are encouraged to apply for SRB and reenlist on, or before, Sept. 30, 2012. Sailors electing this temporary early reenlistment option must be otherwise eligible for SRB and have a valid PTS quota prior to their selected reenlistment date.

As with Perform to Serve (PTS), eligible Sailors desiring SRB reenlistment are encouraged to work with their command career counselors, command master chiefs, and chain of command to discuss timing of reenlistment and procedures well before their EAOS.

Sailors can read the complete list of SRB award levels and policy at <http://www.public.navy.mil/bupers-npc/career/enlistedcareeradmin/pages/srb.aspx>.

-- From Chief of Naval Personnel Public Affairs

## Use ASVAB/AFCT to expand conversion, career opportunities

By MCC (SW) Maria Yager  
Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) -- Sailors interested in changing ratings to improve career options can use their Armed Services Vocational Aptitude Battery (ASVAB) scores to help determine which ratings they may qualify for, officials said Sept. 7.

"The ASVAB score is a major factor used to determine which ratings a recruit is eligible to pursue," said Senior Chief Navy Counselor (SW/AW) Mark Rush, force career counselor, Navy Personnel Command (NPC). "The ASVAB is given to all non-prior-service recruits to determine eligibility for enlistment, future Navy-wide advancement examination participation and Class "A" School training qualification."

Basically, the ASVAB tests an individual's knowledge and aptitude in nine areas: arithmetic reasoning, word

• **Career, page 6**

## Look Inside



~ Page 2 ~  
Welcome Home  
MA2 Savia



~ Page 3 ~  
Sailor has 'old soul' when it comes to music



~ Page 4 ~  
Public Works Team claims Golf Championship

## Photo of the Week

**Religious Programs Specialist 1st Class Joseph Stroney, right, and Career Counselor 1st Class James Flynn pick trash off of John C. Stennis Dr. during a Petty Officer Association Highway Clean-Up on Sept. 7.**



Photo by MC2 Casey H. Kyhl

## Area Happenings

### SEPTEMBER

**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:** 16th Annual EMBDC Golf Classic at Briarwood Country Club. Times times are 8 a.m. and 1 p.m. Contact Michele Thames at mthames@embdc.org or call (601) 693-1306.

**29:** 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.

**29:** Graduate Record Exam (GRE) Workshop at Mississippi State University-Meridian College Park Campus, Room 008 from 8 a.m. -5 p.m. Register by calling (601) 484-0298 or www.meridian.msstate.edu. Cost: \$40 - MSU students; and \$60 - general public.

**29:** Historic Rose Hill costumed cemetery tour Meridian at 6 p.m. Largest Mississippi heritage event in east central Mississippi. Free and open to the public for all ages. Hear the stories and portrayals of personages buried during the golden era of Meridian (mid 1800s to 1930s) as told by historians, storytellers and volunteers dressed in period costume. Bring a flashlight, wear sturdy shoes and expect a wonderful time. For more information, call (601) 681-8525 or (601) 482-9752.

### OCTOBER

**6:** Mothers of Preschool (MOPS) children will host a Mega Yard Sale from 8 a.m. - 1 p.m. We do all the advertising, you keep all of your profits. 1 spot-\$15 2 spots-\$25 (Spot sizes are 21 ft x 8 feet). Set up is in the parking lot of 15th Avenue Baptist Church. For more information, call Dawn Whittington at (601) 604-3358.

**20:** Art for Archer will be held at Dumont Plaza in downtown Meridian from noon-4 p.m. The event will feature live art demonstrations, arts & crafts booths, food and fun activities for the entire family. Archer Maple, is the son of Capt. Ryan and Ashley Maple. He was recently diagnosed with a genetic disorder and the proceeds from the event will benefit genetic research. \$5 admission charge. If you are an artist and would like to set up a booth, donate a piece of art or participate in the event, call Ashley Maple at (601) 462-1197 or (601) 213-0453.

**22:** Free Seminar featuring Tony Porter, co-founder of the national organization A Call to Men. Location: North Park Church, 7770 Highway 39 North, Meridian. Cost: Free. Time: 6-8 p.m. For more information, call the Care Lodge at (601) 482-8719, or email: carelodge@bellsouth.net. Porter is an educator, activist and lecturer who has been working in the social justice arena for over 20 years. He is nationally recognized for his effort to end violence against women.

## Thank you for hard work in recent weeks

The fall season is upon us and with it many busy days and events are in the offing. This week I'd like to address hurricane preparedness and to announce an upcoming energy conservation initiative.

A number of important lessons were revealed in the wake of Hurricane Isaac. I want to thank everyone who lives and works at NAS Meridian for the preparation and response to Isaac. The hurricane season is in full swing - and now is the time to address any preparedness concerns you discovered during Isaac. Do not wait until a day before landfall to get provisions and supplies because others will. Plan ahead with your command and family and take a look at the resources at Ready Navy: <http://www.ready.navy.mil/>.

NAS Meridian's Emergency Management Team deftly handled nearly 100 Gulf Coast evacuees and an almost equal number of Federal Emergency Management Agency (FEMA) relief trailers prepositioned on station. Bryon Garrison, AMC Chavious and David Younce handled these challenges in stride, as did all of our effected tenant commands. My thanks to everyone for further cementing NAS Meridian's reputation as a Gulf Coast disaster relief logistics hub and a safe refuge for military units and families.

Housing residents will see the initial implementation of the Resident Energy Conservation Program (RECP) this January. RECP is designed to save energy and encourage responsible utility usage. Under this program, housing residents

will be charged for utility use that exceeds an established average usage estimate with a 10 percent buffer zone. With few exceptions, every Pine Crest and Juniper Ridge military housing unit will take part in this program.

Residents should note that average usage for a like-type group of homes is recalculated every month to account for monthly variation in outdoor temperatures. Residents may also request home energy audits to identify energy savings strategies specific to their home.

Start reducing your energy usage now by regulating your thermostat to minimize heating or cooling requirements.

Wise use of hot water, lighting, and appliances can also make significant energy savings. Money saved through conservation will be put back into housing projects in the form of capital reinvestments such as new housing, renovations, community amenities, and/or quality of life programs on base.

For more information on RECP, see page 4, and watch for coming town hall meetings on the topic.

Please keep safety in mind as sport seasons and other fall recreation activities get into full swing. The heat will continue to be with us so stay hydrated and avoid the midday sun when able. Thanks again to everyone at NAS Meridian for your contribution to the Isaac response - I appreciate and respect your professionalism and pride.

*Capt. Charles C. Moore II is the commanding officer of NAS Meridian.*



Moore

## Queen City Fair set for Oct. 1-7 in Meridian; military night is Oct. 5

The Queen City Fair returns to Meridian Oct. 1-7 at the Lauderdale County Agri-Center on 1022 Highway 19 South.

Gate hours are Monday-Thursday from 4-10 p.m.; Friday, 4 p.m.-midnight; Saturday, noon to midnight; and Sunday, noon to 8 p.m. Gate admission is \$6 per person with children under 6 admitted free. Parking is \$2 per car.

Exhibits include a petting zoo, blacksmith demonstration, antique engines and tractors on display, Robinson Racing Pigs and Farmer Bob and Johnny the World's Funniest Tractor.

Other events include the Little Miss Queen City Fair Pageant, Meridian's Most Talented Competition, youth night concert and a NASA Space Exhibit.



Schedule of events include:

**Oct. 1:** Coca-Cola® presents School Day at the Fair. One free ride with Coca-Cola® Coupon. Plus free gate admission from 4-5 p.m. Dollar rides all day!

**Oct. 2:** Facebook Day -- "Check-in" at the Queen City Fair and receive \$2 off gate admission.

6 p.m.: Meridian Family of Stations and Best Buy presents The Madden 13 Best Buy Bowl.

**Oct. 3:** Youth Nite at the Fair -- \$20 (includes gate admission and unlimited rides)

**Oct. 4:** Meridian's Most Talented! Special armband for

unlimited midway rides, \$15.

**Oct. 5:** Military Day -- 1/2 off gate admission with valid military ID. Special armband for unlimited midway rides, \$18.

**Oct. 6:** The Meridian Star Day -- Dollar rides from noon-4 p.m.

6p.m.-midnight: Special armband for unlimited midway rides, \$20.

**Oct. 7:** Comcast Spotlight presents Family Fun Day -- Two adults and two kids get in the gate for \$15.

Noon-8 p.m.: Special armband for unlimited midway rides, \$12.

For more information go to: [www.queencityfair.net](http://www.queencityfair.net).

## Navy College Office Gulfport to service NAS Meridian

NAS Meridian no longer has a Navy College Office on board the installation. The primary responsibility for NCO operations is routed through the NCO at NCBC Gulfport. The contact information is:

Voice 228-871-2785 (DSN 868)

Fax 228-871-2784 (DSN 868)

Email: [NCO.Gulfport@navy.mil](mailto:NCO.Gulfport@navy.mil)

The NCO Gulfport provides all of the basic services for NAS Meridian person-

nel. This includes ACT, SAT, GED testing and the National Testing Center has all CLEP and DSST exams. All CLEP and DSST exams are now computer based so the individual will have their score at the end of the test. The NTC email to register to take a test is listed below. All testing must be done at the NCO Gulfport.

Educational counseling can be provided through phone or email at the above listed contact information.



## Welcome Home

**MA2 Joseph D. Saia recently returned home from a two-year IA assignment overseas that began in November 2010. Saia, a Brandon, Miss., resident, is a reservist stationed at Naval Operational Support Center Meridian. He has been in the Navy six years. Saia was stationed with the Personal Security Detail Helo Security in Kabul for one tour and then served as the NCOIC of the National Police Training Center, Wardak, Afghanistan.**

## Calendar will feature NAS Meridian housing residents

For the past several years, Balfour Beatty Communities has featured BAL-4 and B-T and their sustainability tips. As a result, we have seen our residents demonstrate ways they too can make a difference in their personal lives and in the community.

BBC would like to share these great stories by asking its residents to participate in a fun and rewarding contest opportunity, where their actions will be shared with all our military housing residents and hopefully inspire others.

The 2013 resident calendar will feature photos of NAS Meridian residents demonstrating ways they are making a difference reflecting the theme of energy conservation, recycling, safety practices, and healthy living. The staff anticipates on showing one image for each month so photos must be high quality and clearly tell the story. The 12 winning photos will receive a flip video camera, and the grand prize winner will be featured on the cover photo, receive a flip video camera and a \$100 gift card.

For more information, call (601) 679-7669.

## In the Spotlight...

### Happy Birthday...

Sept. 1: Tina Conley  
Sept. 5: Darrell Harden  
Sept. 9: Jalen Harden -- Happy 10th, Love Mom and Dad  
Sept. 11: Staci Harden  
Sept. 29: Greg Harden -- Happy Birthday to my wonderful husband, Love Staci!

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

Personal Procured Move (PPM) claims can now be emailed or mailed for the customer's convenience. E-mail claim to [ptas.fiscn@navy.mil](mailto:ptas.fiscn@navy.mil) or mail  
COMMANDING OFFICER  
NAVSUP FLEET LOGISTICS CENTER NORFOLK  
BUSINESS SUPPORT DEPARTMENT, HHG AUDIT TEAM DIVISION CODE 302  
1968 GILBERT STREET SUITE 600, NORFOLK VA 23511-3392  
To check the status of a claim if not received in six to eight weeks, the member can call 1-888-742-4467.

The following link may be used to schedule appointments at the DEERS/RAPIDS ID Card office on board NAS Meridian --  
<https://rapids-appointments.dmdc.osd.mil>

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

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## Feds Feed Families



Photo by RP1 Joseph Stroney

Mary Crockett, a representative from LOVE's Kitchen in Meridian, is pictured with HM1 Anthony Rice, the Feds Feed Families representative from Naval Branch Health Clinic Meridian, and the 972 pounds of food that was collected during the champaign and donated to LOVE's Kitchen-- a facility that feeds the homeless and needy. NTTC Meridian was the largest contributor of food donations.

## Sailor has 'old soul' when it comes to music

By Penny Randall  
Editor

When it comes to music, AZAN Marcus Colburn would consider himself an "old soul."

Instead of pulling out a tiny hand held iPod with hundreds of songs download on it, Colburn would rather flip through his collection of 70-plus albums and pick the perfect one to place on his 30-year-old Clarinette 113 record and eight-track player.

"I think I have a well-rounded appreciation of music," said Colburn who is a student in the Aviation Maintenance Administration Course at the Center for Naval Aviation Technology and Training on board NAS Meridian.

"When you plug your iPod in you pick the song and just hit play. When you have a record, you take care of it. You take it out of its album cover, dust it off and place it gently on the player. Then put the needle on the record to hear the crackling and the unique sound -- it's just awesome. Personally I like the music better; it means more when you can hear all the different sounds from a record."

Colburn, a native of Northeastern Pennsylvania, credits his father with encouraging his love of music.

"My dad got me started listening to records when I was young," Colburn said. "He thinks it cool that I've developed such an interest in old albums. We listen to the same music and we can appreciate music together."

Colburn's collection ranges from the late 60s to mid-80s. Some of his favorite musicians are the Steve Miller Band, Led Zeppelin, Bob Seger, Santana, KC and the Sunshine Band, Rush and Styx.

But his pride and joy is an original Jimmy Hendricks album.

"I found it at a goodwill store," Colburn said. "It's so



Photo by Penny Randall

AZAN Marcus Colburn shows up his Clarinette 113 record and eight-track player along with a few of his 70-plus album collection.

much fun when you go and look and hunt for a record.

One of the coolest things is the search. There was a Marshall Tucker Band album, 'Caroline Dreams' that I had been trying to find forever. I just happen to go to a goodwill store one day and probably looked through hundreds of albums... and there it was."

Colburn, 21, was stationed in Norfolk, Va., for two years as an undesignated Sailor. After graduation from CNATT, he will be stationed with Patrol Squadron 5 based at NAS Jacksonville, Fla.

"AZAN Colburn is the schoolhouse leader for the AZ's," said his instructor AZ1 Jason Osborne. "He is a very intelligent student and being a fleet returnee from a squadron he already had a good grasp on the fundamentals, he will be a great asset to

his next command." Colburn is thrilled because he will be able to take his record player with him to his next duty station, something that would not have happen if he was stationed on a ship.

"If I wasn't able to take it with me I would send it home for my dad to take care of," Colburn said. "I had it buckled in the passenger seat on the way down to Mississippi. It's impossible to find players like the one I have."

Colburn does own an iPod and says don't get him wrong, he loves the advancements in technology in the music recording industry.

"I keep up with artists that are popular now, but if I had my choice I would sit and listen to a record first. There's not a day that goes by that I don't listen to music."

## VT-9 recognizes employees



Ashley G. Hughes was recognized for her "superior support" as VT-9 Defense Travel System Clerk by Cmdr. Craig M. Snyder.



Tina Conley was recognized for her "superior support" as VT-9 Operations Student Control Clerk by Cmdr. Craig M. Snyder.

# NTTC recognizes top Sailors, farewells others



Cmdr. Brett St. George awards LS1 (EXW) Sven Helms the Navy and Marine Corps Commendation Medal for meritorious service while serving as Military Standards Division Leading Petty Officer and LS "A" School Instructor at NTTC Meridian from March 2009 to October 2012. His leadership and personal Initiative were instrumental in his ability to lead the Military Standards Division where he mentored and supervised 10 staff members and over 2,400 students. His balanced mix of aggressive leadership and no-nonsense techniques were instrumental in the successful graduation of over 2,300 logistics specialists with an overall grade point average of 90.5 percent.



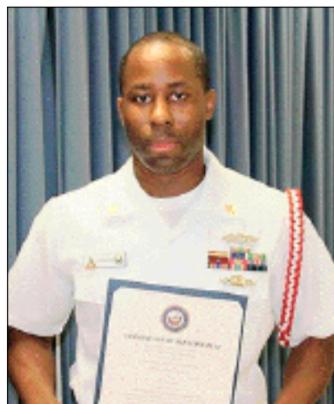
NTTC Meridian takes great pleasure in recognizing LS1 (SW/AW) Victor R. Stillgess as Sailor of the Quarter, Third Quarter Fiscal Year 2012. Petty Officer Stillgess demonstrated superior performance while serving as the Military Standards Division and Training Support Leading Petty Officer. His enthusiasm and total dedication to duty contributed significantly to fleet readiness and to the mission of Naval Technical Training Center Meridian.



NTTC Meridian takes great pleasure in recognizing LS2 (AW) Diana Davidson as Instructor of the Quarter, Second Quarter Calendar Year 2012. Petty Officer Davidson demonstrated superior performance while serving as LS "A" School Instructor. Her professionalism contributed significantly to naval Technical Training Center Meridian's overall mission of providing quality military and technical training while developing motivated Sailors and Marines.



NTTC Meridian takes great pleasure in recognizing Ellen Mustain as Civilian of the Quarter, Second Quarter Calendar Year 2012. Mustain demonstrated unsurpassed professional achievement in the superior performance of her duties as command executive secretary from April 1 to June 30 2012. Her hard work and dedication have been essential to the outstanding performance of NTTC Meridian's Executive Department and the continued success of Naval Technical Training Center.



Congratulations to PSC Darien Johnson who reenlisted for five years on Aug. 22 — the date that marked the completion of 19 years of faithful and honorable service to the Navy and nation, and demonstrates his ongoing commitment to our Navy team for years to come.



NTTC Meridian bids Sheryl Hensel fair winds and following seas as she departed the command on Aug. 22. Hensel leaves the NTTC Meridian family after being one month shy of completing a five-year assignment. She has been a cornerstone in the command's Training Support Department and a vital member of the Student Control Team.

### Reenlistments

**YN1 (SW/AW) Jessica A. Booth** reenlisted for six years on Aug. 17. Prior to arriving at NTTC Meridian, Petty Officer Booth was an interior communications electrician who was selected for yeoman through the Navy's PTS program. Petty Officer Booth has been in the Navy for 11 years, and is originally from San Antonio, Texas. She will be stationed at Naval Station Guam for her first assignment as a yeoman.

**YN2 (SW) Alfredo J. Barrosyidios** reenlisted for six years on Aug. 17. Prior to arriving at NTTC Meridian, Petty Officer Booth was a boatswain's mate who was selected for yeoman through the Navy's PTS program. Barrosyidios has been in the Navy for seven years, and is originally from Cartagena, Colombia. He will be stationed on the staff of Commander Naval Forces Korea for his first assignment as a yeoman.

**PS2 (SW/AW) Pamela Mercedes Valeriodisla** reenlisted for three years on Aug. 20. Prior to arriving at NTTC Meridian, she was a boatswain's mate on board Naval Ordnance Testing Unit, Cape Canaveral, Fla., who was selected for personnel specialist through the Navy's PTS program. Valeriodisla is originally from Union City, N.J., and will be stationed at VAQ-132 homeported in Whidbey Island, Wash.

**PS2 (SW/AW) Christopher John Wenger** reenlisted for four years on Aug. 20. Prior to arriving at NTTC Meridian, he was an aviation ordnanceman stationed at Naval Recruiting District, New England who was selected for Personnel Specialist through the Navy's PTS program. Wenger is originally from Bronx, N.Y., and will be stationed at VFA-103 homeported at Naval Air Station Oceana, Va.

## 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](mailto:kevin.kent@navy.mil).



# Meridian NEX salutes CPO selectees



Submitted photos

2012 Chief Selectees enjoy a fun evening at the NAS Meridian Navy Exchange on Aug. 20. The selectees were treated to food donated by the NEX associates, they showed off their singing skills during karaoke and how great they look in their new uniforms. The selectees played "Pin the Anchor on the Uniform" to win prizes.

## Resident Energy Conservation Program Q&As to understand

**Question 1.** How does the RECP program work?

**Answer 1.** The Resident Energy Conservation Program (RECP) is designed to encourage reasonable utility usage targets comparable to that experienced when renters are responsible for separate payment of their utility bills. Every PPV resident housing unit will be part of a like type group and contribute to the measurement of a monthly average usage for the group surrounded by a 10 percent buffer to create a normal usage band. If residents use more than the normal usage band they will have to submit payment when the amount due exceeds \$25. Those residents using less than the normal usage band accrue credits for refunds and receive a rebate check when their credits reach \$25. Residents with credits of \$25 or more have the option to defer the rebate and apply the credit to future bills. Initially new residents went into a three-month mock billing period whereas now the live billing starts the day residents move in.

**Question 2.** What are the benefits of participating in RECP/energy conservation?

**Answer 2.** The benefits to the residents of reducing electricity usage include the potential to earn extra money to cover other expenses. The benefit to the project is that reduced energy usage saves the project money that increases the available funds to contribute to future reserves for the maintenance and repair of the local area PPV.

**Question 3.** What can residents do further to reduce their home energy consumption?

**Answer 3.** Heating and Air Conditioning (AC) equipment are the major sources of utility usage in the home. AC uses a lot of electricity – as much as 50 percent of the electricity used in housing. When you need to cool your home setting the AC temperature at 78 degrees and using fans will reduce the AC usage and keep your homes cool. During days that require heat set the thermostat at 68 degrees. Residents can also turn off and unplug appliances they are not using.

**Question 4.** How does a delinquent payment of my electric utility bill affect my community?

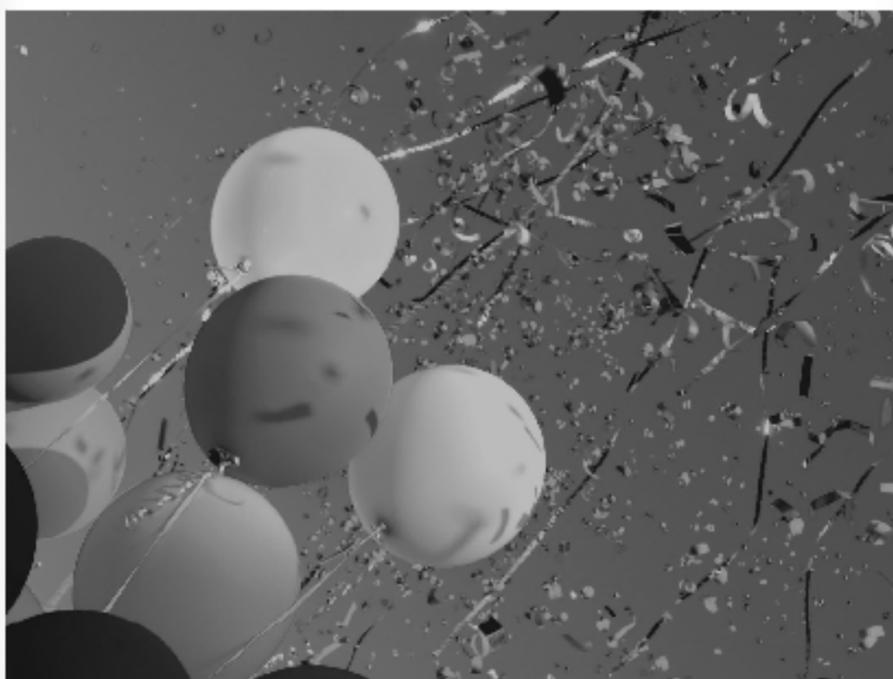
**Answer 4.** Residents who are continuously delinquent in paying their electric utility bill will cause a delay in the reinvestment of funds into their local community. For example, if your community is in need of a new children's playground or new roofing is scheduled for your neighborhood, there could be a delay in such projects if funds are lacking due to residents not paying their bills on time.

**Question 5.** What happens if residents don't pay on time? Will late payments affect a resident's credit?

**Answer 5.** Residents with a past due account will receive

• Energy, page 6

# JOIN US IN A CELEBRATION FOR ... YOU!



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 10 a.m. - Sunday Church School  
 11:15 a.m. - Morning Worship Service (Nursery Available)  
 3 p.m. - Adult & Youth Bible Study

**Wednesdays:** 8:45 p.m. - Prayer Ministry  
 7 p.m. - Adult & Youth Bible Study

Directions from I-20/90 & Meridian: Take exit 154 off I-20/90, turn Hwy 90 N for 20 miles, turn right on Highway 90/90A Rd, continue 1.2 miles, turn left on Antioch Rd. The Church is on the right.

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**Pfc. Nicole Dukes**  
**MASS Student**  
**Hometown: Jamaica, N.Y.**

Pfc. Nicole Dukes is prior Air Force, serving two years on active duty and five years in the reserve.

Dukes, 28, enlisted in the Marine Corps on April 16, 2012, and is currently a student in the Marine Aviation Supply Specialist Course at MATSS-1 on board NAS Meridian.

"I became a Marine because I wanted to serve my country, have financial stability, travel, develop leadership skills and become more physically fit," Dukes said.

Her hobbies include bowling, ice skating, sky diving, swimming, shopping, ballet, playing pool and bike riding.

After graduation from MATSS-1 she would like to be stationed on the East Coast.

"But I'm ready to deploy overseas also," said Dukes who plans for the future include finishing her college degree in business administration and becoming a commissioned officer.

The person she most admires is the pastor of her hometown church. "He is a man of integrity, a great leader and a great teacher."

# OOORAH!

**Lance Cpl. Nikhil Sharma**  
**MASS Student**  
**Hometown: Arlington, Va.**

Lance Cpl. Nikhil Sharma considers his hometown to be Arlington, Va., but growing up he traveled the world, living in seven different countries.

"We traveled because of my father's job," said Sharma who parents are from India.

Sharma, 32, joined the Marine Corps in June 2011. Because of medical reasons he transferred to a different rating and is currently a student in Marine Aviation Supply Specialist Course at MATSS-1.

Sharma is a first generation of his family to enter the military.

"My father was considered for India's version of West Point, but his parents did not agree with his choice," Sharma said. "I fill like I'm fulfilling his dreams. I want to serve my country and in the process improve myself as a person and set myself up for a better future."

Sharma's hobbies include shooting, ping-pong, reading, soccer, hockey and photography.

The person Sharma most admires: "Buddha -- for conquering himself."



## Workout Myths: Are you doing more harm than good?

By Lance Cpl. Ali Azimi

Marine Corps Air Ground Combat Center  
 Twentynine Palms

MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif.

— Physical fitness is a part of a Marine's everyday life, whether it's unit physical training or hitting the gym during some downtime.

Along the path to improving our physical abilities, we naturally come across rumors about what is and what is not good for us.

Many of these workout suggestions can actually be damaging our bodies and slow the progress in our training.

We hear these "myths" from friends, co-workers or even strangers at the gym. Just because they are running next to you on the treadmill or are a good friend doesn't make them a reliable source.

Most of us learn about stretching before every workout during elementary school gym. But there is more than one type of stretching, and each has a different purpose.

Static stretching, such as touching your toes or quad stretches, as a warm-up has not been proven to help prevent injuries during a workout.

"You want to do more dynamic warm-ups, starting with general mobility," said John Hollis, recreational specialist, West Gym, who also holds a Masters degree in physical fitness.

To warm up muscles, exercises such as jumping jacks or stationary squats are recommended. Move on to lunges and "Frankenstein" walks for an added boost.

Although static stretching doesn't do much as a warm-up, it has its place at the end of a workout, helping start the recovery process of the muscles.

Cardio exercises are an important part of raising and maintaining stamina and endurance. But which is better for the body: running on a treadmill or outside?

There is a give and take when deciding between the two.

Treadmills provide better cushion for the joints compared to running on asphalt, and it helps keep a steady pace during a run.

Adjusting the incline setting to one percent furthers a closer simulation to outdoor running. However, it is still not the same.

"You're not propelling yourself forward," Hollis said. "You're keeping up with the tread."

Although treadmills save some wear-and-tear on the joints, a part of the physical gain of running outdoors is taken away. Purchasing the right kind of running shoes can help alleviate the stress outdoor running puts on your joints. Talk with a footwear expert at any athletic store to find out what style and type suits your body and exercise lifestyle.

Protein is a key building block of muscle growth. This widely known fact sends many to the local nutrition stores buying large amounts of protein shake products. While it doesn't do much harm getting in the extra protein, it's not as good as what you might get from chicken breast or fish.

"I think the main benefit of protein shakes right after you're working out is the convenience," Hollis said. "It starts the recovery process and you want some protein and carbohydrates within 30 minutes of your workout."

Drink protein shakes as needed, but be sure it's not the body's only means of protein.

Many people's main goal in exercise is weight loss. Some may spend much of their time in saunas or steam rooms trying to sweat the weight off. This not only doesn't work, it can be harmful.

Initially, there is some weight loss. You sweat so profusely, the body loses a lot of water causing a drop in weight. However, all this weight is gained back once the body replenishes its water supply throughout the day.

Not only does it not work toward weight loss, but staying in these rooms for too long can cause people to pass out or give them heart problems.

These are just some of the myths floating around. Before making any "friendly suggestions" part of your regular routine, make sure to check the facts with a knowledgeable source. Trainers at the base's gym are on staff to help.

## September 11 remembered, service members pay respect in Afghanistan 11 years later

By Cpl. Timothy Lenz

IMEF

CAMP LEATHERNECK, Afghanistan — Service members from different branches and different countries gathered together on Camp Leatherneck by the flag pole. The low sun cast long shadows across the somber faces as the attendants came to remember the events of Sept. 11, 2001.

A bell was rung to signal a moment of silence to remember the men and women who lost their lives that day 11 years ago.

Sgt. Vincent Laughlin, a motor transport operator with I Marine Expeditionary Force Headquarters Group (Forward), remembered hearing about the events while attending Willingboro High School in New Jersey.

"They showed what happened after the first plane hit the tower on the news," said Laughlin. "They started evacuating the school, and I went back home to my house, where my mom sat me down."

Laughlin was born in Manhattan and moved with his mother to New Jersey when he was 11. He returned every summer to the Bronx. He still recalls watching the city he was raised for the first half of his childhood burning on television.

"The thoughts running through my mind was about all the people," said Laughlin. "I was hoping that everyone was OK."

The memorial ceremony on Camp Leatherneck echoed Laughlin's sentiment.

"The ceremony gave people time to reflect on what happened," said Gunnery Sgt. Ruben Rivera, the company first sergeant with Headquarters Company, I MFG (Fwd), and the ceremony coordinator. "I hope they took that moment and thought about all the lives that were lost."

The ceremony started with the raising of the flag to half-staff. Service members from different branches and countries saluted the Stars and Stripes before the flag detail marched off.

"Watching the flag go up during the national anthem gives me a sense of pride," said Rivera, from New Britain, Conn. "It makes me realize that I'm willing to put my life on the line for everything that flag stands for. Hearing the national anthem, watching the flag raised is a



Photo by Cpl. Timothy Lenzo

Sgt. Vincent Laughlin, a motor transport operator, left, Sgt. Joshua Williams, the adjutant noncommissioned officer in charge, center, and Cpl. Valentino Nevarez, a motor transport mechanic, all with I Marine Expeditionary Force Headquarters Group (Forward), prepare for the raising of the flag, during a September 11th remembrance ceremony.

sense of freedom for me." Laughlin, now thousands of miles from New York, proudly participated in the ceremony as part of the flag detail.

The ceremony included a reading of "The Eleventh of September," by Roger J. Robicheau, a narration of the events, Sept. 11, 2001, and a rendition of "God Bless America."

Lance Cpl. Martin Perry, a unit movement control center clerk with I MFG (Fwd), found the ceremony as a sobering reminder. Perry, from Council Bluffs, Iowa, was 10 years old when terrorists attacked New York and Washington, D.C.

"The ceremony really got to me," said Perry. "I was a little kid when this happened, so I wasn't really aware what was going on. Hearing the events in order really gave me a better perspective of what happened."

It was a morning of somber remembrance to honor the thousands of people who lost their lives that day.

When Maj. Gen. Charles Gurganus, commanding general, Regional Command Southwest, took the microphone, his message spoke not only about the tragedy that occurred, but also about hope and a better tomorrow.

"The history of 11 years ago is tragic," Maj. Gen. Gurganus said. "The opportunity for a better and safer future is bright."

Major Gen. Gurganus credited not only U.S. forces, but also the coalition forces as a whole. He mentioned how

forces from different countries stood with U.S. service members from the opening rounds and will still be standing there when the final round is fired. He added how coalition forces grew from a handful of countries to 51, and how young men and women still answer the call of their nations.

"It's brighter because of you and all who stand beside you and who have gone before you," Maj. Gen. Gurganus said. "It's brighter because of the brave men and women of Afghanistan who have answered the call to serve their nation to protect their own people."

On this day of tragedy, the general focused on the positive in his speech and the strong partnership with the people of Afghanistan as they take the lead.

"I ask you to reflect on the events of 11 years ago, and to remember those innocent citizens who lost their lives in the attacks we have heard described here today," Maj. Gen. Gurganus said in closing. "I also ask that you reflect on the honor, courage, and commitment of every soldier, sailor, airman, Marine and civilian from every nation who served in Afghanistan to secure the future, especially those who selflessly laid their lives down for the cause of peace and freedom."

After the ceremony, while Marines folded chairs and put tables away, a wind kicked up. The red, white and blue colors lifted in the air, unfurling in the morning sun. Today, Old Glory will fly at half-staff throughout America in remembrance of a day that changed the lives of millions and now brings hope to Afghanistan.

## Safety Is Our Duty

### Ready Navy during National Preparedness Month

By Bryon Garrison

NAS Meridian Emergency Management Officer

With September designated as National Preparedness Month, Navy Emergency Management experts are emphasizing the tools available to help Sailors and their families become "Ready Navy."

National Preparedness Month is an annual campaign to raise awareness on the importance of disaster preparedness. The event was instituted by the Federal Emergency Management Agency and the Department of Homeland Security a year after the devastating events of 9/11.

With a theme of "Pledge to Prepare: Awareness to Action," the goal of this year's commemoration is to encourage all Americans to take specific steps to be prepared for all kinds of disasters and emergencies.

The message of personal readiness is one that Sailors should heed year round.

National Preparedness Month is a FEMA-sponsored event, but the Navy has its "Ready Navy" initiative, which is a year-round campaign that dovetails nicely into that. Between the two campaigns, it helps raise awareness and prompts people to take action to be prepared for whatever the threat.

Navy emergency managers are trained to support base communities by preventing, preparing for, responding to and recovering from emergencies. This includes educating base members on what to do if they encounter a

hazard, whether it's a natural disaster or man-made incident such as a major accident or terrorist attack.

One of the first things Sailors should know is where their installation's emergency management office is located. The installation emergency management office is the place to go for emergency information. The EM staff has the expertise to provide you the knowledge and materials you need to be prepared.

Emergency managers recommend some basic steps Sailors should take that could make a big difference in the event of a disaster.

Three things that we constantly stress is (to) be informed, make a plan and build a kit. If every person will take these steps, effects from disasters can be minimized and lives can be saved.

There is a comprehensive set of resources available on the Navy's "Ready Navy" website: <http://www.ready.navy.mil/>

This site is available to the public and offers checklists that can assist users in properly planning for whatever contingency arises. There is even a 'Ready Navy Kids' section where you can download activity sheets to help educate younger family members.

For more information and resources to help prepare for any disaster, military members should contact their installation emergency management office. On board NAS Meridian, the EM office is located in Administration Building 255, Suite 249.

## What Should You Know?

**FIRE EXTINGUISHER Pressure Gauge**  
 If this is in the green then the pressure is good. If in the red then the extinguisher needs to be serviced. Call fire department immediately.

**FIRE EXTINGUISHER Instructions**  
 Read and follow these for the classifications of fires to be put out:  
 Class A: Ordinary Combustibles  
 Class B: Flammable Liquids  
 Class C: Electrical

**FIRE EXTINGUISHER Discharge Nozzle**

**FIRE EXTINGUISHER**  
 Squeeze trigger which releases contents after safety pin has been pulled out.

**HOT SPOT**

*If you have questions on this or any other fire related topic or need any assistance with your home fire safety, contact the NAS Meridian Fire Prevention Office at (601) 679-3866/3875.*

# Golf Champions



Submitted photo

**Meridian Public Works Team is the Captain's Cup Golf Champions for the fourth consecutive year. Team members are from left, Justin McMullen, Lt. Cmdr. Lance Coe, Steve Wade and Mike Easterwood have placed first place in the end of season tournament for four years also.**

## • Energy

late notice letters from the billing company and must pay late fees. Since utility bills are currently a component of rent, the failure to pay utility bills will be treated as delinquent rent as per your lease and could lead to a request to move out if not paid. Please refer to your lease on how delinquent rent is treated and for specific actions that will be taken by your property manager for payment delinquencies.

**Question 6.** How does a resident know that their bill is correct?

**Answer 6.** The resident's bill will show the actual usage for the period based on information received from a resident's individual home utility meter. If they feel there are inaccuracies on their bill, they should contact their property manager for review. They can also view the actual usage by reading their home meter. They may also request a review of the metering unit and an energy audit of their usage pattern with the property manager.

**Question 7.** How is average usage for a resident's home determined?

**Answer 7.** The house is grouped with other housing units into like-type energy baselines so that utility allowances are set based on comparable home energy performance. A monthly utility allowance is calculated every month based on the current month's average for like-

type housing units, with a 10 percent plus and minus buffer set around the utility allowance.

**Question 8.** How will this program affect a Sailor's Basic Allowance for Housing (BAH)?

**Answer 8.** There was no impact to BAH. Basic Allowance for Housing will continue at its current rate, with annual adjustments based on location and housing expenses in the private sector.

**Question 9.** Isn't a utility allowance already part of BAH?

**Answer 9.** Yes. BAH includes a portion for utilities based on average usage in the private sector where residents pay the utilities separately from the rent. BAH includes the cost of electricity, heating fuel (if used) and water and sewer. Our experience and information is that when utilities are included in the rent, consumption is higher than when it is paid separately. BAH is expected to cover normal utility use, not excess usage.

**Question 10.** How and when can a Sailor expect a rebate?

**Answer 10.** Residents whose monthly utilities cost is below the normal usage band for their like type group will earn a credit or rebate that can be collected by the resident when the rebate exceeds \$25. Residents can elect to roll-over savings credits to apply against charges they may accrue in future months.



Photo by MC2 Casey H. Kyhl

**AC2 Karsten Taylor signs his reenlistment papers as NC1 James Flynn looks on. Taylor reenlisted for two years. Taylor is transferring to a TACRON command in the near future.**



Photo by Penny Randall

**MA2 Nathan Silas receives the oath of reenlistment by Lt. Cmdr. Mitch Lott, NAS Meridian Security Officer, on Sept. 11. Silas reenlisted for six years. He will be stationed at NAS Meridian until 2016.**



Photo by Matt Davis

**MWR Director Chad Baldwin presents Gene Derusha with a letter of appreciation for his 38 years of combined service active duty military and as a civilian service. Derusha retired on Aug. 31 after working as the manager at McCain Recreation Center on board NAS Meridian.**

## • Career

knowledge, paragraph comprehension, mathematics knowledge, general science, electronics information, auto shop, mechanical comprehension and assembling objects.

The combined scores from different ASVAB areas determine which ratings prospective recruits are best qualified for and are used again for Sailors looking to change ratings, or convert in Perform-To-Serve/Fleet Rat-

ing Identification Engine (FR/PTS).

Low ASVAB scores minimize Sailors' conversion options, however, Sailors who have improved their educational experience since joining the Navy through completion of college courses or certain Navy E-Learning courses via Navy Knowledge Online (NKO) may be eligible to retest with the Armed Forces Classification Test (AFCT).

"Retesting using the

AFCT may give Sailors more opportunities to qualify for in-service rating conversions," said Rush.

The command career counselor can update AFCT scores in FR/PTS and then re-qualify the Sailor to get updated results. The new scores will become the Sailor's official score even if it is lower than the previous test, so it is important that Sailors work with their career counselor or educational services office to deter-

mine if retesting is in their best interest.

The ASVAB and AFCT are just one part of the equation for Sailors who wish to convert. Sailors should be screened at their reporting career development board to review ASVAB scores and not wait until they reach their FR/PTS window, according to Rush.

If the scores are below 50, it may be beneficial for the

Sailor to take the AFCT to improve conversion opportunities before they reach their FR/PTS window.

"At every CDB, commands should review rating community health slides found on the enlisted community manager pages on the NPC website to let the Sailors know what their opportunities are to remain in their current rating or what the conversion opportunities

are," said Rush. "Early detection and early engagement is the key to success."

Retesting can be administered on shore at Personnel Support Detachments and on board large platform ships. MILPERSMAN 1236-010 lists criteria required for a retest. For more information, Sailors should speak with their command career counselor or educational services office.

## Shore installations to realign facilities services

WASHINGTON (NNS) -- Commander, Navy Installations Command (CNIC) released a message Aug. 30 outlining possible service level reductions at Navy shore installations worldwide.

Continuing fiscal demands have resulted in FY13 budget reductions across all CNIC programs. As a result, service levels in facility services may need to be reduced to meet revised budget controls.

"These reductions in facilities services are driven by our budget controls," said CNIC Director, Facilities and Environmental, Capt. J. P. Rios. "Reductions in trash and recycling pick up, landscaping maintenance or restroom cleaning may be a result of these reductions. These changes should not impact our day-to-day operations."

Though most facility services are provided by contractors, there is no plan for service responsibilities to transfer to Sailors or civilian personnel.

The following are exempt from facility service reductions:

- \* Joint bases/regions subject to DoD Supplemental Guidance for Implementing and Operating a Joint Base and DoDI 4001.01B "Installation Support";

- \* Advanced education review board institutions (U.S. Naval Academy, Naval War College, Naval Postgraduate School);

- \* Child Development Centers (CDCs).

CNIC continues to evaluate future service standards and business rules. Navy Region and Installation Commanders shall coordinate with their Naval Facilities Engineering Command (NAVFAC) Engineering Facilities Command (FEC), Public Works staffs and affected tenant commands to plan for direct cost-reduction measures. The reduction of facilities services is anticipated to begin in FY13.

By Commander, Navy Installations Command Public Affairs

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# NAVFAC proudly building on 170-year Navy heritage

JACKSONVILLE, Fla. — On Aug. 31, the Naval Facilities Engineering Command (NAVFAC) celebrated 170 years of naval history.

The 13th Secretary of the Navy, Abel P. Upshur, officially established NAVFAC's predecessor, the Bureau of Naval Yards and Docks in 1842, to execute the design, construction and maintenance of Navy yards

and a few other shore stations around the eastern seaboard of the United States. Eventually the Bureau and its responsibilities would grow into the global enterprise known as NAVFAC, which was officially established in May 1966.

"Our team of Civil Engineer Corps officers, civilian personnel and Seabees are

testament to the remarkable contributions of those who have given their all to this organization in the past 170 years," said Capt. Christopher Kiwus, NAVFAC Southeast Commanding Officer. "I could not be more proud of what our NAVFAC team is doing for our Supported Commanders and the Sailors and Marines who live on the

installations we support, along with their families."

NAVFAC is the naval systems command that delivers and maintains high-quality, sustainable facilities, acquires and manages capabilities for the Navy's expeditionary combat forces, enables energy security and environmental stewardship, and provides humanitarian and contingency engineering response.

NAVFAC's signature is visible on every Navy and Marine Corps installation around the globe. Nearly every pier, runway, building, gymnasium, barracks, road, utility plant, and other facilities on shore has been constructed or acquired by NAVFAC.

NAVFAC Southeast employs 1,800 people at 22 installations throughout the southeastern United States and Cuba and delivers and maintains high-quality, sustainable facilities, enables energy security and environmental stewardship, and provides humanitarian and contingency engineering response.

In fiscal year 2011, NAVFAC Southeast delivered more than \$1.3 billion in products and services to supported Navy and Marine Corps commanders, as well as other federal agencies. The command's regional team of planning, construction, facilities services, environmental and acquisition subject matter experts executed approximately 5,700 separate contract actions during the year.

NAVFAC Southeast's Public Works Departments answered more than 40,000 in-house service calls in a demanding 24/7 environment. With half of the NAVFAC Southeast bases on a base operating service contract answering over 60,000 service calls. This critical work is a vital enabler for what takes place daily on bases around the world.

NAVFAC experts provide engineering reach-back support to war fighters as well as response and recovery support for disasters like the 2011 Japanese earthquake and tsunami, the 2010 Haiti earthquake, and Hurricanes Katrina and Gustav.

Last week, in response to Hurricane Isaac, NAVFAC Southeast sent a Contingency Engineering Response Team (CERT) composed of 15 military and civilian personnel to Naval Construction Battalion Center Gulfport and Naval Air Station-Joint Reserve Base New Orleans.

Delivering sustainable and cost-effective solutions is increasingly important in the austere fiscal environment our nation is facing. Last year in support of the Secretary of the Navy's ambitious goals to achieve energy security and efficiency, NAVFAC helped Supported Commanders reduce energy consumption by 15 percent from a 2003 baseline. In addition, NAVFAC's contributions to the Navy's shore energy program during the last 10

years has resulted in the Navy being awarded 24 percent of all Presidential and 29 percent of all federal energy awards.

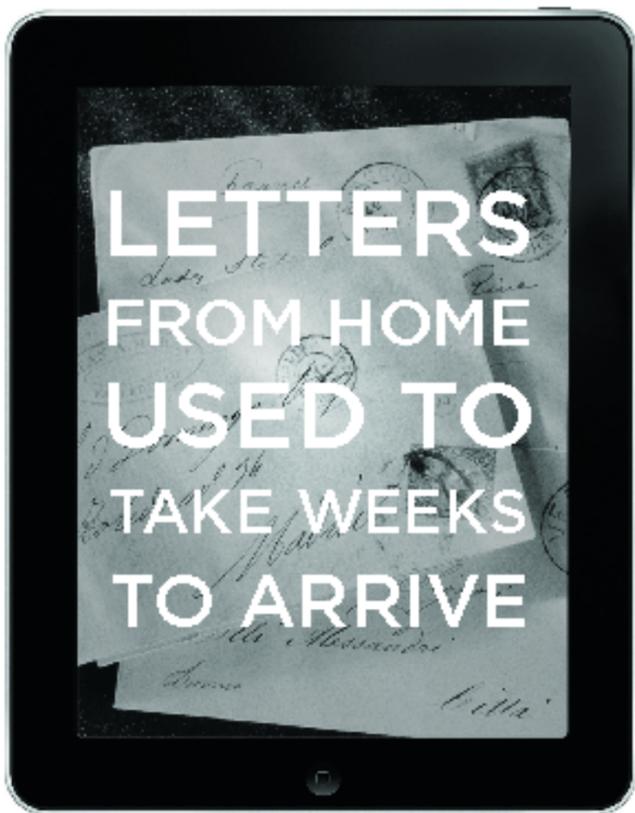
NAVFAC also provides Supported Commanders with environmental expertise, such as installation restoration, environmental compliance, and National Environmental Policy Act (NEPA) planning and coordination.

In 2011, NAVFAC exceeded all government-wide program goals and targets, with over 55 percent of the total dollars awarded and more than 25,000 contracts going to small businesses. NAVFAC Southeast's small business program was the only one in NAVFAC to achieve every individual program goal.

Consequently, the Navy's Office of Small Business Programs awarded the Secretary's Cup award to NAVFAC for promoting acquisition opportunities for small businesses during a ceremony held at the Pentagon June 15.

NAVFAC has a proud history of delivering excellent products and services for supported commands since 1842. Building on 170 years of experience, NAVFAC continues to manage the planning, design, construction, contingency engineering, real estate, environmental and public works support for U.S. Navy shore facilities all over the world.

—From Naval Facilities Engineering Command Southeast Public Affairs Office.



**TECHNOLOGY CHANGES EVERYTHING.**  
IT TRANSFORMED THE WAY YOU DEPLOY OVERSEAS.  
THE WAY YOU TALK TO YOUR LOVED ONES. HEAR NEWS FROM HOME. EVERY DAY, INNOVATIONS CONNECT PEOPLE ACROSS SPACE AND TIME.  
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## Chaplain's Corner...

In light of the 11th anniversary of the 9/11 terrorist attacks, I offer the following poem from Edgar A. Guest as my Chaplains Corner for this edition of "The Skyline."

### See It Through

There are many to cheer when the battle begins,  
There are many to shout for the right;  
There are many to rail at the world and its sins,  
But few have the grit for the fight.  
There are thousands to start with a rush for the fray  
When the fighting seems easy to do,  
But when danger is present and rough is the way,  
The few have to see the job through.

It is easy to quit with a battle unwon,  
It is hard to press on to success;  
It is easy to stop with a purpose undone,  
It is hard to encounter distress.  
And many will march when the roadway is clear  
And the glorious goal is in view,  
But the many, too often, when dangers appear,  
Aren't willing to see the fight through.

They weaken in spirit when trials grow

great,  
They flinch at the clashing of steel;  
They talk of the strength of the foe at the gate  
And whine at the hurts that they feel.  
They begin to regret having ventured for right,

They sigh that they dared to be true,  
They haven't the heart they once had for the fight.  
They don't want to see the job through.

We have set out to battle for justice and truth,  
We have fearful disasters to meet;

We shall weep for the best of our manliest youth,  
We shall suffer the pangs of defeat.  
But let us stand firm for the cause that we plead,  
Let the many be brave with the few;  
The cry of the quitter let none of us heed  
Till we've done what we started to do.

**Please plan to join us for a POW/MIA and 9/11 commemoration on Sept. 21 at 10 a.m. at the NAS Meridian Chapel.**

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



## "Sale ... or"

### EXERCISE EQUIPMENT

**Allegro "Balanced Body" Pilates reformer.** Gym quality, top of the line in palates 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! Food concession trailer** fully loaded and ready to go to work, many extras must see to appreciate. Set in a great location. Call (601) 917-7024 or (601) 938-8573.

**2006 Jayco Toyhauler Camper(22')** excellent for hauling ATV's 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.

**2006 37' Keystone Montana 3600 RE 5th Wheel,** 4 Slides, 2 AC'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 goose-neck hitch, new refrigerator/freezer, new leather swivel recliner chairs, 80 gallon fresh water tank, flat screen

TV, microwave over with bent fan, three burner stove with oven, two air conditioners, owners are non-smokers! Asking \$16,165. **2003 F350 Dualie Crew Cab** with Lariat Package, 135,000 miles complete maintenance record. 6 speed manual transmission, 7.3 liter turbo diesel, trailer pkg., tool box, non smokers. Will sell separately or discount both items as a package. Asking \$19,000 for F350. As a package: \$34,000. Call (601) 917-4545 or (601) 693-9292.

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

### HOUSEHOLD ITEMS

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

**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 drawers underneath.** Purchased for \$500 about year ago. Has plastic still on original mattress. Asking \$280. Can deliver. Call (601) 527-2587.

**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 jason4heather@yahoo.com or call (601) 679-8372.

### AUTOMOBILES, ETC.

**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.

**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 AT, 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 SVI V8-350HP, Black exterior w/torch red interior trim, transparent removable roof panel, Bose speaker and amplifier system. Asking \$19,000. Call (601) 737-4435 after 6 p.m.

### MOTORCYCLES/GEAR/ATV

**NEW PRICE! 2005 Harley Davidson Softail Deluxe.** Low mileage (5500 miles), Asking \$13K 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.

### HOMES/APARTMENTS

**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. Call (601) 479-9713 or (601) 679-3517.

### TOOLS

**Gravely zero turn lawn mower.** Industrial model HD (Heavy Duty), 52 inch cut with 26 hp Kohler engine. 2-5 gallon fuel tanks with 3 blades. Almost new with approximately 75 hours running time. Always kept 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) 323-1003.

### MISCELLANEOUS

**NEW ITEM! Men's size 10-12 speed skates** black low cut boots, asking \$75. Call (601) 604-6838 daytime calls before 6 p.m.

**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.

**Horse tack for sale:** Black saddle cushion, \$25; Torex 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 \$150. Call Tamra at (601) 479-7902.

### WANTED

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

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



# NAS Meridian, MS • Morale, Welfare and Recreation

On the Web: [www.onionavy.mil/meridian](http://www.onionavy.mil/meridian)  
**Facility Phone Numbers**

Fitness Center	678-2378	The Outpost	678-2608	CDG/CDH	678-2652
All Hands Pool	678-3470	Library	678-2326	SAC	678-2622
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

**Sunday- FAMILY SPECIAL,** 11am-Close, Bowl for \$2 a game including rental shoes.

**Monday- NTTC/MATSS-1 STUDENT SPECIAL,** 5:30pm-Close, \$2 a game including shoes.

**Tuesday- CAPTAIN'S CUP BOWLING,** 6pm-Close.

**Wednesday- RCTA SPECIAL,** 5pm-Close, \$2.50 a game including shoes.

**Friday- September 14, 9 Pin No-Tap Tourney,** Bowl 3 games, \$15 entry fee, sign up by 6pm.

**Saturday- COSMIC BOWLING,** 2-4pm and 7:30-9:30pm, regular rates apply.

## LIBERTY September Jamboree



### PHOTO OP WITH NATALIE

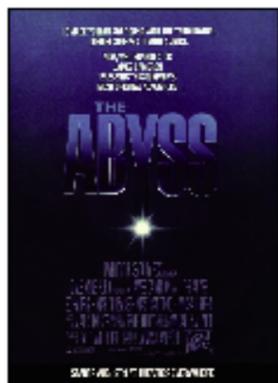
Left, students from NTTC and right, students from MATSS-1 pose with singer Natalie Stovall after a recent performance at NAS Meridian. Stovall performed at NAS Meridian during the Liberty Center's September Jamboree on September 9, 2012.  
 Photos By Matt Davis/DWS, Mark King/DWR

## Coming Attractions

To McCain Rec Center



September 13 • 6pm  
 Rated PG 13



September 16 • 1pm  
 Rated PG



September 18 • 6pm  
 Rated R

"The Rundown"  
 September 20 • 6pm  
 Rated PG



September 22 • 1pm  
 Rated PG 13

"That's My Boy"  
 September 25 • 6pm  
 Rated R

"Rest Marigold Hotel"  
 September 27 • 6pm  
 Rated R

"BattleShip"  
 September 29 • 1pm  
 Rated PG 13



## Birmingham Zoo Trip

Saturday, September 29th, 2012  
 Bus Departure: 8am

Cost: \$15 for adults • \$10 for children ages 2-12  
 For more info call (601) 679-3773.



Watch At No Cover Charge

## TRIATHLON



Bike 10 miles Run 2.5 miles Swim 500m

September 15 • 9am • Fitness Center

## MWR Aquatics

### Water Aerobics & Lap Swim

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: Noon-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

#### Wednesday

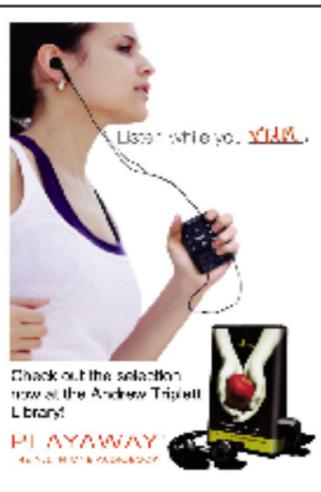
Belly Dancing Class @ 11:30am  
 Self Defense with Dany @ 6pm

Navy Op, Fitness & Running Series.  
 @ 1600- Class at Fitness Center

#### Friday

Belly Dancing Class @ 11:30am  
 \*All group exercise classes available in Bldg. 266 and are free.

## Andrew Triplett Library



Wireless printing now available.

### Zone

#### New Arrivals!

The library just received a new shipment of books for young adults.

For more info call (601) 678-2326.

## Red Bull Events

### Monday

Monday Night Football  
 \$1 Beverage's Choice Drafted during game

### Tuesday

Hip Hop Night  
 \$3 House Special for Mixed Drinks

### Wednesday

Country/Karaoke Night  
 Premium & Spec. Bottle of Beer same price as regular

### Thursday

Reggae Night  
 \$3 Bahama klaw's

## 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

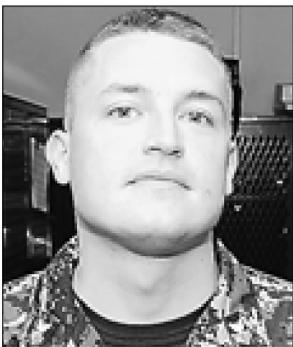
NAS Housing residents receive \$5 per month discount on POV storage.

For more info Call (601) 679-2609.

# It's Your Turn...

As the E4 and E5 advancement exams approach, we asked these E6 Sailors, "What is your advice for your junior Sailors before they take their exam?"

By MC2 Casey H. Kyhl



**ABE1 Joseph Gill**  
Field Support LPO

"Don't stress and get a good night's sleep before the test."



**HM1 Anthony Rice**  
Health Clinic ALPO

"Study. Repetition, repetition, repetition until it sticks in your brain."



**AC1 Ivy Faulkner**  
Crew ALPO

"Get your bibs the day they come out and study one chapter a night until the test. Every night. No exceptions."



**HM1 Dominic Liquete**  
Medical Administration

"Everything you need to ace the test is in the bibliographies. Study them and good luck!"



**AC1 Jason Miller**  
Training Chief

"Don't forget that a large portion of your test is going to be general military knowledge. Not everything is going to be about your rate."

## Fleet & Family Support Center

### Navy Suicide Prevention Month

#### 7 everyday ways to promote suicide prevention awareness

Suicide prevention in the Navy is an all hands evolution, all the time. While September is nationally recognized as Suicide Prevention Awareness Month, the effort to promote Lives Worth Living is ongoing. Here are seven actions that individuals, families, work centers or commands can take to prevent suicide at any time of year.

##### 1. YOU MAKE A DIFFERENCE -- PASS IT ON!

Small seeds of hope or a sense of purpose and belonging can grow to form the threads that sustain us through tough times. Let three people in your life (family, friends, shipmates, coworkers) know that they make a difference to you. Be specific about how and why you appreciate who they are and what they do to make a difference in your life. Ask that they pass it on by honoring three people in their lives this way. To see a real life example of this process in action see [www.blueribbonmovie.com](http://www.blueribbonmovie.com).

##### 2. RUN A FIRE DRILL!

While most of us don't expect to be in a fire, we go through drills for emergency preparedness. If we ever need it, we know the escape routes--even if they are hard to see because of smoke or darkness. Consider what you would do in times of personal crisis, or in assisting someone else, and run a drill to practice your plan. Saying "I am so upset, I am thinking of hurting myself," or asking "Are you feeling overwhelmed and unable to navigate through your stress?" may feel awkward during a practice drill. However, this practice helps ensure that you can respond quickly and efficiently during a real crisis. Know when to speak up. And know when to ACT!

**FOR INDIVIDUALS:** Practice how you'll ACT in a crisis with a small group or partner

**ASK --** if someone is thinking of suicide.

**CARE --** Listen, offer hope, don't judge.

**TREAT --** Take action, don't leave the person alone, get assistance.

**FOR COMMANDS:** Update and test your crisis response plan. Have someone call the duty office and have the duty section practice going through their plan to talk, gather information and access support. Practice your plan to assist someone onboard who is at

acute risk. Check your safety considerations. Update the recall roster. The Commanding Officer's Tool Kit for Suicide Prevention is a useful resource for tailoring strategies specific to your command's needs.

Front line supervisor training is also available for deckplate leaders. This suicide prevention course is a unique opportunity to discuss and role-play some realistic scenarios while practicing your communication and intervention skills.

For emergency responders or medical commands, run a drill to practice your protocols for suicide risk, response and de-escalation.

##### 3. DO A SELF-ASSESSMENT

Stress affects us all and health problems like sleep difficulties, depression and anxiety are extremely common. Did you know that 1 in 5 people will experience at least one episode of major depression in their lifetime? Wear and tear or illness can creep up on us slowly—we don't feel normal, but don't understand that anything is wrong until it really takes a toll. Take a moment to check-up on yourself or your Command. If you can recognize a concern early, there are many resources available to address this distress before it negatively impacts work performance, morale, relationships and/or health.

**FOR INDIVIDUALS:** [www.militarymentalhealth.org](http://www.militarymentalhealth.org) leads to an anonymous online self-assessment tool for stress related issues.

**FOR COMMANDS:** Go through the checklist in OPNAVINST 1720.4A and see how your command is doing in implementing suicide prevention strategies.

##### 4. CONNECT WITH THE COMMUNITY

Suicide affects every state, community and demographic group. In the Navy, suicide prevention is an all hands evolution, all of the time. This includes not only our shipmates and deckplate leaders, but members of our personal communities as well.

There are many organizations with outreach opportunities in your own community, with ideas and links to local activities. Stay engaged through various state, community and youth-specific activities.

American Association of Suicidology: [www.suicidology.org](http://www.suicidology.org)

American Foundation for Suicide Prevention: [www.afsp.org](http://www.afsp.org)

Suicide Prevention Resource Council: [www.sprc.org](http://www.sprc.org)

##### 5. ENGAGE IN FELLOWSHIP, MEDITATION OR PRAYER

While honoring your beliefs, work with your local chaplain, faith group or friends to hold a breakfast or lunch discussing suicide awareness (warning signs, risk and protective factors). Set aside time for meditation or prayer on behalf of those struggling with a personal crisis that may not feel as though they have the ability or desire to navigate through those challenges. Or, hold a prayer vigil having groups of people agree to congregate during a specific time.

##### 6. GOOD GRIEF

Surveys show that upwards of half of our personnel knew someone personally who died by suicide. The pain caused by suicide loss doesn't heal quickly—some studies estimate that the effects of suicide on a family last for generations. However, there are several resources that can help provide hope for survivors. If you are grieving a loss (or did not allow yourself to grieve an earlier loss to suicide), take time to sort things out to facilitate the healing process. It's never too late to heal.

There are many books, DVDs and resources for working through grief. Your local chaplain or Fleet and Family Support Center can assist and make recommendations. For survivors of any military casualty:

**TAPS—**Tragedy Assistance Program for Survivors: TAPS is the 24/7 tragedy assistance resource for ANYONE who has suffered the loss of a military loved one, regardless of the relationship to the deceased or the circumstance of the death: [www.taps.org](http://www.taps.org) or 800-959-TAPS

##### 7. SHARE YOUR STORY

You are not alone. If you have overcome a personal crisis, we invite you to email us your story so that you can help provide hope to others. Identities will remain confidential and stories may be selected for inclusion within Suicide Prevention Program publications. Please share your experiences at [suicideprevention@navy.mil](mailto:suicideprevention@navy.mil).

#### NAVSUP announces 2012 holiday season mailing dates

MECHANICSBURG, Pa. (NNS) -- The Naval Supply Systems Command's (NAVSUP) Postal Policy Division mail-by dates for pre-Dec. 25, delivery of holiday cards, letters, and packages were announced Sept. 5.

- The dates are as follows:  
 Shore APO/FPO/DPO AE zips 090-098 (except 093); AA zips 340; AP zips 962-966  
 Express Mail: Dec. 17  
 \* First-Class Mail (letters/cards and priority mail): Dec. 10  
 \* Parcel Airlift Mail: Dec. 3  
 \* Space Available Mail: Nov. 26  
 \* Parcel Post: Nov. 13

- Shore APO/FPO/DPO AE ZIP 093  
 \* Express mail Military Service: N/A  
 \* First-Class Letters/Cards/ Priority Mail: Dec. 3  
 \* Parcel Airlift Mail: Dec. 1  
 \* Space Available Mail: Nov. 26  
 \* Parcel Post: Nov. 13

- For mail addressed from all shore FPOs (except 093)  
 \* Express Mail Military Service: Dec. 17  
 \* First-Class Mail (Letters/cards, priority mail): Dec. 10  
 \* Parcel Airlift Mail: Dec. 3  
 \* Space Available Mail: Nov. 26

Express Mail Military Service (EMMS) is available from selected mili-

tary post offices. If mailing to an APO/FPO address, check with your local post office to determine if this service is available.

Parcel Airlift Mail (PAL) is a service that provides air transportation for parcels on a space-available basis. It is available for Parcel Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface rate of postage for each addressed piece sent by PAL service.

Space Available Mail (SAM) refers to parcels mailed to APO/FPO addresses at parcel post rates that are first transported domestically by surface and then to overseas destinations by air on a space available basis. The maximum weight and size limits are 15 pounds and 60 inches in length and girth combined. From overseas locations, items mailed at Parcel Post rates are sent to CONUS by air on a space available basis. The maximum weight and size limit are 70 pounds and 130 inches in length and girth combined.

It is also recommended that customers check with their local civilian or military post office for information on size restrictions and possible need for customs declaration forms. Additionally, customers are advised that certain mail restrictions apply and some items cannot be mailed. Examples are: switch-

blade knives, pornography, controlled substances, and explosive or incendiary devices. If in doubt as to what can or cannot be sent through the mail, contact your local civilian or military post office.

As a final note, customers are cautioned that packages must not be mailed in boxes that have markings related to any type of hazardous material, such as bleach, alcohol, or cleaning fluids. Parcels found by the U.S. Postal Service with such markings or labels on the outside of the box will not be processed.

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

-- From Naval Supply Systems Command Corporate Communications

## 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.

**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.

**Stress Management: 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.

**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 ("keywords" in your application; addressing "KSAs"; and much more.

#### How to contact your Ombudsman

NTTC Ombudsman:  
 Ben Ahner or Whitney Gabel  
 (601) 479-8489  
[nttcombudsman@bellsouth.net](mailto:nttcombudsman@bellsouth.net)

NAS Meridian Ombudsman:  
 Yaris Benitez ~ (601) 527-1377

NOSC Ombudsman:  
 Jami Ivy Ferrell  
 (601) 717-3708  
[jiferrell.navyombudsman@gmail.com](mailto:jiferrell.navyombudsman@gmail.com)

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.

● **VT-9**  
creation efforts.  
Krause will assume command with plenty of flight instructor experience.  
"Krause will excel as the commanding officer of the Tigers," Sizemore said. "He will do a fantastic job and carry on the commitment to flight training."

Krause received his commission through the NROTC program and was designated a naval aviator in November 1996. He reported to the Grim Reapers of VF-101 at NAS Oceana for initial training in the F-14 Tomcat.

His first fleet tour was with the Tomcatters of VF-31. He deployed with the squadron twice to the Western Pacific and Arabian Gulf as part of CVW-14 embarked aboard the USS Abraham Lincoln (CVN-72), in support of Operation Southern Watch.

Krause returned to the VF-101 in March 2001 as an instructor in the

F-14A/B/D Tomcat. In June 2003, he was selected for the FTS (Full Time Support) program. He reported to the VT-21 Redhawks at NAS Kingsville in March

2004 as a strike flight instructor. While in the squadron, he served as operations officer and Reserve department head.

In August 2006, Krause reported to the staff of Commander, Navy Reserve Forces Command in New Orleans, La., and served as assistant deputy chief of staff for air operations. He returned to NAS Kingsville in September 2007 to become the officer in charge of the Training Air Wing Two Reserve Component.

In September 2009, Krause transferred to the staff of the Assistant Secretary of the Navy, Manpower and Reserve Affairs, at the Pentagon, where he served as the special assistant for Navy Reserve Affairs.

Krause reported to the Tigers of VT-9 as executive officer in June 2011.

He has flown more than 3,000 total hours in Navy aircraft and has logged over 370 carrier arrested landings.

Snyder leaves Krause with these words, "I thought I did a good job as XO, but you showed me how it was done. You are a great source of wisdom. I hope you find the job as CO as rewarding as I did."



**Krause**



Rear Adm. William G. Sizemore II, Chief of Naval Air Training, congratulates Cmdr. Craig M. Snyder, outgoing commanding officer of Training Squadron Nine, during the change of command ceremony on Aug. 31. Snyder was relieved by Cmdr. Garrett V. Krause.

Photo by Penny Randall



Photo by PS2 Aric Mueller

Marcus Wilson, left, speaks with AC1 Jeffrey Keever, Senior Chief Brentson Waller and Mississippi State Rep. Michael Evans during a tour of the Air Traffic control tower at Navy Outlying Field Joe Williams during the open house event on Sept. 6.

## Navy aircrew gives endangered species lift to San Diego

By MC2 Wilyanna Harper

Commander Naval Air Forces Public Affairs

SAN DIEGO (NNS) -- Navy Fleet Logistics Support Squadron (VRC) 30, teamed up with SeaWorld to move an injured eastern Pacific green sea turtle from Oregon to San Diego for medical treatment and long-term rehabilitation, Aug. 21.

An aircrew from the squadron, also known as the "Providers," carried a SeaWorld rescue team 780 miles north to Eugene, Ore., where they met Oregon Coast Aquarium veterinarians and carefully loaded the 160-pound turtle and its 123-pound wooden crate shelter, onto a C-2 Greyhound.

After a three-hour journey, the turtle that was found comatose on the shore of Oregon in June, was successfully delivered to Naval Air Station North Island and then transferred to SeaWorld, where he will undergo life sustaining procedures.

The mission, to safely shuttle the injured sea creature, was conducted during one of the squadron's routine trainings.

Cmdr. Joel Becker, commanding officer of VRC-30, piloted the lift and said it was a "win-win" mission.

"It's the type of training needed to get the crew ready to perform well under difficult conditions, and at the same time we are able to help SeaWorld," said Becker.

During the transport, the C2 had to fly low to keep a cool temperature to accommodate the sick turtle. Becker compared the mission to carrying a dive accident victim who has to be flown at low altitudes for similar reasons.

"We have to consider altitude, cabin pressure, weather, topography and safety all the time-especially in critical situations where we have to get someone from a ship," he said.

The same skills used to transport critically injured patients and essential parts around the fleet, helped to preserve the life of the mature male turtle called Koa, which means brave, bold and fearless.

"Without the Navy coming to help, there would have been no other way to get Koa to San Diego for continuing care. Now, he has a really good chance to improve, live a long life and have many children down the line," said Laura Todd, Supervisor of Fish and Wildlife Services.

Navy C-2 Greyhounds, which were first flown in 1964, are generally used to transport people and equipment from shore bases to aircraft carriers. Commonly referred to as Carrier Onboard Delivery (COD) aircraft, they are able to ferry up to 10,000 pounds of cargo and passengers.



Members of Fleet Logistics Support Squadron (VRC) 30 observe an injured green sea turtle with SeaWorld Rescue Program representatives at Naval Air Station North Island. VRC-30 partnered with SeaWorld to transport the 160 pound sea creature from Oregon to San Diego. The rescue effort was conducted during one of the squadron's routine training missions, which helps prepare pilots and air crewmen to perform efficient medical evacuations.

Photo by MC2 Wilyanna Harper

### Military Discounts

The following businesses in Meridian offer various military discounts. You must show military ID.

**20 percent**  
Foot Locker, Bonita Lakes Mall, (601) 483-4064

**15 percent**  
Goody's Family Clothing, 103 South Frontage Rd., Crossroads Shopping Center, (601) 484-5791

**10 percent**  
The Hot Spot, 2500 North Hills St. (601) 693-4344.  
Wash, Dry & Fold, Broadmoor Shopping Center, (601) 693-8004  
Nick & Al's Pizzeria, 1910 Highway 19 North, (601) 693-0100.  
China Buffet II, 2210 N Frontage Rd, (601) 693-2188  
Popeye's Chicken & Biscuits

MidSouth Tires, Meridian 10 percent on service work and 5 percent on tire purchase  
Plant the Earth, 7802 Poplar Springs Drive, (601) 485-7030  
Squealer's BBQ, 4805 Great River Dr., (601) 693-0910  
McAlister's Gourmet Deli, 2684 North Hills St., (601) 693-9100; 534 Bonita Lakes Dr., (601) 693-0966

**5 percent**  
Cater's Market, 4919-B Poplar Springs Dr., Meridian, (601) 482-5515

**Coupon required**  
Bonita Lakes Cinema offers a military discount, but requires a discount coupon. Coupons are available at the ITT Office, located inside McCain Rec Center. Coupons good after 6 p.m. only.

# PETTY OFFICER ASSOCIATION

## SOFTBALL TOURNAMENT

FOOD AND DRINKS WILL BE AVAILABLE!

SATURDAY, SEPTEMBER 22, 2012

# SOFTBALL & HOME RUN DERBY

**Softball Tournament Entry Fee: \$10 Per Person**

**Home Run Derby Entry Fee: \$3 Per Person**

Team rosters and entry fees are due: **NOT** September 20. Submissions may be given to ACI Brady, ABEI Gil, or RPI Stroney.

For more information:  
ACI Brady: 679-2505  
ABEI Gil: 679-2543  
RPI Stroney: 679-3635