

# THE SKYLINE



Volume 50, Number 21

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

October 11, 2012

## On Base...

✓ **Captain's Cup 5 Mile Cross Country Run** will be Oct. 20 at 9 a.m. at the Fitness Center. For more info call (601) 679-2379.

✓ **FFSC will host Halloween Crafts for Kids** on Oct. 24 from 3-4:30 p.m. Children, ages 3-12, are invited to the FFSC to create spooky Halloween crafts! Registration is required for preparation of materials! Call 679-2360.

✓ **The 5th annual NEX-to-NEX Breast Cancer Awareness Walk** will be Oct. 23 at 11 a.m. The 1.5 mile walk will begin at the main Navy Exchange Store on board NAS Meridian. Walkers are encouraged to wear pink. The NEX will provide bottled water and have a cake cutting at the end of the event.

✓ **A Hunter Safety Brief** will occur one to two weeks prior to the opening of the Nov. 17 gun season on deer. All hunters must attend this brief to be eligible to hunt on board NAS Meridian. For more information, call (601) 679-3539.

✓ **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.

## A Day in Naval History

- October 12**  
2000: Terrorists in a boat make suicide attack on USS Cole (DDG-67) while the ship refuels in the port of Aden, Yemen. Seventeen Sailors are killed.
- October 13**  
1775: Birthday of U.S. Navy. The Continental Congress establishes Continental Navy, later the U.S. Navy.
- October 15**  
1948: First women officers on active duty sworn in as commissioned officers in regular Navy under Women's Service Integration Act of June 1948 by Secretary of the Navy John L. Sullivan. Capt. Joy B. Hancock, USN; Lt. Cmdr. Winifred R. Quick, USN; Lt. Cmdr. Anne King, USN; Lt. Cmdr. Frances L. Willoughby, MC, USN; Lt. Ellen Ford, SC, USN; Lt. Doris Cranmore, MSC, USN; Lt. j.g. Doris A. Defenderfer, USN; and Lt. j.g. Betty Rae Tennant, USN.
- 1965:** U.S. Naval Support Activity Danang Vietnam, established.
- October 17**  
1922: Lt. Cmdr. Virgil C. Griffin in Vought VE-7SF makes first takeoff from U.S. Navy aircraft carrier, USS Langley (CV-1) anchored in York River, Va.

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

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

## TA eligibility restored for clock hour programs

By Ed Barker  
Naval Education and Training Command  
Public Affairs

PENSACOLA, Fla. (NNS) -- The Naval Education and Training Command (NETC) announced Oct. 4 the restoration of Tuition Assistance (TA) eligibility for clock hour-based vocational and technical programs.

Announced in Naval Administrative Message (NAVADMIN) 305-12, individuals may receive funds

for clock hour programs provided the service member meets all TA eligibility requirements, establishes an approved education plan with their local Navy College Office (NCO) and has received an electronic TA voucher.

"Clock hour programs provide vocational education opportunities that often enhance Sailors' skills in technical career fields on active duty and can benefit them when they eventually return to the private sec-

tor," said Dr. Jonathan Woods, Voluntary Education specialist on the staff of the Deputy Chief of Naval Operations (Manpower, Training and Education). "Proper planning, including determining TA eligibility, is the key to successful execution of these education programs."

Many schools offer non-college degree programs in a variety of certificate and diploma programs on a clock hour basis rather than through award of semester or quar-

ter hour credits.

"The Navy uses objective criteria established by the Department of Veterans Affairs for approving programs offered by non-college degree schools for determining TA funding eligibility," said Tom Smith, enlisted education coordinator for NETC. "Navy approval also offers Sailors the option to use the GI Bill top-up program to cover costs that exceed the TA cap for a given fiscal year."

• **TA, page 2**

## Exercise increases skills of emergency responders

By Penny Randall  
Editor

To evaluate the readiness and response time of base personnel on board Naval Air Station Meridian, the installation conducted a training exercise on Oct. 3.

Participants dealt with a mock scenario of a T-45C Goshawk crashing south of the east runway. Two pilots ejected from the jet before impact and were injured.

Departments that played a key role in the exercise included emergency management, fire and emergency services, safety, security and air operations. Tenant commands that also provided key support to this exercise included Training Air Wing One and Naval Facilities Command Detachment, Meridian.

"This was an opportunity to exercise command response in a scenario that could easily occur at NAS Meridian," said Capt. Charles C. Moore II, NAS Meridian commanding officer. "The last aircraft mishap on board NAS Meridian was in 2008. Vigilance and updated emergency

response training is the best way to ensure the air station is ready for similar events in the future."

NAS Meridian Fire and Emergency Services responded to the scene of the jet which was simulated to be on fire. Fire fighters arrived with three T1500 Crash Trucks that would extinguish the fire and a ground SAR unit used to assist fire fighters in search and rescue of the two pilots. Two ambulances were used to transport the injured pilots.

"The exercise was a perfect opportunity for fire fighters to train on terrain that they are not used to," said Fire Chief Andrew Clayton. "We also had the opportunity to put into use some of our equipment that needed to be tested. The more hands-on training our fire fighters and EMTs can get, the better."

The crash exercise was the culmination of several months of planning by NAS Meridian's Installation Training Team.

"The exercise was an opportunity for fire fighters, medical personnel, security, air operations and

• **Exercise, page 3**



Photo by MC2 Casey H. Kyhl

Mark Nixon, right, observes Ensign John Perry during transport as part of T-45C Goshawk crash exercise on board Naval Air Station Meridian, Oct. 3. The exercise demonstrated the ability of personnel to respond to a downed aircraft.

## Magazine feature

Kebra Moore's inspiration story is featured in the October edition of "Military Spouse" magazine. Moore, the wife of Master Sgt. Marquis Moore and mother of Marquis Jr., age 13, and Maurice, age 11, shares her story of the life changing accident that left her bound to a wheelchair at the age of 26. After the accident she thought her singing career was over, but found a new calling instead. "I started going to church more and singing with a praise team, I realized inspirational gospel singing was my calling."



Photo by Penny Randall

## Art for Archer in honor of Marine's son

The following story is by The Meridian Star reporter Brian Livingston.

Madden Maple is throwing little rubber balls against the dishwasher in the Maple's home.

For some reason, his little brother, Archer, 2, thinks this is just hilarious. His laugh is contagious. It is one of those laughs that comes from the soul of a person who hasn't a care in the world. Madden, 4, loves making his little brother laugh.

It is a day in which the older brother will likely remember for years to come -- later years he may not be able to share with his little brother.

Archer has a rare, incurable and fatal condition that is in the group called peroxisomal biogenesis disorders (PBD). As the children's mother, Ashley Maple, talks on the phone, the boys busy themselves with having a good time.

Ashley Maple can only smile at her two boys. She knows these times are all the more special because of what the family is facing.

"It is not easy to not feel down every day," Ashley Maple said over the phone. "I wish I could trade places with him but I can't. But we can, as a family, make every day a special one."

Under the peroxisomal disorder group there are several subgroups of conditions

• **Archer, page 3**



Submitted photo

The Maples family includes Capt. Ryan and Ashley Maples with sons, Archer and Madden, and daughters, Sophie and Lydia. Archer suffers from a rare genetic condition. Proceeds from Art for Archer will benefit research on the disorder.

## MCPON sends 237th Navy Birthday Message

WASHINGTON (NNS) -- Master Chief Petty Officer of the Navy (MCPON)(AW/NAC) Mike D. Stevens sends his 237th Navy Birthday Message to the fleet.

"Shipmates and Navy families,

As we honor the 237th birthday of the United States Navy, I would like to express my deepest gratitude to all Sailors, civilians and family members for your service and dedication to our great Navy.

One of the primary reasons I believe our Navy is so great is because of the way we treat each other with decency and respect and how we conduct ourselves professionally. This is something

that we should all actively strive to do every day. It adds value, influences those around us in a positive way, and is truly important to our primary mission of warfighting.

I personally look to our history as a roadmap and a guide to help us stay the course and aid us in navigating through the challenges we face today. It is these challenges that create the opportunities that allow us to grow as Sailors, citizens and leaders. The Navy's birth-



Stevens

day gives us a chance to think about the things that we are doing today and how we are creating history from which future generations can draw courage. In everything that we do, we need to provide future generations something to be proud of and celebrate. This is our time and we are part of a new history. We must seize the day, because if we don't, who will?

To all of our Sailors and Navy families, I would like to wish you a very happy birthday as we celebrate 237 years of excellence and service to our great Navy."

All the Best!  
Very Respectfully,  
MCPON

## Look Inside

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Navy commissions USS Michael Murphy in Big Apple



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College students find out what it takes to be a Marine



~ Page 8 ~  
Alex Trebek, 'Jeopardy!' crew look for fresh talent in Naples



## Photo of the Week



Photo by RP1 Joseph Stroney

Recently 10 Marine students from Marine Aviation Training Support Squadron One on board NAS Meridian and RP1 Joseph Stroney volunteered at Meridian Community College's Children's Swim Competition. The group accrued 190 total man hours for the two day competition.

## Area Happenings

### OCTOBER

**13:** Fleet Reserve Association will sponsor a huge yard sale from 8 a.m.-noon at the Fleet Reserve Association, 8874 Hwy 39 North. For information or to donate items, call Michelle Spangler at (601) 479-8440.

**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.

**25-28:** Meridian Community College Arts & Letters Series production of "Big River: The Adventures of Huckleberry Finn" will be staged Oct. 25-27 at 7 p.m. and Oct. 28 at 2 p.m. in the college's McCain Theater. Call (601) 484-8696 for information or to order tickets.

**26:** The Velveteen Rabbit at the MSU Riley Center at 7 p.m., 2200 Fifth Street in downtown Meridian. Tickets: Adult, \$18; & child, \$10. For information, call (601) 696-2200 or go to: www.msurileycenter.com. The play is presented by Enchantment Theatre Company.

### NOVEMBER

**11:** Kenny Loggins in concert at the MSU Riley Center, 2200 Fifth Street. Tickets are \$65 & \$59. Preshow party at 4:30 p.m.; concert at 6 p.m. For information, call (601) 696-2200 or go to: www.msurileycenter.com.

**16:** The Four Tops in concert at the MSU Riley Center. Tickets are \$40 & \$34. Preshow party at 6 p.m.; concert at 7:30 p.m. For information, call (601) 696-2200 or go to: www.msurileycenter.com.

### ONGOING

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

## In the Spotlight...

Welcome...

The Family Housing Office welcomes two new employees: **Sheryl Hensel**, who returned to family housing after five years at NTTC; and retired Senior Chief **David Boyer** as the housing program manager.

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

## CFC begins on board NAS Meridian

The Combined Federal Campaign will be conducted on board NAS Meridian Oct. 1-Nov. 1.

The mission of the CFC is to promote and support philanthropy through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all for those in need.

The CFC is open to federal civilians and military personnel.

"Let's give back to those in need," said NAS Meridian CFC Chairman/Chief Ramone Harris.

**Command Reps are:**

**Air Ops:** AC1 Rudolph

**VT-7:** Lt. Jg. Yates

**VT-9:** Lt. Jg. Zimmerman

**TW-1:** Lt. TON

**NBHC:** HM2 Searcy

**FFSC:** Stacey Jemison

**NTTC/CNATT:** SK2 Franks

**Security:** MA2 Parks

**ADMIN:** NC1 Flynn

**MATSS-1:** Staff Sgt. Coleman

If you need more information on the campaign call, Chief Harris at (601) 679-3747 or log on to: <http://www.opm.gov/cfc/>

## Commissary Rewards Card now available in Meridian

FORT LEE, Va. – The Commissary Rewards Card is now available in the NAS Meridian Commissary. The card allows customers to access digital coupons online and redeem them in any commissary by scanning the card at check-out.

"We're very excited about this new initiative," said DeCA Director and CEO Joseph H. Jeu. "These cards allow our customers to reduce the number of paper coupons they have to clip and carry. That saves our customers time, effort and money."

The cards, available only from a commissary, are easy to use. As an introductory offer, customers who pick up their card by Oct. 24 receive preloaded digital coupons that can be used immediately in the commissary, even before the card is registered. To register their card and add more digital coupons, customers visit the commissary website at <http://www.commissaries.com/rewards/index.cfm>.

Once a card is registered, customers can print a list of their digital coupons to carry with them to the commissary and help keep track of their savings. New digital coupon offers are typically posted online every two to three weeks.

Customers who register their card by Oct. 24 can enter the 2012 Commissary Rewards Card "Home for the Holidays Sweep-



stakes" sponsored by Dr Pepper-7up for a chance to win round-trip airline tickets for four to anywhere in the states, lodging in a hotel room that accommodates four for six days and five nights, and \$1,000 spending money. The sweepstakes entry form appears at the end of the registration process online.

Just like their paper counterparts, digital coupons have expiration dates and other terms and conditions that must be followed for redemption. However, Commissary Rewards Card digital coupons will not be accepted in commissaries overseas for up to six months after expiration, as paper coupons are. This is because the coupons are distributed digitally and instantly available to all customers worldwide. Once a coupon expires, it will disappear from the customer's account.

DeCA's coupon policy limits coupons to one per purchase, so these digital coupons cannot be com-

combined with manufacturer coupons, including paper coupons and military or commissary coupons.

Future enhancements to the card are expected to enable DeCA's industry partners to target savings based on the customer's specific usage, alert patrons to available sales promotions at their local stores and reward consistent shoppers with specific incentives.

"Digital couponing is the first of many innovative programs that are part of our Commissary 2020 vision to deliver a 21st century benefit," Jeu said. "We are always working with our industry partners to negotiate the lowest possible prices and identify new ways for our customers to save even more."

For more information on this card, visit [www.commissaries.com/faq](http://www.commissaries.com/faq) and click "Commissary Rewards Card." Help is also available through the customer service hotline at 855-829-6219 or through email at [commissarysupport@inmar.com](mailto:commissarysupport@inmar.com).



### Employee of Quarter

**Cmdr. Stephen Delanty, commanding officer of Training Squadron 7, presents Kamesha Booth with the VT-7 Employee of the Quarter award. Booth is a safety NATOPS clerk in the squadron.**

Submitted photo

### • TA

"Sailors are strongly encouraged to pursue clock hour programs that prepare them for Navy Credentialing Opportunities Online (COOL) funded certification or licensing examinations," added Woods. "Certification and license eligibility for clock hour programs can be researched at [www.cool.navy.mil](http://www.cool.navy.mil)."

Each Sailor may use TA to fund only one vocational/technical program that uses clock hours during a career. Sailors are required to discuss their educational goals with a Navy College counselor prior to enrolling in any program that is funded by TA. TA funds 100 percent of tuition and authorized fees, up to \$250 per semester hour, or \$166.67 per quarter hour, or \$16.67 per clock hour. TA is limited to 16 semester hours, 24 quarter hours, or 240 clock hours per fiscal year. Both credit and clock hours can be funded by TA, however the combined total cost for an individual Sailor cannot exceed the maximum allowable annual TA cap of \$4,500.

Completion requirements for clock hour programs funded by TA are the same

as other educational programs and require Sailors to reimburse the full cost of the TA voucher for dropping or failing a course.

Credit for military training through the American Council on Military Education, credit by examination and the Navy College Program for Afloat College Education, all afford eligible Sailors the opportunity to earn a college degree.

"It's crucial that Sailors work closely with their Navy College Office or the Virtual Education Center to ensure they know how clock hour programs dovetail into their educational goals," added Smith. "Bridging technical or vocational training with academic degree tracks can be challenging, so let the experts help you. Historically, nearly half of Sailors pursuing clock hour training have sought academic degrees."

Additional information on educational programs, including clock hour programs is available on the Navy College website: [www.navycollege.navy.mil](http://www.navycollege.navy.mil) or the Virtual Education Center at: 877-838-1659 (DSN) 492-4584.

### NTTC and MATSS-1 Students Thursday Coffee Shop

- ◆ Thursday each week from 19-2100
- ◆ Chapel Fellowship Hall
- ◆ Study together/ Chill with friends
- ◆ Optional Faith based study: "Who is God?"
- ◆ Free Coffee and other Hot Drinks

Questions? Call: 601-679-3635

Visit the Federal Voting Assistance Program website at [www.fvap.gov](http://www.fvap.gov) for more information on how to register online to vote.

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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# Navy commissions USS Michael Murphy in Big Apple

By MC2 John Scorza

Naval Surfaces Forces Public Affairs

NEW YORK (NNS) -- USS Michael Murphy (DDG 112), the Navy's newest guided-missile destroyer, was commissioned during a formal ceremony at pier 88 in Manhattan, Oct. 6.

The newest destroyer honors Lt. (SEAL) Michael P. Murphy, a New York native who was posthumously awarded the Medal of Honor for his heroic actions during Operation Red Wings in Afghanistan, June 28, 2005.

Thousands of spectators, veterans and invited guests gathered in front of the ship to witness the ceremony, which included distinguished guests such as the Mayor of New York, the Honorable Michael Bloomberg, Chief of Naval Operations (CNO), Adm. Jonathan Greenert and Adm. William McRaven, commander, U.S. Special Operations Command.

The Secretary of the Navy, the Honorable Ray Mabus, delivered the principal address and spoke of the ship, her crew and her namesake's heroic actions.

"This ship honors the courage, service and sacrifice of Lt. Michael Murphy, his Red Wings brothers, fellow SEALs, special operators and service members around the world who answer the call of duty every day," said Mabus. "It is absolutely fitting

that the USS Michael Murphy bears a SEAL trident on her crest because, much like Michael and every Navy SEAL who has earned the honor of wearing the trident, this ship is designed to counter threats from above and below the surface of the oceans, in the air and on land."

Greenert reflected on the ship's massive power and ability to protect our nation's freedom.

"USS Michael Murphy, the most flexible, lethal and multi-mission capable ship of its kind, represents the backbone of our surface combatant fleet," Greenert said. "It is one of the best destroyers in the world. This ship will operate forward around the globe, assuring allies, projecting power and defending our nation. And, like its namesake, Lt. Michael Murphy, this ship will serve to protect, influence and win in an era of uncertainty."

At the conclusion of the remarks, Murphy's mother and ship's sponsor Maureen Murphy gave the order to, "man our ship and bring her to life!"

The crew responded by saying "Aye, Aye, Ma'am" and began to double time up the bows to man the ship as the Navy band played "Anchors Aweigh." Crewmembers stood side by side, manning the rails as the ship's systems



photo by MCC Sam Shavers

Secretary of the Navy, the Honorable Ray Mabus, along with Ship's Sponsor, Maureen Murphy, looks to the sky as the U.S. Navy's parachute demonstration team, the Leap Frogs, parachutes in carrying the national ensign during the commissioning ceremony for the guided-missile destroyer USS Michael Murphy (DDG 112). Lt. (SEAL) Michael P. Murphy was posthumously awarded the Medal of Honor for his actions in combat as leader of a four-man reconnaissance team in Afghanistan. Murphy was the first person to be awarded the Medal of Honor for actions in Afghanistan and the first member of the U.S. Navy to receive the award since the Vietnam War.

came online. Radars, weapon systems, and other parts of the ship began moving to symbolize her "coming to life."

Cmdr. Thomas E. Shultz, a native of El Cajon, Calif., is the commanding officer of the ship

and will lead the crew of 279 officers and enlisted personnel. The 9,200-ton Michael Murphy was built by General Dynamics Bath Iron Works. The ship is the 62nd ship in the Arleigh Burke class of Navy destroyers and the last of

its class. It is 509 feet in length, has a waterline beam of 59 feet, and has a navigational draft of 31 feet.

The commissioning was the culmination of a week-long celebration in New York City honor-

## Navy housing service centers offer free issue resolution for service members

WASHINGTON (NNS) -- As many service members and their families are aware, Navy Housing Service Centers are a resource to help them find on and off-base housing when they are moving to their next duty station.

HSCs offer issue resolution services to all Sailors and their families, whether they live on-base, in privatized military housing or out in the community. All HSC services are provided free of charge.

In a recent blog by Vice Adm. Bill French, Commander, Navy Installations Command, he stated, "As a Navy leader - and someone who lives in Navy housing - I am committed to ensuring service members and their families have suitable, affordable and safe housing. Recent events pertaining to mold in Navy barracks, and government owned and family privatized housing, indicate a need to more clearly communicate assistance available on all issues, but particularly when pertaining to health or safety issues."

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

"The HSC is prepared to serve as the Sailor's advocate when housing maintenance, health or safety issues arise. For families living in family privatized housing, we can also assist as an independent facilitator to help you and your landlord communicate when there is an issue and assist with coming to a resolution on a dispute," said Corky Vazquez, CNIC N93 Housing Program Manager.

"Our Housing Service Center staff has professional relationships with both the privatization partners and many community landlords," he said. "We want to work with service members and their families to assist them in finding effective housing options wherever they choose to live."

Service members and their families can contact Navy Housing and find information through our active social media sites: Facebook - [www.facebook.com/NavyHousing](http://www.facebook.com/NavyHousing), Twitter - [www.twitter.com/NavyHousing](http://www.twitter.com/NavyHousing), or YouTube - [www.youtube.com/NavyHousing](http://www.youtube.com/NavyHousing). The website offers plenty of resources for Issue Resolution services that may be required: [www.cnic.navy.mil/housing](http://www.cnic.navy.mil/housing). Customers can find a listing of HSCs contact information at [www.cnic.navy.mil/housingquickreference](http://www.cnic.navy.mil/housingquickreference).

-- From Commander, Navy Installations Command Housing Program Office

### ● Exercise

emergency crews to practice working together more efficiently," said Chuck Martin, NAS Meridian's Installation Training Program Manager.

About 40 personnel, including 15 firefighters, participated in the exercise which was evaluated by a team of experts from the Navy Region Southeast Training Team.

Naval Installation Command requires that drills such as these be conducted at least four times a year.



Photo by MC2 Casey H. Kyhl

Firefighters/EMTs Mark Nixon, left, and Will Pearson prepare to load Ensign John Perry into an ambulance during a T-45C Goshawk crash exercise on board Naval Air Station Meridian, Oct. 3. The exercise demonstrated the ability of NAS Meridian's emergency management, safety, security, and fire and rescue departments ability to respond to a downed aircraft, perform a search and rescue mission and then treat the injured personnel.

## Father, daughter serve aboard Truman

By MCSN Taylor M. DiMartino

USS Harry S. Truman (CVN 75) Public Affairs

USS HARRY S. TRUMAN, At Sea (NNS) -- It is difficult for Sailors to leave their loved ones behind when it comes time to deploy. Wives kiss their husbands farewell, and children are reminded that their parent's absence is a sacrifice made for the greater good.

This hard truth of naval service was one that Gunner's Mate 3rd Class Breanna Janssen, assigned to weapons department's G-2 division aboard the aircraft carrier USS Harry S. Truman (CVN 75), faced each time her father was called away for duty throughout her childhood.

As Janssen prepares for her first deployment aboard Truman, goodbyes won't be required. In a rare occurrence, Janssen and her father are serving aboard Truman together.

"It feels great to be on the same ship as my daughter," said Senior Chief Aviation Machinist's Mate (AW/SW) David Janssen, leading chief petty officer of maintenance control for the "Seahawks" of Carrier Airborne Early Warning Squadron (VAW) 126, who recently embarked aboard Truman. "I just came off of the aircraft carrier USS Enterprise (CVN 65) and joined VAW-126 when I realized they were attached to Truman. I thought it would be a great opportunity for us to serve together for the first time in our careers."

While the Navy often allows siblings to serve together, David Janssen said a father-daughter relationship

aboard a warship is rare and offers unique benefits to both Sailors.

"It's comforting to know that there's always someone to talk to, no matter what's going on in my life," said Breanna Janssen. "Having my dad on board provides me with a great stress reliever."

David Janssen said that even with his position as a senior chief, he will continue to be a father first and will always find time for his daughter.

"If something's going on in Breanna's life, I'm always available to give her some good direction," said Janssen. "With all of my years of experience of life in the Navy, I can help her with problems I've already faced myself."

Breanna Janssen said she admires her father's work ethic and plans to follow his example throughout her own career.

"My dad's always been someone who I've looked up to. He's the reason I joined the Navy," said Janssen. "He's a dual

warfare qualified senior chief and he's stuck with the Navy for such a long time. I admire how much he loves what he does."

David Janssen has completed eight deployments and expects Truman's upcoming deployment will mean the most to him.

"Being part of VAW-126 will give me the opportunity to be with Breanna on her first deployment," said Janssen. "It'll be her first and most likely my last. So many times I've been away on deployment and I've missed being with Breanna back home. While I may not be able to make up the time we've lost, at least I'll be right beside her this time around."

"I thought it would be a great opportunity for us to serve together for the first time in our careers."

Senior Chief David Janssen

### ● Archer

that can occur. Archer's condition falls under the Zelwegger Spectrum Disorders, which are inherited through each parent carrying one mutated gene. A child born to parents who are both carriers of the gene has a 25 percent chance of receiving mutated genes from each parent.

"If Archer has a peroxisome disorder, it would be because my husband, Ryan, and I are both carriers," Ashley Maple said.

Ryan Maple is a captain in the U.S. Marine Corps and is a flight instructor at NAS Meridian. In addition to the boys, the Maple's have two girls, Sophie, 8, and Lydia, 6.

Test results show Ryan and Ashley Maple's three other children are healthy and normal -- blessings for which the couple are thankful. At the same time, they are also thankful for Archer. He is a blessing of a different kind.

In response to their son being diagnosed with a PBD, Ashley Maple has formed a fundraising benefit to help research into the disorders. Ashley Maple said there are no clinical trials being conducted to try and address the fatal condition. Through the Global Foundation for Peroxisomal Disorders, Ashley Maple hopes her event, "Art for Archer" will help raise money that will launch serious research by passionate medical professionals into this area of human health.

Art for Archer will be held Oct. 20 from noon until 4 p.m. at Dumont Plaza in downtown Meridian. Admission is \$5 for those age 3 and older. The event will feature demonstrations by local artists like Dana Casey, Bebe Gianakos and Karen Rooney. There will be arts and crafts for sale and children will be able to make their own works of art at four different arts and crafts tables. There will be a bounce house, bake sales and raffles. All proceeds of the event will go to the Global Foundation for Peroxisomal Disorders.

"The response has been great so far and we look forward to more people getting involved," Ashley Maple said. "A lot of the artists will be local but there will also be several from out of the area who are donating their time and energy toward this event."

Even a family from Oklahoma whom the Maple's met earlier this year in Florida during a family conference on peroxisomal disorders will be attending.

But the star of the event will likely be Archer.

After months of testing, Archer was diagnosed with (PBD) in March 2012. This spectrum of fatal

**What:** Art for Archer  
**When:** Oct. 20 from noon until 4 p.m.  
**Where:** Dumont Plaza in downtown Meridian  
**Admission:** \$5 for those age 3 and older  
**Include:** Demonstrations by local artists like Dana Casey, Bebe Gianakos and Karen Rooney; arts and crafts for sale and children will be able to make their own works of art at four different arts and crafts tables, bounce house, bake sales and raffles.  
**Proceeds:** Benefit Global Foundation for Peroxisomal Disorders.

diseases damages the white matter of the brain and affects motor skills. Archer needs regular monitoring to watch his kidney function and vitamin K levels. Ashley Maple said Archer has a milder form of PBD and where many infants who get this disorder usually live only about 2 years, Archer may live to be around 10.

Ashley Maple admits to not thinking about the future very much. Instead she and the rest of her family concentrate on the here and now. She said she refuses to find any less joy in Archer than if he were perfectly healthy.

"My son is happy. He plays peek-a-boo and patty cake. He loves his siblings. If you find the ticklish spot on his chest you won't be able to resist laughing along with him because his laughter is contagious," Ashley Maple said. "He can't crawl or walk, but he can scoot on his behind, and I want to scream 'Look at what my son can do! Do you realize how hard that is for him? Just look at him!'"

The Maple family doesn't know what lies ahead. All they care about is that they have their sibling, their son, here today.

The name Archer was actually one of the possible choices for the Maple's first son, Madden. When Ashley Maple was eight months pregnant with their second son they decided to name him Archer. The middle name was a little more troublesome but Ashley Maple's mom suggested one that would prove especially appropriate — Matthias.

"It means 'gift of God,'" Ashley Maple said. "Through our tears and on our knees, we thank God for the gift of our son, no matter how long we are given him."

# COOL launches major updates to web site

PENSACOLA, Fla. (NNS) -- The Center for Information Dominance (CID) announced a new major update to the Navy Credentialing Opportunities Online (COOL) web site, Oct. 3.

This is the first major overhaul of the website - <https://www.cool.navy.mil/> - which has had more than 125 million hits since COOL was launched in 2006.

Navy COOL is a centralized, Web-based hub that consolidates information from numerous sources at the federal, state and local levels on certifications, licenses, apprenticeships and growth opportunities that correspond with each Navy rating, job and occupation.

Armed with that information, Navy COOL has provided funding for Navy enlisted personnel to obtain civilian licenses and certifications that are closely aligned with a Sailor's job or rating.

More than 76,000 certification examinations have been funded by Navy COOL, with Sailor's earning a pass rate of 95.32 percent, compared to a national average of 70.85 percent for civilian pass rates.

Navy COOL Program Manager Keith Boring said the updated website is now easier to navigate and has a fresh 21st century look and feel.

"It also provides a fresh new look and layout based off of customer feedback," Boring said. "This is not just a one-way product, this is a two-way product of Sailors providing recommendations that enhances a Navy tool."

The major new features on the web site will help address transitioning Sailors as well as veterans to identify job opportunities and employment information.

"We're not just tying them to a civilian equivalent occupation, it's actually tying them to job openings," Boring said. "All this is with coordination with the Department of Labor, Veterans Affairs, the DoD, so it's really a joint effort, a great example of government agencies working together to produce a great product for our service members."

Key features added to

COOL that directly support the Navy's credentialing goals as well as the White House/DoD's Credentialing Task Force vision include:

-- Links to DOL-recognized O\*Net Civilian Equivalent Occupations mapped to each enlisted Navy rating and Officer Designator (as well as other occupations)

-- The linked Civilian Equivalent Occupations tie to "My Next Move For Veterans" website

-- The linked Civilian Equivalent Occupations display DOL "Bright Outlook" (indicates that new job opportunities are very likely in the future for this job)

-- The linked Civilian Equivalent Occupations display DOL "Green Occupations" ( indicates that this work is part of the green economy)

-- Local Salary Information (each Civilian Equivalent Occupation is linked to the "My Next Move for Veterans" web site so users can view salary and employment information for the job)

-- Find Jobs (each Civilian Equivalent Occupation will be linked to "My Next Move for Veterans" web site (so users can search for job listings in their area)

"There's a lot more to check out," Boring said. "Please explore the site and see how we're helping today's Sailors become a stronger, professionalized workforce, and how we're providing valuable tools for those soon-to-be veterans to be successful in post-service employment."

CID is the Navy's Learning Center that leads, manages and delivers Navy and Joint Force training in information operations, information warfare, information technology, cryptology and intelligence.

With a staff of nearly 1,300 military, civilian and contracted staff members, CID oversees the development and administration of more than 226 courses at four commands, two detachments and 14 learning sites throughout the United States and in Japan. CID provides training for approximately 24,000 members of the U.S. Armed Services and Allied Forces each year.

-- From Center for Information Dominance Public Affairs

# SWOS launches new basic division officer course

By Lt. Steven Gonzalez  
Surface Warfare Officers School Public Affairs

SAN DIEGO (NNS) -- The inaugural class for the Surface Warfare Officers School (SWOS) Basic Division Officer's Course (BDOC) was formally dedicated at a ceremony on Naval Base San Diego, Oct. 1.

Administered by the SWOS headquarters command in Newport, R.I., BDOC is an intensive, eight-week course of instruction designed to provide foundational classroom training to prospective surface warfare officers. The course will be offered in Norfolk, Va., and San Diego.

"The Basic Division Officer's Course will give new division officers the foundational knowledge and skills needed to make them more effective in running their divisions and leading their personnel," said Capt. Richard A. Brown, SWOS commanding officer.

The course places emphasis on in-class instruction and the use of technology such as the Conning Officer Virtual Environment (COVE) simulators, which simulate every class of ship in the U.S. Navy and all their homeports, in addition to many routine ports of call around the world. COVE allows for the

reinforcement of concepts in navigation, seamanship, and shiphandling.

The new course will also provide instruction on administration, engineering, leadership, and damage control.

Vice Adm. Tom Copeman, commander, Naval Surface Forces (SURFOR), spoke at the event, and thanked the guests and students of BDOC class 13010 for attending this major achievement for the Surface Warfare community.

"The surface warfare business we are in is very challenging. Our ships are complicated. They are the most technologically complex machines that this country has built and it takes a lot of hard work to learn how to fight them, learn how to maintain them, and learn how to train Sailors to maintain them," said Copeman. "The Sailors that are under your charge are going to count on you and they are going to look up to you for leadership. In order for you to be a good leader, you have to know what you are doing. This course is the first step."

BDOC training sites in Norfolk and San Diego will have a staff of eight, headed by a lieutenant commander, with six lieutenant instructors, and one Quartermas-

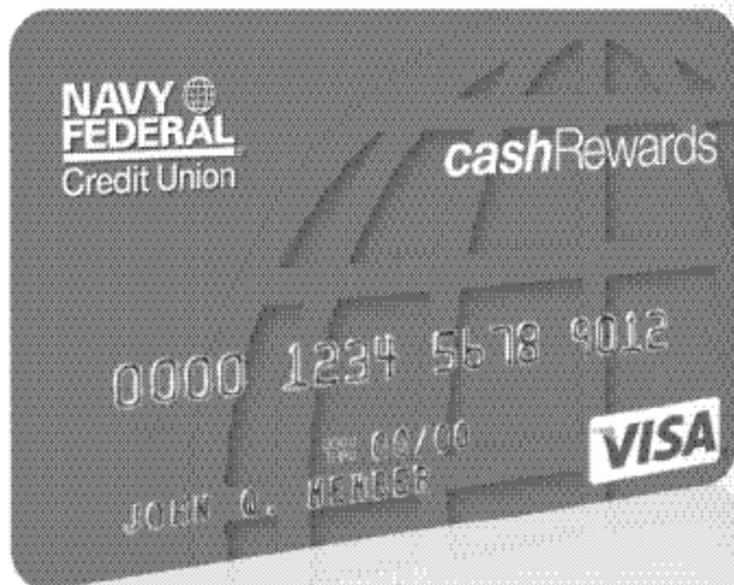
ter. BDOC training facilities have been equipped with state-of-the-art electronic classrooms and shiphandling simulators that meet Naval Education and Training Command (NETC) standards. Ensigns going through the course will also use computer-based training (CBT) for advanced qualifications.

"I'm very excited to try something new and I'm grateful I'm one of the few junior officers that get to experience this," said Ensign Jordan Klein, one of the students in the inaugural class. "This course will give me the basic information on what will be expected of me on the ship, and once I get there, I can hit the ground running."

SWOS is headquartered in Newport, R.I., and oversees nine learning sites, providing more than 1,000 courses a year to more than 60,000 Sailors. SWOS uses a mix of instructor-led classes, hands-on labs, simulation and computer-based training. Courses include specialized training supporting all enlisted engineering ratings, and surface warfare officers at every level. Building maritime partnerships, the command also provides training to many international students.

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## Pfc. Turnell L. Robbins

MATSS-1 Student  
Hometown: Baltimore, Md.

After completing a year in college, Turnell Robbins was struggling and unsure of herself. "I became a Marine to complete a challenge," she said. "I needed to ensure stability in my life."

Robbins has done just that... she is now a student at Marine Aviation Training Support Squadron One on board NAS Meridian.

"I'm continuing to improve myself physically and mentally by living up to the core values and standards of the Marine Corps."

Robbins adds her most memorable experience in boot camp came during the crucible challenge.

"I wanted to give up, but with the guidance of my instructors and support of recruits in my platoon, I was able to keep pushing."

The person she most admires is her sister, Raymara Robbins.

"I admire her will and determination.

She was the first in our family to finish college and further her education to achieve a master's degree."

# OORAH!



## Pvt. Malcom Holman

MATSS-1 Student  
Hometown: Cahokia, Ill.

Pvt. Malcom Holman had one reason why he joined the Marine Corps.

"I wanted to get away from the negative influence of the hood and become a part of something bigger than myself," said Holman who is currently a student at Marine Aviation Training Support Squadron One on board NAS Meridian.

"I plan to make something of myself in the Marine Corps."

Holman is the son of retired Gunnery Sgt. John Holman and Alberdia Holman. His hobbies include singing, writing music, tennis and playing the guitar.

His most memorable moment in boot camp was, "hiking the hills during Marine combat training, completing the crucible and receiving my Eagle, Globe and Anchor."

The person Holman most admires is his father, John.

"He has been my greatest role model by being a great father and a great Marine."

## Allen discusses insider attacks in '60 Minutes' interview

By Army Sgt. 1st Class  
Tyrone C. Marshall Jr.  
Headquarters Marine Corps

WASHINGTON — In an interview on the CBS program "60 Minutes" last night, the commander of U.S. and coalition forces in Afghanistan said he takes his mission personally and is angered by insider attacks by Afghan security forces and militants wearing Afghan uniforms.

"I'm mad as hell about them, to be honest with you," Marine Corps Gen. John R. Allen, commander of the NATO-led International Security Assistance Force, told CBS correspondent Lara Logan. "We're going to get after this. It reverberates everywhere across the United States. We're willing to sacrifice a lot for this campaign, but we're not willing to be murdered for it."

The general said it is important to understand the Afghan people still support ISAF troops and their mission to guide Afghan troops as they prepare to take full responsibility for security in their country.

"The key point is for us to understand that the vast majority of the Afghans, ... they're with us in this," Allen said. "They understand right now the severity of this problem and the urgency of what's happening."

Afghans have been killed trying to save coalition forces when some attacks have been under way," the general noted. "[It] was the only reaction that they could have taken ... to try to save us at that moment of attack," he said.

More than 50 coalition members have been killed by insider attacks this year. Allen said insurgents recognize the vulnerability posed as coalition forces work alongside Afghan counterparts, and they have adapted their tactics to exploit it.

"In Iraq, the signature weapon system that we hadn't seen before was the [improvised explosive device]," he said. "We had to adjust to that. Here, I think the signature attack that we're beginning to see is going to be the insider attack."

Afghan President Hamid Karzai, also interviewed in the segment, acknowledged the attacks and pledged to help ISAF eliminate the threat. "These attacks are sad," he said. "This is something I have discussed in detail, something that I bear responsibility for to correct."

Allen also discussed the presence of al-Qaida and ISAF's commitment to continuing to "target and eliminate them."

"Al-Qaida has come back, [and] is a resilient organization," he said. "But they're not here in large numbers. But al-Qaida doesn't have to be anywhere in large numbers."

The terrorist organization is not significant in a traditional military sense, Allen said. "Al-Qaida has significance beyond its numbers, frankly," he added. "And so for us, our 24-hour-a-day objective is to seek out those al-Qaida cells."

It is important to ensure al-Qaida doesn't feel as though it can put down roots in Afghanistan, the general said, and while security isn't perfect around the country, there has been much improvement.

"An awful lot of the population of this country is living in an area where there is vastly improved security from where it was just a few years ago," he said.

Meanwhile, Allen said, coalition officials are doing a great deal to address terrorist safe havens in Pakistan, and the relationship between ISAF forces and the Pakistani military has improved dramatically.

"There's a very complex relationship with Pakistan, and we'll work very hard and very closely with the Pakistani military to achieve common objectives," he said. "But to some extent, the Pakistani military has been successful in cooperating with us in the last several months with regard to complementary operations on both sides of the border, but much more needs to be done."

ISAF is doing everything it can within its authority to hunt down and kill Haqqani network operatives in Afghanistan who "ultimately threaten my troops, threaten the Afghan troops and the Afghan society, the Afghan civilians, and ultimately the Afghan government," Allen said.

The general also described his intense commitment to the mission in Afghanistan, which he said often leads him to "turn around and go back" to work some nights after asking himself while he's walking home if he's done enough.

"I came here believing this would be the last job I'd ever have," Allen said. "I don't care about anything beyond this. This is what's important to me. I almost can't remember ever having been anywhere else."

"This is completely consuming for me, and I am dedicated 24 hours a day to these magnificent troops, to the Afghans, to this cause, and ultimately to successful completion," he continued. "This is very personal to me. And I take it very personally."



Photo by Lance Cpl. Antwaun Jefferson  
Jacob Cohn, Wharton School University of Pennsylvania graduate student, complete an obstacle from the Officer Candidates School's combat course during the Quantico Leadership Venture at OCS on Sept. 21. The venture was a two-day event.

## College students find out what it takes to be a Marine

By Lance Cpl. Tabitha Bartley  
Officer Candidate School

MARINE CORPS BASE QUANTICO, Va. — More than 80 graduate students from the Wharton School, University of Pennsylvania and 15 students from Johns Hopkins University took part in the Quantico Leadership Venture at Marine Corps Base Quantico's Officer Candidates School on Sept. 20-21.

OCS hosted the Quantico Leadership Venture to give business students exposure to the leadership development and evaluation process used by the Marine Corps.

According to a brief provided by 1st Lt. Erin Ashford, OCS protocol officer, the Quantico Leadership Venture is an optional co-curricular experiential learning opportunities designed to bring participants into remote and difficult environments where they can learn from experience in confronting challenges, solving problems and leading teams. The venture also affords the Marine Corps and OCS an opportunity to foster positive relations with Wharton School of Business and Johns Hopkins to make an indelible impression on the potential future leaders of business in America's corporate sector.

"This event, both for the Wharton School and for the Marine Corps, is a great partnership because, as students come here, they realize what it takes to become a Marine and my Marines, realize how important it is that these people are going to be going out and leading corporations," said Col. Kris J. Stillings, OCS commanding officer.

The commander's intent for this venture was to provide students with insight and understanding

of Marine Corps leadership, core values and have an understanding of the candidates' challenges.

With many of the students having never handled a weapon before, the instructors introduce them to the basics. They also made sure to encourage teamwork and overcoming fears. Unlike with candidates, the instructors lived engaged in conversation with the students about bias for action, risk assessment, rapid decision making, leadership, followership and accountability.

The students came across many tasks and challenges similar to the training provided to OCS candidates. They had classes on gear assembly, purpose of adaptability training, and Leadership and Warfighting principles, as well as how to make their racks. Students also had opportunity to attack the challenges of the Leadership Reaction Course and Combat Course.

The Combat Course consisted of obstacles that tested the students not only physically, but mentally as well. In the beginning there were three obstacles that, if failed, meant a (heavily padded) 6-to-15 foot drop, the sight of which many students freeze. The course also incorporated the Quigley as one of the obstacles. The Quigley consists of a long canal with barbed wire and three 4-foot cement culverts submerged in swampy, snake-infested water that students had to high crawl and side crawl through.

"This was tough experience," said, Bailey Jones, a Wharton School student. "I gained a lot of respect for the Marines, especially the drill instructors. I was really happy to have access to the classes and courses provided by the Marines. If I ever get a chance to come back, I will definitely jump at the opportunity."

## Safety Is Our Duty

### Southeast Region: Motorcycle safety is a priority

By April Phillips  
Naval Safety Center Public Affairs

JACKSONVILLE, Fla. (NNS) -- Navy Region Southeast has made great strides in getting motorcycle riders into the appropriate training courses that are proven life-savers, including the Basic Rider Course, Military Sportbike Rider Course, and Experienced Rider Course.

The region has nearly 4,000 riders, and 42 percent of them ride sport bikes built for speed. Max Bassett, Naval Air Station Jacksonville's deputy safety manager, said training is crucial for these riders.

"New riders learn respect for the motorcycle and an appreciation for just how quickly these high performance machines can exceed the capabilities of an inexperienced rider," he said.

Other technical skills taught during training include how to properly lean, turn, brake, accelerate, and take necessary emergency evasive actions. The courses also incorporate some Operational Risk Management and self-analysis of risk behaviors and riding mindsets.

"They also learn a great appreciation for just how much extra protection they have when wearing proper personal protective equipment such as a full face helmet, jackets and pants designed for motorcycle riders, along with motorcycle boots and gloves," Bassett said.

One of the biggest problems with motorcycle training across the fleet is a high "no-show"

rate for courses. This can make wait times for courses unnecessarily long, and it's a wasted opportunity for Sailors who need to get into a class. The training safety courses are taught by contractors from Cape Fox Professional Services, and paid for by Commander, Navy Installations Command. The bill for classes is a set fee and costs the same whether one rider or a full class shows up.

The Southeast Region has brought their no-show rate down considerably by increasing training notifications to Sailors and their supervisors, and by informing the command master chief about anyone who fails to show up for assigned training. They have also reduced wait times for courses by adding extra classes whenever the wait time exceeds 30 days.

Bassett said the leadership of Rear Adm. Jack Scorby, Commander, Navy Region Southeast, and the cooperative working environment between the region's chief's mess, safety professionals, command motorcycle safety representatives, and Cape Fox trainers has been key, but he also credits mentorship programs developed by riders to help one another.

"Mentors are our first line of defense," Bassett said. "Without them actively identifying our new riders and sitting down with them to get them signed up for training, we would not enjoy the successes we've had. Their contributions are making a difference and will absolutely save lives."

### October is Fire Prevention Month

Fire Prevention month is here, is your home protected? With Day Light Savings time just around the corner it is a good idea to start preparing now. It is a good idea to use this time as a reminder to change your batteries in your smoke alarms. One good step to start with while protecting your home and family is your smoke detector. Here are a few good facts.

In the years since battery-powered smoke alarms hit the market in the 1970s, an estimated 94 percent of American homes have at least one of the devices. Most states have passed laws requiring them in houses and apartments, and most hotels have installed them in guest rooms, as well.

1. According to the NFPA, half of the people who die in home fires were in the 6 percent of the homes that lack smoke alarms.

2. In about 30 percent of the fires in homes that have smoke alarms, the devices did not work -- usually because the batteries are dead, missing or not connected.

3. To be fully prepared when your smoke alarm starts to shriek, you must have a plan for escaping the fire. Your family should know the plan, and you should have all practiced it.

4. You should have at least one smoke alarm on every floor of your home (includ-

ing the basement). Experts recommend an alarm outside each bedroom, as well.

5. Because smoke rises, mount your alarm near the top of the wall (about a foot from the ceiling) or on the ceiling (at least four inches from the nearest wall).

6. Don't put a smoke alarm near windows, doors or forced-air outlets. Drafts can make smoke alarms less effective.

7. If you are hard of hearing, you can buy smoke alarms with extra-loud alarms and strobe lights.

8. If you install hard-wired alarms rather than battery-powered ones, have an electrician do the job.

9. Test your smoke alarms at least once a month.

10. Change the batteries in your smoke alarms at least once a year, even if they aren't chirping at you to warn you that the battery is getting low.

11. Don't borrow the batteries out of your smoke alarms. If smoke from a kitchen or steam from a shower is setting off an alarm, try moving the alarm to a new location.

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.





## NAS Meridian, MS • Morale, Welfare and Recreation

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

Fitness Center	679-2379	The Outpost	679-2609	CDC/CDH	679-2652
All Hands Pool	679-3470	Library	679-2326	SAC	679-2522
Liberty Center	679-3740	Rudder's	679-2636	SLO	679-2473
ITT	679-3773	Sandtrap Grill	679-2780	P.C. Golf Course	679-2526
McCain Rec Ctr	679-2651	Moin's Diner	679-2531	MWR Admin.	679-2551



### McCain Rec Center Bowling Specials

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

**Monday- RCTA SPECIAL,** 1700-Close, \$2.50 a game including shoes.

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

**Wednesday- NTT/CMATS-1 STUDENT SPECIAL** 5pm-Close, \$2 a game including shoes.

**Friday- COLORED HEAD PIN SPECIAL,** Regular rates apply. If you have a colored pin as your head pin and get a strike, you get that game for free. Limit 1 per game up to 3 free games. Manager must be aware of shot before bowled.

### Coming Attractions

To McCain Rec Center



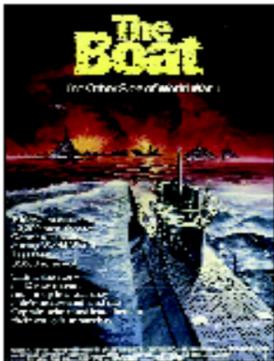
October 11 • 6pm  
Rated PG



Oct. 13 • 1pm • PG 13



Oct. 16 • 1pm • PG 13

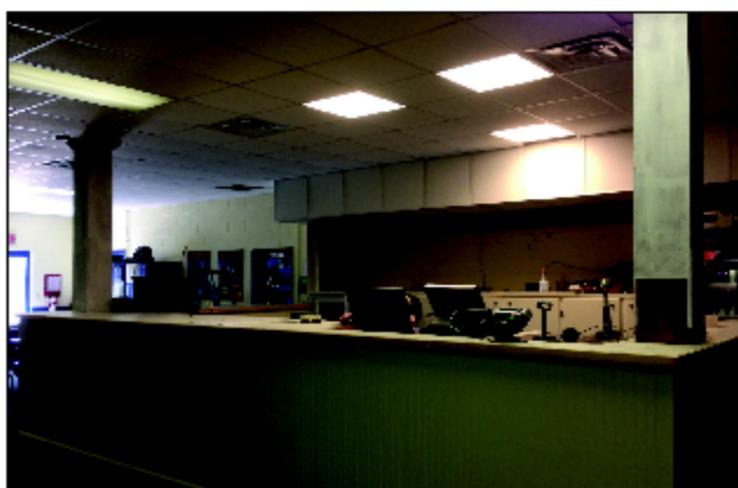


Oct. 18 • 1pm • R



Oct. 20 • 1pm • PG 13

"Moonrise Kingdom"  
Oct. 23 • 6pm • PG 13



#### UNDER CONSTRUCTION

Work is under way to remodel the bowling and ITT counter at McCain Recreation Center. The new has been painted and resurfaced along with other changes to merge the two areas together.

Photo By Matt Davis/MWR Meridian Blog Manager



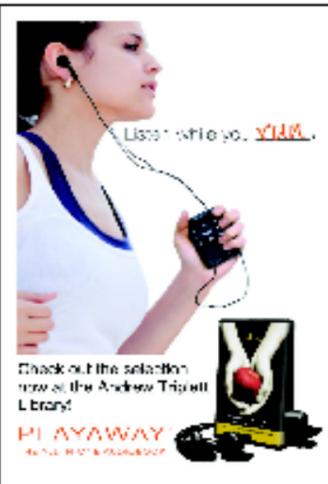
### Disney World Military Salute

The Disney World Military Salute has been extended until September 28, 2013.



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 Cross Country Run  
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 Sonny Montgomery Fitness Center

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October 26

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- French Fries
- Hush Puppies
- Cole Slaw
- Dinner Roll

\$8 per plate.

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**The Outpost**  
 601-679-2609

**Ponta Creek Club Championship**  
 November 1-3, 2012  
 36 hole tournament  
 \$35 per person, Open to active duty, retired military, DoD, and Monthly/Annual Membership holders  
 Call (601) 679-2526 for info!

### Sonny Montgomery Fitness Center Complex 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

<b>Monday</b>	Belly Dancing Class @ 11:30am Self Defense with Dany @ 6pm	Navy Op, Fitness & Fueling Series. @ 0900- Class at Fitness Center
<b>Wednesday</b>	Belly Dancing Class @ 11:30am Self Defense with Dany @ 6pm	<b>Friday</b> Belly Dancing Class @ 11:30am *All group exercise classes available. Blg. 244 and are free.

### Rudder's Events

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

**Tuesday**  
 Reggae Night  
 \$3 Bakaiva Kava

**Wednesday**  
 Country Night  
 \$5 Long Island Ice Tea from 5-7pm.

**Thursday**  
 Hip Hop/Karaoke Night  
 Specialty Bottle of Beer same price as regular bottle.

**Friday, October 12**  
**Open Mic Night**

**Halloween**  
 10.31.12  
 2000-Midnight

**MWR AutumnFest** October 27, 2012  
 1100-1500  
 Rudders

# SPICE: Another way to spell disaster for Sailors, Marines

By Force Master Chief April Beldo  
Naval Education and Training Command

PENSACOLA, Fla. -- Naval Education and Training Command's (NETC) Force Master Chief April Beldo released an editorial Sept. 24 to the NETC domain about the use of Spice and how it affects fleet readiness.

The Navy is a "Global Force for Good" and our Sailors embody its Core Values of Honor, Courage and Commitment. Each day, I'm energized when I see Sailors challenging themselves to reach their personal and professional goals. Because of their enthusiasm I have no doubt that the outlook of our maritime force shines bright as these individuals motivated by dedication, service and sacrifice continue to perfect their talents across the fleet and around the globe.

Yet for all of the positive things going on in our Sailors' lives, OUR Navy is being plagued by a sickness among our ranks. Each week, in all-too-familiar reports, we see detailed accounts of Sailors being caught, testing positive and being separated from the Navy for using synthetic marijuana or Spice. This threat to our Navy's readiness is also known as K2, Spice Gold, Spice Silver, Spice Diamond, Genie, Yucatan Fire, Bliss, Black Mamba, Bombay Blue, Fake Weed, Zohai or Red Magic. Whatever it's called, NOT IN MY NAVY!

This synthetic drug presents a real and existing danger to a user's mental and physical health, as well as their military careers. Being under the influence of this drug can adversely affect the performance of our shipmates on and off duty. Some of the short-term effects include auditory and visual hallucinations, painless head pressure, panic attacks, time distortion and delirium. Psychotic symptoms can last for days, even months in some cases. Long-term effects from this mind altering drug can include permanent physical impairment, mental illness or death.

These products aren't approved for human consumption

and there is no oversight of the manufacturing process. Similar to other drugs on the street, experts warn that you never know what mixture of chemicals could be present in the drugs and users are experimenting with the combination of multiple products which can dramatically change or increase its effects on a case-by-case basis. In San Diego, one of our major fleet concentration areas, multiple patients have been treated at Naval Medical Center San Diego, Calif., for using Spice, some resulting in months of inpatient treatment for persistent psychotic symptoms. According to the Drug Enforcement Agency, increased dosage, addiction and use of synthetic marijuana has led to a surge in emergency room visits and calls to poison control centers. It saddens me that even though they know that the odds are against them, some of our Sailors continue to gamble with their lives, playing Russian roulette with no possible way to win.

Regrettably, simple message traffic can't portray the negative impact the use of this man-made drug has on unit cohesion. Drug abuse puts lives and missions at risk and undercuts unit readiness, morale and esprit de corps. On flight lines, onboard ships and on bases around the world, we put our LIVES in the hands of our shipmates. We trust that the Sailor or Marine we are working with is focused and capable. If they have used Spice, their readiness for duty and their professional judgment is in question.

I also can't adequately express the drug's impact in terms of permanent personal consequences including criminal charges, discharge, and long-term medical issues, not to mention the impact to the Sailor's family. Those most painful and private elements often go untold.

The Navy's implementation of synthetic drug testing is a necessary step in putting a halt to Sailors and Marines using these outlawed and hazardous substances. If unclear of the Navy's policy on drug abuse, it's straightforward and to the point - Zero Tolerance and illegal. Using

Spice, or other trendy drugs and artificial compounds by any member of our Navy and Marine Corps team is incompatible with the guidelines for performance, military discipline, and readiness characterized by today's Sailors and Marines.

In 2011, close to 400 Sailors were processed out of the Navy because they chose to use these drugs.

As shipmates we must all watch out for each other and remind each other that abusers will be caught, they will be separated, lose benefits and will let down the Navy team.

With that gloomy forecast said, I want you to understand that I'm only identifying a very small population of misguided individuals and that an overwhelming majority of our Sailors and Marines conduct themselves honorably.

There are also signs that we are winning the battle. The Navy's history of Zero Tolerance clearly shows dramatic gains in reducing illegal drug use. In 1982, the first year of urinalysis screening, the percent of positive samples was 7.21 percent. For FY 2011, that number was less than one percent, with a total of 1,515 out of 1,184,160 samples testing positive.

Here at Naval Education and Training Command (NETC) headquarters and throughout our domain, we understand that fleet readiness starts here and we go the extra mile to make sure that our students are equipped to succeed in the fleet. Our instructors and staff are charged with their training, mentoring, setting a personal example, and are committed to good order and discipline. As a team, we take on challenges by developing situational awareness, coaching our shipmates, taking advantage of resources and providing positive leadership. We also faithfully help our shipmates navigate through rough seas, and go the extra mile to prevent a shipmate from making a bad decision that could ruin their lives. If you or someone you know needs help, all you have to do is ask.

## MV-22 Osprey flight operations tested aboard USS Nimitz

By MC3 Renee Candelario  
USS Nimitz (CVN 68) Public Affairs

USS NIMITZ, At Sea (NNS) -- The aircraft carrier USS Nimitz (CVN 68) received and refueled an MV-22 Osprey, a potential replacement for the C-2 Greyhound, for the first time Oct. 6.

The Osprey, assigned to Marine Medium Tiltrotor Squadron (VMM) 165, was the first from (VMM) 165 to make a carrier-based landing and was part of an on-going initiative from the Joint Program Manager Air (PMA) 275 office to increase the number of available platforms.

"This was a first for our squadron," said Capt. Patrick Johnson, of VMM 165. "We recently made the switch from helicopters to the Osprey so it was a new experience for most of us."

Johnson embarked Nimitz as a liaison between the pilots of the MV-22 and Nimitz' primary flight control. As the subject matter expert, Johnson was able to provide the Nimitz crew with information about the MV-22 to aid in the recovery of this air-

craft.

Since this was the first time the Osprey landed on Nimitz, though similar to standard Navy aircraft, there were some things the flight deck crew had to be mindful of.

"With the Osprey you have to be careful because the 'down-wash' [the air that comes from the aircraft's rotors] is a lot more than a helicopter," explained Aviation Boatswain's Mate (Handling) 2nd Class Andre Taylor, a flight deck director on board Nimitz. "This aircraft has a larger landing area so we have to make sure anything around the landing area is secure and make sure everything is out of the way."

Nimitz sent some of its flight deck crew to Marine Corp's Air Station Miramar, Calif., for training on how to handle the Osprey.

"We were taught how to properly chock and chain the aircraft along with how to turn, 'taxi' (move an aircraft without having to use a tractor or a tow bar), and stow it on the flight deck," said Taylor. "Basically, we learned the ins-and-outs of the air-

craft. We got inside all of the batteries and oxygen tanks and learned what to look for in case the aircraft crashes and where to go to pull the emergency door in case a fire broke out."

This training played a key part in allowing the Osprey to make its first carrier-based landing on Nimitz and turned out to be a unique experience for the crew.

"We all took turns landing the aircraft because it was something new that we had never seen," said Aviation Boatswain's Mate (Handling) 1st Class Ricardo Camposflores, a flight deck leading petty officer on board Nimitz who assisted with the Osprey landing. "We all got a chance to learn something new from this landing."

Landing the Osprey will be another memory Nimitz' crew will be able to add to the long history of the ship.

"I will remember this experience for a long time," Taylor smiled. "I was more excited than I was nervous. It's a different feeling. Most people don't get a chance to be a part of these experiences."

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.



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### People Depend on Newspapers



MOBILE, Ala. (NNS) -- The future USNS Choctaw County (JHSV 2) launched Oct. 1, in Mobile, Ala., marking a key milestone in the ship's construction process.

JHSV 2 is a versatile, non-combatant, transport ship that will be used for fast intra-theater transportation of troops, military vehicles, and equipment. Austal USA built the ship, and it is the second of a 10-ship program.

"As only the second ship of the Spearhead class, JHSV 2's launch represents an important early success for the entire program," said Capt. Henry Stevens, strategic and theater sealift program manager. "Choctaw County is already building on lessons learned from JHSV 1 and is more complete than her predecessor at launch."

JHSVs are designed to commercial standards, with limited modifications for military use. These vessels can

transport 600 short tons 1,200 nautical miles at an average speed of 35 knots and can operate in shallow-draft ports and waterways, providing U.S. forces added mobility and flexibility. The ships also have an aviation flight deck to support day and night air vehicle launch and recovery operations. JHSVs have berthing space for up to 146 personnel and airline-style seating for up to 312.

Choctaw County is named for three U.S. counties, located in Mississippi, Alabama and Oklahoma, which share the same name. Upon delivery to the U.S. Navy's Military Sealift Command (MSC), JHSV 2 will be designated as a U.S. naval ship and will have a core crew of 21 civilian mariners who will operate and navigate the ship. The first four ships, including Choctaw County, will be crewed by federally-employed civil service mariners. The remaining

six will be crewed by civilian contract mariners working for private shipping companies under contract to MSC. Military mission personnel will embark, as required, by the mission sponsors.

As one of the Defense Department's largest acquisition organizations, PEO Ships is responsible for executing the development and procurement of all destroyers, amphibious ships, special mission and support ships, and special warfare craft. Delivering high-quality war fighting assets - while balancing affordability and capability - is key to supporting the nation's maritime strategy.

October is #Warfighting month focusing on Navy Warfighters, a fast and flexible force deployed worldwide to preserve peace, protect commerce, and deter aggression on, above, and below the sea.

-- From Team Ships Public Affairs

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ior, fully loaded, cruise control and power everything. Asking \$11,500. Call (601) 480-3552 or (601) 513-2220.

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**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.

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# Proper nutrition critical for successful PRT

By MC2 Class Josh Curtis  
U.S. Naval Hospital, Yokosuka Public Affairs

YOKOSUKA, Japan (NNS) -- As a United States Sailor one can count on certain events to happen each year as Summer fades away to Autumn, the addition of new chief petty officers to the mess, the celebration of the Navy's birthday and of course the physical readiness test (PRT).

Like many commands around the world, United States Naval Hospital (USNH) Yokosuka will be holding its fall physical readiness test (PRT) in the coming weeks. Most Sailors know that regular exercise is a key competent to performing well during the PRT, but it is not just how a Sailor works their body out that determines how well they will perform during the PRT but what they put in it as well.

"I see nutrition as one of the most critical components for preparing for the PRT," said Lt. Franklin Muhammad, USNH Yokosuka's command fitness leader. "Take your car for example. There are three types of gas you can fill it up with. You have 87 unleaded, midgrade or premium. Each makes your car perform differently. The fuel you put in your body, in this case food, plays a factor in your physical performance," he said.

So, what kind of foods should Sailors be filling up with to help maximize their PRT scores?

"Carbohydrates are what are going to fuel your workouts," said Lt. Melissa Amescua, USNH Yokosuka's nutritionist and dietitian. "Carbs come from foods like bread, pasta, cereal, rice and milk."

Not fueling up with the proper foods can lead to dehydration, lack of energy and poor muscle growth, said Amescua.

Carbing up is only a piece of the nutrition puzzle. A balanced diet plays a key role not only in a sailor's physical performance but his health as well. Eating healthy is a lifestyle, said Muhammad. It's something a person has to be aware of year around, he said.

Though that doesn't mean people can't indulge their sweet tooth every now and then.

"Sailors should try to follow the 80-20

rule," said Muhammad. "Meaning 80 percent of the time eat healthy, and 20 percent of the time go ahead and splurge a little."

"Be realistic about your diet," said Amescua. "If you know you're going to have ice cream one day or go out to dinner every Saturday night that's okay. Just be aware of what you have been eating and what you will eat and also how active you have been," she said.

There are two methods people can practice to keep track of what they eat, said Amescua. The first is to plan your meals out. The second is to maintain a food diary or download a food journal app. That not only helps a person see if they are sticking to the 80-20 ratio, but also allows them to see if they are eating a wide assortment of food, she said.

"Make sure to vary your foods. You can eat too much of anything even carrots and fruits for example," Amescua said. "You are going to get different nutrients and nutrition from different foods, so if you aren't varying your diet you will not be as healthy."

Muhammad encourages people to eat clean. Choose foods that are the least processed, he said. Amescua adds that eating 4-6 small meals throughout the day instead of three big meals will keep a person's blood sugar up and their energy level stable.

She also stressed that it is important to read food labels so people know not only understand what they are putting in their body but how much of certain things are going in as well.

"Only 25 to 35 percent of your total calorie needs need to be coming from fat," said Amescua. "Fiber intake should be about three to four grams per serving. You want 25 to 35 grams per day. The average person only gets about 11 or 12 grams a day. As for sugar, the lower the better," she said.

Muhammad has one last piece of advice for sailors who want to maximize their PRT scores.

"Very few professional athletes who are working to obtain a goal work out by themselves," he said. "I encourage everyone to work out with someone better than themselves."

# U.S. Surgeon General helps Navy medicine unveil health and wellness campaign

By Hugh Cox  
Navy and Marine Corps Public Health Center Public Affairs

NORFOLK, Va. (NNS) -- The U.S. Navy and Marine Corps Public Health Center launched its Health Promotion and Wellness campaign in a ceremony aboard the USS Bataan (LHD-5), Oct. 2.

The campaign provides platforms to reach and educate Sailors, Marines and beneficiaries on priority health areas, as well as resources, tools, and programs to do so. These prevention strategies aim to increase the fitness and readiness of the Navy and Marine Corps forces.

U.S. Surgeon General, Vice Adm. Regina Benjamin, Deputy Assistant Secretary of Defense for Clinical and Program Policy and Chief Medical Officer of the TRICARE Management Activity, Dr. Warren Lockette, and U.S. Navy Deputy Surgeon General, Rear Adm. Michael Mittelman, all spoke at the launch in support of the campaign and its importance.

Benjamin encouraged personnel to "find their health care joy" whether running a marathon, fitting into an old pair of jeans or playing with grandchildren.

"Health does not occur in the doctor's office," said Benjamin. "It happens where we live and where we play."

The campaign includes seven sub-campaigns or focus areas including healthy eating, active living, reproductive and sexual health, psychological and emotion well-being, tobacco free living, drug abuse and excessive alcohol use prevention as well as injury and violence free living.

"We want Sailors and Marines to feel empowered and informed to make healthy choices to improve the overall readiness of our force and their families," said Mittelman.

Within the Navy, the campaign complements the 21st Century Sailor and Marine Initiative, which provides a set of objectives and policies across a spec-

trum of wellness that maximize each Sailor's and Marine's personal readiness in order to hone the most combat effective force in the history of the Department of the Navy.

The campaign supports the DoD-wide Total Force Fitness, a framework for understanding, assessing, and maintaining Service members' well-being and sustaining their ability to carry out missions.

"Health prevention programs save money in the long term," said Lockette. "If applied consistently [health promotion programs] will save money for our Sailors and Marines as well as their families."

The campaign aligns with the National Prevention Strategy, published in June 2011, which presented a vision, goals, recommendations, and action items to reduce preventable death, disease, and disability in the U.S.

To access and download campaign materials, visit the Healthy Living page on the Navy and Marine Corps Public Health Center website, [http://www.nmcpchc.med.navy.mil/Healthy\\_Living/](http://www.nmcpchc.med.navy.mil/Healthy_Living/).

Campaign materials include toolkits, brochures, and information for both public health professionals

and beneficiaries.

NMCPHC consults, develops, and shapes public health for the Navy and Marine Corps in a variety of areas, including environmental health, population health, and preventive medicine. NMCPHC's vision is protection through prevention, and the mission is to provide worldwide Force Health Protection services to Naval and Joint forces in support of the National Military Strategy. In support of the NMCPHC mission, the Health Promotion and Wellness department provides innovative and evidence-based health promotion and wellness programs and services that facilitate readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors and lifestyles.

NMCPHC is part of the Navy Medicine team, a global health care network of 63,000 Navy medical personnel around the world who provide high-quality health care to more than one million eligible beneficiaries. Navy Medicine personnel deploy with Sailors and Marines worldwide, providing critical mission support aboard ship, in the air, under the sea and on the battlefield.

# Alex Trebek, 'Jeopardy!' crew look for fresh talent in Naples

By MC2(SW/AW) John Stratton  
NSA Naples Public Affairs

NAPLES, Italy (NNS) -- Long-time USO supporter and iconic game show host Alex Trebek, along with his "Jeopardy!" crew took time out of their busy schedules to visit Naval Support Activity (NSA) Naples on Oct. 6 in search of new talent for the popular game show's upcoming "Salute to the Military" competition.

Trebek's visit to NSA Naples consisted of an autograph signing, a mock "Jeopardy!" game, a tour of the base and area attractions, and a chance for service members and their spouses to be contestants on the show. Mrs. Laura Hitchcock, a Navy spouse, was first in line to meet Trebek.

"I've been watching Alex and 'Jeopardy!' since I was a little girl," she said. "Meeting him will make my year, even my decade."

Trebek is a recipient of the USO Bob Hope Award for his achievements in entertainment and commitment to service members, and this visit to Naples kicks off his 13th USO tour since 1987.

"I have always been a passionate supporter of our men and women in uniform," said Trebek. "There is no better feeling than showing our troops just how much we care."

Trebek was not the only one from the show visiting the Neapolitan city. A member of the Clue Crew, a team of roving correspondents that record various clues from around the globe, also came along for the ride. Since the Clue Crew's inception in 2001, the team has recorded



Photo by MC2 John Stratton

Jeopardy! host Alex Trebek signs autographs for service members and their families aboard Naval Support Activity Naples, Italy. Trebek and crew are scheduled to visit bases in Italy and Germany through Oct. 13 in search of contestants to appear on the show's upcoming "Salute to the Military" competition. Jeopardy!, the winner of a 2011 Peabody award and 30 Emmy awards, including the 2012 Emmy for Outstanding Game/Audience Participation Program, was inducted into the Guinness Book of World Records for the most awards won by a TV Game Show.

clues on all seven continents, including 280 different cities, spanning 48 states and 44 countries.

"This is my eighth season with the 'Jeopardy!' Clue Crew and my second USO tour," said Kelly Miyahara. "I absolutely love Italy and to be here in support of our servicemen and women is super exciting."

For those service members and their families that did not get the chance to make the morning's festivities, Trebek took to the Naples High School football field to flip the coin for the teams' homecoming game amid a very grateful crowd.

Jeopardy!, the winner of a 2011 Peabody award and 30 Emmy awards, including the 2012 Emmy for Outstanding Game/Audience Participa-

tion Program, was inducted into the Guinness Book of World Records for the most awards won by a TV Game Show. Entering its 29th season, the series is the #1-rated quiz show in syndication with 25 million viewers each week.

Trebek and crew are scheduled to visit bases in Italy and Germany through Oct. 13 in search of contestants to appear on the show.

"Naples is our first stop," said Oname Thompson, communications manager for USO. "We're very excited to kick things off here and hoping that throughout our travels, to find as much diversity as we can in order to showcase all the branches of service and the wonderful things you guys do. We're here to bring you a touch of home."

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- 10/20/12 A Scottish Fantasy
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- 02/08/13 Tchaikovsky Symphony No. 4
- 03/22/13 Link Up and Symphony Doo-Dah
- 05/04/13 Movies, Light Classics and Pops

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**Oct. 14-16, Christian Ed Leadership School**  
 5:30pm-9:30pm

**Oct. 20, Hallelujah Night, 5pm-9pm**

**Oct. 28, Laymen & Brotherhood Program, 4pm**

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# It's Your Turn...

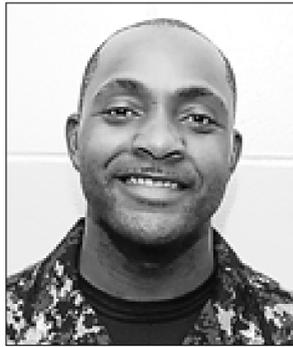
In honor of the Navy's 237th birthday on Oct. 13, we asked these Sailors, "What do you believe is the Navy's most important change or achievement over the last 237 years?"

By MC2 Casey H. Kyhl



**Lt. Cmdr. Tom Cusick  
Flight Surgeon**

"The Great White Fleet did a great job projecting the U.S. Navy's power and announcing us as a global force."



**LS1 Ederson Lambert  
NTTC Instructor**

"The repeal of 'Don't Ask, Don't Tell' is one of the most important changes the U.S. military has made. People can serve with pride and without fear, and that makes for a more cohesive Navy."



**Lt. Cmdr. Sara Bustamante  
Optometrist**

"Our ability to deploy on a moment's notice has really developed. It represents the readiness of our reserve and joint forces."



**HM2 Jeff McGee  
Medical Administration**

"The Navy has done well to start preparing Sailors to deploy in ground conflicts. Warfare is always evolving and I think the Navy has done well keeping up with it."



**HN Jay Cherluck  
Preventative Medicine Technician**

"Recently the Navy has presented a much more positive image than before. It's no longer only about projection of power."

## Fleet & Family Support Center

### Ending an abusive relationship

If you're the victim of domestic abuse, you may have thought for months or years about leaving the relationship. But leaving is scary, and it's hard to do. Victims often feel trapped and very much alone. They may fear for their safety and their children's safety. Or they're financially dependent on the abuser and may have no independent means of support. Within military families, victims are also likely to be far from their support system of family and friends back home. U.S. military policy is absolutely clear that there's no place in the Armed Forces for domestic abuse. Yet it happens. Victims who need to get out of an abusive relationship can get support from the military, but they also need help and encouragement from friends, relatives, co-workers, and trusted professionals. With planning and support you can build a new life for yourself and your children that is healthy and safe.



speakers. Domestic abuse hotlines can help you find a battered women's shelter or other safe place to go. Try not to stay with family members or friends with whom your abuser is familiar. While the comfort of a friend or relative's residence may seem like a logical choice, your safety, as well as the safety of your friend or relative, is the most important thing. It's best to stay in a place that is unfamiliar to your abuser.

Make sure schools and child care providers know who has permission to pick up your children. Give them a copy of your restraining or protective order if one has been obtained.

Find a lawyer or a court advocate who specializes in domestic abuse. He or she can explore custody, visitation, and divorce provisions to protect you and your children. Your Legal Assistance Office can help you obtain legal information and guidance. To find the nearest Legal Assistance Office, visit the U.S. Armed Forces

Legal Assistance Web site at [legalassistance.law.af.mil](http://legalassistance.law.af.mil).

You can locate your nearest installation by using the Military HOMEFRONT Installation Locator at [www.militaryinstallations.dod.mil](http://www.militaryinstallations.dod.mil).

Enlist the support of your health care provider. If you go to a hospital or to see your doctor, for example, ask the doctor to document evidence of abuse and to keep any evidence of abuse in your file, such as photos of bruises and injuries.

Join a support group for victims of domestic abuse. You will gain strength and support from others.

#### Safety precautions at home

It is very important to take steps to increase safety in your home once the abuser has left the premises.

**Avoid staying alone.**  
Change the locks on doors and windows as soon as possible.

**Install a security system if you can afford one.** Install additional locks, window bars, and poles or bars to wedge against doors.

**Install outside lights that light up when a person is coming close to the home.**

**Teach your children how to call the police, relatives, or friends for help.**

**Vary your routines.** Use different stores and different routes to and from school, work, and friends' homes.

**Do not meet or call the abuser under any circumstances.**

**Park your car in the driveway facing out so that you do not have to back out if you have to leave quickly.** Keep an extra set of keys hidden but accessible to you in the car.

#### Safety precautions at work

Here are safety precautions to take at your workplace:

**Contact your manager or human resources representative, if you don't work on an installation, to find out what resources and support are available to you through work.**

**Include the workplace on your protective (restraining) order.** Let security know that you have taken out a restraining order and make sure that it is current and on hand at all times. Provide a copy of your restraining order to the police, your supervisor at work, security, your human resources representative, receptionist, and the legal department.

**If your company does not have a security department, let the people you work with know that you have taken out a restraining order.**

**Provide a picture of the abuser to receptionists and/or security.**

**Take safety precautions going to and from work.** Arrange to park close to the entrance of your building. Try not to park in the same place every day. Ask security to escort you to and from your car or public transportation.

**Save any threatening e-mails or telephone messages at work.** You can use these to take legal action in the future, if you choose to.

**Have your calls screened.** Transfer harassing calls to security, or remove your name and number from automated phone directories. Change your extension at work if you are getting harassing phone calls.

**Talk with your supervisor about relocating your workspace to a secure area, if possible.**

**Identify an emergency contact person should your supervisor be unable to contact you.**

**Look into alternate hours or work locations.** If possible, vary your work hours.

**Vary the routes you travel to and from work.**

*Allyson Cagle is the NAS Meridian point of contact for family advocacy. She can be reached at (601) 679-2360.*

### 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.

**1st-Term CONSEP: Oct. 15-18 from 8 a.m.-3:30 p.m.** This version of the Career Options and Navy Skills Evaluation Program (CONSEP) targets Sailors with 1-5 years of active duty service. The four-day class will present you with information and involves a series of practical applications that will help you identify your knowledge, skills, and abilities, pinpoint areas of career interest, organize your financial goals, and develop a specific plan to move you in the direction of the success you desire. Registration is required.

**Halloween Crafts for Kids: Oct. 24 from 3-4:30 p.m.** All children, ages 3-12, are invited to the FFSC to create spooky Halloween crafts! Registration is required for preparation of materials!

**Bystander Intervention 101: Oct. 25 from 2:30-3:30 p.m.** You are at a party. During the past hour you notice one of your male friends has been talking to a young woman. They seem to be having a good time but it is clear that the woman has had too much to drink. At one point your friend walks by you and you hear him say he is just going to get her "one more" and "that should be enough." A few minutes later you see him put his arm around the young woman and start to lead her upstairs. What do you do? Have you ever found yourself in a similar situation and not known what to do, even though you knew you needed to do something? This seminar will discuss various reasons why individuals who witness a range of inappropriate behaviors may or may not take action, and present ways to encourage and develop greater bystander involvement.

**Understanding Domestic Violence Victims: Oct. 29 from 2-3 p.m.** Domestic violence is a serious issue that affects millions of people in one way or another. In fact, even if you are not the victim of domestic violence, you likely know someone who is. Therefore, whether you are the victim or the friend of someone being abused, it is important for you to know how to find help and break the cycle of abuse. Come learn about domestic violence, why some victims stay in spite of the abuse, and how you can help break the cycle of abuse.

**Communication Skills: Oct. 30 from 9-10 a.m.** Communication is powerful and directly affects our quality of life and relationships. Our ability to express what we think and feel without clouding our ability to listen and respect how others think and feel is the greatest factor of success in our work and home life. Yet, communication is an everyday activity that is easily taken for granted. This workshop helps people use the power of communication to strengthen relationships at work and at home by practicing skills that build effective two-way communication.

### Navy Ombudsman-at-large visits Naval Air Station Jacksonville

By Kaylee LaRocque  
Naval Air Station Jacksonville Public Affairs

French also visited the NAS Jax FFSC where she was met by FFSC Director Myrna Wilson who highlighted the center's three functional areas including deployment readiness, crisis response and career support and retention.

NAS JACKSONVILLE, FL (NNS) -- Navy's Ombudsman at Large Monika French visited Naval Air Station Jacksonville (NAS Jax), Oct. 3 as part of her Southeast Region military installation tour to connect with base ombudsmen and learn more about installation facilities.

Wilson also discussed the numerous programs available to assist military members and their families such as the Family Employment Readiness Program, Relocation Assistance Program, Exceptional Family Member Program, New Parent Support, financial management and ombudsman support.

French's visit began with a briefing by NAS Jax Commanding Officer Capt. Bob Sanders, NAS Jax Executive Officer Capt. Roy Underlander and NAS Jax Command Master Chief (AW/SW) Brad Shepherd on family readiness.

Several ombudsmen from various NAS Jax tenant commands also met with French to share their concerns about issues relating to military families.

"We discussed several issues regarding family readiness of our military members and some of the different programs we offer through our Morale, Welfare and Recreation Department, Fleet and Family Support Center (FFSC), base chapel and housing office," said Sanders.

"One of the biggest issues we discussed was spouse employment, which is an ongoing concern at most bases because military families move so often," stated Kandi Debus, ombudsman for Commander, Navy Region Southeast. "We also praised the base CO, Capt. Sanders for all his support and how he listens to our concerns and continually provides positive feedback."

"We realize that family readiness is a cornerstone of warfighting readiness," he continued. "Family readiness affects job satisfaction, performance and personnel retention. It is a key element to overall mission performance because a Sailor's strength and commitment originates from and remains with the family."

Other facilities French toured during her visit to NAS Jax included the base chapel, housing office, Child Development Center and Youth Activities Center.

# 16 aviators earn 'Wings of Gold' during Oct. 5 ceremony

There was a naval aviator designation ceremony on Oct. 5, in the NAS Community Chapel.

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

Those earning their "Wings of Gold" included:

**Lt. j.g. Kevin Callan**, USN, who carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) on Aug. 4. Callan completed Advanced Jet Flight Training with Training Squadron Seven;

**Lt. j.g. Matthew Davidson**, USN, who carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) on Aug. 6. Davidson completed Advanced Jet Flight Training with Training Squadron Nine;

**Lt. j.g. Matthew Egeland**, USN, who earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) on Aug. 4. Egeland completed Advanced Jet Flight Training with Training Squadron Nine;

**Lt. j.g. James Gibbons**, USN, who was named to the Commodore's List during Primary Flight Training and earned three Navy "E's" for bombing accuracy during Advanced Jet Flight Training. Additionally, he was designated a CNATRA Distinguished Naval Graduate. He carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) on Aug. 5, when he was named "Top Hook" for that carrier qualification evolution. Gibbons completed Advanced Jet Flight Training with Training Squadron Seven;

**Lt. j.g. Charles Haslam Jr.**, USN, who earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in

the T-45C on board the USS Harry S. Truman (CVN-75) on Aug. 5. Haslam completed Advanced Jet Flight Training with Training Squadron Seven;

**1st Lt. Alex Horne**, USMC, who was named to the Commodore's List during Primary Flight Training and was VT-7's Student of the Month for March 2012. During Advanced Jet Flight Training, he earned two Navy "E's" for bombing accuracy. Additionally, he was designated a CNATRA Distinguished Naval Graduate. He carrier qualified in the T-45C on board the USS George H. W. Bush (CVN-77) on June 28. Horne completed Advanced Jet Flight Training with Training Squadron Seven;

**Lt. j.g. Brian Jacobs**, USN, who was named to the Commodore's List during Primary Flight Training and earned three Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) on Aug. 6. Jacobs completed Advanced Jet Flight Training with Training Squadron Seven;

**1st Lt. Charles Kirchner**, USMC, who earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS George H. W. Bush (CVN-77) on June 27. Kirchner completed Advanced Jet Flight Training with Training Squadron Nine;

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

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

**Lt. j.g. William Richardson**, USN, who was named to the Commodore's List during Primary Flight Training and



Callan



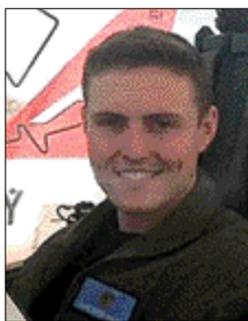
Davidson



Egeland



Gibbons



Haslam



Horne



Jacobs



Kirchner



Lazzaro



Morzenti



Richardson



Ried



Smith



Taylor



Wallace



Waters

was VT-9's Student of the Month for February 2012. He carrier qualified in the T-45C on board the USS George H. W. Bush (CVN-77) on June 28. Richardson completed Advanced Jet Flight Training with Training Squadron Nine;

**Lt. j.g. Natasha Ried**, USN, who earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. Additionally, she was named to the Commodore's List with Distinction and was designated a CNATRA Distinguished Naval Graduate. She carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) on Aug.

6. Ried completed Advanced Jet Flight Training with Training Squadron Seven;

**Ensign Jason Smith**, USN, who was named to the Commodore's List during Primary Flight Training and earned three Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) on Aug. 6. Smith completed Advanced Jet Flight Training with Training Squadron Seven;

**1st Lt. Devin Taylor**, USMC, who was named to the Commodore's List during Primary Flight Training and earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. Additionally, he was designated a CNATRA Distinguished Naval Graduate. He carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) on Aug.

7. Wallace completed Advanced Jet Flight Training with Training Squadron Seven; and

**Capt. Preston Wallace**, USMC, who was named to the Commodore's List during Primary Flight Training and earned four Navy "E's" for bombing accuracy during Advanced Jet Flight Training. Additionally, he was designated

a CNATRA Distinguished Naval Graduate. He carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) on Aug. 7. Wallace completed Advanced Jet Flight Training with Training Squadron Seven; and

**1st Lt. Spencer Waters**, USMC, who earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS George H. W. Bush (CVN-77) on June 28. Waters completed Advanced Jet Flight Training with Training Squadron Nine.

## Commander, Naval Air Forces holds change of command ceremony

NAVAL AIR STATION NORTH ISLAND, Calif. (NNS) -- Vice Adm. David H. Buss relieved Vice Adm. Allen G. Myers as Commander, Naval Air Forces (CNAF) during a change of command ceremony today aboard the aircraft carrier USS Nimitz (CVN 68).

Myers assumed command of CNAF in July 2010.

As the Navy's "Air Boss," he ensured that the U.S. Navy's aviation forces provided ready assets that are immediately employable and continuously forward deployed. He also led the Naval Aviation Enterprise, a partnership between Navy and Marine Corps aviation organizations that work closely to improve processes for more efficient and effective naval aviation forces.

Commander, U.S. Fleet Forces Command Adm. William E. Gortney complimented Myers and his staff on their amazing accomplishments.

"I would like to take this opportunity to publicly thank the Air Boss and to thank the men and women of Air Forces and Air Forces Pacific," said Gortney. "Quite frankly each and everyone of you knocked it out of the park."

During his tenure, Myers oversaw the fleet acceptance of the P-8 Poseidon and E-2D Hawkeye, first operational deployment of the F/A-18G Growler, assisted with relief efforts in Japan as part of Operation Tomodachi, and organized the first NCAA basketball game held aboard an aircraft carrier, the Carrier Classic.

"Naval Aviation is incredibly successful and is in such high demand by our combatant commanders because we deliver!" declared Myers.

"We operate from the platform of the sea base and we provide the incredible payload," Myer said. "As we execute CNO's three tenets, Naval Aviation will be the payload our nation relies on to deliver effects from the sea, well into the future."

Pacific Fleet Commander, Adm. Cecil

Haney, presided over the ceremony, and presented Myers with the Distinguished Service Medal on behalf of the President for displaying extraordinary strategic vision, analytical insight and inspirational leadership as Commander, Naval Air Forces.

Haney also recognized Mrs. Judy Myers for her time and dedication to support Navy families and presented her with the Department of the Navy Superior Public Service Award.

After reading his orders, Buss thanked all those who have supported him during his career, and commended Myers on his superb leadership and amazing legacy.

Buss also addressed the men and women of Naval Air Forces and described the value of Naval Aviation.

"Naval Aviation's incalculable value to this sovereign nation has never been...and should never be... in dispute," said Buss. "But we are at an inflection point in our Navy and with Naval Aviation, make no mistake about that. Funding and resources could become tight. Tough choices will need to be made."

Buss is a 1978 graduate of the U.S. Naval Academy and native of Lancaster, Pa. As a flag officer, Buss has served twice on the Chief of Naval Operations' (CNO's) staff and 14 months in Baghdad as Director, Strategy/Plans/Assessments (J-5) for the Multi-National Force Iraq under Gen. David Patreaus and Gen. Ray Odierno. His command tours include USS Sacramento (AOE 1), USS John C. Stennis (CVN 74), Carrier Strike Group 12 aboard USS Enterprise, and Task Force 20 while serving as Deputy Commander, U.S. Fleet Forces Command in Norfolk, Va.

Myers will be assigned as the next Deputy Chief of Naval Operations, Integration of Capabilities and Resources (N8), at the Pentagon in Washington, D.C.

--- From Commander, Naval Air Forces Public Affairs

## Navy announces annual flight hour verification for officers

MILLINGTON, Tenn. (NNS) -- The Navy announced the Fiscal Year 2012 (FY12) Flight Hour Verification Process for Conditional Aviation Career Incentive Pay (ACIP) and Hazardous Duty Incentive Pay (HDIP) for flying programs, Oct. 1.

The program enables the Navy to accurately compensate officers for frequent and regular performance of operational flying duty.

This verification is intended to certify that FY12 minimum flight hour requirements were met by all flying recipients eligible for conditional ACIP and HDIP, according to N A V A D M I N 293/12.

Conditional ACIP may be paid to eligible aeronautically designated officers in the following categories:

- Aeromedical officers;
- Aviation officers not meeting the required months of flying (MOF) at the 12-year or 18-year gate and not having a SECNAV-approved waiver;
- Aviation officers in grades O6 and below with more than 25 years of aviation service.

In order to be eligible conditional ACIP, officers must be under orders to duty in a flying status involving operational or training flights (DIFOPS) or reported into a billet designated XXX1 or XXX2, and flying the minimum pre-

scribed hours.

HDIP for flying may be paid to non-aeronautically designated officers and aeronautically designated flag officers meeting criteria in the NAVADMIN.

HDIP for flying eligibility requires a non-aeronautically designated officer to be under orders to duty in a flying status as a technical observer (DIFTECH). HDIP for flying eligibility requires an aeronautically designated flag officer to be under DIFOPS orders.

In order to receive and keep an entitlement, individuals are required to verify their flight hours after the end of the fiscal year. Regardless of their current status, anyone who received Conditional ACIP/HDIP during the fiscal year must submit verification.

Commanding officers are required to track and report flight hours for conditional ACIP and HDIP for flying recipients.

Eligible members must submit their flight hour verification and command endorsement letter to Dec. 31, 2012.

NAVADMIN 293/12 supersedes information provided in NAVADMIN 296/11 released October 5, 2011. For information read the message at [www.navy.mil](http://www.navy.mil) or contact the NPC customer service center at 1-866-U-ASK-NPC.

-- From Navy Personnel Command Public Affairs



Photo by MCSN Sabrina Fine  
An F/A-18F Super Hornet assigned to the Jolly Rogers of Strike Fighter Squadron (VFA) 103 lands aboard the Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69).