

THE SKYLINE



Volume 50, Number 20

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

September 27, 2012

On Base...

✓ **ITT is taking trip to the Birmingham Zoo** on Sept. 29. For more information, call (601) 679-3773. ITT is now located inside McCain Rec Center.

✓ **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.

✓ **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.

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

✓ **All Hands Pool at the Fitness Center will remain open through Oct. 8.** Lunch lap swim takes place Monday-Friday from 11 a.m.-1 p.m. Water aerobics take place Monday, Wednesday and Friday from 12:15-1 p.m.

A Day in Naval History

September 28
1923: Navy aircraft take first and second places in international Schneider Cup Race.
1944: Marines occupy islands in Palau under cover of naval aircraft and gunfire support.

September 30
1946: U.S. Government announces that U.S. Navy units would be permanently stationed in the Mediterranean to carry out American policy and diplomacy.
1954: Commissioning at Groton, Conn., of USS Nautilus (SSN-571), the world's first nuclear-powered ship.
1958: Marines leave Lebanon.
1959: Last flight of airships assigned to the Naval Air Reserve at Lakehurst, N.J. takes place.

October 1
1880: John Phillip Sousa becomes leader of Marine Corps Band.
1979: President Jimmy Carter awards the Congressional Space Medal of Honor to former naval aviators Neil Armstrong, CAPT Charles Conrad Jr., USN (Ret.), Col. John Glenn, USMC (Ret.), and Rear Adm. Alan Shepard Jr., USN (Ret.).

--- www.history.navy.mil

THE SKYLINE IS A CHINFO AWARD-WINNING NEWSPAPER



Photo by Penny Randall
Cpl. Cody Taylor places the POW/MIA flag at the stage during the ceremony to honor POWs, those missing in action and those who died on Sept. 11, 2001

NAS Meridian among CNRSE installations recognized for energy, water management efforts

By Michael Maddox
Region Southeast Public Affairs

JACKSONVILLE, Fla. -- Several installations across the Navy Southeast Region have recently been named winners of the Secretary of the Navy Energy and Water Management Awards in recognition of their energy and water conservation programs.

Naval Support Activity (NSA) Panama City was awarded a top honor by being named a Platinum Level award winner. Gold Level winners were Naval Air Station (NAS) Pensacola, NAS Jacksonville, Naval Station (NS) Mayport, Naval Submarine Base (NSB) Kings Bay, NS Guantanamo Bay, NAS Joint Reserve Base (JRB) Fort Worth, NSA Orlando, NAS Kingsville and Naval Construction Battalion Center (NCBC) Gulfport. Blue Level winners included NAS Corpus Christi, NAS JRB New Orleans, NAS Key West, NAS Whiting Field and NAS Meridian.

The annual awards are presented to commands that have made notable progress toward the Department of the Navy (DON) goals to reduce energy and water consumption, increase use of renewable energy sources, and construct sustainable facilities. The DON Energy Program evaluates and classifies the overall energy and water management performance of each installation. Awardees are categorized according to SECNAV winners as platinum, gold and blue level achievement.

"Being recognized as a leader in supporting SECNAV's goal of shrinking the Navy's energy and water consumption footprint is a great honor and a testament to the base personnel's commitment to being a 'green' team," said Evelyn Baskin, the Installation Energy Manager for Naval Facilities Engineering Command Southeast at NSA Panama City.

"The SECNAV recognition is a great honor reflecting daily boots-on-the-ground hard work," said Baskin. "NSA Panama City's energy program recent success is due to an effort in

• Award, page 2

Chapel hosts POW/MIA & 9/11 Remembrance Ceremony

By Penny Randall
Editor

On Sept. 21, the military and civilian community on board Naval Air Station Meridian stopped to pay respect to prisoners of war, those missing in action and those who died in the terrorist attacks on Sept. 11, 2001.

The annual POW/MIA & 9/11 Remembrance Ceremony was held at the chapel. The guest speakers were the Rev. Rodney Duke, a Sailor who survived 11 months as a prisoner of war in North Korea; and Lt. Leon Leflore, NAS Meridian Administration Officer, who was stationed at the Pentagon

on Sept. 11, 2001.

The audience was welcomed by Capt. Charles C. Moore II, commanding officer of NAS Meridian.

"On this day let us also remember the families of those who sacrificed so much," Moore said.

Leflore is a native of Crystal Springs, Miss. He enlisted in the U.S. Navy in 1986. In 2001, he was serving in the office of the Vice Chief of Naval Operations. "It was a beautiful morning and as I recall a very quiet day -- the normal routine was in effort," he said.

Leflore added that he and others were enjoying a little down time since most of them had been at work since 5 a.m.

"I noticed a news report that a plane had hit one of the World Trade Center Twin Towers," he said.

"Everyone was in amazement to what had just happened. We really had no choice but to think it was some idiot not paying attention to what he was doing. We watched the continuous news covered and witnessed another plane hit

• Remembrance, page 10



Duke



Leflore

Fire fighters work well with city ambulance service

By Penny Randall
Editor

Fire fighters and EMT's on board Naval Air Station Meridian have received the highest quality of training to aid those in need. No matter if an accident occurs on board a military installation, just outside its gate or 30 miles down the road, if needed by the local community they are always willing to assist.

On the evening of Sept. 12, 2012, emergency personnel from the naval air station responded to a one vehicle accident within several yards of the installations' housing gate. The initial call to report the accident came from a security guard who witnessed the accident.

The call came into the fire station at 7:59 p.m. Fire fighters and EMT's were on the scene within two minutes and 40 seconds to aid the victim, a 50-year-old male. Metro



Photo by Penny Randall

Lance Phelps, Michael Phillips and Chip Johnson are three of the 57 fire fighters on board NAS Meridian who are also EMTs.

Ambulance Service from the city of Meridian was contacted at the same time, but the estimated arrival time would be 10-15 minutes.

"When we arrived on the scene the victim was face down in a ditch," said Chip Johnson, a fire fighter and EMT with 23 years

of experience. "At first it didn't seem serious but as soon as we started assessing the victim the situation quickly turned."

The victim was unresponsive to all stimuli and his eyes were fixed and dilated. Johnson along with Fire Fighter Michael

• Fire, page 2

26 hours as a distinguished visitor aboard the USS Harry S. Truman

By Terry Allen
Special to The Skyline

After being nominated, selected and vetted by the Navy, our day began at the Norfolk Naval Base with our first of many safety briefs.

We donned a horseshoe shaped personal floatation device equipped with electronic marker, whistle and fluorescent light, our cranial (helmet), two layers of ear protection and goggles. Then we boarded the COD (carrier on board delivery) for a two-hour flight to the carrier about 100 miles off the Jacksonville, Fla., coast.

The COD is NOT commercial equivalent service (it is not air conditioned, has no windows, no beverage service, and no electronic devices). It is hot, noisy, and vibrates. There is no conversation during the flight because you have on two layers of ear protection.

After our tailhook landing, we were greeted by Captain S. Robert Roth, Commanding Officer, USS

Harry S Truman (CVN 75) in the Commanding Officer's In Port Room where he receives foreign dignitaries and us. We had a light lunch provided by the culinary specialist (cook), a safety brief, donned our flight deck gear (long sleeved white (for safety) shirt, ear protection and vest with electronic markers in it in case we fell overboard). We were escorted to the flight deck.

We watched as the planes were catapulted (0-165 in two seconds) off the deck, then crossed to the other end and side of the ship to watch the pilots touch and go, go back around and come in for a tailhook landing. We observed the instructors grading them. A pilot can park his "bird" six inches from the edge of the deck if he follows the instructions of his handler and be confident it won't fall off during the night. The firemen sit on the deck during all flight operations in full fire fighting gear for one-hour shifts because it is so hot on the



Submitted Photo

The Distinguished Aircraft Carrier trip on Sept. 7 includes Russell Dale, Terry Allen, Paul Damerow, Dr. Natasha Randle, Stephen Covington, Dr. Bob Rambo, Alex Harris, William Shirley and Ben Shirley.

deck! We learned what "Tilly" does and what a mustang is.

Then we went up to the bridge, where we sat in the Captain's chair and observed flight ops from the

bridge. The Truman is the Admiral's flagship when the strike group is deployed, and we were able to see where he sits when on board. We

• Trip, page 4

NAS Meridian celebrates the 237th Navy I

Navy Ball is set for Oct. 13 ~ Social Hour at 6 p.m.; program begins at 7 p.m.

Location: Hamasa Shrine Building, 5516 Dale Drive, Marion

Tickets: E4 and below ~ \$25; E5-E6 ~ \$30; E7-O3 ~ \$40; O4 and above and Civilians ~ \$50

Look Inside

~ Page 2 ~
Military Day at Queen City Fair is Oct. 5



~ Page 3 ~
What to put in your basic home emergency preparedness kit



~ Page 9 ~
Break the silence, end domestic violence



Photo of the Week



Photo by MC2 Casey H. Kyhl

NC1 James Flynn, NAS Meridian's command career counselor, speaks with Navy veteran Thomas Ivy during a community service project at Silverleaf Manor, an assisted living and care community. Several military members visited the center on Sept. 19 and enjoyed dinner with the residents.

Area Happenings

SEPTEMBER

27; Oct. 4, 11, 18 and 25: Residents in the Meridian area will have the opportunity to enjoy a weekly, family-oriented, free mini-festival event beginning in September and continuing throughout the month of October thanks to Meridian Main Street. The Downtown After 5 Alive series will take place each Thursday beginning Sept. 27 and continue until Oct. 25 at Dumont Plaza in downtown Meridian. The events will be from 5-7:30 p.m. Local artists and musicians will headline these events. The House Rockers and Patrice Moncell will kick off the first of the five week series on Sept. 27. These artists include Scott McQuaig and The Tom Cats, the Al Brown All-Star Band, and Wes Lee. Britt Gulley and The Rest of the Mohicans will end the series on Oct. 25. Food and drinks will be available at the family-oriented event. There will also be activities for kids.

28: 16th Annual EMBDC Golf Classic at Briarwood Country Club. Times times are 8 a.m. and 1 p.m. Contact Michele Thames at mthames@embdc.org or call (601) 693-1306.

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

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

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

OCTOBER

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

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

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

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.

Resident Energy Conversation Program continues to succeed; program to begin on board Meridian April 2013

WASHINGTON – Commander, Navy Installations Command (CNIC) has found a proven way to conserve energy and save money through their Resident Energy Conservation Program (RECP) pilot program in Hawaii.

The RECP pilot on Hawaii is a successful energy conservation program. PPV residents on average are reducing their utility consumption and improving the sustainability of the PPV project by reducing operating costs. The vast majority of the savings from the RECP project returns to the project to fund housing and neighborhood requirements.

“The success of RECP in Hawaii is directly related to our service members and their families becoming more aware of the amount of electricity they were consuming,” said Vice Admiral William French, Commander, Navy Installations Command. “As their awareness increased, families made a conscious choice to curb their utility usage without affecting their quality of life.”

Hawaii residents, who have already begun live billing, will see their allowable bandwidth decrease from 20 percent to 10 percent above or below the average normal usage rate beginning on October 1, 2012. RECP began as a pilot program for PPV

housing in Navy Region Hawaii in Jan. 1, 2011. The program transfers the responsibility for payment of utilities from the PPV project to the residents whose homes are individually metered, which is consistent with OSD policy.

Since Hawaii's launch of RECP, the Navy PPV project has saved:

- 7,775 Megawatt hours (MWH) of electricity – approximately 10 percent savings
- \$1,537,060 (dollar value of the saved electricity)
- Over 5,300 tons of greenhouse gases.

“The Navy could not have achieved these savings if it were not for the cooperation of our PPV residents – my hats off to them,” said Corky Vazquez, CNIC Housing Program Manager. “Our residents got on board with RECP and realized that their quality life did not change while reducing consumption. The money the project does not have to expend on excess utility charges will be reinvested back into our PPV housing communities to improve the quality of homes and neighborhoods.”

The schedule for the RECP Navy-wide rollout will be in phases. All PPV projects will begin live billing in 2013. The tentative rollout schedule for live billing is shown by

● **Energy, page 7**

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

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

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

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

Other events include the Little Miss Queen City Fair Pageant, Meridian's Most Talented Competition, Youth Night Concert and a NASA Space Exhibit.



Schedule of events include:

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

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

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

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

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

unlimited midway rides, \$15.

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

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

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

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

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

For more information go to www.queencityfair.net.

● Fire

Phillips and Capt. Lance Phelps assisted in the care of the victim.

Phelps said the first thing to do was protect the neck and spine since the victim was outside of the vehicle when personnel arrived on scene.

“He had a large laceration to his right forehead above the eye,” Phelps said. “I bandaged the laceration with pressure dressing. His breathing was labored and he was unresponsive. Based on his injuries we knew we needed to get him to the hospital as fast as we could.”

With 18 years of service to fire fighting and emergency response service Michael Phillips was the first to administer CPR to the victim.

“We don't deal with that serious of an accident often, but when we do our training really kicks in. The whole goal is to give the victim the best type of care. Everyone has to work together to save lives.”

NAS Meridian Fire and Emergency Services has a staff of 57 personnel with 95 percent of them EMT trained.

“We have a mutual aid agreement with

the city of Meridian and Lauderdale County to assist whenever we can,” said NAS Meridian Fire Chief Andrew Clayton. “We have a great relationship with Metro Ambulance -- we are all here to protect and aid citizens in times of need.”

Within 13 minutes of the initial call, the accident victim was loaded onto a stretcher, placed in the back of a NAS Meridian ambulance, and began the transport to a hospital in Meridian.

NAS Meridian ambulance met Metro half way to town and the victim was transferred to their ambulance due to the need for advanced life support. Fire fighters Johnson and Phillips continued to administer CPR to the victim while the Metro paramedic administered life saving cardiac monitoring and drugs.

“We have a good partnership with Metro,” Johnson said. “It is our job to cover the base, but if anyone outside the base in the surrounding community needs help and we can assist it is our duty to help. It doesn't matter who gets there first, just someone who cares and is well trained to help the victim.”

● Award

getting all-hands on board with our energy reduction and management program.”

Baskin said their installation has become an energy champion through efforts such as mechanics practicing preventive maintenance to keep facilities “tuned-up” and building energy monitors (BEMs) staying vigilant in reporting energy leaks and displaying energy awareness materials in their buildings.

She added that purchasing Energy Star products and implementing energy reduction measures like installing programmable thermostats and high efficiency HVAC systems have also helped the base meet its energy reduction goals.

Secretary of the Navy Ray Mabus will present the Platinum award to NSA Panama City officials during a ceremony at the U.S. Navy Memorial & Naval Heritage Center Oct. 3. The remainder of Navy Region Southeast installations is working hard to achieve similar results as a “culture of conservation” has taken root and continues to grow.

Doug Mercer, Director of Infrastructure Assessment for CNRSE, said that seeing every installation in the Southeast Region earn a SECNAV award for energy and water conservation shows that meet-

ing energy reduction goals is a team effort.

“We have come a long way in spreading the culture of energy conservation,” Mercer said. “More people are realizing they can make an individual contribution to our energy independence, and that the funding we reduce in our utility bills goes directly to the training and equipment needed to maintain the U.S. Navy as the preeminent force in the world.”

“Those contributions have added up in the past several years as accolades for CNRSE installations have increased,” said Andrew Rubio, an energy projects engineer with the Energy Management Branch of Naval Facilities Engineering Command (NAVFAC) Southeast.

“In 2007, less than 30 percent of Region Southeast installations received any level of recognition. Since then, concerted efforts across the Region Southeast - at the installation and Region level - emphasized the importance of the program piece, and shored up its key components at each installation,” said Rubio. “Fiscal Year 2010 was the first year that all Region Southeast installations were recognized for their efforts with a SECNAV energy award level of blue or higher. This trend has continued and improves today.”



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

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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The Skyline is published every other Thursday by *The Meridian Star*, a private firm in no way connected with the U.S. Navy, under exclusive written contract with the commanding officer of Naval Air Station, Meridian, Mississippi. The editorial content of this publication is

the responsibility of the NAS Meridian Public Affairs Office. *The Skyline* solicits news contributions from military and civilian sources. It reserves the right to edit material selected for publication. **The deadline for material is 4:30 p.m. the Thursday before publication.** Send submissions to: *The Skyline*, 255 Rosenbaum Ave., Suite 201, Public Affairs Office, Naval Air Station, Meridian, MS 39309-5003 or e-mail: penny.randall@navy.mil or susan.junkins@navy.mil. For more information, call (601) 679-2318 or (601) 679-2809.

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NEX & Commissary prepare for Ready Navy campaign



Photo by MC2 Casey H. Kyhl

Capt. Charles C. Moore II, commanding officer of NAS Meridian, signs a proclamation declaring September 2012 as National Preparedness Month on board NAS Meridian. The proclamation encourages all individuals and commands to develop their own emergency preparedness plan and work together toward creating a more prepared installation. Looking on are members of the Emergency Management Office AMC Tonjala Chavious, ABHC Ramone Harris and Bryon Garrison. At right, Debbie Elder, NAS Meridian Navy Exchange manager, fills a bin with items that could be useful in times of a disaster. Both the NEX and Commissary have displays set up to assist those who are preparing a disaster preparedness kit.

What to put in your basic home emergency preparedness kit

To fully prepare your family for an emergency, create one or more emergency kits well in advance of a crisis that include enough supplies for at least three days. If you live in a disaster-prone area (hurricanes, floods, earthquakes) consider extending your capability to five days. Throughout the year, your kit should expand and evolve depending on your family's needs, the season, and the situation.

Because emergencies can happen with little to no advance notice, you may need to evacuate quickly and may not have time to gather or shop for supplies. It is recommended that you not only have kits at home, but portable versions that you can maintain in your car or at work. These kits will enable you and your family to respond to an emergency quickly and will be useful whether you have to shelter in place or evacuate.



per person per day for at least three days

- ✓ Food -- nonperishable food to support everyone in the household for at least three days (Include canned goods with low salt and high liquid content.)
- ✓ Manual can opener
- ✓ First aid kit
- ✓ Prescription medications --

enough for at least three days

- ✓ Dust masks or cotton t-shirts for every member of the household to help filter the air
- ✓ Personal sanitation supplies -- items such as moist towelettes (one container for every two people in the household), garbage bags, and plastic ties
- ✓ Flashlight -- one flashlight

for every two people in the household battery-powered or hand-crank radio

- ✓ All-hazards NOAA (National Oceanic and Atmospheric Administration) weather radio
- ✓ Extra batteries -- sizes and quantities based on flashlights, radios, and other items in kit
- ✓ Money (at a minimum, \$100 in local currency, small denomination bills)
- ✓ Wrench or pliers for turning off utilities
- ✓ Local maps and your family emergency plan
- ✓ Your command muster information
- ✓ Important personal and financial documents -- printed copies or electronic copies on a durable storage media such as a thumb drive and stored in waterproof container

Additional

- ✓ Infant formula -- enough for at least three days
- ✓ Diapers -- enough for at least three days
- ✓ Food and water for your pet

-- enough for at least three days

- ✓ Items for individuals with special needs, such as wheelchair batteries or other medical equipment or supplies
- ✓ Paper plates, paper cups, plastic utensils, paper towels
- ✓ Disinfectant
- ✓ Matches in a waterproof container
- ✓ Whistle to signal for help
- ✓ Sturdy shoes
- ✓ Hats and gloves
- ✓ Sleeping bag or other weather-appropriate bedding for each person
- ✓ A weather-appropriate change of clothes for each person
- ✓ Coats, jackets, and rain gear
- ✓ Fire extinguisher
- ✓ Paper and pencil
- ✓ Books, games, puzzles, toys, and other activities for children
- ✓ Any items necessary for a specific type of disaster and to assist you during electricity, gas, water, and sewage outages. Additionally, you may want to consider having supplies for sheltering for up to two weeks.



Special Winging

Several Marine Corps student aviators stationed on board NAS Meridian were presented their Wings of Gold at a ceremony during Tailhook 2012 symposium, Sept. 7. Pictured from left are Cmdr. Garrett Krause, commanding officer of Training Squadron 9; 1st Lt. Nikhil R. Kesiredy, going to AV-8B Harriers; 1st Lt. Hugh E. Anderson, going to F/A-18 Hornets; Maj. Gen. Robert S. Walsh, Deputy CG, Marine Corps Combat Development Command; 1st Lt. Sean P. Fitzgibbons, going to EA-6B Prowlers; 1st Lt. David A. Tibbo, VT-86 NFO Wingee, going to EA-6B Prowlers; and Cmdr. John Tutwiler, executive officer of VT-86. Maj. Gen. Walsh was the keynote speaker at the event.

Submitted Photo

Naval Technical Training Center recognizes staff



Cmdr. Brett St. George presents PS2(AW) Farren L. Crawford with the Navy and Marine Corps Achievement Medal for professional achievement in the superior performance of her duties while serving as Maintenance Support Center (MSC) Configuration Manager aboard USS Theodore Roosevelt (CVN 71) from February 2009 to August 2012. Demonstrating exceptional leadership and managerial ability, Petty Officer Crawford drafted MSC's standard Operating Procedures for Job Material Lists and Flood Dry Dock Requisitions streamlining training and operations. She flawlessly processed 862 Automated Shore Interfaces making over 32,000 corrections resulting in 100 percent accountability.



Cmdr. Brett St. George presents LS2(AW) Curtis M. Johnson with the Navy and Marine Corps Achievement Medal for professional achievement in the superior performance of his duties while serving as Strike Fighter Squadron 31 Ordnance Branch Day Shift Supervisor and team leader from November 2005 to August 2012. Johnson led 23 ordnancemen during three highly demanding and successful upkeep, training and deployment cycles. His significant contribution resulted in the safe and efficient handling, loading, and downloading of over 324,000 pounds of ordnance and the subsequent expenditure of 96 precision-guided munitions, 32,500 rounds of 20 mm ammunition and 7,100 rounds of chaff and flare in direct support of coalition ground forces during operations Iraqi Freedom, Enduring Freedom and New Dawn.



Cmdr. Brett St. George presents LS1(AW) Ederson Lambert with the Navy and Marine Corps Achievement Medal for professional achievement while serving as Material Control Leading Petty Officer and Work Center Supervisor while stationed at Patrol Squadron 16. His foresight in both maintenance and flight operations ensured the maritime patrol and reconnaissance community met all taskings resulting in the execution of over 3,000 sorties, 15,000 flight hours and 20,000 maintenance actions. Petty Officer Lambert is the newest addition to the NTTC team. He reported on board on Sept. 3, and brings his wife, Tiffany, and children, Maya, Rachel and Nadine along to join the NTTC family. Great start and welcome Lambert family!

Meridian NMCRS office needs volunteers

Navy-Marine Corps Relief Society Meridian will no longer have regular office hours on Tuesdays and Thursday due to a volunteer shortage. Request for assistance can be made by contacting the NMCRS on-call active duty caseworker at (601) 604-2206. Arrangements will be made to meet with the on-call caseworker once needs are established. If your request is made after normal working hours and is not of an emergency nature, you may be asked to meet with the caseworker during the next business day. Please be prepared to bring supporting documentation such as LES, copies of bills and statements and/or emergency travel information. If you are unable to reach the on-call active duty Caseworker, please call the Navy-Marine Corps Relief Society Gulfport office at (228) 871-2610 and ask for Alice Huffman or Theresa Frontz for guidance. Navy-Marine Corps Relief Society Meridian appreciates your patience as we work to re-establish office hours.

Are we there yet?

I talk too much. Countless thoughts are spawned in the fertile recesses of my mind, and are only given a few moments of incubation time before I give in to the irresistible impulse to birth them into the world in the form of unsolicited speech. The poor people who happen to be within earshot of me tend to get that glazed-over look in their eye, the tell-tale sign that they are bored, praying for the end of the story, trying to find a point, or just simply thinking, "She never shuts up."

Recently, I decided to channel my thoughts into something worthwhile and less annoying, so I took up writing and dove into my new hobby with vim and vigor.

Column

ery and unbridled fun-seeking - it's time to get serious and figure out what the hell we are doing before we screw things up.

Middle age probably plays the most significant role in determining our long-term happiness. It is during this time that marriages are either cemented or broken, we face the decision to stay in our get out of the military, our children are forming their personalities (or criminal tendencies), and we either become comfortable with ourselves or we experience the proverbial mid-life crisis.



Molinari

How on earth are we supposed to perform this tight rope act without falling into a deep dark abyss?

Truthfully, I have no clue; however, I cannot help but think that if we just sit back and relax, we might just enjoy the ride. Why spend our substantive years pathetically fighting what nature and instinct have dictated for us?

I'm not saying we should stop plucking our chin hairs and burn our extra supportive bras, I just think that the key to surviving middle age must be based at least partially on our willingness to give in and embrace the natural progression of our lives with a fun-loving spirit and the ability to laugh at it all.

• Trip

walked out on Vultures Walk to observe flight operations from 13 decks above the flight deck. When the carrier is deployed, it is the seventh largest navy in the world and we have 10 of them!

We had dinner with the officers, breakfast with the chiefs, and lunch with the enlisted. I asked several how they were selected to dine or escort us and they said they were "voluntold". After dinner we visited the steam engine area and the jet fuel area (fuel is cleaned and inspected five times before it is sent to the flight deck where it is inspected again before being put in the planes. Later we met the pilots that had flown that day - they were from Meridian and it was their very first day to fly to the carrier!

We met sailors from Miami, Detroit and Seattle, as well as Belzoni, Lumberton and Gulfport. One sailor from San Diego said her first assignment with the Navy was in Meridian, Miss. They all knew where Meridian is and not just in the land mass between Mobile and New Orleans. Some sailors had participated in tsunami, hurricane and earthquake relief efforts around the world as well as granting a wish to a

little boy with cancer. We talked to sailors from the baker to the bomb maker. There are five dentists on board, two of them are oral surgeons (can you imagine having oral surgery aboard a rolling ship!). We met chaplains, fuel inspectors, counselors, legal advisors, quartermasters, and photographers. They all exhibited such pride in their work and felt they had the most important job on the ship.

We visited sick bay equipped with ICU and the hangar bay where we were caught during a general quarters drill (battle stations). We observed the disaster with "injuries" and real smoke. We watched as sailors "put out the fire". Everyone on board is certified in disaster control.

There is more than one way to get anywhere on board and they ALL require three to eight flights of ladders and crossing multiple knee-knockers! I slept five whole hours in the Truman stateroom.

After our lunch, we went back to the Truman room, where the Captain presented us with a certificate that stated we had "...successfully prepared for and bravely completed an arrested landing aboard the USS Harry S Truman. In completing this remark-

able feat, this Honorary Truman Tailhooker experienced deceleration from 150 to 0 in three seconds..."

I personally think I deserve another certificate for having successfully found my way during the night in the dark to the female head (bathroom). It was left, through three knee knockers, right, and one knee knocker). The Navy does not believe in lighting passageways on the carrier at night because even three levels below the flight deck the light might give their position away!

Another safety brief and we board the COD for our return to Norfolk. Our escort tells us to cross our arms and tuck our chin. By

the time he counted out 1,2,3 - we were already gone!

There are not enough adjectives to describe our visit but among the ones I heard were awesome, unbelievable, professional, and far exceeded our expectations. To see our Navy at work was such an honor and wonderful opportunity for this group of local civilians (a car salesman, restaurant owner, scout leader, pastor, college professor, state legislator and a middle school teacher). We were Distinguished Visitors and I AM PROUD TO BE AN AMERICAN.

Terry Allen is a teacher at Northeast Middle School.

Navy seeks members for FY14, MCPO, SCPO, CPO selection boards

MILLINGTON, Tenn. (NNS) -- Navy Personnel Command is accepting senior enlisted leadership's applications to serve on Fiscal Year 2014 active-duty and Reserve E-9, E-8 and E-7 selection boards, officials said Aug 31.

Master chiefs should not consider their career complete until they have participated as a member of an enlisted selection board, according to Navy Personnel Command (NPC) Force Master Chief (AW/SW/NAC) Jon Port. "Participation by senior leaders in selection boards is paramount to the Navy's future. It is our responsibility to sit a selection board to choose those most qualified to relieve us."

According to the message, active and Reserve component master chiefs are encouraged to apply to serve

on a board. Frocked master chiefs may also participate in the selection board process. There are no restrictions on active-duty serving on Reserve boards or Reserve/full-time support serving on active boards.

Senior chief petty officers may also serve on the active or Reserve E-7 boards as either members or recorders. They may only serve as recorders on the E-9 or E-8 boards. Chief petty officers may serve as recorders on E-9, E-8 and E-7 selection boards. Applicants should not discuss their application with any members from their command, other than those required to review their application.

Board dates, application procedures and guidance are available in NAVADMIN 264/12. Application deadlines

vary based on the different board convening dates, see message for further guidance.

Preserving the integrity of the selection board process before, during and after a board is vital to the reliability of the board, according to Port. It is important that prospective candidates submit their application on their own behalf. Forwarding via administrative personnel will compromise board membership and could invalidate their application. Applications should be submitted only by the member applying, their command, Fleet or Force master chief. Participation on a future board should not be discussed with fellow members while serving on an earlier board.

Potential board members are charged with preserving

board information the moment they are officially notified by NPC that they have been chosen to sit on a promotion selection board.

For rules of engagement, visit www.npc.navy.mil/boards/selectionboardsupport.

Prior to submitting an application, applicants should review BUPERSINST 1401.5A, the supplemental guidance for U.S. Navy selection boards.

Complete application procedures, eligibility requirements and links to other resources can be found in NAVADMIN 264/12, available on the NPC website at www.npc.navy.mil or contact the NPC customer service center at CSC mailbox@navy.mil or 1-866-ASK-NPC.

— From Navy Personnel Command Public Affairs

However, my excitement quickly turned to self-doubt when I realized - who wants to read the mundane rants of a middle-aged military spouse? Surprisingly, the clutter of my mind parted like the Red Sea to reveal the answer: My mundane middle-aged military life is exactly what thousands (well maybe a couple hundred) of readers want to know about. I mean, who doesn't wonder, what specifically is "middle age"? Are we there yet? Is there any way to turn around and go back?

We throw the term "middle age" around like so many other vague phrases common in daily vernacular, without really understanding what the words really mean. The definition of middle age is definitely debatable - some believe that statistical life-expectancy charts dictate that one is middle aged when one is between 40 and 60 years old. But this view is almost universally met with resistance . . . "What? I'm not middle aged!"

Such non-believers opine that they are only as old as they look, act or feel. But if this vague standard

was the basis for determining middle age, I would bet my pricey wrinkle cream that the only people who would admit to being middle age would be standing in the early bird line on senior citizens night at the local Country Buffet, likely wearing pants well above their waistlines and orthopedic shoes, and definitely planning on getting seconds of the tapioca.

What are we so afraid of? For many of us, middle age represents the real "meat and potatoes" of life, when selfish interests are put on hold for hard work in the form of home buying, bill paying, child rearing, taxes, the struggle to ward off the physical effects of aging, and the battle to keep marriages intact through it all. Gone are the days of carefree self-discov-

The Arthur: Lisa Smith Molinari married into the military 19 years ago. Lisa's humor column, "The Meat and Potatoes of Life," appears weekly in newspapers and on "Stripes Military Moms," a website associated with Stars and Stripes newspaper. She also writes a monthly column for Military Spouse magazine. Lisa's work has also been published in The Washington Post, The Indiana Gazette, Houston Woman Magazine, Arizona Parenting Magazine, The Citizen, Northwest Kids Magazine, The Village Connector, along with other print and online publications. Lisa's writing made WordPress' "Freshly Pressed" List twice, and Lisa's blog was voted the Top Military Family Blog on Circle of Mom's website. Lisa is a member of the National Society of Newspaper Columnists and the Erma Bombeck Writer's Group. She and her family are currently stationed at Naval Station Mayport, Fla. You can find out more about Lisa and read her columns at www.themeatandpotatoesoflife.com.

• Trip

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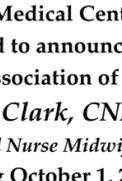
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Tuesday, Oct. 2nd (4-10 pm)
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Sunday, Oct. 7th (Noon-8 pm)
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Pfc. Christopher Horton
MATSS-1 Student
Hometown: Upper Marlboro, Md.

Pfc. Christopher Horton joined the Marine Corps on July 20, 2012. He is currently a student in the Aviation Supply Specialist Course at Marine Aviation Training Support Squadron One on board NAS Meridian.

"There's a lot in life that I want to do, but before I became a Marine I was incredibly lazy and a procrastinator. I knew if I was going to be successful and in life and to achieve my goals and ambitions, I would need to get rid of my flaws. I knew the Marine Corps would help me and the Marine Corps is the first real challenge that I would ever complete."

Horton's hobbies include archery and reading. "My most memorable moment in the Marine Corps so far was when I was named honor graduate from MCT," Horton said. "I'm looking forward to becoming a Marine security guard and excelling in my career."

The person he most admires is his recruiter, Staff Sgt. Cummings. "He is a fantastic leader."

OORAH!

Pvt. Nathaniel Kauric
MATSS-1 Student
Hometown: Pittsburgh, Pa.

A native of Pittsburgh, Pa., Pvt. Nathaniel Kauric is carrying on a family tradition of supporting the military.

"My brother and uncle both served in the Marine Corps," said Kauric who is a student in the Aviation Supply Specialist Course at Marine Aviation Training Support Squadron One.

"When I joined the Marine Corps on May 7, 2012, I accomplished a lifelong dream," he said.

Kauric and his wife, Danielle, have a one-year-old daughter, Sofia. His hobbies include reading, running, teaching his daughter and spending time with family.

His most memorable experience in Marine Combat Training was "shooting and learning about the various weapons. I look forward to advancing in my career and impacting the Marine Corps."

The person he most admires is his MCT Instructor, Sgt. Haven. "He was dedicated to teaching."



Range coaches: Key to every Marine is a rifleman

By Pfc. Raquel Barraza
3rd Marine Aircraft Wing

MARINE CORPS AIR STATION MIRAMAR, Calif. — In a combat zone, Marines use their weapons, whether a pistol or rifle, to protect fellow warriors and even themselves. Marines must stay prepared at all times to use these weapons properly and most of all effectively.

Range coaches and combat marksmanship trainers working the Carlos Hathcock Range Complex aboard Marine Corps Air Station Miramar, Calif., make sure Marines qualify on the range using an M16-A4 service rifle and M9 pistol. They instill basic combat marksmanship techniques for both the M16-A4 service rifle and the M9 pistol.

Cpl. Chad M. Lewison, a combat marksmanship trainer with Headquarters and Headquarters Squadron, 3rd Marine Training Unit, and a Las Vegas native, works daily helping Marines of Miramar pass their qualifications.

"I think my job plays a big role in the Marine Corps, because it's about getting every Marine ready for combat in case they have to go," said Lewison.

Not only do coaches teach Marines the fundamentals of shooting a rifle, but also the safety precautions while doing so.

"My job is paramount out here to teach these Marines, but also to keep them safe," said Cpl. India Harris, a range coach with H&HS and a Crescent City, Fla., native. "We have live rounds and loaded weapons, so safety is one of our biggest concerns."

On qualification day, range coaches find satisfaction when they see a Marine improve from the last time they shot.

"I feel proud if I can help them improve themselves and give them their confidence back," said Harris.

Both Lewison and Harris know that Marines will use what they learned if ever deployed to a combat zone.

"I feel good knowing that what I taught them, they can apply in combat and might save a life," said Lewison.

Range coaches hold the responsibility of training Marines to ensure every Marine is a rifleman. They help Marines who are preparing for qualification on the range or deploying to a combat area.



Photo by Pfc. Raquel Barraza

Cpl. India Harris, a range coach with Headquarters Squadron and a Crescent City, Fla., native, watches Marines conduct the table two portion of the M16-A4 service rifle qualification on Carlos Hathcock Range Complex aboard Marine Corps Air Station Miramar, Calif., Sept 20. Marines must qualify annually on an M-16A4 rifle.

Corps changes deployment training

By Lance Cpl. Lauren Kurkimilis
7th Marine Regiment

MARINE CORPS AIR GROUND COMBAT CENTER TWENTY NINE PALMS, Calif. — Since 2001, the Combat Center has provided comprehensive and collaborative training for combat operations in the Middle East. Training exercises have evolved from the Combined Arms Exercise to what is known today as Enhanced Mojave Viper.

As the demands of war have evolved, so has training. The Corps is taking a new step in training evolutions and pre-deployment preparation. The EMV training cycle is going away and the Integrated Training Exercise is taking its place.

ITX will consist of many of the same training objectives as EMV. The exercise will still focus on preparing Marines to fight and win in Operation Enduring Freedom. Additionally, Marines will be trained to support general contingency operations for Unit Deployment Programs and Marine Expeditionary Units.

"It is essentially a melding of the (Marine Air-Ground Task Force)," said Col. Kip J. Haskell, commanding officer, Technical Training Exercise Control Group. "Consisting of 129 integrated events involving the (Ground Combat Element, Logistics Combat Element and Air Combat Element.)"

MAGTF-Training Command initially planned, staffed and briefed the future training syllabus to concur with exercise design and training objectives. TTECG is currently completing the necessary requirements to build, publish and execute those mission-essential tasks contained in the ITX exercise design, Haskell said.

As the requirements and missions for the Marine Corps changed during Operation Iraqi Freedom and OEF, so did the training requirements and support at the CAX, Revised CAX, Mojave Viper and EMV training evolutions.

CAX began in 1975 as a 23-day long exercise developed to train Marines in essential combat skills and allowed for both brigade and battalion-sized live-fire and maneuver exercises.



Photo by Lance Cpl. Ali Azimi

Marines of 2nd platoon, Company B, 1st Battalion, 7th Marine Regiment prepare to shoot the shoulder-launched multipurpose assault weapon on top of machine gun hill during the first round of lane clearing exercises held at Range 410.

During CAX, Marines were able to move on foot and mounted on vehicles through live-ordnance impact areas. Most air and ground weapons found commonly within the MAGTF were able to be employed as well. CAX not only prepared Marines for desert warfare, but other terrains as well.

In 2004, in preparation of OIF, RCAX was next in the training evolution. RCAX was known as a leaner and meaner CAX due to training being cut in half and tailored to suit the needs of the Iraq-bound warrior. It no longer consisted of typical large-scale battlefield scenarios. It was modeled to resemble the occupation mission in Iraq and less like a fast-moving invasion. Marine leaders said the maneuver training that was CAX's signature was simply not a priority for occupation duty in Iraq.

MV was a 30-day long combination of the RCAX and the Security and Stability Operations training formerly conducted at March Air Reserve Base, Calif. The RCAX portion went from 22 days of training with a three-day final exercise, to 14 days of intense training involving a series of progressive live-fire exercises. SASO, the once Marine Corps Warfighting Lab experiment, became 10 days of training involving role players, facilities and scenarios that mimicked modern-day combat zones. The

two parts were concluded with a battalion-level final exercise that lasted three days.

"The main difference between CAX and EMV/ITX is the integration of GCE, LCE and ACE Mission Essential Tasks and the inclusion of METs associated with stability operations in a full spectrum operational design," Haskell said.

In 2009, the training evolved once again to EMV, which prepared units for stabilization and combat in Iraq to EMV which was the culminating pre-deployment training for units deploying to Afghanistan.

"EMV's greatest contribution to the Corps was preparing Marines to fight and win in OEF," Haskell said. "And the integration of the MAGTF into a combined arms full spectrum exercise that can fight and win in any future contingency operation."

The nature of modern-day war continually changes. With that, the Corps must rise to the occasion and adapt and overcome. The Combat Center and MAGTF are ensuring Marines stay one step ahead of the enemy.

"This is the best training venue where combined arms training, in a full-spectrum environment, can be performed," Haskell said. "ITX will shape the Corps' forces still deploying in support of Operation Enduring Freedom and any future combat operations."

Safety Is Our Duty

Federal government is largest user of U.S. energy

The federal government is the largest single user of energy in the United States and purchases \$10-20 billion in energy-related products each year. With ownership of more than 500,000 buildings, including 422,000 housing structures, the federal government has a tremendous interest in energy efficiency in buildings.

The Energy Policy Act of 1992 and Executive Order 13123 set goals for energy reduction and provide some guidelines for implementing conservation measures. Annual energy use in federal buildings has dropped from 140,000 Btu/sq ft (1,600 MJ/m²) in 1985 to 116,000 Btu/sq ft (1,300 MJ/m²) in 1997. To meet the Executive Order 13123 requirement, annual energy use must drop to 90,800 Btu/sq ft (1,000 MJ/m²) by 2010. FEEMP provides information on technologies that have been proven in field testing or recommended by reliable sources, such as the DOE national laboratories.

Opportunities

The time for planning, evaluating, and implementing is now! Facility managers should first implement energy- and demand-reducing measures in their operations and then look for opportunities to cost-effectively replace conventional technologies with ones using renewable energy sources.

Facility managers should also set goals for their operations that follow federal mandates. Executive Order 13123 requires an energy reduction in federal buildings of 30 percent by 2005 and 35 percent by 2010, relative to 1985. Industrial and laboratory facilities are required to reduce energy consumption

by 20 percent by 2005 and 25 percent by 2010, relative to 1990. Executive Order 13123 further states that agencies shall use life-cycle cost analysis in making decisions about their investments in products, services, construction, and other projects to lower the federal government's costs and to reduce energy consumption. When energy-consuming equipment needs replacement, guidance for purchasing products that meet or exceed Executive Order 13123 procurement goals is available through FEEMP's Product Energy Efficiency Recommendations series.

Technical Information

Water heating is a major energy user in facilities with kitchens and laundries. Beyond reducing the use of hot water, various heat recovery and solar technologies can also help reduce operating costs.

Lighting. More than \$250 million could be saved annually if all federal facilities upgraded to energy-efficient lighting. Light energy savings of up to 40 percent can be achieved in interior applications by replacing lamps and ballasts. Savings of well over 50 percent are possible by designing and implementing an integrated approach to lighting that includes daylighting, task lighting, and sophisticated controls.

Office equipment is becoming an ever greater proportion of building loads. "Green" appliances that feature automatic power shutdown and more efficient electronics can help reduce energy consumption.

-- From <http://www.safetycenter.navy.mil/>

Navy implements public access defibrillator program

According to the American Heart Association (AHA), there are approximately 700 lives lost daily from sudden cardiac arrest each year in the United States. Public access automated external defibrillation (AED) programs, combined with well trained EMS providers and laypersons trained in Cardiopulmonary Resuscitation (CPR), have shown to save lives of sudden cardiac arrest victims.

Over the past few years Navy F&ES has reported numerous lives saved by laypersons and F&ES personnel using AEDs.

SECNAVINST 5100.17, Department of the Navy Installation Automated External Defibrillation (AED) Program, directed the Navy to develop, implement, and maintain an installation AED program at Department of the Navy installations. On July 13, 2012, Vice Admiral P.H. Cullom signed OPNAVINST 5100.29, Navy Installation Automated External Defibrillation (AED) Program.

The placement, easy accessibility of the device and personnel trained in CPR are a necessity for the success of an AED program. AEDs should be placed in well marked, unlocked and unobstructed wall cabinets. The new instruction recommends at a mini-

mum, placing AEDs at gymnasiums and indoor athletic facilities, swimming pools, main commissaries and exchanges, schools, administrative buildings, high risk training areas, hazardous work environments, and during high intensity or high risk training activities.

The local F&ES Program AED Coordinator will serve as the point of contact for all matters concerning AED use, and will directly oversee and manage the installation AED Program. The Public Access Defibrillator program is an excellent opportunity for F&ES to partner with the community to enhance public safety and health for all personnel on board installations.

On board NAS Meridian, contact Assistant Chief William Hagwood at (601) 679-2589 or Fire Inspector Sammie Pierce at (601) 679-3875 if you require further information about this program.

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.



Navy C-2As turn another chapter

By MC2 Wilyanna Harper
Naval Air Forces Pacific Public Affairs

SAN DIEGO (NNS) -- The "Providers" of Fleet Logistics Support Squadron (VRC) 30 ended another phase in Naval Aviation history with the final flight of the last four-bladed propeller C-2A Greyhound aboard Naval Air Station (NAS) North Island, Sept. 18.

Pilots and aircrew gathered to watch as Aircraft 162155, flown by VRC-30 Commanding Officer, Cmdr. Joel Becker, returned from the skies to conclude a 27-year era of the Navy's C-2A Lot-1 aircraft. As a part of the Service Life Extension Program, the Navy's C2 community has been in the process of converting its inventory of Lot-1s to Lot-4s, which are the eight-bladed propeller version of the aircraft.

Becker, who was also taking his final flight as the Providers' skipper, said it was quite a special moment.

"It's a pretty proud day not only for VRC-30, but it's a great day for the Navy," said Becker. "We've invested in new technology that, in my estimation, performs well. Pilots love the new conver-

sions, mechanics find them easier to work with and the electricians love the fact that the new platform doesn't vibrate nearly as much, causing a lot of the electrical problems we used to see in the Lot-1s."

It means a great deal that after Tuesday's flight VRC-30 is a Lot-4 squadron said Becker.

"Thirty months ago, VRC-30 was a Lot-1 squadron. For the last two and a half years the crew has been carrying 15 to 16 aircraft while undergoing a rolling transition. It took a lot of coordination from our wing, a lot of coordination with NAVAIR and honestly a lot of hard work on behalf of the Sailors, who did a fantastic job," he said.

Lt. Sean Waldron, a VRC-30 pilot, explained that most of the squadron had a strong tie to the Lot-1 series Greyhound and said that it was a sentimental experience for them to see it fly its last operational flight.

The final flight of this particular Lot-1 was also made memorable by the fact that it was actually the first C-2A that Becker ever flew in the Navy, as a student in flight training school, in March of

1999.

"We kind of found this out by mistake. I just happened to be checking my log book as we were going through and saw that this particular aircraft and myself had some history," said Becker.

Becker stated that even 13 years later, the aircraft appeared to be in better condition today than when he first flew it.

The Navy's last C-2A Lot-1 aircraft will get a new "glass cockpit" installed for enhanced situational awareness and then be transferred to Norfolk to complete modifications that will extend its operating service life to 2028. Technicians will give it an eight-bladed propeller upgrade, making it an official C-2A Lot-4.

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

LDO/CWO programs provide commissioning opportunities for enlisted E-6 to E-9 Sailors

MILLINGTON, Tenn. (NNS) -- The Navy is seeking applications from highly qualified Sailors in pay grades E-6 through E-9 for the Fiscal Year 2014 Active Duty Limited Duty Officer (LDO) and Chief Warrant Officer (CWO) programs, officials said Sept. 21.

"LDOs and CWOs bring a variety of technical expertise and a seasoned perspective into the wardroom from their enlisted service," said Lt. Shane Walker, assistant LDO/CWO community manager, Bureau of Naval Personnel and an LDO. "These programs deliver to the officer corps seasoned technical professionals with proven leadership abilities."

LDOs and CWOs are composed of Sailors from the enlisted ranks who serve in 56 different officer technical fields. These programs serve as a path to commissioning for qualified Sailors, but more importantly the LDO and CWO communities support the warfighting capability and readiness of naval forces through leadership, technical proficiency, and experience, according to Walker.

"They are the primary manpower source for technically specific billets not best suited for traditional unrestricted line, restricted line or staff corps career path officers," said Walker. "Using critical enlisted experience, they are committed to the continuous leadership, improvement, training and mentoring of Sailors."

The LDO and CWO communities have designators in the surface, submarine, aviation, information dominance, expeditionary, and

general series as well as staff corps communities and serve in a variety of leadership billets within their technical fields, ranging from division officer to commanding officer ashore.

Eligibility requirements for LDO include US citizenship, serving in pay grade E-7 through E-9 or an E-6 who has passed the exam for E-7 and been determined board eligible. Active-duty applicants for LDO must have at least eight, but not more than 15 years of active-duty service.

Eligibility requirements for CWO include US citizenship, serving in pay grade E-7 through E-9. Active-duty applicants for CWO must have at least 13, but not more than 22 years of active-duty service.

These programs do not require applicants to have a college degree. Applications must be postmarked no later than Nov. 1, 2012. The in-service procurement board is scheduled to convene Jan. 7, 2013. NAVADMINs 285/12 contains additional application criteria and guidance. Nuclear qualified candidates must also refer to NAVADMINs 099/12 and 238/12.

Eligible Sailors should apply for the designator for which they are most qualified, regardless of their current rating. Upon commissioning, Sailors selected for LDO/CWO will attend the four-week Officer Development School in Newport, R.I.

For more information read the NAVADMINs, available on the Navy Personnel Command website at www.npc.navy.mil.

-- From Navy Personnel Command Public Affairs

Awards & Recognitions



ABECS Kent Malone presents CSCS David Boyer his shadow box during Boyer's retirement ceremony Sept. 19. Boyer served 22 years in the U.S. Navy.



Capt. Charles C. Moore presents Robert E. Clayton a certificate in recognition for his 30 years of government service.



Capt. Charles C. Moore presents Yaris Benitez a certificate of appreciation for her efforts as NAS Meridian Ombudsman.



NAS Meridian Public Works Officer Lt. Cmdr. Lance Coe presents Tom Cook with the PW Employee of the Quarter Award for Third Quarter 2012.



NAS Meridian Public Works Officer Lt. Cmdr. Lance Coe presents Steve Wade with the PW Supervisor of the Quarter Award for Third Quarter 2012.

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Center for Surface Combat Systems Unit instructor makes chief in five years

By Sue Krawczyk
Training Support Center Great Lakes
Public Affairs

GREAT LAKES, Ill. (NNS) -- A newly pinned chief from Center for Surface Combat Systems Unit (CSCSU), Great Lakes was promoted after just five years' time at a pinning ceremony Sept. 14.

Chief Operations Specialist James Reilly, 26, of Bronx, N.Y., was pinned at a ceremony at Naval Station Great Lakes where he recently arrived three months ago to be an instructor at CSCSU, Great Lakes. He graduated from boot camp at Recruit Training Command in April 2007.

"I knew what I wanted and

knew what I needed to do to reach this achievement," Reilly said. "I knew about all the different requirements, and I was confident I would perform well, although I wasn't sure it was going to take this quickly."

Prior to arriving at CSCSU, Reilly was stationed aboard USS Abraham Lincoln (CVN 72). He spent the past two months performing his chief induction requirements and will begin teaching students next month.

"I came to CSCSU because I wanted to be an instructor in my rate and have the opportunity to teach the new students," Reilly said.

Reilly's military career began when he spent three

"Chief Reilly is a perfect example of what happens when you truly dedicate yourself to the Navy."

Lt. Carlos Torrespablos

years in the Naval Weapon Station Earle Unit of the Sea Cadet Corp, a program for youth ages 13-17 who have a desire to learn about the Navy, Marine Corps, Coast Guard and Merchant Marine.

Following the Sea Cadets, Reilly headed to Honduras working with a mountain village on sustainable farming techniques with organizations such as Foundation Esperanza and Las Sonrisas

de los Ninos. He also directed a choir for Teresa Devlin and the La Ceiba music conservatory in 2005-06.

When he returned to the States, he met his wife Karen and now has two step-children.

"I realized I wasn't going to make an adequate living to provide for my family. I remembered my Sea Cadet career and recalled that at one point I had the romantic idea to join the Navy so I

decided to give it a go."

That Sea Cadet experience helped him to graduate boot camp as an E3 and jumpstart his Navy career in 2007.

Five years later, he became a chief.

"Chief Reilly is a perfect example of what happens when you truly dedicate yourself to the Navy," Lt. Carlos Torrespablos, director of training, said. "Due to his hard work and unparalleled motivation, he has achieved the ultimate goal of all enlisted Sailors, to be a chief petty officer in the United States Navy. He is an inspirational figure to myself, my staff and more importantly our students."

"I've always tried to

achieve the next qualification. It's never been just a job, it always has tactical or a strategic look," Reilly said. "I take a lot of pride in that and that is what helped me with long hours of achieving next qualification and becoming familiar with different aspects of naval warfare."

Reilly offered advice to incoming Sailors who also aspire to make chief.

"Enjoy whatever job you decide to take on because that will give you the motivation to put in the time and give you ownership of what you're doing that you need to hold yourself accountable. Take care of your Sailors. Motivate them to do what you do."

Sailor delivers own son safely

By Lt. Cmdr. Jennifer Cragg
Commander, Submarine Group 2
Public Affairs

GROTON, Conn. (NNS) - A Sailor from Commander, Submarine Group 2 delivered his fourth child safely within three minutes after his wife's water broke without complications in Groton Sept. 20.

"Never in my life have I ever had to deliver a baby," said Yeoman 1st Class (SS) Joseph Brickhouse, who delivered his son shortly after sunrise in their 2000 Lincoln LS. "When we woke

up this morning my wife started to have contractions and we quickly knew it was time to head to the hospital."

Brickhouse added that while en route to their car, his wife's water broke and little did he know that within minutes he would be delivering his fourth child.

"I quickly brought her to the car thinking I had time to get her safely to the hospital, but my son wasn't going to wait," said Brickhouse.

Brickhouse added that within roughly three minutes of getting into the car his fourth child, a boy weighing in at eight pounds, seven ounces and a length of 20 inches arrived safely.

"It wasn't really scary," said Brickhouse. "I instinctively knew what to do."

After his son was born, Brickhouse quickly contacted 9-1-1 and they arrived within four minutes of delivery.

The newest addition to the Brickhouse family and his wife were taken to a nearby hospital.

Brickhouse added that upon arrival he received a lot of congratulations from doctors who deliver babies for a living.

"The doctors were making all sort of jokes, all in good fun and one even told me that I could add something new to my resume," said Brickhouse. "This was an amazing experience to go through."

In addition to successfully delivering his fourth child, and serving in the U.S. Navy, Brickhouse also serves as an ordained minister.

Energy

Region of the country as follows (check with the local housing office for more details):

- New Orleans: January 2013
- Northwest, Midwest, Southeast: April 2013
- Southwest: July 2013
- Mid-Atlantic and Northeast: October 2013

The Navy RECP program was initiated in response to an Office of the Secretary of Defense established requirement for PPV projects to transfer responsibility for payment of utilities to the residents. The program requires homes to be individually metered for utilities and initially will focus on electricity and gas usage. CNIC research indicates residents reduce utilities usage when they are responsible for the payment of utilities separate from their rent.

For specific information about RECP and specific information pertaining to an installation, contact your local Navy housing office. A master list of all Navy installation housing offices is available at www.cnic.navy.mil/housing.

From Commander,
Navy Installations Command
Public Affairs Office

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

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

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

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

BOATS/CAMPERS/TRAILERS

NEW ITEM! 2008 Keystone Cougar Bumper pull w/double bunk beds at one end and queen bed at the other. Bunks are twin size and the other 2 are camper bunks. Full slide sleeps 10 with couch and table down, 29 foot in the "box," 31 foot tongue to bumper. Everything in good shape. New tires placed July 2011. Weight loaded is 9000 lbs. We are original owners. Asking \$18,000. Call (601) 479-6551 or (601) 527-7506.

Food concession trailer fully loaded and ready to go to work. Many extras must see to appreciate. Set in a great location. Call (601) 917-7024 or (601) 938-8573.

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

2006 37' Keystone Montana 3600 RE 5th Wheel, 4 slides, 2 AC's, king

bed, queen sofa, 2 recliners, electric fireplace, washer/dryer hookups. used approximately 7 times. NO SMOKERS, NO PETS. Rear living, 2 TV's, excellent condition. Cost \$64,000 new. Asking \$28,500 OBO. Call (601) 644-3707 or (601) 616-7147.

Camper/F350 Package -- 1999 5th Wheel Imperial by Holiday Rambler 36SKT standard or gooseneck hitch, new refrigerator/freezer, new leather swivel recliner chairs, 80 gallon fresh water tank, flat screen TV, microwave over with bent fan, three burner stove with oven, two air conditioners, owners are non-smokers! Asking \$16,165.

2003 F350 Dualie Crew Cab with Lariat Package, 135,000 miles complete maintenance record. 6 speed manual transmission, 7.3 liter turbo diesel, trailer pkg., tool box, non smokers. Will sell separately or discount both items as a package. Asking \$19,000 for F350. As a package: \$34,000. Call (601) 917-4545 or (601) 693-9292.

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

Sleigh Day Bed Set made out of

HOUSEHOLD ITEMS

metal comes with a beautiful ivory comforter, bed skirt, shams and matching valance. Paid \$600 will settle for \$185. Call (601) 527-2587.

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

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

Oak Entertainment Center. Ask-

ing \$100. Call Joe at (916) 402-7908.

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

Sofa and love seat. Dark blue microfiber material in great condition, 6 pillows included. Asking \$500 OBO. **Coffee table and end table.** Asking \$650. Call (601) 513-3495.

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

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

NEW ITEM! 2007 BMW 750Li, 88k

AUTOMOBILES, ETC.

miles, V8, exc. condition and loaded, black ext, black int, navigation, rear DVD, bluetooth, heated and cooled front seats, heated rear seats, 19 inch wheels, sunroof, front and rear parking sensors, comfort access, CPO with BMW until 11/03/2012, ext warranty also available. Asking \$27,800. Call 601-934-0378.

SEARS cartop carrier. Attaches to roof rack. Asking \$150. Call (601) 616-0947.

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

2006 Audi S4, gray, GPS, Bose System, 80k miles. Asking \$19,900. Call Stephanie at (210) 837-2437.

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

2010 Toyota Highlander SUV, 4x2, 3.5l. Silver color, navigation system, backup camera, dual leather PWR/heated seats, sunroof, third row seat, multi disc, JBL premium sound,

dual control air/heat system, like new condition. Asking \$28,500. Call (601) 479-9713.

1991 CHEVY Z71, Rebuilt 350, transmission and a lot more, needs interior work, great toy or work truck. Asking \$6,000 OBO. Call (601) 679-3258 or (601) 681-4280.

NEW PRICE! 2005 Harley David-

MOTORCYCLES/GEAR/ATV

son Softail Deluxe. Low mileage (5500 miles), Asking \$13K OBO. Original owner. Stored indoors. Blue/White with chrome trim. Exceptional condition. Harley Davidson accessories: windshield, road bars with pegs, hard leather saddle bags. Corbin custom seat with back rest. Original seat included. Pictures available upon request. Call Bob at (334) 341-1670.

NEW ITEM! 1995 Yamaha Timber- wolf new tires, winch, good condition, front and rear rack. Asking \$1,300. Call (601) 479-3389.

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

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

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

For Sale: Three bedrooms, 2 baths,

HOMES/APARTMENTS

family room, library, kitchen, dining room, dish washer, stove, refrigerator in the Preston area. Call (601) 513-5067. **For Sale:** 2389 sq. ft. 4 BR/2BA brick home just off North Hills St so a less traveled path. Kitchen has been

nically updated and is open to the breakfast area and family room. There's a great backyard with plenty of play room. Call Carla at (601) 678-6165.

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

For Sale: Home in excellent Meridian neighborhood. Call Alita at (601) 513-4787.

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

Gravelly zero turn lawn mower.

TOOLS

Industrial model HD (Heavy Duty), 52 inch cut with 26 hp Kohler engine. 2-5 gallon fuel tanks with 3 blades. Almost new with approximately 75 hours running time. Always keep inside, never left in the weather. Used residentially only. Paid over \$5,600 new 2 years ago. Asking \$4,500 OBO. Call (601) 513-2220.

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

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

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

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

Men's size 10-1/2 speed skates

MISCELLANEOUS

black low cut boots, asking \$75. Call (601) 604-6838 daytime calls before 6 p.m.

Girl clothes in excellent condition sizes 4T - 6 all seasons. Shoes sizes 1-12. Great prices ranging from .50 - \$5. Coats, dresses, pants, shorts, tops, etc. Call (601) 410-3547.

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

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

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

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

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

5x5x4 fenced kennel. Asking \$150. Call Tamra at (601) 479-7902.

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

WANTED

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



NAS Meridian, MS • Morale, Welfare and Recreation

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

Facility Phone Numbers

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



McCain Rec Center

Bowling Specials

September
Friday- September 28, 9 Pin No-Tap Tourney, Bowl 3 games, \$15 entry fee, sign up by 6pm.

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

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

October
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- NTTC/MATSS-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



September 27 • 6pm
 Rated PG13



Sept. 29 • 1pm • PG13

"Abe Lincoln: Vampire Hunter"
 Oct. 2 • 6pm • R

"Horatio Hornblower"
 Oct. 4 • 6pm • NR



Oct. 6 • 1pm • PG

"The Bounty"
 Oct. 9 • 6pm • PG

"Monte Carlo"
 Oct. 11 • 6pm • PG

"Madea's Witness Protection"
 Oct. 13 • 1pm • PG13

"Rock Of Ages"
 Oct. 16 • 6pm • R



TRIATHLON PARTICIPANTS

Participants of the Triathlon held at Sonny Montgomery Fitness Center pose for a group photo after the event. During the events participants were required to swim 500m, Bike 10 miles and run 2.5 miles to complete the triathlon. The event was held at Sonny Montgomery Fitness Center on September 15, 2012.

Photos By Matt Davis/MWR Marketing Manager



Captain's Cup Racquetball Org. Meeting

October 10,
 Fitness Center @ 1300 •
 Season scheduled for 10/29/12.



NOODLE FUN

Participants in the Liberty Center's Ramen Noodle Eating Contest pose before the start of the event. The event was held at the Liberty Center on Tuesday September 11, 2012. The winner of the event was the participant that could clear their plate the quickest.

Photos By Matt Davis/MWR Marketing Manager

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!

MWR Aquatics

*All Hands Pool Closes on October 8, 2012.

Water Aerobics & Lap Swim

Lunch Lap Swim takes place M-F from 11am-1pm.

Water Aerobics take place M,W,F from 12:15-1pm.

All Hands Pool Hours Of Operation
 Mon.- Closed • Tues.-Fri.: 3pm-7pm • Sat., Sun. & Holidays: Noon-6pm
 For more info call (601) 679-2379.



Sonny Montgomery Fitness Center Complex

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Massage Therapy

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

Group Exercise Schedule

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

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

Navy Op, Fitness & Fueling Series.
 @ 0900- Class at Fitness Center

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



Now Located In McCain Rec Center

Birmingham Zoo Trip

Saturday, September 29th, 2012

Bus Departure: 8am
 Cost: \$15 for adults • \$10 for children ages 2-12

Queen City Fair Shuttle

Fri., Oct. 5th - "Military Day"

Location: Agri-Center

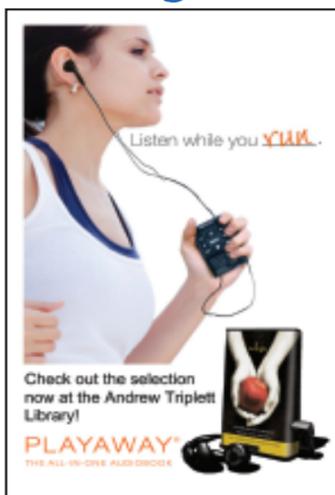
Cost: \$10.00 roundtrip

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Last shuttle from fair back to base: 2330.
 For more info call (601) 679-3773.

Andrew Triplett Library



Wireless printing now available.

Zone New Arrivals!

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

For more info call (601) 679-2326.



September Thursday
 Reggae Night
 \$3 Bahama Mama's

October Monday

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

Tuesday
 Reggae Night
 \$3 Bahama Mama

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

Thursday

Hip Hop/Karaoke Night
 Specialty Bottled Beer same price as regular bottle.



AutumnFest

October 27, 2012
 1100-1500
 Rudders

It's Your Turn...

With football season underway, we asked these Sailors "What team are you supporting this season and why?"

By MC2 Casey H. Kyhl



AZAA Matthew Blach
NTTC Student

"I'm from Cleveland, Tennessee and I support the Titans. They could be a Super Bowl team if they get their act together."



LSSN Glenn Hill
NTTC Student

"The Detroit Lions have always been my team. Megatron is the best receiver in the league."



YNSN Cynthia Ching
NTTC Student

"I've got to represent my city. The San Francisco 49ers are going to dominate the league."



YNSN Russell Johnson
NTTC Student

"The Atlanta Falcons are, of course, going to the Super Bowl with Matt Ryan."



YNSA Chris Rodriguez
NTTC Student

"The Lions need to wake up a little, but they are still a fun team to watch. I think they are going to do very well this year."

Fleet & Family Support Center

Break the silence, end domestic violence

By Allyson Cagle
NAS Meridian FFSC Family
Advocacy Representative

Domestic violence, as it is in civilian life, is a common occurrence in the military. It occurs often enough that DoD has made it an area of concern by forming a task force to review and evaluate current family violence programs and policies associated with domestic violence in the military.

The task force has been charged with formulating a long-term strategic plan to assist Department of Defense in addressing domestic violence matters.

"Domestic violence is a pervasive problem that transcends all ethnic, racial, gender and socioeconomic boundaries, and it will not be tolerated in the Department of Defense. Domestic violence destroys individuals, ruins families and weakens our communities," according to Donald H. Rumsfeld, Secretary of Defense.

"Domestic violence in the military adversely affects unit readiness. We much make every possible effort to establish effective programs to prevent domestic violence, but when it does occur, we have a duty to protect the victims and take appropriate action to hold offenders accountable."

One of DoD's responses to addressing violence among its population was the creation of the Family Advocacy Program (FAP), established in 1984. This program responds to all aspects of child abuse or domestic violence within the military family. It includes: Identification of abuse, reporting, intervention,



and follow-up in cases of child abuse/neglect and spouse abuse. Besides enhancing operational readiness, other objectives include teaching parenting, communication and other skills to prevent abuse or neglect before it occurs; stopping abuse and neglect in our Navy family; and advising and supporting commands on family violence issues. This is done by offering individual counseling and a variety of educational workshops to increase interpersonal skills and coping with family conflicts and challenges. Parenting education, couples communication, anger and stress management, and brief, problem-focused counseling are some of the programs and services offered to help meet the objective of ending family violence.

Violence prevention is an "all hands" mission. To learn more about domestic

violence, how to recognize it, how to respond when you suspect domestic violence, the FFSC/FAP offers GMTs to help military members identify emotional, physical and sexual abuse and neglect of children, safety and victim sensitivity issues, domestic violence, cycles of violence and warning signs. There is no shame in asking for help for yourself -- or for your shipmates; the shame is in not asking.

If you're interested in learning more about the Family Advocacy Program and how to prevent and respond to domestic violence, come to any of the special workshops the FFSC is presenting each Thursday during October. Also, if you would like to educate those in your command about preventing domestic violence, please contact the FFSC at (601) 679-2360 to set up a special brief in your workspace.

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.

Understanding Domestic Violence Victims: Oct. 2 from 10-11 a.m. or 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. 3 from 2-3 p.m. or Oct. 30 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.

Welcome Aboard & New Spouse Orientation: Oct. 4 from 8 a.m.-2 p.m. (Navy Spouse Orientation is from 2-3 p.m.) FFSC welcomes you to Meridian by providing current information and policies regarding NAS. Topics covered will include: Navy career choices, FFSC services, Medical, Dental, Exceptional Family Member (EFM) Program, TRICARE, vehicle registration, on- & off-base driving regulations, legal services, community services, Chapel & other religious services, MWR, things to do at NAS & in Meridian, and more! The New Spouse Orientation will include a Q&A session with command Ombudsmen and other briefs of interest to military spouses. Whether you're a spouse new to military life or just new to Meridian, you'll be able to pick up important information and meet other spouses.

Effects of Domestic Violence on Children: Oct. 10 from 3-4 p.m. (held at CDC) Family violence is not a topic people generally like to discuss; however, since October is Domestic Violence Awareness Month, FFSC is offering this workshop to explore the impact of family violence on children. Topics will include: tips on understanding the damage caused by family violence, how to recognize the warning signs of domestic violence, and how to offer support efforts to help end family violence.

Bystander Intervention 101: Oct. 11 from 5-6 p.m. or 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.

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!

Navy Suicide Prevention: The truth about Sailors and Suicide

Several myths exist about suicide and suicide prevention... wouldn't you rather know the truth? Below are real facts that combat common misconceptions about suicidal ideation and intervention. By knowing the truth, you can empower yourself to ACT!

TRUTH: DISCUSSING THE SUBJECT OF SUICIDE OPENLY PROMOTES HELP-SEEKING BEHAVIOR.

One of the many reasons Sailors do not speak up about their feelings of hopelessness is because they fear negative perceptions. By starting the discussion before these feelings occur, you are not giving a suicidal person morbid ideas or increasing risk. The opposite is true -- bringing up the subject of suicide and discussing it openly is one of the most helpful things you can do.

TRUTH: OUTREACH FROM A SAILOR'S SUPPORT NETWORK CAN HELP CURTAIL THE IMPULSE TO END HIS/HER LIFE.

Even the most severely depressed person has mixed feelings about death, wavering until the very last moment. If the people that a Sailor regards the highest -- loved ones, leadership, command, peers, etc -- ACT (Ask Care Treat), the urge to "end it all" can be conquered. Most suicidal people are open to a helpful intervention, sometimes even a forced one, to show them that their circumstances will not last forever and that Life Is Worth Living.

TRUTH: SAILORS WHO TALK ABOUT SUICIDE AREN'T JUST JOKING AROUND.

Most people who attempt or die by suicide have given some warning that shouldn't be ignored, no matter how jokingly it's said. Statements like "you'll be sorry when I'm dead" or "I can't see any way out" may indicate serious suicidal feelings. It's likely that you're not the only person in the Sailor's life who has noticed these feelings; however, the signals may be different. It's your duty to speak up so that when others come forward, all of the pieces of the puzzle come

together to facilitate the appropriate course of life-saving action.

TRUTH: VERY FEW SUICIDES OCCUR WITHOUT SOME SORT OF WARNING.

Most people communicate warning signs of how they are reacting to or feeling about stressful events in their lives, whether it be a problem with a significant other, family member, best friend, supervisor, financial matters, or legal issues. Warning signs may present themselves as direct statements, physical signs, emotional reactions, or behaviors such as withdrawing from friends. When stressors and warning signs are present, the person may wrongly consider suicide as the option to escape pain, relieve tension, maintain control, or cope with stress.

TRUTH: A NON-FATAL SUICIDE ATTEMPT SHOULD BE TAKEN SERIOUSLY, NOT DOWNPLAYED AS AN ATTENTION-SEEKING ACT.

A non-fatal attempt by a Sailor is an opportunity to help him/her live. Rather than punishing or reprimanding someone who has expressed suicidal thoughts, offer help and alternative answers. Get them to talk to a Chaplain or counselor. Suicidal behaviors must be taken seriously. If not addressed, a thought of suicide can become an act of suicide.

TRUTH: A SAILOR CONSIDERS SUICIDE AS AN ALTERNATIVE TO MAKE THE PAIN STOP, NOT BECAUSE HE/SHE ACTUALLY WANTS TO DIE.

Very few people who consider suicide are absolutely determined or completely decided about ending their life. Most suicidal people do not want death; they want the pain to stop. Traumatic life events or jolting changes may be beyond a Sailor's own ability to cope, causing him/her to suffer through hopelessness alone. However, the majority of those who consider suicide at some time in their life find a way to continue living.

TRUTH: SUICIDAL THOUGHTS DO NOT MEAN THAT SOMEONE IS

MENTALLY ILL OR "CRAZY."

Most suicidal people are not psychotic or insane. They might be upset, grief-stricken, depressed, or despairing. Extreme distress and emotional pain are not necessarily signs of mental illness. More common are disorders related to substance abuse, which may exacerbate any untreated symptoms related to depression and lead to suicidal ideation.

TRUTH: IN MOST SITUATIONS, SEEKING HELP OR TREATMENT IS AN INDICATOR OF THE GOOD RELIABILITY AND JUDGMENT REQUIRED FOR SECURITY CLEARANCES.

Less than 2 percent of revoked or denied clearances are for psychological problems. Failure to seek help and allowing problems to get worse and start to impact performance, conduct, and finances are more likely to lead to clearance loss. With changes in April 2008, marital, family, or grief counseling (not related to violence by the applicant and unless the treatment was court-ordered) and any counseling for post combat deployment concerns are not required to be reported on the security clearance form SF 86. While other counseling or psychological treatment is reported by the applicant on the SF 86 form and leads to an extra step in the clearance process, this very rarely results in denial or revocation of clearance.

TRUTH: WHILE LONG TERM CARE SHOULD BE HANDLED BY A PROFESSIONAL, IMMEDIATE RECOGNITION OF SOMEONE WHO NEEDS HELP IS UP TO YOU.

By paying attention to what the person is saying, taking it seriously, offering support, and getting help, you can prevent a potential tragedy. The first step in getting a suicidal person the proper professional treatment needed during his/her time of despair begins with a peer or loved one recognizing potential warning signs. Many are lost to suicide because immediate support wasn't offered. Suicide Prevention is an All Hands Evolution.

Navy diplomats visit NAS Pensacola

By Steve Vanderwerff

Naval Education and Training Command
Public Affairs

PENSACOLA, Fla. (NNS) -- Naval Air Station (NAS) Pensacola hosted 20 members of the Corps of Foreign Naval Attaches, Sept. 16 - 18 during their fall tour of U.S. Navy installations.

The diplomats come from a wide range of countries and backgrounds and are touring Navy commands in the United States to learn about the Navy's capabilities and be exposed to the major cultural, industrial, governmental and historical aspects of the U.S.

The senior officers represent Brazil, Canada, Chile, China, Denmark, Germany, Guatemala, Japan, Korea, Netherlands, New Zealand, Nigeria, Peru, Philippines, South Africa, Sri Lanka, Sweden, Thailand, Turkey and United Kingdom.

The group visited the National Naval Aviation Museum and stopped in at Naval Education and Training Command headquarters for an overview of Navy training. At the Naval Education and Training Security Assistance Field Activity (NETSAFA) they learned how the command works as the U.S. Navy's agent for managing international training under security assistance and security cooperation programs. At the Aviation Rescue Swimmer School they observed how Sailors become rescue swimmers. They also toured and received briefs at the Naval International Training Center, Naval Aviation Schools Command and the School of Aviation Safety. At Naval Aviation Technical Training Command (NATTC) they saw how blended learning is used to train Sailors and Marines to become aviation mechanics and technicians. On their last day they saw the acrobatic maneuvers performed by the Blue Angels, the Navy's flight demonstration team, during a practice show.

The attaches watched aircrew water survival training, observed flight students learning about

flight physiology, toured the U.S. Air Force 479th Flying Training Group and wrapped up their visit by taking a tour of Training Air Wing Six where they saw firsthand how students are taught how to fly not only in planes, but also with simulators.

Rear Adm. Matthew Kohler, deputy director of Naval Intelligence, director of Intelligence Operations accompanied the group during their tour.

"This is a chance for them to get a unique look at the Navy and how we train our Sailors, and many of these countries have their own sailors coming through these courses," Kohler said. "It's a great opportunity for them to get a firsthand view and understanding, and to take the messages back to their own countries. It's a great occasion for us to show the international nature of the training that goes on in Pensacola."

"No matter how 'virtual' we get," continued Kohler, "it's the personal connections that are going to be very important as our nations continue to work forward in the future. It's the relationship part that's a very important part of this trip."

According to Debra Gustowski, deputy director of the Navy's foreign liaison office, she has been bringing groups to Pensacola for several years to help them gain insight and ensure that U.S. Naval attaches are given the same consideration by their host countries.

"This is the fourth time I've brought a group of attaches to Pensacola. They're here to find out about the U.S. Navy. Concurring to the Vienna conventions back in 1960, agreements were made that each country would accept attaches representing individual services. Just like an ambassador represents a country they represent their navies. They're here to collect information about our Navy and we provide that collection," she said. "Another purpose is that we show them a good tour and they go back to their countries and say 'my tour in the states was great, make sure



Photo by Steve Vanderwerff

Aviation Support Equipment Technician 2nd Class Fabian Rogers, an instructor at Naval Air Technical Training Center at Naval Air Station Pensacola, explains how students are taught to work on diesel engines to foreign naval attaches from 20 nations. The officers are visiting the United States to learn about the Navy's capabilities and to be exposed to major cultural, industrial, governmental and historical aspects of the U.S.

you show the attaches in Berlin or London, or Delhi, or wherever, the same courtesy."

New Zealand Navy Cmdr. Mathew Williams noted that some of the training is similar in the United States as in his country.

"The blended learning is something we've embraced back in New Zealand. Aviation doesn't take as significant a role since we are small navy, but we do have some aviation," he said. "I think the blended learning solution and use of computer-based training in classrooms is very similar to ours. It's nice to see the similarities in the way we train people."

Royal Navy Cmdr. Ian Atkins was astounded by the volume of Sailors trained at NATTC.

"We are using the blended learning solution to a degree," Atkins said. "What I've been most impressed with is the sheer scale of the number of people put through - about 35,000 trainees per year. To get that number of trainees to the right standard so

they can operate effectively in the fleet, I think is extremely impressive."

The visit also holds special meaning for Atkins.

"My wife's grandfather trained here in Pensacola in 1941. When he returned to the UK he flew during D-Day and Arnhem," he said. "In a way it has been a bit of a homecoming. My wife's grandfather died in January, he was 97 and his wife, who is 94, had a heart attack yesterday and survived. It's all good things and has been very poignant coming here."

The tour is conducted on behalf of the Chief of Naval Operations (CNO). The corps of naval attaches is a distinguished group of foreign flag and other senior officers accredited by the Department of the Navy and the Department of State to officially represent their CNO equivalents and governments with regard to naval matters and concerns. Historically, this prestigious assignment has pro-

duced many flag officers who have subsequently become their equivalent of our CNO or the Chairman of the Joint Chiefs of Staff.

"It was our absolute pleasure to host Admiral Kohler and so many outstanding naval attaches representing our friends and allies from around the world," said Capt. Christopher Plummer, NAS Pensacola's commanding officer. "In my experience, naval officers around the globe share a common bond and a connection with the sea, creating an almost instant rapport. This group was no exception. I personally loved meeting and sharing sea-stories with this great group of naval officers and really enjoyed showing off this beautiful installation and all the fantastic stuff we do here."

The attaches will continue their trip through the United States with a visit to Jacksonville, Fla. before returning to Washington D.C.

Married couple pins each other as chief petty officers

By MC2(SW) Austin Rooney

USS Theodore Roosevelt (CVN 71) Public Affairs

NORFOLK (NNS) -- Chief Operations Specialist (SW/AW) Priscilla Jones and Chief Master-at-Arms (SW) Mark Jones, who have been married for eight years, pinned anchors on each other during two separate chief pinning ceremonies at the Waterside Marriott Hotel in Norfolk and Naval Station Norfolk, Sept. 14.

Priscilla, stationed aboard USS Theodore Roosevelt (CVN 71), and Mark, stationed at Naval Station Norfolk Security, said they both shared the goal of being promoted to chief petty officer for years, but seeing both of their names on the list of selectees at the same time shocked them.

"I really didn't expect I'd make chief this time up," said Priscilla. "I thought my husband would make it, but not both of us."

Mark disagreed, saying he always thought his wife would get the promotion before he did. Upon realizing that they both made it together, he said he felt blessed.

"I'm so glad she was able to pin me, and I was able to do the same for her," said Mark. "She's been with me through most of my career, and we've made a lot of sacrifices to be together. So, this is like a reward for both of us."

Ever since the two met aboard USS Tortuga (LSD 26) in 1999, they knew that they



Photo by MC2 Austin Rooney

Chief Master-At-Arms Mark Jones, left, assigned to the Naval Station Norfolk security department, and his wife, Chief Operations Specialist Priscilla Jones, assigned to the aircraft carrier USS Theodore Roosevelt (CVN 71), pin anchors on each other after attending their separate chief pinning ceremonies at Naval Station Norfolk.

would have to make sacrifices beyond what a normal couple would make as a result of being dual-military. For much of their relationship, Mark would be at sea and Priscilla

at shore, and vice versa. Still, the two were able to maintain their commitment to the Navy and each other successfully.

"It's really important to leave work at

work," said Priscilla. "Spending time at home should be relaxing. If you can keep those two separate, then it makes the relationship a lot easier."

When they found out that they had been selected, both Priscilla and Mark knew they would be spending the next few weeks apart, since they would be attending different induction activities in different places. After five weeks of waking up at three in the morning and coming home at nine in the evening, the couple said being able to attend each other's pinning ceremonies made the entire process worth it.

"I think we were really lucky, and we both deserved it," said Priscilla. "Words can't even describe how good it felt. It was the best experience in the world."

Now that the couple are both chiefs, they have new goals lined up for their future careers in the Navy. Mark said he plans on transitioning to the wardroom next, while Priscilla said she has her eyes set on making senior chief.

Since Priscilla's ceremony at the Waterside Marriott in Norfolk happened two hours earlier than her husband's in building C-9 on Naval Station Norfolk, she jokingly insists that she made chief before he did.

"I already made chief before Mark did," said Priscilla, laughing. "I think I'll get my senior chief star before he does too."

• Remembrance

the second tower. At the time you could hear a pin drop in the office. I knew immediately that we were under attack."

Leflore said a few minutes later he heard a sound that resembled a large safe dropping on the deck.

The Pentagon had been hit.

"I took off with several other aides to the impact area and was the first person to enter the area on the fourth deck," he said. "We started ushering folks about of the area through the smoke and debris."

Leflore and his co-workers were able to make three trips into the area to help people and was able to get out before the collapse.

"It felt like hours, but in reality it was only a few minutes," he said. "I can never explain the adrenaline rush that took over me. It was amazing that day - there was no rank, no special privileges - we were all Americans - military and civilians pulling together for one common goal. We finally evacuated the building - over 26,000 people. We just tried to help as much as we could along the way. It was a sight I will never forget and a day I'll always remember. The feeling of what do we do was overwhelming, but to look up and see our jets over ahead gave us a feeling of freedom and security, but unfortunately at the same time - revenge.

Leflore said he was blessed to have survived.

"After all I only had a little smoke in my lungs, a couple of scratches and burnt soles

on my shoes," Leflore said.

"It was the longest 23 hour day I've ever had. I'm blessed to stand here and tell you about my experiences. It's not about me; it's about the folks who perished that day because of who we are as Americans, our values and our beliefs. I know friends and colleges who sacrificed their lives for our country that day. We remember them as heroes - they died for our nation."

Also sharing his story of overcoming the odds was the Rev. Rodney Duke who enlisted in the Navy in 1965. After his training as a communications technician he was assigned to do highly classified work as one of the 82 men assigned to the USS Pueblo, an electronic intelligence gathering ship.

On the Pueblo's first patrol, she was engaged and captured by North Korean Communist forces. During which time he and a number of others were subjected to very cruel, physically abusive treatment which left him 100 percent permanently disabled.

"We did not eat until two days after they were captured and the integration started about four days after we were captured," Duke said.

"I was taken into a room where six North Korean officers were sitting at desks each with pistols lying on the desk in front of them. They would not let me sit down and they kept asking me what my job was on the Pueblo. I was taught to only say my name, rank and social security number. They got mad because I wouldn't say anything else,

so I started saying 'I don't know.'"

Duke said they wanted him to admit that the Pueblo invaded their waters or that he was a member of the CIA.

Then one of the North Korean officers picked up his pistol and said, 'I'm going to shoot you.'

"The first thing I thought was, 'I'm going to hell, because I'd been running from God,'" Duke said.

"They asked me the same question again and I said 'I don't know.' The officer pulled the trigger and it clicked.

The gun misfired.

The North Korean officer told Duke, "It will not be the next time, we will kill you."

In a solemn voice Duke said, "For the next 327 days I wondered about that pistol."

After 40 days of capture Duke was able to take his first bath and got to wash his clothes.

His meals consisted of fish water and three slices of turnip root three times a day. "Every once in awhile we would get a handful of rice and piece of bread that was so hard we had to soak it in water to be able to eat it," Duke said.

In the months to come, Duke was submit to cruel beatings and attempts to brainwash him, but said he would hold on.

Following his release from North Korea, Duke returned home and began to minister in the Methodist church.

"I've learned not to take what we have in America for granted," Duke said. "I am



Photo by Penny Randall

The Rev. Rodney Duke, a North Korean Prisoner of War, speaks to the audience at the POW/MIA & 9/11 Remembrance Ceremony.

thankful that I was allowed to wear the uniform of a United States Sailor and serve my country, but I still have heartache from my experiences."

Duke was awarded the Purple Heart, the Presidential Citation, the Navy Commendation Medal with Combat Vs, and the POW Medal.