

THE SKYLINE

Celebrating
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Years of
Training
Excellence

Volume 54, Number 16

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August 4, 2016

On Base...

Congratulations CPO Selectees:

NAS:

ACC(Sel)
Devon McKernan

NTTC:

YNC (Sel)
Dimo Sanchez
PSC (Sel)
Shanita Jackson
LSC (Sel)
Andriel Berry

NOSC:

FCC(Sel)
Joseph Falls
HMC(Sel)
Stanyelle Billie

✓ Family Movie Night

Aug. 20 at Bernath Field. Gates open at 7 p.m.; show starts at dark. Free hot dogs and bottled water (while supplies last.)

✓ Parent's Night Out

Aug. 11 & 18 from 6-10 p.m. at CDC and SAC. Call 601-679-2625.

✓ Friends of Bill AA Meeting will occur

every Wednesday at the NAS Meridian Chapel at 7 p.m. These are "open" meetings and available to anyone with base access. For information, contact the Chapel at 601-679-3635 or HM1 Bobbi Coleman-Johnson at 601-679-2209.

A Day in Naval History

Aug. 4 1790 - The Revenue Cutter Service is established by Congress, authorizing the construction of 10 vessels to enforce federal tariff and trade laws and prevent smuggling. The service receives its present name, U.S. Coast Guard, in 1915 under an act of Congress that merges the Revenue Cutter Service with the Life-Saving Service, thereby providing the nation with a single maritime service dedicated to saving life at sea and enforcing the nation's maritime laws.

1939 - USS Yorktown (CV 5) and USS Enterprise (CV 6) use hydraulic flush-deck catapults to launch SBC-3 and O3U-3 aircraft from flight and hangar deck catapults.

--www.history.navy.mil

"The Skyline" is a Russell Egnor Navy Media Award recipient for Best Metro Newspaper

NTTC hosts inaugural GS2PS training

Naval Technical Training Center (NTTC) Meridian convened the inaugural Personnel Specialist "A" School course for Navy Pay and Personnel Support Command general schedule civilian employees and active-duty Sailors, July 25.

The course is the result of a study conducted by the Office of the Secretary of the Navy into the accountability of pay processes for military.

The determination was made to provide professional training for the civilian personnel support workforce to increase skillsets and improve job performance in handling pay, entitlements, travel pay and management of military pay records.

The class included 15 civilian employees from various personnel support detachments.

"This course provides the basic knowledge and skills required to prepare attendees for initial or entry level performance," explained Cmdr. Michael Moran, NTTC commanding officer. "This initiative will assist in the training of the civil-



Photo by Tom Childress

Cmdr. Michael Moran, commanding officer of Naval Technical Training Center welcomes the class of civil service personnel and Sailors aboard for the inaugural GS2PS training.

ian workforce at various personnel support detachments around the country, specifically those slated to work with the Person-

nel Administrative Support System."

Capt. Derric Turner, commanding officer for the Center for Service Support (CSS) in Newport, Rhode Island, the echelon III command in charge of all support training, was on hand for the historic first class.

"The information in the course is applicable to all Sailors serving in our Navy as personnel specialists, so it's imperative that all of our civilian professionals share in the keen understanding of the processes that contribute to accurate and timely accounting of all military pay matters," Turner said. "I personally commend each of you for your commitment to improve your skillsets in order to provide superior service to all our sailors serving around the world."

Aaron U. Bolin and Master Chief Personnel Specialist Paul Smith from the Performance Management Division (PERS 21), Navy Personnel Command in Millington, Tennessee, also welcomed the civilian students.

● **GS2PS, page 10**

Meridian Day at Fair



Photo by MC2 Chris Liaghat

Top left: Logistics Specialist 2nd Class Robert Kennedy gives stickers to visitors of the NAS Meridian booth during Meridian Day at the Neshoba County Fair, July 27. Left: Retired Master Chief Tim Jewell serves free navy bean soup to fairgoers. Above: Lt. jg. Cameron Benner, VT-9 student aviator, poses for a photo with a young visitor.

Do's and Don'ts: Voicing your political opinion on social media

By Jason Kelly
U.S. Navy Digital Media Engagement Director

Back in 2008, political and media analysts dubbed that year's presidential election the YouTube election since the candidates used the platform to post videos longer than traditional political ads.

Fast forward to 2016 where now a third of 18- to 29-year-olds say social media is their most helpful source for learning about this year's presidential election, according to a survey by the Pew Research Center.

More social media opportunities exist now for Americans to share everything from their favorite cat photos to their personal opinions, including about this

year's presidential election.

So what do Sailors and Department of the Navy civilians need to know before they post, tweet and snap their political opinions? The information below doesn't cover everything but, if in doubt, consult your command's ethics representative.

Let's start with Sailors. NAV-ADMIN 055-16 and DoD Directive 1344.10 spell it out.

Active-duty Sailors may generally express their personal views about public issues or political candidates using social media — just like they can write a letter to a newspaper's editor.

If the social media site or content identifies the Sailor as on active duty (or if they're reasonably identifiable as an active-duty



Photo illustration by Austin Rooney

Sailor), then the content needs to clearly and prominently state that the views expressed are those of the individual only and not those of the Department of

Defense (DoD).

What about Sailors who aren't on active duty?

● **Social Media, page 2**

Look Inside

~ Page 3 ~
Winging;
1st Lt. Daniel
Lahti awarded
Golden Stick



~ Page 4 ~
Remembering
the USS
Indianapolis



~ Page 5 ~
Osprey
completes
phase four
testing



Photo of Week



Photo by MC3 J. Alexander Delgado

A pilot performs pre-flight checks on an F/A-18C Hornet assigned to the Wildcats of Strike Fighter Squadron (VFA) 131 on the flight deck of the aircraft carrier USS Dwight D. Eisenhower (CVN 69) (Ike). Ike and its Carrier Strike Group are deployed in support of Operation Inherent Resolve, maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of operations.

Area Happenings

AUGUST

- 6: Little River Band** at 7:30 p.m. at the MSU Riley Center. Pre-show party starts at 6 p.m. Tickets: \$55 and \$49. For information, call 601-696-2200.
- 6: Central UMC Garage Sale** from 7 a.m.-1 p.m. at Central United Methodist Church in Meridian. Help us raise money for missions. For information, call 601-513-1868.
- 13: Mounted Cowboy Shooters** at 9 a.m. at the Lauderdale County Agri-Center. For information, contact Rob Seal at 601-482-8498. Cowboys on horses shooting in competition with other mounted cowboys. Fun for the whole family!
- 18: Home Buying 101** from 5:30-7 p.m. at the Meridian Board of Realtors. Free and open to the public. This class offers a step-by-step process to buying a home. Speakers include: lender, realtor, appraiser, home inspector, termite inspector, and attorney; all your questions answered in an open forum, and relaxed atmosphere. Space is limited; register by calling 601-485-7113 or email us at: betty@meridianboardofrealtors.org.

ONGOING

- Earth's Bounty** is held the first Saturday of the month from 7 a.m.-1 p.m. at Singing Brakeman Park until November.
- Farmers Market** held every third Saturday of the month from 7 a.m.-1 p.m. at Singing Brakeman Park until November. Don't miss the free samples and fresh fruits and vegetables from the vendors. For information, call Ronnie at 601-604-2892.
- City of Meridian Flag and Tackle Football Registration** weekdays through Aug. 13 at Highland Park office. For information, contact Aleasha Jordan at 601-485-1802 or email at aleashajordan@yahoo.com. Fees: Flag \$55; Tackle \$60.
- City of Meridian Cheer Registration** weekdays through Aug. 13 at Highland Park office. For information, contact Aleasha Jordan at 601-485-1802 or email aleashajordan@meridianms.org. Fees: \$70 which includes uniform.
- MOPS (Mothers of Preschoolers)** group provides emotional, spiritual and practical support to mothers of preschoolers. Expectant mothers and mothers of preschoolers are invited to the meetings on the second and fourth Thursdays of the month from 9:30-11:30 a.m., at Fifteenth Avenue Baptist Church. Child care provided for ages newborn to five. Visit us on Facebook at Fifteenth Avenue MOPS for meeting details or call 757-574-2557. Fees: Free for first meeting, only \$50 a year to become a member. Military discounts available.
- Fleet Reserve Association local FRA branch** holds monthly meetings the last Sunday of every month at 2 p.m. For more information visit FRA Branch 264 on Facebook or 8874 Hwy 39 North, Meridian. Open Monday-Wednesday 2-7 p.m.; Thursdays 2-10 p.m.; Friday 2 p.m.-1 a.m.; Saturday noon-1 a.m.; and open at noon on Sundays. Thursday Ladies Nite begins at 7 p.m.; and Saturday Karaoke Nite begins at 8 p.m. Free billiards and shuffleboard.

**The Veterans of Foreign Wars
Scholarship contest is open to all
middle school and high school students.
Themes this year are:
Middle School "The America I Believe
In" High School: "My Responsibility to
America." Deadline is Nov. 1. Contact
VFW Post 12124 at 601-282-5866 for
more information. Applications can be
found at <http://www.vfw.org/Youth/>**

● Social Media

They're not subject to the above social media restrictions so long as they don't reasonably create the perception or appearance of official sponsorship, approval or endorsement by the DoD.

However, active-duty service members may not engage in any partisan political activity such as posting or making direct links to a political party, partisan political candidate, campaign, group or cause. That's the equivalent of distributing literature on behalf of those entities or individuals, which is prohibited.

Active-duty Sailors can like or follow accounts of a political party or partisan candidate, campaign, group or cause. However, they cannot suggest that others like, friend or follow them or forward an invitation or solicitation.

Remember, active-duty service members are subject to additional restrictions based on the Joint Ethics Regulation, the Uniform Code of Military Justice and rules about the use of government resources and government communications systems, including email and internet. DoD civilians need to consider the Hatch Act and DoD policy.

In general, federal employees may use social media and email and comply with the Hatch Act if they:

- Don't engage in political activity while on duty or in the workplace, even if the employee is using their personal smartphone, tablet or laptop to do so. Federal employees are "on duty" when they're in a pay status (including during telework hours) other than paid leave or are representing the government in an official capacity
- Don't engage in political activity in an official capacity at any time
- Don't solicit or receive political contributions at any time

Political activity refers to any activity directed at the success or failure of a political party or partisan political group or candidate in a partisan race. Below is a list of some frequently asked questions. For additional FAQs, visit http://www.dod.mil/dodge/defense_ethics/resource_library/hatch_act_and_social_media.pdf.

Q: May a federal employee engage in political activity on social media?
A: Yes, they may express their opinions about a partisan group or candidate in a partisan race by posting, liking, sharing, tweeting or retweeting, but there are a few limitations. The Hatch Act prohibits federal employees from:

- Engaging in any political activity via social media while on duty or in the workplace
- Referring to their official titles or positions while engaged in political activity at any time (note that including an employee's official title or position on one's

social media profile, without more, is not an improper use of official authority)

- Suggesting or asking anyone to make political contributions at any time, including providing links to the political contribution page of any partisan group or candidate in a partisan race or liking, sharing or retweeting a solicitation from one of those entities and invitation to a political fundraising event. However, an employee may accept an invitation to a political fundraising event from such entities via social media.

Further restricted employees also may express their opinions about a partisan group or candidate in a partisan race by posting or sharing content, but there are a few limitations. In addition to the limitations above, the Hatch Act prohibits further restricted employees from:

- Posting or linking to campaign or other partisan material of a partisan group or candidate in a partisan race
- Sharing those entities' social media sites or their content, including retweeting

Q: If a federal employee lists his or her official title or position on Facebook, may he or she also complete the "political views"?

A: Yes, identifying political party affiliation on a social media profile, which also contains one's official title or position, without more, isn't an improper use of official authority.

Q: May a federal employee display a political party or campaign logo or a candidate photograph as his profile picture?

A: Yes, but subject to the following limitations. Because a profile picture accompanies most actions on social media, a federal employee would not be permitted—while on duty or in the workplace—to post, share, tweet or retweet any social media content because each such action would show their support for a partisan group or candidate in a partisan race, even if the content of the action is not about those entities.

Q: May a federal employee – while on duty or in the work place – send or forward a partisan political email from his or her government email account or their personal email account to others?

A: No, they can't send or forward a partisan political email from either their government email account or their personal email account (even using a personal device) while at work. A partisan political email is defined as one that is directed at the success or failure of a partisan group or candidate in a partisan race.

Again, the above information doesn't cover every situation. If in doubt, consult your command's ethics counselor.

Don't forget the presidential election is November 8. For voting information, visit DoD's Federal Voting Assistance Program's website.

The Skyline ~ Naval Air Station Meridian, Miss.

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- Hotlines & Helpful Numbers**
- SAPR Victim Assistance: 601-604-3037
 - SAPR Civilian Victim Assistance: 601-486-3122
 - SARC: 601-481-4274
 - SAFE Helpline: 877-995-5247
 - Suicide Hotline: 800-273-8255
 - Military OneSource: 800-342-9647
 - CEAP (DoN Civilian): 844-366-2327
 - EAP (NAF Civilian): 800-932-0034
 - FFSC Meridian: 601-679-2360
 - Chaplain: 601-604-2015
 - NMCRS Duty Cell: 601-604-2206
 - EEO (NAF): 866-295-0328
 - EEO (GS): 904-542-2802

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Eleven aviators earn 'Wings of Gold' in July pinning ceremony

There was a naval aviator designation ceremony July 29 in the Chapel on board NAS Meridian.

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

Those earning their wings include:

✓ Lt. Ryan Edward Amorosso, USN, was designated a Naval Aviator on March 25, 2011, after completing Advanced Helicopter Training with Helicopter Training Squadron Eighteen (HT-18). Upon completion of training at the Fleet Readiness Squadron, Helicopter Anti-Submarine Squadron Ten (HS-10), he was assigned to the World Famous NIGHTDIPPERS of Helicopter Anti-Submarine Squadron FIVE

(HS-5) to fly the SH-60F Seahawk and HH-60H Rescue Hawk. Attached to Carrier Air Wing Seven (CVW-7), he deployed aboard the USS Dwight D. Eisenhower (CVN 69) from August 2012 to December 2012 and again from February 2013 to July 2013 in support of Operation Enduring Freedom. He transitioned to the MH-60S Knighthawk from November 2013 to March 2014. In August 2014, he was selected for an Aviation Warfare Transition to the strike fighter community. During Advanced Jet Flight Training he earned one Navy "E" for bombing accuracy. He carrier qualified in the T-45C aboard the USS George Washington (CVN 73) May 22. Amorosso completed Advanced

Jet Flight Training with Training Squadron Seven (VT-7).

✓ Lt. j.g. Christopher Andrew Dare, USN, was selected for E2/C2 and underwent Multi-Engine Training in Corpus Christi, Texas, before arriving in Meridian. He will be going to Norfolk, Va., and will fly either the E-2 Hawkeye or the C-2 Greyhound. He carrier qualified in the T-45C aboard the USS George Washington (CVN 73) July 14. Dare completed Advanced Jet Flight Training with VT-7.

✓ Lt. j.g. Stewart Levi Hamilton, USN, was selected for E2/C2 and underwent Multi-Engine Training in Corpus Christi, Texas, before arriving in Meridian.



Amorosso



Dare



Hamilton



Hermann



Herrmann



Labopin



Lahti



Mennesson



Paviot



Soboti



Wagoner



Meridian Day Neshoba County Fair

Military and civilian volunteers from NAS Meridian pose for a group photo after manning a booth for Meridian Day at the Neshoba County Fair in Philadelphia, July 27. Volunteers handed out free navy bean soup and Navy materials to fairgoers, who visited the booth, while student aviators posed for photos and answered questions. In addition, the NAS Meridian ceremonial color guard paraded the colors during the singing of the national anthem.

Photo by MC2 Chris Liaghat

NAS Meridian Sailors and civilians of the Quarter



ABH3 Princess Rosit
Blue Jacket of the Quarter



RP2 Orrin Bryant
Junior Sailor of the Quarter



ABE1 Joshua McNeese
Senior Sailor of the Quarter

Farewell Chief Boykin



Photos by MC2 Chris Liaghat

Chief Aviation Boatswain's Mate (Equipment) Adam Boykin, right, receives a Navy and Marine Corps Commendation Medal from Capt. Scott Bunney, commanding officer of NAS Meridian, at his retirement ceremony, July 29.



Justin Powell
Junior Civilian of the Quarter



Christopher Rutledge
Senior Civilian of the Quarter

Survivors of the sinking of the USS Indianapolis

More than just a monologue

MC2 Jason Kofonow
Defense Media Activity

The sinking of the USS Indianapolis (CA 35) has solidified itself in popular culture in the form of a four and a half minute monologue performed by Robert Shaw in the movie *Jaws*.

Captain Quint told the story of the ship delivering the components for the atomic bomb during WWII, being hit by two Japanese torpedoes and then constantly losing shipmates to the hundreds of sharks in the water as they waited five days to be rescued.

For the 317 Sailors who were pulled from the ocean and the 14 who attended the 70th Anniversary reunion in Indianapolis, Indiana, their heroic story of survival is more than a monologue.

After dropping off the components for Little Boy and Fat Man, the two atomic bombs that were later dropped on Hiroshima and Nagasaki, the USS Indianapolis transited from the small island of Tinian to Guam where it received orders to travel to Leyte Gulf and prepare for the invasion of Japan.

About halfway between Guam and Leyte Gulf, on July 30, 1945, at 12:14 a.m., the Japanese submarine I-58 fired six torpedoes. Two torpedoes found their mark and the Indy



Photo Illustration from Naval History and Heritage Command

began taking on water.

"I was in my scivies and I jumped up and just put my pants and shirt on and was carrying my shoes and the second torpedo hit," said Seaman 1st Class Lyle Umenhoffer. "I stood there for a just a few more minutes and then the

ship started going over on the starboard side so I slid from the port side over to the starboard side and hit a hatch and tumbled off into the water and that's where I wound up was in the oil."

● Indianapolis, page 10

Same as it ever was

You just don't understand, Mom!" Anna bawled before slamming her bedroom door.

The theatrics would make one think that the galaxy was collapsing, but I had merely refused to allow Anna to sleep over at a girlfriend's house because Anna's boyfriend was staying there too.

I sighed heavily, slurped my now tepid coffee, and wondered if my 18-year-old remembered that science has actually proven that the Earth spins on an axis, and does NOT, in fact, revolve around her. But I knew better than to expect a teenager to imagine that she is anything less than the center of the known Universe.

Back in the early 80s, I was a self-absorbed teen too, but countless mother-daughter talks have not convinced Anna that I had ever walked in her shoes.

To start, she is a world-traveling Navy BRAT, and I grew up in one small Western Pennsylvania town. Anna is stylish, and my favorite outfit in high school was an orange wool sweater with matching knee socks. She is long and lean, and I was short and chunky. It is true that Anna is smarter, more popular, more artistic, more beautiful, and vastly more fashionable than I ever was at her age, but we still share certain universal adolescent experiences.

I'll admit that Anna's generation is different than mine. Today's kids spend a significant portion of their day staring into electronic devices, communicating wirelessly with their thumbs, taking digital photos of themselves, and guzzling the enormous deluge of 24/7 images and information on the Web.

By contrast, I grew up without instant information about my friends, because I only communicated with them in person or during calls from the rotary telephone in my bedroom. And, the only electronic screen I looked into with any regularity was our family's console television, which was usually broadcasting the six-o'clock news, "Magnum P.I.," "Three's Company," or "Hill Street Blues."

Regardless, when I was Anna's age, I was also plagued by the injustices and insecurities of youth.

I'd lay on my mock-brass twin bed, ensconced in my Kliban Cat comforter, staring at the yellow walls. None of the billions of teenage girls who had lived before me had ever been through what I had been through. No one understood me.

The ordeal of puberty, the anxiety of social acceptance, the surge of hormone-fueled emotions, the awkwardness of adolescence — it was all so overwhelming. Surely, no one since the dawn of time had ever felt the same. In my underdeveloped frontal lobe, I thought the only way to solve all my problems was to somehow get a boyfriend. Or, lose ten pounds. And there was no one, except maybe my best friend Patti Frankovich and sometimes our golden retriever, Cinnamon, who could begin to understand my plight.

Especially NOT my parents.

I pressed play on my Walkman, and as Culture Club, Duran Duran, Men at Work and Stray Cats washed over my teal-and-fuchsia-enamel-earrings and into my longing ears, I never felt so alone.

Although Anna already has a boyfriend and doesn't need to lose ten pounds, she still feels that same teenage angst that I felt over three decades ago. I tell her about my own adolescent feelings, and the experiences of generations of teenage girls, so she will see that she is not, by any means, alone.

But for some reason, this only makes things worse.

I hope that Anna's frustratingly existential mindset will compel her to ignore the bounds of previous experience and blaze her own trail, succeed in college, and do extraordinary things with her life that I could have never imagined.

And in the meantime, I'll sit back, slurp my coffee, and watch the world spin slowly around her.

COLUMN



Lisa Smith Molinari

A 21-year Navy spouse, Lisa Smith Molinari and her family are currently stationed in Newport, R.I. Her self-syndicated columns appear on her blog, www.themeatandpotatoesoflife.com and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life* Follow Lisa@MolinariWrites.

The Personal Procured Move (PPM) claim office can be contacted at: 1-888-742-4467 or by e-mail: pptas.fiscn@navy.mil. For the members convenience, claim packages can also be e-mailed to the above address.



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Pvt. Alia Garcia
MATSS-1 Student
Hometown: Norwich, Conn.

OORAH!

Pfc. Jamee Guernsey
MATSS-1 Student
Hometown: Henryville, Ind.

Pvt. Alia Garcia enjoys listening to music, writing and cooking because she said it's relaxing and helps her relieve stress.

Garcia joined the Marine Corps on March 7 because she wanted to lead a better life.

Her most memorable experience since joining was throwing a grenade for the first time. "I remember being nervous and excited."

After graduating, Garcia is looking forward to traveling, taking on leadership roles and meeting more Marines like herself.

The person Garcia admires most is her father, Abel Garcia, for always teaching her to push herself and accept all challenges no matter the difficulty. She credits him for being the reason she is a Marine today.



Pfc. Jamee Guernsey enjoys running, soccer, volleyball and football. Sports in general help her to relax and relieve stress.

Her most memorable experience since joining was getting to shoot different weapons during Marine combat training. After graduating, Guernsey is looking forward to traveling and meeting people from different places.

She would like to be stationed in Hawaii. "My grandfather was stationed there with my mother when she was younger and I would like to share that experience."

The person Guernsey admires most is her aunt, Misty Stiles, for single-handedly establishing and maintaining a healthy lifestyle for herself and her kids.

Osprey completes phase four testing at sea aboard USS Iwo Jima

By Ward Carroll
NAVAIR (V-22) Public Affairs

The V-22 Integrated Test Team (ITT) completed Phase IVB of the Osprey's shipboard suitability testing June 29, which is the fifth of six at-sea periods the tilt-rotor will go through during the aircraft's developmental testing.

This was the latest in a series of tests leading to the aircraft's operational evaluation and subsequent full-rate production decision next year. During the eight days aboard USS Iwo Jima (LHD 7) operating in the waters off the coast of Maryland, the ITT did much toward proving the Osprey's capability on and around an amphibious assault ship.

In the course of shipboard testing in 1999, the V-22 demonstrated a tendency to tilt along its lateral axis when sitting on the flight deck behind a hovering aircraft - a phenomenon known as "uncommanded roll on deck." Because the Osprey has a digital flight control system, engineers are able to reprogram the flight controls to eliminate undesirable characteristics such as roll on deck.

Previous shipboard suitability phases have tested the performance of the Osprey behind a hovering H-1 Huey, H-46 Sea Knight and H-53 Sea Stallion. Phase IVB was designed to test the effect on a V-22 behind a hovering V-22.

"All of our test results with regard to roll on deck were as good as or better than anticipated," said Marine Corps Lt. Col. Kevin Gross, government flight test director and chief V-22 test pilot. "The handling of the Osprey in the shipboard environment is proving to be one of its strong characteristics."

A series of firsts were accomplished during this test period, Gross said. Along with the first shipboard interaction tests of a V-22 in the vicinity of another V-22, it was the first time a V-22 landed on Spots 5 and 6 - the landing points adjacent to the ship's island. Additionally, the wind envelope for LHD-class V-22 operations was expanded - an important element toward a successful operational evaluation next year.

The Integrated Test Team was offered another challenge when Osprey No. 22 had a nacelle component failure while hovering over the flight deck during the final V-22/V-22 interaction tests. Subsequent landing and shutdown were uneventful, and an investigation into the malfunction continues.

"Even with a component failure, this was an overwhelmingly successful detachment," said Air Force Col. Craig Olson, V-22 program manager, who had his first taste of shipboard life during this test period. "Now I know firsthand that the days at sea are long ones, and I thank the Integrated Test Team for their work toward fielding this remarkable capability."

The V-22 is part of a Fleet Battle Experiment that is a proof of concept for detachment operations on board a carrier.

"These operations present an opportunity for our flight crews to gain experience landing on an aircraft carrier as opposed to landing on an amphibious ship," said Marine Corps Lt. Col. Brett Hart, VMX-1 executive officer. "It allows us to become accustomed to a different set of operating procedures, and additionally allows Air Department Sailors.

The V-22 is a joint service, multi-mission aircraft with vertical take-off and landing (VTOL) capability. It performs VTOL missions as effectively as a conventional helicopter while also having the long-range cruise abilities of a twin turboprop aircraft.

The Osprey is a tiltrotor aircraft with a 38-foot rotor system and engine/transmission nacelle mounted on each wing tip. It can operate as a helicopter when taking off and landing vertically. Once airborne, the nacelles rotate forward 90 degrees for horizontal flight, converting the V-22 to a high-speed, fuel-efficient turboprop airplane. The wing rotates for compact storage aboard ship. The first flight occurred in March 1989. The V-22



Photo by MC1 Mike Jones

V-22 Osprey aircraft operate in close proximity during recent flight deck developmental testing aboard the amphibious assault ship USS Iwo Jima (LHD 7).

is the world's first production tiltrotor aircraft. Planned purchases include 360 for the Marine Corps, 48 for the Navy and 50 for the Air Force.

The Marine Corps is the lead service in the development of the Osprey. The Marine Corps version, the MV-22A, will be an assault transport for troops, equipment and supplies, and will be capable of operating from ships or from expeditionary airfields ashore. The Navy's HV-22A will provide combat search and rescue, delivery and retrieval of special warfare teams along with fleet logistic support transport. The Air Force CV-22A will conduct long-range special operations missions.

MARINE CORPS AIR STATION YUMA, ARIZ.



Photo by Cpl. Conner Robbins

Lt. Col. William Sheridan pilots an F-5C above the grounds of Marine Corps Air Station Yuma, Arizona. The "Snipers" of VMFT-401 are the Marine Corps' only adversary squadron. The squadron is manned by highly experienced Marine fighter pilots each averaging more than 2,500 flight hours in tactical fighter aircraft.

USS WHIDBEY ISLAND, ATLANTIC OCEAN



Photo by Cpl. Chris Garcia

Marines with 22nd Marine Expeditionary Unit teach Marine Corps martial arts techniques to British Royal Marines aboard the USS Whidbey Island. 22nd MEU, deployed with the Wasp Amphibious Ready Group, is conducting naval operations in the U.S. 6th Fleet area of operations in support of U.S. national security interests.

Safety & Energy Efficiency is Our Duty

ELECTRIC METERS

The basic unit of measure of electric power is the watt. One thousand watts are called a kilowatt. If you use one thousand watts of power in one hour you have used a kilowatt-hour (kWh). Your electric utility bills you by the kWh.

The standard electric power meter is a clock-like device driven by the electricity moving through it; as the home draws current from the power lines, a set of small gears inside the meter move. The number of revolutions is recorded by the dials that you can see on the face of the meter. The speed of the revolutions depends on the amount of current drawn - the more power consumed at any one instant, the faster the gears will rotate.

When reading an electric meter, read and write down the numbers as shown on the dials from right to left. When the pointer is directly on a number, look at the dial to the right. If it has passed zero, use the next higher number. If it has not passed zero, use the lower number. Record the numbers shown by writing down the value of the dial to your extreme right first and the rest as you come to them. Should the hand of a dial fall between two numbers, use the smaller of the two numbers.

Safety tips for outdoor fires

With the summer coming to an end and children go back to school; there are some last minute camping trips and get together that might involve a recreational fire (camp fire). For everyone to end the summer incident free, please follow the tips below to keep you and your family safe around camp fires.

- Check local laws and ordinances: Some communities allow burning only during specified hours; others forbid it entirely. Counties may also restrict outdoor burning during periods of high or extreme fire danger.
- Consider alternatives to burning: Some types of debris, such as leaves, grass and stubble may be of more value if they are not burned. Composting can yield valuable organic matter that can be used to enrich the soil, while helping extend the useful life of landfills.
- Do not burn outdoors during dry, windy weather when vegetation in the vicinity is dry and fire-prone. It may only take a very

small spark or burning ember to ignite dry vegetation.

- Before you burn trash or other debris outdoors, contact your local fire department to let them know of your plans; you can find out if it is safe to burn outdoors and, in the event your fire should escape, firefighters will already have an idea of where the fire is located.



- Stay with your fire: Should your fire escape; you may be able to stop its spread before it becomes large enough to require additional personnel and equipment to contain it. Always make sure the fire is completely extinguished to include hot spots before leaving it.
- Kids Free Zone: Ensure you are keeping a close eye on the children and don't let them around the fire.

If you have any questions, please contact the NAS Meridian Fire Department at 601-679-2589.



NAS Meridian, MS • Morale, Welfare and Recreation

On the Web: www.navy.mwrmeridian.com Facebook: www.Facebook.com/MWRMeridian

Facility Phone Numbers

Fitness Center	679-2379	Library	679-2326	SAC	679-5252
Liberty Center	679-3760	Rudder's	679-2636	SLO	679-2473
Tickets	679-3773	Sandtrap Grill	679-2780	P.C. Golf Course	679-2526
McCain Rec Center	679-2651	Tutto Bene	679-2345	MWR Admin.	679-2551
Equipment Rental	679-2609	CDC/CDH	679-2652	MWR Jobs Line	679-2467



Coming Attractions

McCain Rec Center

- Thursday, August 4**
4:30pm, Alice in Wonderland, PG
6:30pm, Batman V Superman, PG13
- Friday, August 5**
5pm, The Jungle Book, PG
7pm, Eye in the Sky, R
- Saturday, August 6**
1pm, A Bug's Life, G
5pm, Barbershop: The Next Cut, PG13
7pm, Eye in the Sky, R
- Sunday, August 7**
1pm, Alice in Wonderland, PG
4:20pm, Batman V Superman, PG13
7pm, Barbershop: The Next Cut, PG13
- Monday, August 8**
5pm, Dr. Seuss' The Lorax, PG
7pm, X-Men, PG13
- Tuesday, August 9**
5pm, Frozen, PG
7pm, X-Men 2, PG13
- Wednesday, August 10**
5pm, Inside Out, PG
7pm, X-Men: The Last Stand, PG13
- Thursday, August 11**
5pm, Frozen, PG
7pm, X-Men 2, PG13
- Friday, August 12**
5pm, Inside Out, PG
7pm, X-Men: The Last Stand, PG13
- Saturday, August 13**
1pm, Inside Out, PG
5pm, X-Men: The Last Stand, PG13
7pm, X-Men 2, PG13
- Sunday, August 14**
1pm, Dr. Seuss' The Lorax, PG
5pm, X-Men, PG13
7pm, X-Men: The Last Stand, PG13
- Monday, August 15**
5pm, Kung Fu Panda, PG
7pm, X-Men Origins: Wolverine, PG13
- Tuesday, August 16**
5pm, Kung Fu Panda 2, PG
7pm, X-Men: First Class, PG13
- Wednesday, August 17**
5pm, Kung Fu Panda 3, PG
7pm, The Wolverine, PG13
- Thursday, August 4**
7pm, Eye in the Sky, R
- Friday, August 5**
7pm, The Next Cut, PG13
- Saturday, August 6**
1pm, Batman v Superman, PG13
7pm, Batman v Superman, PG13
- Sunday, August 7**
1pm, Eye in the Sky, R
7pm, Eye in the Sky, R
- Monday, August 8**
7pm, X-Men 2, PG13
- Tuesday, August 9**
7pm, X-Men: Last Stand, PG13
- Wednesday, August 10**
7pm, X-Men, PG13
- Thursday, August 11**
7pm, X-Men 2, PG13
- Friday, August 12**
7pm, X-Men: Last Stand, PG13
- Saturday, August 13**
1pm, X-Men, PG13
7pm, X-Men, PG13
- Sunday, August 14**
1pm, X-Men 2, PG13
7pm, X-Men 2, PG13
- Monday, August 15**
7pm, X-Men: First Class, PG13
- Tuesday, August 16**
7pm, The Wolverine, PG13
- Wednesday, August 17**
7pm, X-Men: First Class, PG13

Movies shown at McCain Rec Center and the Liberty Center are shown FREE of charge.

Ponta Creek Community Rec is the place to go for all things outdoors

As temperatures begin to cool, take advantage of the primitive camping and picnic sites located at Lake Martha and the Ponta Creek Community Recreation Complex. The three campsites at Lake Martha include fire rings, grills and a bath house. The five picnic sites located at Ponta Creek Community Rec Complex include picnic tables, fire rings and grills. Reservations for the campsites and picnic areas can be made at the Ponta Creek Clubhouse, free of charge on a first come, first served basis.

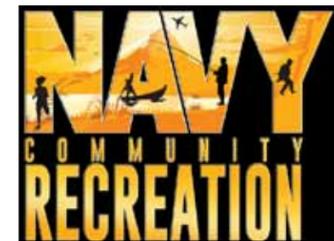
MWR is excited to announce the addition of FlingGolf to the outdoor recreational activities available at Ponta Creek! A hybrid of golf and lacrosse, Fling Golf players can play this cutting edge sport alongside golfers at the Ponta Creek Golf Course. Ponta Creek Community Rec will be announcing more information and conducting introduction to FlingGolf clinics soon. For additional info on Fling Golf or to learn about basic swing techniques and how to play, please visit www.flinggolf.com.

The installation of a large playground behind the Ponta Creek Clubhouse is scheduled to begin in Fall of 2016.

Ponta Creek Community Recreation Complex still offers an array of recreational activities, which include: a Nine Hole Golf Course with Practice Range and Putting Green, Paintball Course, Disc Golf Course, Foot Golf Course, Fishing Lakes, Boat Rental, Biking Trail, Walking Trail, Bar-B-Que/ Picnic areas and The Sandtrap Restaurant.

The Ponta Creek Clubhouse is the place to go for equipment rentals, picnic area reservations, camp site reservations, Tickets (formerly ITT) as well as base hunting and fishing permits. There is also a retail area offering NIKE apparel and a variety of items for outdoor enthusiasts.

The Ponta Creek Community Recreation Complex Clubhouse is open 7 days a week from 8am-5:30pm. The Sandtrap Restaurant Hours of Operations are Monday-Friday: 6:30am-2:00pm; Saturday and holidays: 8:30am -4pm; Closed on Sunday. For more information call (601) 679-2526 / 3773 / 2609.



18 Hole • 4 Person

Scramble

Saturday, Aug. 6 • 9am

Ponta Creek Golf Course

\$100 per team - Cash & Gift Certificates will be awarded.

Sign-up by 12pm on Aug. 4.

For more info call (601) 679-2526.

Watch all of the Olympic Games at

MWR Website!

- Facility and program information right at your fingertips
- Find out everything about MWR Meridian
- Current Events; dates, time and locations
- Local MWR Job Announcements

www.navy.mwrmeridian.com



DJ Bosshogg Live at

Saturday, August 13

DJ Leflore Live at

Friday, August 19
Doors open at 5pm; the fun starts at 8pm

Openings at CDC & SAC

The Child Development Center currently has openings for ages Pre-Toddler through Pre-School.

The School Age Care Center currently has openings available for ages 5-12.

Give Parents A Break & Parent's Night Out

August 4, 11, 18 & 26 at CDC & SAC 6pm-10pm \$4 per hour

Call (601) 679-2652 for info.

Hourly Child Care Available

Hour care is available for ages 6 weeks to 12 years of age. For information stop by CDC or call 601.679.2652.

World Lion Day

Wednesday, August 10, 2016 10am - 11am

Join us at the Andrew Triplett Library on Wednesday, August 10th at the Andrew Triplett Library, we'll celebrate World Lion Day! Did you know that lions are the national large feline species in the world (leopard)? And, did you know that female lions (lionesses) are better hunters than males? Learn facts, hear stories and hear lions for all!

Tell a Joke Day

Wednesday, August 17, 2016: 10am - 11am

Join us at the Andrew Triplett Library on Wednesday, August 17th at the Andrew Triplett Library to share a joke! We want to provide a list of your favorite jokes before coming so you can tell the audience! Here's one to get you in the mood: Q: What is a zebra's favorite subject? A: Zoology. We'll tell jokes, share our own jokes and L.O.L.G.E. for you there.

The Sandtrap Weekly Specials

Thursday, August 4
Anthony's Fried Chicken
Macaroni & Cheese, Turnip Greens, Cornbread and Drink for only \$6.

Tuesday, August 9
Chicken Spaghetti
Garden Salad, Garlic Bread and Drink for only \$6.

Wednesday, August 10
Pork Chop
Baked Potato Casserole, Carrots, Cornbread and Drink for only \$6.

Thursday, August 11
Taco Salad
Don't miss the Sandtrap's famous Taco Salad. Served with a drink for \$6.

Tuesday, August 16
Smothered Hamburger
Mashed Potato w/Gravy, Spinach, Cornbread and Drink for only \$6.

Wednesday, August 17
Salad Bar
Fresh Salad, Choice of Toppings and Drink for only \$6.

MWR Sports

Naval Air Station Meridian

Captain's Cup
Beach Volleyball Tournament
Thursday, August 4 • 5pm
Register Online at www.navy.mwrmeridian.com

Captain's Cup
Ultimate Frisbee
Registration: Aug. 8 - Sept. 5
Season Begins Sept. 13
Matches will be played on Tuesdays
Players need to register online @ www.navy.mwrmeridian.com

Get Prizes for doing cardio.
100 miles T-Shirt
500 miles Ball Cap
1,000 miles Gym Bag
Track your progress at the Fitness Center!

100 Mile Club
Are You A Member?

Captain's Cup Soccer Standings

	Total Wins	Total Losses	Total Draws
Field Support	2	5	1
Goslings	2	4	1
MATSS-1	6	0	1
Medical	0	7	0
NTTC	6	0	2
TW-1	4	2	1

MWR Bench Press Competition
Saturday, Aug. 27, 2016
Mandatory Weigh In: 10am
Competition Starts: 11am
Registration Begins August 1, 2016

NAVY FITNESS
STAY HEALTHY • STAY FIT • STAY NAVY

Upcoming at The Fitness Center

To sign up for Captain's Cup sports, please go to navymwrmeridian.com.

Under the Fitness tab, Click on:

1. Intramural Sports then
2. Click appropriate link, The Team Captain(s) will need to enter Names, emails and phone numbers for everyone on the team.

3 Certified Personal Trainers Available Free of Charge

Call (601) 679-2379 for additional information

August Group Exercise Schedule is available at the Sonny Montgomery Fitness Center or online at NavyMWRMeridian.com

Naval Academy grad competes in Summer Olympics

Edward King, a 2011 graduate of the United States Naval Academy and former member of the men's lightweight rowing program would represent the United States in the 2016 Olympic Games in Rio de Janeiro, Brazil.

A veteran of six different U.S. National teams in international competition between 2009 and 2016, King was chosen to compete as a member of lightweight men's four crew.

When he takes to the water in Rio in August, King will become the first rower from Navy to race in the Olympics since 1988 when a trio of former Midshipmen represented the United States in the Seoul Olympics. That year, Dan Lyons (USNA '81), Greg Montesi (USNA '82) and John Walters (USNA '84) all suited up and competed for the Red, White and Blue.

During his time in Annapolis and following graduation, King has raced in six international meets with a variety of strong results. After finishing 10th in his

first competition, the 2009 World Rowing Under-23 Championships in 2009, he came back and finished third in the 2010 World Rowing U-23 event and fifth in the 2011 World Rowing Championships.

Following a three-year sabbatical from international racing, King earned his way into action at the 2014 World Rowing Championships where the U.S. finished 10th. Over the past two years, King and the United States have finished seventh at the 2015 World Rowing Championships and third at the 2016 World Rowing Cup I.

Besides the lightweight men's four, three other crews were announced by the USRowing organization as Olympic selections: the men's four, women's quadruple sculls and women's eight. Selection for the crews was determined by lineup evaluations and training camp performance in Chula Vista, Calif., and Princeton, N.J.

--From USRowing



Submitted Photo

Edward King, a 2011 graduate of the United States Naval Academy, will represent the U.S. at the 2016 Summer Olympic games in Rio de Janeiro this month.

IT'S HOT OUTSIDE!

STAY COOL. STAY HYDRATED. STAY INFORMED.

- Drink plenty of water and **don't wait** until you're thirsty to drink.
- Drink from two to four cups of water every hour when you exercise or work outdoors.
- Avoid alcohol or liquids containing large amounts of sugar.

www.cdc.gov/nceh/extremeheat

CDC Centers for Disease Control and Prevention National Center for Environmental Health

Sale... Or

BOATS/CAMPERS/TRAILERS

1983 McGregor Sailboat, 22', 10 HP outboard, all rigging and hardware, custom built trailer. \$4,000. Call 601-513-6374.

1996 Ragin Cajun Bass Boat, 200hp Mariner, Loran depth finder and a GPS/depth finder dual livewells mortar guide trolling motor. Runs great and fast. \$4,500. Seats in good condition. Call Clint 601-479-7043.

2006 Fleetwood Discovery 39 ft. 3 slide, Cat Diesel, motor home. New tires & A/C, "fully equipped," original owners, non-smokers. Serious Inquiries Only. Will e-mail pictures, full information or set appointment to see RV call 601-479-6145.

MOTORCYCLES/GEAR/ATV

New! **1994 Honda Gold-**

wing \$3,200. Call Greg at 601-490-3835.

2010 Honda Sabre very direct drive, less than 10k miles. Sale includes trailer ready cover and two sets of keys. Asking \$8K (negotiable). Serious inquiries only. Call 301-919-7972.

2004 Honda TRX450R four wheeler \$2600, **2005 Honda TRX250EX** four wheeler \$1600, **2002 Yamaha TTR-125L** dirt bike \$800, and **2006 KTM 250SX-F** dirt bike \$2200. All in good shape ready to go. Overseas move forcing sale. Make offer ready to deal! Call Ben at 843-597-4221.

AUTOMOBILES, ETC.

2006 Corvette 52k miles unique color and accessories. Asking \$23,000. Call 850-797-9462.

2006 Saturn Ion 52k miles looks great drives like new

5,000. Call Greg at 601-490-3835.

1991 Corvette Coupe, white, red leather interior, 6-speed manual, ZR-1 wheels with extra wheel and tire, two tops. 89k miles. Call 601-917-9181.

2008 Jeep Liberty, 75k miles, 4-wheel drive, automatic, has a roof rack and a tow hitch, as well as skylight. V6, 3.7 liter, 4-spd w/over-drive. \$13,000, negotiable. Call 434-604-0428. Text for photos or Carfax report.

HOMES/APARTMENTS

New! For Rent: 3 BD/2BA home located in military-friendly neighborhood only 15 minutes from NAS. Nice fenced yard, non-smoker and no pets. Home available Sept. 1. Asking \$1,200 per month; \$1,000 refundable deposits. Call 601-227-1493.

New! For Rent: 2BD/1BA

mobile home at Dalewood. Very peaceful and quiet; 100 ft. of water frontage. Call 601-683-6038.

For Rent: 2 BD/2 BA historic home on Poplar Springs Drive in Meridian. New appliances, wood blinds, washer/dryer hookup. Pet friendly and nice neighborhood. Asking \$945/month with deposit. Call or text 601-917-4134.

For Sale: 4BD/4BA home -- includes guest house. 2017 sq. ft. remodeled (interior/main home) in 2010. Poplar Springs School District -- currently rents for \$550/month. 2714 45th Street, Meridian. Asking \$196,000. Call Matt at 601-527-2741

For Rent: 4BD/2BA in West Lauderdale school district. All New paint, all new carpet & tile flooring. Brand new farmhouse style kitchen with open floor plan. Call 601-934-9161.

For Sale: Home in the Meridian downtown area, 2 story, approximately 2800 sf, 3 BD/2 BA. Call John at 228-380-1139.

For Sale: 4BD/2 full BA, very quiet settled neighborhood, Poplar Springs School District - Meridian. Asking \$90,000 as is and will accept serious offers. Contact Bettyalford@outlook.com or 601-527-5244.

For Rent: 4 BD/3 BA located home on Windmill Drive about 10 minutes from NAS. Split bedroom plan with two master bedrooms. \$1300 a month/\$1300 deposit. Call 601-227-1493. Family or multiple single individuals will be accepted.

For Sale: 3 BD/2 BA, 1500 sq. ft. brick home with carport and outbuildings. Additional carport and plenty of room to build on adjacent lot. Located at 3678 North Lake Dr.

across from Little Beach. Call 870-223-3197.

For Sale by Owner: 3 BD/2 BA, 2100 square feet living area, 900 square feet basement. 3 acres of land. Call 601-490-0692 before 7 p.m. for details.

For Sale: 3 BD ranch-style home on 1.3 acres, finished basement. \$89,000 Call Bill at 601-681-6609 or 601-481-5124.

MISCELLANEOUS

8x8 barn-wood porch asking \$125. Call 601-679-2010.

To submit an item to the "Sale...Or" column, e-mail adam.prince@navy.mil. Deadline is the Thursday prior to publication.

Listings in the "Sale...Or" column are free for anyone who works at NAS Meridian. You can purchase an ad for a business or organization in "The Skyline," by calling The Meridian Star at 601-693-1551 -- ask for Elizabeth or email: advertising@themeridianstar.com

A Sailor's guide to navigating career waypoints

Career Waypoints, or C-Way as it is commonly referred to, has been used since 2013 as the Navy's primary method of providing Sailors future career options including reenlistment, rate conversion, or transition into the Selected Reserves.

While some Sailors are very familiar with C-Way, others are not. However, the most important thing for every Sailor to know is they have the ability to review their reenlistment options early and often with their command career counselors and chain of command.

"C-Way is designed for Sailors to best help navigate their careers, whether they are reenlisting or if they convert to a different rate," said Fleet Master Chief of Manpower, Personnel, Training and Education (MPT&E) April Beldo. "It allows the Navy to make sure that the health of our communities remains stabilized while providing Sailors the best opportunities for advancement."

Sailors should meet with their command career counselor 15 months before their soft end of obligated active service (SEAOS) or projected rotation date (PRD) to discuss their options.

The Career Navigator skill set list, located on the C-Way web page, assists command career counselors and Sailors on their career decisions before submitting a C-Way application for reen-

listment or conversion.

"The Career Management Program or Career Navigator is not only about transition, it is about being able to manage your career earlier, and Sailors having the ability to make choices," said Beldo. "It enables the Navy to continue watching the health of each rating and the health of the communities while providing Sailors with the best possible opportunities."

Once Sailors have made a decision, command career counselors submit their application until the request has been approved. Those Sailors with a SEAOS will have four in-rate reviews starting at 13 months, followed by four conversion reviews, and then three selected reserve (SELRES) only reviews.

Those Sailors in the Professional Apprenticeship Career Track (PACT) program should work with their career counselors to ensure that their applications are submitted correctly.

The Bureau of Naval Personnel in Millington, Tennessee, approves requests for reenlistment through the C-Way system for all Active Component and FTS E3-E6 Sailors with 14 years or less of service. Most Sailors' applications are approved during the first or second C-Way application window.

"The monthly results for in-rate approval, conversion and



Photo illustration by MC1 Julia A. Casper

SELRES usually releases results within ten business days after that month's requests have been submitted," said Earl Salter, deputy director of Career Waypoints. "If you are a first class petty officer or applying for a rate that has an auto-approval option, approval is instantaneous, he said.

C-Way automatically generates reenlistment applications 15 months prior to a Sailors' PRD for those who have less than

24 months between PRD and SEAOS. For SEAOS at 10 to 13 months, Sailors have several choices, including four in-rate looks for active duty or Full Time Support (FTS) in-rate reenlistment, active duty or FTS rate conversion, transition to SELRES or separation from the Navy.

"Throughout the C-Way process, Sailors need to be proactive and make sure that their packages are up to date," said Beldo.

"Any time something changes, such as earning a warfare device, receiving an award or a personnel evaluation, Sailors should check with their command career counselors to make sure their applications reflect the latest information."

If Sailors are not selected for an in-rate reenlistment, they can then request conversion to a different rating they are qualified for from the open rates list.

• Winging

He will be going to Norfolk, Va., and will fly either the E-2 Hawkeye or the C-2 Greyhound. He carrier qualified in the T-45C aboard the USS George Washington (CVN 73) July 14. Hamilton completed Advanced Jet Flight Training with Training Squadron Nine (VT-9).

✓ Lt. j.g. Ross Edward Hermann, USN, as selected for E2/C2 and underwent Multi-Engine Training in Corpus Christi, Texas, before arriving in Meridian. He will be going to Norfolk, Va., and will fly either the E-2 Hawkeye or the C-2 Greyhound. He carrier qualified in the T-45C aboard the USS George Washington (CVN 73) July 14. Hermann completed Advanced Jet Flight Training with VT-7.

✓ Lt. j.g. Wesley Michael Herrmann, USN, carrier qualified in the T-45C aboard the USS George Washington (CVN 73) May 22. Herrmann completed Advanced Jet Flight Training with VT-9.

✓ Ensign David Jean Labopin, French Navy, carrier qualified in the T-45C aboard the USS George Washington (CVN 73) May 22 and was named VT-7's Top Hook" for that carrier qualification evolution. Labopin completed Advanced Jet Flight Training with VT-7.

✓ 1st. Lt. Daniel Oliver Lahti, USMC, earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C aboard the USS George Washington (CVN 73) May 23. Lahti completed Advanced Jet Flight Training with VT-7.

✓ Lt. Alexis Marie Mennesson, French Navy, deployed aboard the CVH Jeanne d'Arc, and was also assigned on the MH Pegase. Mennesson was selected for multi-engine pilot training in the French Air Force and winged in December 2010. He served five years on the French MPA ATL2 as the co-pilot, and later as the aircraft commander, deploying six times to Africa and the Middle East. He carrier qualified in the T-45C aboard the USS George Washington (CVN 73) July 14. Mennesson completed Advanced Jet Flight Training with VT-7.

✓ Ensign Bastien Pierre Paviot, French Navy, earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C aboard the USS George Washington (CVN 73) May 22. Paviot completed Advanced Jet Flight Training with VT-7.

✓ Lt. j.g. Joshua Joseph Soboti, USN, earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C aboard the USS George Washington (CVN 73) May 22. Soboti completed Advanced Jet Flight Training with VT-9.

✓ Lt. j.g. Adam James Wagoner, USN, earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C aboard the USS George Washington (CVN 73) May 22. Wagoner completed Advanced Jet Flight Training with VT-9.

On July 27, the Defense Finance and Accounting Service (DFAS) informed the Civilian Benefits Center (CBC) that there was a system error affecting some, but not all, employees regarding their life insurance premium deductions. The system error has been fixed.

Two types of errors were identified:

a. Overpayment of premiums. These employees will receive a notice that they are owed a refund for the life insurance premiums during all or part of the period from 17 August 2008 to 2 April 2016.

b. Underpayment of premiums. These employees will receive a notice that they owe additional premiums and therefore incurred a debt for the period from 3 April 2016 to 25 July 2016.

Affected employees with a government email address will receive an email notification regarding this matter. If an incurred debt is \$50.00 or more, those employees without a government email address will be notified via mail. In all cases the employee's Leave and Earnings Statement (LES) will reflect the refund or an indebtedness amount.

All employees should carefully review their LES and note any references regarding this matter in the "Notes/Remarks" section. If an employee wishes to dispute the debt and/or request a waiver, he/she should follow DFAS' guidance at: <http://www.dfas.mil/debtandclaims.html>.

Navy medicine wants Sailors, Marines to be a partner in their health

By Steve Van Der Werff

U.S. Navy Bureau of Medicine and Surgery Public Affairs

Throughout the month of August, Navy Medicine will focus on the long-term health and vitality of Sailors, Marines, their families and retirees by stressing the importance of being proactive partners in their health.

Sailors, Marines and their families are encouraged to be hands-on instead of reactive to their health needs and recognize healthy Sailors and Marines complete their missions.

Navy Medicine is committed to ensuring the health and fitness of Sailors and Marines.

"Early detection is the best prevention," said Lt. Cmdr. Jaime Vega, U.S. Navy Bureau of Medicine and Surgery preventive medicine.

Living a healthy lifestyle and receiving regular checkups, screenings and vaccinations are critical to prevention or avoiding becoming sick or hurt altogether. Healthy lifestyle choices to consider are practicing good nutrition, exercising, avoiding tobacco use, and limiting alcohol consumption.

"Receiving the correct age-appro-



Photo by Jacob Sippel

Aerospace Optometrist Lt. Amanda Jimenez performs an annual eye examination on Midshipman Christine Miller at Naval Branch Health Center (NBHC) Jacksonville.

appropriate preventive care is crucial to Sailors and Marines staying healthy and leading productive lives," said Vega. "By increasing our focus on prevention we ultimately increase the quality of life, readiness of the warfighter and their family, and the

health of our nation." Navy Medicine is a global health care network of 63,000 personnel that provides health care support to the U.S. Navy, Marine Corps, their families and veterans in high operational tempo environments.

CONTACT
Military 24/7
OneSource

Stateside: 1-800-342-9647
Overseas: 00-800-3429-6477
Overseas Collect: 1-484-530-5908

Antioch Missionary Baptist Church
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APOSTLE CLEVELAND HAYES, SR., PASTOR

THEOLOGY SCHOOL CLASSES
BICC303 ROAD TO RESTORATION
Rev. Carol Fallow August 11-13 (Register by 8/1/16)

BIPT201 Preaching
Dr. Ronald E. Cottle September 8-10 (Register by 9/1/16)

Dot Stamps, Academic Dean 601-480-5417
Office Administrator: Mrs. Redia Cannon 601-917-1368

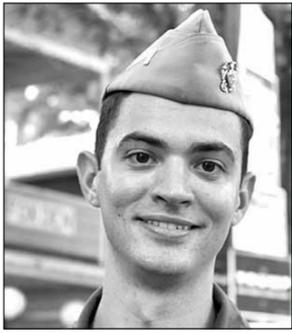
Directions from I-20/59 & Meridian: Take exit 154 off I-20/59, then Hwy 39 N for approx. 20 miles, turn right on Hickory Grove Rd, continue 1.2 miles, turn left on Antioch Rd. The Church is on the right.



IT'S YOUR TURN...

This week we asked, "What was your favorite part of volunteering during Meridian Day at the Neshoba County Fair?"

By MC2 Chris Liaghat



Ensign Dale Bernstein
VT-9 student
"Getting to tell the people here what we do and how we love our jobs."



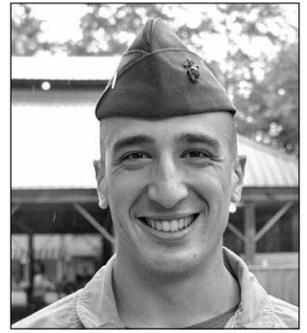
Lt. j.g. Cameron Benner
VT-9 student
"Getting to see all the young kids run around and enjoy themselves."



1st Lt. Matteo Occhipinti
VT-7 student
"The family that feed us made us feel welcome and getting to share the love for what we do every day."



Ensign Ethan Williams
VT-7 student
"The jambalaya! It was also nice to see some family and eat some home cooked food."



1st Lt. Andy Occhipinti
VT-7 student
"I liked talking to the people. They love us and we love them!"

Fleet & Family Support Center

Learning to assert yourself

Many people have difficulty speaking up in conflict situations. Others may feel intimidated by pushy people, or have low self-esteem and regularly put aside their own desires in favor of what others want. This can result in a variety of psychological problems, especially depression, with feelings of low self-esteem and helplessness. Lack of assertiveness makes you feel powerless.

Do you often find that others coerce you into thinking their way? Is it difficult for you to express your positive or negative feelings openly and honestly? Do you sometimes lose control and become angry with others who don't warrant it? Do you often have trouble telling people "no" even though you want to do so?

If you answered "yes" to any of the above questions, this may be an expression of a common problem known as "lack of assertiveness."

Assertiveness is the ability to express yourself and your rights without violating the rights of others. It is appropriately direct, open, and honest communication that is self-enhancing and expressive. Acting assertively will allow you to feel self-confident and will generally gain you the respect of your peers and friends. It can increase your chances for honest relationships and help you to feel better about yourself and your self-control in everyday situations. This, in turn, will improve your decision-making ability and possibly increase your chances of getting what you really want from life.

"Assertiveness basically means the ability to express your thoughts and feelings in a way that clearly states your needs and keeps the lines of communication open with the other" (The Wellness Book, Ryan and Travis). However, before you can comfortably express your needs, you must believe you have a legitimate right to have those needs.

Keep in mind that you have the following rights:

- The right to decide how to lead your life. This includes pursuing your own goals and dreams and establishing your own priorities.
- The right to your own values, beliefs, opinions, and emotions, and the right to respect yourself for them, no matter the opinion of others.
- The right to tell others how you wish to be treated.
- The right to express yourself and to say, "No", "I don't know", "I don't understand", or even "I don't care". You have the right to take the time you need to formulate your ideas before expressing them.
- The right to ask for information or help – without having negative feelings about your needs.

- The right to change your mind, to make mistakes, and to sometimes act illogically (with full understanding and acceptance of the consequences).

- The right to like yourself even though you're not perfect, and sometimes do less than you are capable of doing.

- The right to have positive, satisfying relationships within which you feel comfortable and free to express yourself honestly – and the right to change or end relationships if they do not meet your needs.

- The rights to change, enhance, or develop your life in any way you determine.

When you don't believe you have these rights you may react very passively to circumstances and events in your life. When you allow the needs, opinions, and judgments of others to become more important than your own, you are likely to feel hurt, anxious, and even angry. This kind of passive or nonassertive behavior is often indirect, emotionally dishonest, and self-denying. Many people feel that attending to their own legitimate needs and asserting their own rights means that they are being selfish. This is very untrue. Most people who stand up for themselves in an assertive manner are very concerned about the legitimate rights of others as well.

When you behave selfishly, or in a way that violates the rights of others, you are, in fact, acting in a destructive, aggressive manner – rather than in a constructive, assertive manner. There is a definitive line that separates the two.

Aggressiveness means that you express your rights but at the expense, degradation, or humiliation of another. It involves being so emotionally or physically forceful that the rights of others are not allowed to surface. Aggressiveness usually results in others becoming angry or vengeful, and as such, it can work against your intentions and cause people to lose respect for you. You may feel self-righteous or superior at a particular time but, after thinking things through, you may feel guilty later.

Asserting yourself will not necessarily guarantee you happiness or fair treatment by others, nor will it solve all your personal problems or guarantee that others will be assertive and not aggressive. Just because you assert yourself does not mean you will always get what you want; however, lack of assertiveness is most certainly one of the reason why conflicts occur in relationships.

-- From FFSC Staff

FFSC Briefs

To register for any of the following workshops, please call the FFSC at 601-679-2360. The class may not be presented if no one registers, so make sure you call if you're interested! Can't make the scheduled time? Call anyway - the workshop facilitator may be able to work with you one-on-one, give you materials, or let you know when the class will be offered again. All classes held at FFSC (Building 405) unless otherwise noted

Troops to Teachers: "Transition to Teaching" Seminar

Aug. 9 from 10:30 a.m.-noon

This briefing will cover eligibility and registration for the DoD TTT program. It will address funding and counseling services given by TTT state offices. The need for public school teachers will be addressed. Considerations and individual preparations for becoming a public school teacher will be discussed in depth. It will include gaining teaching experience and requirements for teacher certification.

Stress Management

Aug. 10 from 9-10 a.m. or 3:30-4:30 p.m.

Everyone experiences stress in normal day-to-day life, and your reactions to stress can be difficult to control. Some stress can be helpful because it spurs you to meet life's challenges, but too much stress (or poor stress management skills) can affect your mental & physical health and damage your relationships. If you feel that you're just not handling stress well, come to this workshop to learn about your stress triggers and what you can do to manage your stress better.

Developing Your Spending Plan

Aug. 25 from 10-11 a.m.

Come to this workshop to learn about the importance of developing financial goals and having a written plan to help you make your goals a reality. Using the Financial Planning Worksheet, a comprehensive financial planning tool, you will learn how to measure your wealth by calculating net worth, account for all of your income, document living expenses, and detail your indebtedness. You will also learn easy ways to improve your cash flow, reduce unnecessary living expenses and pay off debt, and know where to go for help!

Sailors taking fall classes should start tuition assistance approval process now

By Ed Barker

Naval Education and Training Professional Development Center
Public Affairs

Sailors planning to take college courses this fall using Tuition Assistance (TA) should submit their requests as soon as possible, so they may be reviewed and approved before classes start.

According to Ernest D'Antonio, the Naval Education and Training Professional Development Technology Center's Voluntary Education (VOLED) program director, the number one reason for problems with TA requests is late applications.

"Summer is a historically slow time in terms of receiving and processing TA requests," said D'Antonio. "Sailors who get a head start on their applications have the best chance of having their requests approved. Service members are required to obtain approval for TA funding before the official start of a course."

D'Antonio added TA approval is a multi-step process, and if there is a problem, the request gets held-up until the Virtual Education Center (VEC) staff can troubleshoot and fix it.

"It's crucial for commands to make sure that their Sailors know to start the process early, so that TA applications can be completed by the VEC in advance of the deadline," he said. "We are currently authorizing TA requests based on term start dates."

VEC Supervisor Susan Sutter noted TA applications are funded on a first-come, first-served basis.

"There's no risk in applying early; we can modify or cancel the TA voucher after the fact if necessary with no harm to the Sailor," she said. "But if TA requests are received by the VOLED team on or after the class begins, the TA requests will be denied in accordance with policy guidelines -- putting Sailors in a potentially tough finan-

cial situation if the course is not dropped. That's why early TA submission, coupled with a well-defined education/degree plan is strongly recommended."

Sutter detailed the required steps that must be taken for a TA request to be approved: Sailors must:

- 1) Be counseled by their local Navy College Office or the VEC
- 2) Complete WebTA training
- 3) Have an education/degree plan on file (with the course that the Sailor is requesting TA for included in the plan)
- 4) Receive command approval on their TA request

"Sailors also must have completed at least 12 months on board their first permanent duty station, have no missing grades, not owe the Navy any funds for incomplete or failed courses, and have an end-of-obligated service date after the course ends," Sutter added.

Both D'Antonio and Sutter also stressed Sailors should monitor their information and status through the MyEducation portal on the Navy College website to ensure their accounts are posted and accurate, and their degree plans are current. The MyEducation portal is available 24/7.

If a Sailor or command have any questions or experience any problems, they should contact the VEC for assistance. The VEC is open from 6 a.m. to 9 p.m. EST Monday-Friday and may be reached by calling 1-(877) 838-1659, or by email at VEC@navy.mil.

Tuition Assistance (TA) is the Navy's educational financial assistance program. It provides active duty personnel funding for tuition costs for courses taken in an off-duty status at a college, university or vocational/technical institution, whose regional or national accreditation is recognized by the U.S. Department of Education. A list of approved accrediting agen-



Photo by MC3 Bryan Jackson

Julian Duhe, right, an education service specialist, reads tuition assistance options to a Sailor at the Navy College Office at Naval Base San Diego. Navy College offices are located at 36 installations around the world, and advise service members how to complete their high school diploma, work on technical or occupational certificates or earn a college degree.

cies may be found at http://www.ed.gov/admins/finaid/accred/accreditation_pg6.html#NationallyRecognized for a list of national accrediting agencies; or on this same web page click on "Regional Institutional Accrediting Agencies" to see list of regional accrediting agencies. In addition, the institution must be a signatory of the DoD MOU. A list of signatory institutions is available at <https://www.dodmou.com/>

Home/InstitutionList. Navy TA pays for both classroom and independent study/distance learning courses. Associate, bachelor and master's courses must be offered in Semester Hours or Quarter Hours (NAVADMIN 105/10). Certificate programs must be offered in clock hours and be approved by the Department of Veteran Affairs, (NAVADMIN305/12). The credit earned must show on the institution's transcript.

Fed's Feed Families



Photo by Olivia Martin

Members of the NAS Meridian Chapel staff deliver food collected from those on board NAS Meridian and donated to the Fed's Feed Families program to the Wesley House Community Center. This trip 335 pounds of food was donated to feed the needy.

Special Donation



Submitted photo

Members of the Spouses Club from Training Squadron 7 and Training Squadron 9 from Naval Air Station Meridian adopted 19 middle school aged kids in need from the local area and provided them with new school uniforms, a new pair of shoes, backpacks, and more. The group worked with the Lauderdale County Child Protective Services to distribute the items.

Civilian achievements



Photos by MC2 Chris Liaghat

NAS Meridian employees received awards during the monthly command quarters at the Air Operations building on board NAS Meridian, July 21. During the ceremony, 11 certificates of appreciation and one certificate of completion of apprenticeship were awarded.

● Indianapolis

It took about 12 minutes for the ship to sink and of the 1,196 Sailors and Marines on board, about 900 made it into the water.

Few life rafts were deployed as the ship went down. Most of the men wore the standard kapok life jacket, which was rated to be used as a flotation device for up to three days.

As the crew formed into groups and clung to whatever floating debris they could find, the rising sun revealed in the crystal clear water that they were not alone.

Below the surface, sharks began to circle.

"You'd watch them," said Umenhoffer. "You could see the fins coming and watch them and they would get up to close to you like that and you would reach out to them and try to kick them real quick."

The searing sun and no food or water was too much for many of the men to endure over the next four days. Many began drinking seawater to try and quench their thirst. Hallucinations began within minutes.

Some Sailors began having visions of rescue or land in the distance. They would swim away from the group and either succumb to exhaustion or be taken by sharks.

Others became combative and fought their shipmates, dragging both down.

"Keep together. Don't drink the water," said Umenhoffer.

"A lot of them would swim away from the group because they were drinking the water and they were going crazy and they said, 'I see a ship out there. There's land out there,' and they would take their life jackets off and start swimming out away from the group and as soon as they get about 10 or 15 feet, well bang, a shark would take them."

In the early afternoon of the fourth day, Lt. j.g. Wilbur C. Gwinn, flying a PV-1 Ventura Bomber, noticed a flicker of light on the water. Circling closer, Gwinn discovered people floating in the middle of the sea. Not knowing if they were friend or foe and not being able to render assistance from the air, Gwinn radioed his base at Peleiu and alerted them to "many men in the water."

"He went over us and come back waving his wings and when he did that, I said that was the prettiest airplane I ever saw," said Fire Controlman 3rd Class Cleatus Lebow.

A PBV seaplane, piloted by Lt. R. Adrian Marks, was sent to report on the situation and render aid by dropping life rafts and supplies. As marks arrived, he observed Sailors in the water being attacked by sharks. Disobeying a standing order to not land in the open sea, Marks put his plane down slamming the pontoons into a wave, which rendered unable to take off again but still afloat.

Marks began taxiing over the rolling waves and snatching up as many survivors as he could. When the PBV crew filled the fuselage, they began placing some of the Sailors on the wings and tied them down with parachute cord.

Hours later, the USS Cecil Doyle (DD 368) arrived and began taking survivors from the PBV. Disregarding the safety of his own ship and crew, he aimed his largest searchlight into the sky as a beacon for the six other ships that were coming to assist.

"The guy asked how many of us could stand up and climb that rope ladder up to the deck," said Lebow. "I said I can, and the next thing I know I'm in a litter up on the deck where they'd hauled me up."

After nearly five days in the water, 317 of the original 1,196 crew were finally rescued. Many didn't speak about their ordeal for a long time, but now, 70 years later, survivors gather for a reunion in downtown Indianapolis to reconnect and remember.

At the ages of 88 to 93, the survivors have vowed to continue coming back to honor their shipmates until the last one is left.

● GS2PS

The personnel specialists maintain and audit pay and personnel records for military personnel. The Personnel Specialist "A" School is three weeks in duration and provides the foundation for performance in the rating.

"The feasibility of CSS building curriculum specifically designed for civilian personnel working as personnel specialists are presently in the early stages of discussion," said Master Chief Personnel Specialist Paul A. Smith II, rating technical advisor for the personnel specialist rating at Bureau of Navy Personnel (PERS-2). "The feedback received from the civilians attending the "A" school will determine the path PERS-2 will take in furthering civilian training and workforce development."

On Oct. 1, 2005, the personnelman and disbursing clerk ratings, both established in 1948, merged to create the personnel specialist rating.

"Our instructor, Joey Jefcoat has been fabulous and provided us with some very, very good information that I will be able to take back and apply at my job," said Fran Caracappa from Personnel Support Detachment Afloat in Norfolk when asked about her training experience. "I've only been shadowing at my job for about two months now."

Naval Technical Training Center Meridian, Mississippi staff includes military instructors, DoD civilians and contractor personnel responsible for providing technical training in the administrative and logistics ratings to more than 2,600 Sailors annually.

-From NTTC Staff

NEX gives back to students with its A-OK student reward program

Kristine M. Sturkie

NEXCOM Public Affairs

The Navy Exchange Service Command (NEXCOM) has been offering students a chance to help pay for college through its A-OK Student Reward Program since 1997. The A-OK Student Reward Program offers all qualified students to participate in a quarterly drawing for monetary awards of \$2,500, \$1,500, \$1,000 or \$500 for a total of \$5,500 per quarter. The next drawing will be held at the end of August 2016.

Any eligible full-time student that has a B-grade point average equivalent or better, as determined by their school system, may enter the drawing. Homeschooled students can also qualify with acknowledgement that the student has a "B" average or equivalent record of accomplishment. Eligible students include dependent children of active duty military members, reservists and military

retirees enrolled in 1st through 12th grade.

Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry. Each student may enter only once each grading period and must re-enter with each qualifying report card.

To enter the drawing, stop by any NEX with a current report card or progress report and have a NEX associate verify the eligibility. Then fill out an entry card and obtain an A-OK ID which entitles the student to 19 discount coupons for NEX products and services.

Along with the award, each winner will receive a lapel pin, certificate and medallion ribbon "In Honor of Academic Excellence."

Since the program's inception, NEXCOM has awarded over \$640,000 to students with the help of its generous vendor partners.

August is National Immunization Awareness Month



Photo by Jacob Sippel

David Scott, right, a licensed practical nurse at Naval Hospital (NH) Jacksonville, administers vaccines to one-year old Leo Small during a checkup.

By Yan Kennon

Naval Hospital Jacksonville Public Affairs

Immunizations represent one of the greatest public health accomplishments of the 20th century. Navy Medicine is a national leader in preventive health, and Naval Hospital Jacksonville joins with partners nationwide to recognize August as National Immunization Awareness Month.

Vaccines are safe and save lives. Patients should talk with their primary care manager about which vaccines are right based on age, health, job, lifestyle and other factors.

Parents are encouraged to make sure children are up to date on vaccines. Children are at an increased risk for disease and can spread disease to others in play groups, child care centers and classrooms, and to babies who are too young to be fully vaccinated and people with weakened immune systems due to cancer and other health conditions.

"Getting children vaccinated according to recommended immunization schedules is one of the most important things parents can do to protect their children from serious diseases," said Cmdr. Jesse Geibe, NH Jacksonville director for public health. "Now is the time to check with your primary care manager or our immunizations clinic to find out what vaccines your child needs."

Vaccines can protect babies from 14 serious diseases before turning age 2. After 6 months of age, children are recommended to receive the annual flu vaccine, and additional vaccines between ages 4 and 6. It's very important that babies receive all doses and receive each one on time.

If a child falls behind the recommended immunizations schedule, vaccines can still be given to "catch-up" before adolescence.

Pre-teen and teen vaccines protect against serious and potentially life-threatening diseases, including meningitis, septicemia, and cancers caused by human papillomavirus (HPV).

Young adults also need vaccines to stay protected, especially when college-bound, because protection from childhood vaccines can wear off with time. College students may be at increased risk for vaccine-preventable diseases like meningococcal disease.

There are misconceptions that vaccines are just for children, but people never outgrow the need for immunizations. They are recommended throughout life based on age, lifestyle, occupation, travel and medical conditions.

Each year, tens of thousands of adults in the U.S. needlessly suffer, are hospitalized, and even die from diseases that could be prevented by vaccines. Even healthy adults can become seriously ill and pass certain illnesses on to others.

Adults (including pregnant women) should receive the flu vaccine annually. Every adult should have one dose of Tdap (tetanus, diphtheria and pertussis) vaccine, if not received as a teen, and a Td (tetanus and diphtheria) booster every 10 years.

Women should stay current on vaccines before becoming pregnant, including an annual flu shot (which is safe during pregnancy). Additionally, pregnant women should receive a vaccine against whooping cough (pertussis) during each pregnancy, preferably at 27 through 36 weeks. These vaccines protect mom and baby.

Women who are planning to become pregnant should talk to their provider, prior to becoming pregnant, to determine if vaccines are needed.