



THE SKYLINE



Volume 54, Number 2

<https://www.cnic.navy.mil/meridian> ~ www.facebook.com/NASMeridian ~ Twitter: @nasmeridianms

January 21, 2016

On Base...

✓ Cupid's 5K Color Run

Feb. 13 at 9 a.m. at Ponta Creek Community Rec Complex. Register online at www.navymwrmeridian.com

✓ Racquetball at the Fitness Center

Sign up by Jan. 31 online at www.navymwrmeridian.com Play begins Feb. 1.

✓ The Smoothie Shop opens inside McCain Rec Center

Hours of operation are Monday, Tuesday & Thursday from 4-8 p.m.; Friday and Saturday from 4-9 p.m. Closed Wednesday & Sunday. The shop offers a variety of fruit flavored goodies, hotdogs, soft pretzels and nachos.

✓ 9-Pin No Tap Tournament

No registration needed. Event is on the last Saturday of each month. Students only at 3 p.m.; all other MWR patrons at 6 p.m. Call 601-67-2651 for more information.

✓ Andrew Triplett Library hosts Storytime every Wednesday at 3 p.m.

A Day in Naval History

January 21

1954: The world's first nuclear submarine, USS Nautilus (SSN-571), is christened and launched at Groton, Conn. 1961: USS George Washington (SSBN 598) completes the first operational voyage as a fleet ballistic missile submarine, staying submerged 66 days.

January 22

1941: During World War II, USS Louisville (CA 28) arrives at New York with \$148,342,212.55 in British gold brought from Simonstown, South Africa, to be deposited in American banks.

January 24

1991: Desert Shield/Desert Storm SEAL platoons from USS Leftwich (DD 984) and USS Nicholas (FFG 47) recaptures the island, Jazirat Qurah, the first Kuwaiti territory from Iraqis.

January 25

1963: The 1st Seabee Technical Assistance Team arrives in Vietnam. By the end of 1964, 14 teams are operating or have completed their six-month tours.

www.history.navy.mil

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

CNIC to conduct Exercise Solid Curtain-Citadel Shield

NAS Meridian will participate in exercise

WASHINGTON (NNS) -- Commander, U.S. Fleet Forces (USFF) and Commander, Navy Installations Command (CNIC) will conduct Exercise Solid Curtain-Citadel Shield 2016 (SC/CS16) Feb. 1-12 on Navy installations located in the continental United States.

This annual anti-terrorism force protection (ATFP) exercise is designed to train Navy security forces to respond to threats to installations and units.

"Solid Curtain-Citadel Shield 2016 provides the means by which USFF and CNIC assess Navy anti-terrorism program command and control capabilities, and the readiness and effectiveness of fleet and region program execution

throughout the U.S. Northern Command area of responsibility," said William Clark, CNIC's exercise program manager. "Exercise scenarios are based on our assessment of terrorist/homegrown violent extremist objectives, capabilities and current real-world events."

Exercise SC/CS16 is not in response to any specific threat, but is a regularly scheduled exercise. The exercise consists of approximately 300 field-training exercise events on and off Navy installations across the country, each designed to test different regional ATFP operations. The exercise's scenarios enable assessment of the Navy and civilian law enforcement's response to attacks both on installations and at soft targets off-installation.

Exercise coordinators have taken measures to minimize disruptions to normal base operations, but there may be times when the exercise causes increased traffic around bases or delays

in base access. Residents near bases may also see increased security activity associated with the exercise. Base personnel should register for the AtHoc wide-area alert network to stay up to date on force protection conditions and other emergency, environmental, or exercise-related impacts on the area.

CNIC is responsible for providing support services for the Fleet, Fighter and Family with more than 52,000 military and civilian personnel under 11 Regions and 70 installations worldwide.

USFF executes the Navy AT Program in the United States to prevent, deter and defend against terrorist attacks on Department of the Navy (DoN) personnel, their families, facilities, resources, installations, and infrastructure critical to DoN mission accomplishment.

From Navy Installations Command and U.S. Fleet Forces Command Public Affairs

Dr. Martin Luther King Jr. Commemorative Service

A Day On, Not a Day Off



Photos by MC2 Casey H. Kyhl

Above: Tene Linzey directs the Multi-Cultural Choir as they sing "Lift Every Voice and Sing" during the annual Dr. Martin Luther King Jr. Commemorative Ceremony on board NAS Meridian Jan. 15. Northeast High School's Navy Junior Reserve Officers Training Corps presented colors during the ceremony. Right: Meridian City Councilwoman Kim Houston speaks to the crowd of military members and civilians encouraging them to celebrate the work of Dr. King. "To all the military, my hat goes off to you. For what you do, I can't do. You are irreplaceable. I salute you." Houston added, "We all have the power and potential to help others. Your service is appreciated. So many lives have been impacted by Dr. King's sacrifice and his dream inspired us all. Keep that dream alive by serving in your community and inspiring young people."



NTTC Meridian welcomes Moran, thanks Stockton

From Staff Reports

Cmdr. Robert Stockton was relieved by Cmdr. Michael P. Moran during a change of command ceremony for Naval Technical Training Center on Jan. 8 on board Naval Air Station Meridian.

Stockton served as the commanding officer of the schoolhouse from April 2014 to January 2016. He is transferring to Navy Personnel Command in Millington, Tenn.

During his tour, Stockton achieved spectacular success by focusing on the professional development and personal growth of his staff and students, spearheading the implementation of numerous initiatives lauded throughout the training community as benchmarks in student management. As a result, NTTC received seven Naval Education and Training Command Training Excellence Awards, the 2014 Retention Excellence Award, Project Good Neighbor Community Service Award and a perfect score on the Naval Education and Training Command Safety and Occupational Health Evaluation inspection.

Cmdr. Moran graduated from Carnegie Mellon University with a bachelor's degree in chemical

● NTTC, page 3



Photo Illustration by MC2 Casey H. Kyhl

Cmdr. Michael Moran, left, and Cmdr. Robert Stockton read their orders during the change of command ceremony for Naval Technical Training Center Meridian Jan. 8 at the Naval Operation Support Center.

Look Inside



~ Page 3 ~
1st Lt. Hardee earns Golden Stick at Winging



~ Page 5 ~
United Kingdom pilots complete training in F-35B



~ Page 8 ~
Great Green Fleet transform its energy use





Photo of Week



Photo by Sue Krawczyk

Service dog Cano, a 4-year-old American bulldog, watches a recruit pass-in-review ceremony in Midway Ceremonial Drill Hall at Recruit Training Command, Great Lakes, Ill., Jan. 15.

CNO announces five initiatives to drive sexual assaults to zero

WASHINGTON (NNS) -- A line of effort in the recently released "Design to Maintain Maritime Superiority" is to strengthen our Navy team which is composed of active and reserve Sailors, Navy civilians, and families. On Jan 14 Chief of Naval Operations Admiral John Richardson announced a new set of sexual assault prevention and response initiatives to lower the obstacles to reporting, provide added support to survivors, and prevent re-victimization.

During the announcement Richardson told reporters an important element of this effort is to eliminate self-inflicted destructive behavior, sexual assault being among the most egregious. He went on to say sexual harassment and sexual assault have absolutely no place in our Navy and are contrary to our core values.

"Eliminating sexual assault requires more than words, zero-tolerance requires an all-hands effort," said Richardson.

Here are the five initiatives CNO announced to help "end the scourge of sexual assault" in our Navy:

1) A Shipmate is not a "bystander." If you see something wrong, do something right. It is every Sailor's responsibility to "step up and step in" to help their shipmate when they observe or become aware of undesired and destructive behavior. In 2015, Navy adopted a new training approach, shifting from traditional lecture-style training to a more dynamic program called "Chart the Course." Chart the Course moves beyond the "bystander" approach and combines scenario-based videos with facilitator-led discussions to achieve an interactive learning experience. The training provides insight on what to do when faced with challenging situations.

2) Establish Counselors within the Fleet and Family Support Centers as a resource for victim support. Building on the success we have experienced with deployed resiliency counselors on "big decks," there are potential gains if we are able to replicate the counseling and support provided under the Navy Family Advocacy Program for Sailors impacted by sexual assault. In addition to enhanced

care, we expect the availability of these counselors to provide an opportunity to go after the social and structural barriers to male victim reporting. These counselors will provide opportunities to collaborate with local civilian facilities and counselors to ensure we are using every available measure to support our survivors. We are currently determining how to pilot this concept to get a better assessment.

3) Improve our personnel management practices and procedures, following a sexual assault experience, to ensure our Sailors are put in the best position possible to succeed. This includes examining our present detailing practices so to preclude administrative or management decisions and actions that unintentionally result in the Sailor reliving the sexual assault experience. In addition to the expedited transfer program, this could also include honoring a survivor's request for an expedited discharge, should they desire to leave the Navy.

4) Continue our efforts to educate our Sailors and reduce alcohol abuse in the Navy, particularly binge drinking. The data clearly reflects that alcohol abuse is a factor in most of the Navy's sexual assault cases. We need to ensure that our accountability processes and options, administrative and otherwise, provide the tools we need to effectively deal with incidents where alcohol abuse has been established.

5) Better utilize technology to remove cultural barriers and stigma associated with reporting a sexual assault or seeking advice and counsel. We are currently exploring a number of computer applications piloted at universities. We expect to be able to begin introducing a "Navy version" within the year.

CNO concluded his discussion by thanking Congress for the focus, attention, and assistance they have provided on this issue and the commitment to eliminate sexual assault.

"I want to continue to confront this scourge in our workforce. Until we go to zero we can never be satisfied."

From Chief of Naval Operations Public Affairs

Area Happenings

JANUARY

23: Meridian Symphony Orchestra's Two of Our Own concert featuring Wilbur Moreland, clarinet; and Rachel Ciraldo, flute. The concert is at 7 p.m. at the MSU Riley Center in downtown Meridian. The heart and soul of an orchestra lives in its principal players, the musicians who play the solos and lead their sections in matters of style and technique. The MSO has an outstanding roster, and it is a real pleasure to highlight two of our extraordinary wind players. Tickets: Adults \$35.00 Military \$15.00 Students \$10. Call 601-693-2224 for tickets.

28: Mississippi Brass & Percussionist David Benson in concert at noon at St. Paul's Episcopal Church, 1116 23rd Ave., Meridian. For information, call 601-693-2502. Free Admission.

30: MSU Riley Center presents "Whats Going On: The Marvin Gaye Experience featuring the new voice of American Soul Brian Owens" in concert at 7:30 p.m. Owens, a jazz and soul singer from Ferguson, Missouri, crafted this tribute to Gaye in 2013. "It's a matter of upholding the tradition of true soul music that is so desperately needed in our culture today," Owens says. Owens, his band, and his duet partners deliver hit after hit: "Can I Get a Witness," "I Heard It through the Grapevine," "Got to Give It Up," "Let's Get It On," and many more. Everyone in the theater will be smiling and moving to the beat from the first note to the last encore. Tickets: \$30, \$24. Call 601-696-2200.

30: The McKaney's in concert at The Temple Theatre in downtown Meridian at 7 p.m. Enjoy Southern Gospel Music at its best. Advanced tickets available at itickets.com or by calling 800.965.9324. Costs: Artist Circle: \$25 in advance, \$30 day of concert; General Admission: \$15 in advance, \$20 day of concert. Children: Free with a paying adult but must have ticket in advance. Call Richard Ferguson at 601-416-1630.

FEBRUARY

4: Impromptu Piano Quartet in concert at noon at St. Paul's Episcopal Church, 1116 23rd Ave., Meridian. Admission is free. For more information, call 601-693-2502.

4: Wine Tasting & Silent Auction at Weidmann's Restaurant in downtown Meridian at 6:30 p.m. Wines from Gallo will be featured. All proceeds will benefit the American Cancer Society. Tickets are \$25. For information, call 601-562-4830.

6: Meridian Mardi Gras Festival and Parade in downtown Meridian from 11 a.m.-5 p.m. at City Hall Lawn. for more information call Meridian Main Street at 601-693-7480.

ONGOING

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. Burgers & Dogs on Sunday at 2 p.m. Monetary donations appreciated for Sunday food. This is a great way for both young and old to share experiences and fellowship. For more information contact Ricky Nelson at 601-917-1007.

Rating name change working group begins

WASHINGTON (NNS) -- Secretary of the Navy (SECNAV) Ray Mabus recently directed a review of the Navy's rating names to ensure they were representative of all Sailors and did not discriminate based on gender.

SECNAV specifically asked Chief of Naval Operations (CNO) John Richardson to look at ratings that referenced "man" in the title, which encompasses more than 20 Navy jobs.

"As our senior enlisted leader, I've asked MCPON (Master Chief Petty Officer of the Navy) to take the helm on this because of his frequent interaction with enlisted Sailors during his travels throughout the fleet," said Richardson.

MCPON Mike Stevens will put together a working group that will canvass the fleet, talk with Sailors to hear their thoughts, and provide recommendations based on feedback. After the data has been compiled, MCPON will meet with

the group to discuss Sailor feedback and determine courses of action.

"This is an opportunity for us to take a look at our rates to see if their names and titles best represent the Sailors and the description of their jobs, just as we have done many times in the past," said Stevens.

As the Navy moves toward the full integration of women serving in all job fields, the service will review its ratings for gender-neutral titles, accurate descriptions of their work, and alignment with civilian related jobs. In 2004, the Navy changed mess management specialist to culinary specialist, and in 2009 postal clerk and storekeeper were merged to form the logistics specialist rate.

A report detailing proposed courses of action is due to SECNAV by April 1.

From the Office of the Master Chief Petty Officer of the Navy Public Affairs

Naval Academy Class of '78 shines with four 4-stars

ANNAPOLIS, Md. (NNS) -- U.S. Naval Academy (USNA) graduate Adm. Kurt Tidd assumed command of U.S. Southern Command Jan. 14, making him the 4th active duty member of the Class of 1978 to be a serving 4-star.

Tidd was promoted to his current rank during a ceremony held at the Naval Academy in Annapolis Jan. 2.

Adm. Mark Ferguson, commander, Allied Joint Force Command (JFC) Naples/ commander, U.S. Naval Forces Europe-Africa; Adm. Cecil Haney, commander, U.S. Strategic Command; and Adm. Harry Harris, commander, U.S. Pacific Command, are all members of the Naval Academy Class of 1978.

"The Naval Academy has a tradition of graduating leaders for the nation; men and women of character and consequence," said Academy Superintendent Vice Adm. Ted Carter. "For one class to have four current 4-star admirals is an amazing feat, and it's a testament to our mission and the quality of our graduates."

The admiral rank did not exist during the first 87 years of the U.S. Navy. David Farragut was the first naval officer to achieve the rank, in 1866. George Dewey was the first academy graduate to be promoted to admiral, in 1899.

In the 170-year history of the Naval Academy, 215 graduates reached the rank of 4-star admiral. Four of those 215 eventually reached the 5-star rank, or

"fleet admiral," including Chester Nimitz, Frank Leahy, William "Bull" Halsey and Ernest King.

Only four other USNA classes have had four or more active duty 4-stars serving at the same time:

Class of 1897
Adm. Thomas C. Hart
Adm. Arthur J. Hepburn
Fleet Adm. William D. Leahy
Adm. Orin G. Murfin
Adm. Harry E. Yarnell

Class of 1927
Adm. George W. Anderson Jr.
Adm. Charles D. Griffin
Adm. Ulysses S. G. Sharp Jr.
Adm. John S. Thach

Class of 1933
Adm. Charles K. Duncan
Adm. Ignatius J. Galantin
Adm. Thomas H. Moorer
Adm. Waldemar F.A. Wendt

Class of 1973
Adm. John C. Harvey
Adm. Eric T. Olson
Adm. Gary Roughead
Adm. Robert F. Willard

For more news from U.S. Naval Academy, visit www.navy.mil/local/usna/

From Naval Academy Public Affairs

The Skyline ~ Naval Air Station Meridian, Miss.

Command Staff
Commanding Officer ~
Capt. Scott Bunney
Executive Officer ~
Cmdr. Robert Michael III
Command Master Chief ~
CMDCM Jonas Carter

Editorial Staff
Public Affairs Officer ~
Penny Randall
Staff Writer/Photographer ~
MC2 Casey H. Kyhl

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

This DoD newspaper is an authorized publication for members of the Department of Defense. Contents of The Skyline are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense, or NAS Meridian, Mississippi. 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 163, Public Affairs Office, Naval Air Station, Meridian, MS 39309-5003 or e-mail: penny.randall@navy.mil or casey.kyhl@navy.mil. For more information, call (601) 679-2318 or (601) 679-2809. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or The Meridian Star of products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.



Seven aviators earn 'Wings of Gold' in Jan. 15 ceremony

There was a naval aviator designation ceremony Jan. 15 in the Chapel on board NAS Meridian.

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

The speaker was Capt. Paul Carelli, commodore of Training Air Wing One. Those receiving their "Wings of Gold" include:

Lt. j.g. Neil Jordan Armstrong, USN, was named to the Commodore's List during Primary Flight Training and carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) Sept. 20, 2015. Armstrong completed Advanced Jet Flight Training with Training Squadron Nine.

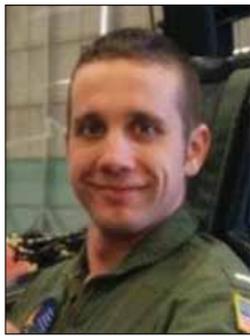
Lt. j.g. Kevin Alapati Farley, USN, earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in

the T-45C on board the USS Dwight D. Eisenhower (CVN-69) Nov. 9, 2015. Farley completed Advanced Jet Flight Training with Training Squadron Seven.

Lt. j.g. Kyle Eric Gale, USN, was named to the Commodore's List during Primary Flight Training and earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) Nov. 9, 2015. Gale completed Advanced Jet Flight Training with Training Squadron Seven.

1st Lt. Theodore Joseph Hardee, USMC, received an Academic Achievement Award during Primary Flight Training and earned three Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) Nov. 9, 2015. Hardee completed Advanced Jet Flight Training with Training Squadron Seven.

Lt. j.g. Eric Dean Hinz, USN, earned three Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) Nov. 9, 2015. Hinz completed Advanced Jet



Armstrong



Farley



Gale



Hardee

Flight Training with Training Squadron Seven.

Lt. j.g. Westley Kyle Holt, USN, was selected as VT-9's Student of the Month for December 2015, and he earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) December 2014. Holt completed Advanced Jet Flight Training with Training Squadron Nine.

Lt. j.g. Ryan Earl Schmidt, USN, earned three Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS Dwight D. Eisenhower (CVN-69) Nov. 9, 2015. Schmidt completed Advanced Jet



Hinz



Holt



Schmidt



1st Lt. Theodore Hardee, right, accepts the "Golden Stick" award from Mississippi Council of the Navy League President Eddie Kelly during a winging ceremony on board Naval Air Station Meridian Jan. 15. The award is presented to the top aviator of each class.

Photo by MC2 Casey H. Kyhl

Former NTTC Meridian graduate receives Purple Heart

By MCSN Magan Strickland

Navy Operational Support Center Chattanooga

CHATTANOOGA, Tenn. (NNS) -- July 16, 2015, was a Thursday as any other at the Navy Operational Support Center (NOSC) Chattanooga. Logistics Specialist 2nd Class Randall Smith reported to work just as any other work day.

At approximately 10 a.m., this day took a turn when Mohammed Abdulazeez rammed his vehicle through the security gate and opened fire at the NOSC, killing four Marines, wounding another, and seriously wounding LS2 Smith. He was hit with three bullets, which pierced his stomach, colon, liver, and arm. On July 18, after a two-day fight for his life, 26-year-old Randall Smith became the fifth fatality in the shooting incident.

After extensive investigations, the July attack was deemed as having been inspired by a foreign terrorist organization, which made Petty Officer Smith, along with five others, eligible to receive the Purple Heart Award. Secretary of the Navy Ray Mabus said he

hoped would comfort the families in some way.

The Purple Heart Ceremony for Smith was held Jan. 14. Speakers at the ceremony included Vice Adm. Robin Braun, Chief of Navy Reserve/Commander, Navy Reserve Force commanding officer; Captain Matt Berta, Commander, Navy Region Southeast Reserve Component Command; Commanding Officer, Navy Operational Support Center Chattanooga, Lieutenant Commander Timothy White; and most importantly Angie Smith, beloved wife of our heroic fallen shipmate Randall Smith.

Jan. 14 is a day Angie Smith will remember forever. Not only because it was the day her husband was posthumously awarded the nation's oldest and one of the most honored military medals, but it was also their wedding anniversary and the day that Randall graduated from Navy boot camp.

Angie, standing tall and strong as always, made a poignant speech during the ceremony bringing tears to all but, at the same time remembering the light-hearted side of Randall. At one point during her speech, Angie commented on



Photo by MC1 America A. Henry

Capt. Matt Berta, left, commander of Navy Region Southeast Reserve Component Command, stands next to Vice Adm. Robin Braun, Chief of Navy Reserve, as she presents a Purple Heart shadow box to the widow of Logistics Specialist 2nd Class Randall Smith and their three daughters. Smith sustained fatal gunshot wounds during the terrorist shootings July 16, 2015, at the Navy Operational Support Center in Chattanooga, Tenn.

conversation between them.

Angie recalled Randall said, "I will always remember Jan. 14." Angie said she excitedly asked, "Why, because you married me? No, you big dummy -- because I graduated boot

camp." This is the side of Randall she wants all to remember.

"Although the Purple Heart can never possibly replace this brave Sailor and these brave Marines, it is my hope that as

their families and the entire Department of the Navy team continue to mourn their loss, these awards provide some small measure of solace," Mabus said. "Their heroism and

● Purple Heart, page 9

●NTTC

engineering and received a commission through the NROTC program. After completing flight school, he was designated a Naval Flight Officer in 1996. He reported to his first fleet tour, Patrol Squadron Nine, NAS Barber's Point, Hawaii, in October 1996. While in VP-9 he deployed to Fifth Fleet twice and Seventh Fleet once.

In 2000, Moran reported to Naval Personnel Command, Millington NSA, as the flight student placement officer and student aviator detailer. In 2001 he reported to USS Abraham Lincoln (CVN-72) as the assistant strike officer. In 2003 he reported to Naval War College where he was conferred a master's degree in International Relations and Strategic Studies. Upon graduation he reported to Naval Personnel Development Command, Norfolk, Va., as the flag secretary. In 2005, he reported for department head duty at Patrol Squadron Forty Five, at NAS Jacksonville. While in VP-45 he filled various department head billets including ad-

ministrative, training, and warfare development officer, and completed a Fifth and Sixth Fleet deployment.

In 2007, Moran reported to Naval Mine and ASW Warfare Command, Det Norfolk where he assumed the role of East Coast lead mentor for CSG/ESG Integrated ASW Course Training. Upon a lateral transfer to the Human Resource community in January 2009 he obtained his Executive MBA from Naval Post Graduate School.

In 2010 he was assigned as the officer-in-charge of Personnel Support Detachment, Oceana and Customer Service Desk, Dam Neck where he oversaw the pay and personnel records for 116 commands and 10,000 individual accounts. While there he obtained his HR Generalist certification from the Human Resource Certification Institute and was conferred a master's degree in Human Resource Management from Troy University. In January of 2012, Moran was transferred to the Strategic Programming office as the section head and lead



Photo by MC2 Casey H. Kyhl

Cmdr. Michael Moran walks through sideboys as he exits the stage following NTTC Meridian's change of command.

intelligent workbook program analyst. Since July 2013, Moran has served as the assistant director of the Office of Military Compensation.

NTTC Meridian is the Navy's primary train-

ing facility for enlisted Administrative and Supply Class "A" schools. Instruction is provided in the following class "A" schools for Navy personnel: Ship's Serviceman (SH), Logistics Specialists

(LS), Personnel Specialist (PS), and Yeoman (YN). In addition, NTTC also provides advanced training to senior Yeomen, Coast Guardsmen, and Marines returning from the fleet with the Flag Officer

Writer (YN "C" School - NEC 2514) course.

Approximately 2,600 Navy personnel graduate from the center's schools annually. The average on board student population is 450.



U.S. Central Command statement on events surrounding Iranian detainment of 10 U.S. Sailors

TAMPA, Fla. (NNS) -- The following preliminary timeline of the events surrounding the Iranian detainment of 10 U.S. Navy Sailors from January 12-13, is based upon multiple operational reports received by U.S. Naval Forces Central Command (NAVCENT) in the first 24-48 hours after the incident.

A Navy command investigation initiated Jan. 14, will provide a more complete accounting of events.

On Jan. 12, two NAVCENT Riverine Command Boat (RCB) crews were tasked with the mission of relocating two RCBs from Kuwait to Bahrain, with a planned refueling en route alongside the U.S. Coast Guard Cutter Monomoy. The two RCBs were traveling together since they train and deploy in two-boat elements.

They departed Kuwait at 9:23 a.m.(GMT). The planned transit path for

the mission was down the middle of the Gulf and not through the territorial waters of any country other than Kuwait and Bahrain.

The two RCBs were scheduled to conduct an underway refueling with the USCGC Monomoy in international waters at approximately 2 p.m. (GMT). At approximately 2:10 p.m. (GMT) NAVCENT received a report that the RCBs were being queried by Iranians. At approximately 2:29 p.m. (GMT) NAVCENT was advised of degraded communications with the RCBs.

At 2:45 p.m. (GMT) NAVCENT was notified of a total loss of communications with the RCBs. Immediately, NAVCENT initiated an intensive search and rescue operation using both air and naval assets including aircraft from USS Harry S. Truman and the U.S. Air Force, and U.S. Coast Guard, U.K. Royal Navy and U.S. Navy sur-

face vessels.

At the time of the incident, two carrier strike groups were operating nearby. USS Harry S. Truman carrier strike group was 45 miles southeast of Farsi Island and Charles de Gaulle carrier strike group was 40 miles north of Farsi Island. NAVCENT attempted to contact Iranian military units operating near Farsi Island by broadcasting information regarding their search and rescue effort over marine radio, and separately notified Iranian coast guard units via telephone about the search for their personnel.

At 6:15 p.m. (GMT), U.S. Navy cruiser USS Anzio received a communication from the Iranians that the RCB Sailors were in Iranian custody and were "safe and healthy."

From United States Central Command

USS John C. Stennis deploys

By MCSN Cole C. Pielop
USS Stennis

BREMERTON, Wash. (NNS) -- Sailors aboard USS John C. Stennis (CVN 74) departed their homeport of Naval Base Kitsap - Bremerton for a regularly scheduled deployment, Jan. 15. Stennis Sailors manned the rails as the ship sailed away from the pier at 8:30 a.m. and began the transit through the Puget Sound to the Pacific Ocean.

While it is hard to say goodbye to loved ones, Sailors are keeping a positive attitude and looking forward to all of the experiences.

"Deployment is bittersweet," said Logistics Specialist Seaman Miguel Torres, from Tacoma, Wash. "I hate having to leave my family behind, but I get to see the world. I'm excited to see all of the sites that people only get to see on TV. I get to experience the real thing."

For a quarter of the crew this is their first deployment. For other Sailors, this isn't their first rodeo.

"This is my second deployment, but I'm still really excited," said Aviation Boatswain's Mate (Handling) Airman Ryan Blackwell, from Crystal Lake, Ill. "My first deployment was a great experience, and I learned a lot. I'm mostly looking forward to port visits and ex-

periencing all of the cultures I've never seen before."

Stennis' crew has spent 56% of the past year underway preparing for this deployment to the Western Pacific area of operations. They expect to participate in a number of exercises; training, integrating and building capacity with allies in that region.

"Deploying is the culmination of our training," said Capt. Mike Wettlaufer, Stennis' commanding officer. "This crew has attacked every challenge thrown their way, and as we leave to answer our nation's call, I couldn't be any prouder of them. We are ready."

Stennis is the nuclear-powered flagship of the John C. Stennis Carrier Strike Group (JCSSG), which will also deploy as part of an ongoing rotation of U.S. forces supporting maritime security operations in waters around the world.

The strike group will be the centerpiece of the Great Green Fleet, a year-long initiative highlighting the Navy's efforts to transform its energy use to increase operational capability. JCSSG will use energy efficiency measures, to include technologies and operational procedures, and alternative fuel in the course of its normal operations.

Breaking a sweat: Zumba with a side of Kung Pao

I actually went to the base gym last week ... twice.

Now, that may not seem like much to you Spandex-enscensed gym rats with your fancy headphones, overpriced shoes, BPA-free coconut-water bottles, and your level ten treadmill settings. But to me, someone who used mild knee pain as an excuse to take a year-long break from all forms of exercise, this accomplishment is nothing short of a miracle.

Les Mills, eat your heart out.

It hasn't easy been showing up at the gym after such a long and unexplained hiatus. I knew my presence would be perceived as a half-hearted attempt at a New Year's resolution, most likely to fizzle before the first week of February. I gave myself a little pep talk in the parking lot. "Just parade in there like you own the place. For all they know, you've been running marathons and playing rugby for the past year."

"Yeah, what do THEY know," I assured myself.

Approaching the front desk, I swiftly flashed my military ID hoping no one would see me before I darted off to Zumba class.

"Is that you, Mrs. Molinari?!" Nick, one of the gym staff called from behind the desk. His intonation and use of "Mrs." notified everyone within earshot that some old lady who hasn't been to the gym in a long time finally showed up. After chatting with Nick, I slinked off to class.

Zumba is truly inspirational.

So inspirational in fact, that I've written about both Zumba classes I've shown up to — one

COLUMN



Lisa Smith Molinari

I wrote back in 2012 while stationed in Florida was entitled "My hips don't swing that way, but my stomach does," and presented the scientific hypothesis that humans, like toilet bowl water, can only swirl in one direction, depending on their location on Earth's hemispheres. The second column you're reading today.

Expecting to see the room packed with 20-something hard-bodies that would send me into a tailspin of insecurity, I was relieved to find a comforting mix of people, all with their share of bodily imperfections and jiggle bits. After a short introduction that I forgot to listen to, the instructor hit a button on the sound system and began gyrating to Latin and African beats.

Much like the last time I tried Zumba, I thought it looked easy. "It's just dancing ... how hard could it be?"

But then, I always seem to forget that my husband and I have botched the Electric Slide at every military ball, holiday party, and wedding since our own reception in 1993. Same goes for the Cha Cha Slide,

the Macarena, and the Cupid Shuffle. Call us choreographically challenged, we couldn't Whip, Nae Nae or Stanky Leg if our lives depended on it.

I tried to mimic our limber instructor as she swiveled back and forth across the room, but all I could muster were a few awkward hops, several misplaced kick-ball-changes, a couple of inappropriate pelvic thrusts, and my own freestyle version of the pony.

I was pretty hopeless. Despite my alarming heart rate, I only sported a small sweat mustache when the 45 minute class was over. Rather than exercise more, I thought a hop in the sauna would wake my hibernating glands. But then, I made the fatal mistake of following up the sauna with a scalding hot shower, opening veritable flood gates of profuse sweat (think George Costanza) that didn't ease up until mid-afternoon.

Next week, I'm going to try Spinning, and maybe Yoga the week after that. I might bounce off the bike like a fool or splat on the mat like an idiot, but what's important is that I keep showing up at the gym.

However, the next time I want to break a heavier sweat, I'll just stick with Kung Pao Chicken.

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.themeatandpotatoesoffice.com and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life*. Follow Lisa@MolinariWrites.

CSADD hosts
KARAOKE NIGHT

Where: Rudders
When: Friday, Jan. 29
1900-2200
Free pizza and drinks will be available to all who attend

KEEP CALM AND JOIN CSADD

NAS Meridian CSADD chapter meets every Thursday of the month at 2:15 p.m. in the Air Operations conference room. CSADD is the Coalition of Sailors Against Destructive Decisions. It is for the Sailors by the Sailors. Topics discussed include drug abuse, suicide prevention, drinking and driving, and much more. CSADD is open to all E5 and below.

AE
DISRUPT THE FUTURE

It is our greatest enabler...
...and our greatest vulnerability.

<http://greenfleet.dodlive.mil/energy/energywarrior/>
email us at: energywarrior@navy.mil

U.S. DEPARTMENT OF THE NAVY ENERGY SECURITY

Download on the App Store
GET IT ON Google play

Look for **ENERGY WARRIOR** in your App Store

Pfc. Ricardo Bean
MATSS-1 Student

Hometown: John's Creek, Ga.

Pfc. Ricardo Bean joined the Marine Corps July 31, 2015, and is currently enrolled in the Marine Aviation Supply Specialist Course at Marine Aviation Training Support Squadron One. Bean became a Marine to diversify his skillset and be better prepared for civilian life beyond the Corps.

Bean is an experienced lacrosse and rugby player and enjoys studying American economics and politics.

Finding out that he would be a part of Marine aviation was Bean's most memorable moment in the Marine Corps to date.

Bean admires his mother because of the support she gave and the attitude she instilled in him. It was because of her that he was able to become a Marine.

OOORAH!



Pfc. Zakkary Raines
MATSS-1 Student

Hometown: Winchester, Va.

Pfc. Zakkary Raines may not know where he will be stationed next, but he is on his way to fulfilling his career goal of protecting those that are unable to protect themselves.

Raines joined the Marine Corps Aug. 28, 2015, and is currently enrolled in the Individual Asset Manager's Specialist Course at Marine Aviation Training Support Squadron One. He enjoys playing rugby and video games and his most memorable moment in the Marine Corps is walking across the parade deck for graduation.

When asked who he admires Raines responded, "My mother. She was able to raise my two brothers and me by herself."

Raines hopes the Marine Corps will allow him to travel around the world and work in other countries.

Lateral move opportunities for female Marines increase

ARLINGTON, Va. — Female Marines who successfully completed training for ground combat arms specialties as part of gender integration studies will receive Additional Military Occupational Specialties (AMOS) associated with their training and may initiate the process to request moves into the primary combat arms specialties for which they were trained.

"Our Marines earned this. They volunteered, worked hard, completed the training, and earned these MOS's," said Gen. Robert B. Neller. "Given the Secretary of Defense's decision last month, we now have the authority to award those qualified Marines the additional MOS, and we'll continue to keep faith with them. Marines who are eligible and interested can now request to serve in those previously closed jobs."

According to Marine Administrative Message 017/16, Marine Corps Manpower and Reserve Affairs will assign the appropriate AMOS for Marines who successfully completed ground combat arms training at designated Marine Corps schools.

"The Commandant and I are

extremely proud of those Marines who participated in the two-year research effort in order to help the Marine Corps continue its ongoing gender integration efforts," said Sergeant Major of the Marine Corps Ronald L. Green. "Their dedication has helped us develop a well-planned and responsible integration process that ensures the Marine Corps remains prepared to answer our Nation's call, while reinforcing our standards and Core Values."

The Marine Corps took this administrative step to set the conditions prescribed within the Corps' gender integration implementation plan, in order to facilitate guidance to integrate all jobs by April 1, 2016, according to the message.

In addition to officially assigning Marines a combat arms AMOS, the message also notes that qualified Marines may begin the process of requesting lateral moves to ground combat arms MOS. Only those Marines who have successfully completed ground combat arms training at a formal learning center are eligible to apply for such lateral moves.

Marines simulate noncombatant evacuation at Marine Corps Base Camp Lejeune

By Lance Cpl. Shannon Kroening
II Marine Expeditionary Force

MARINE CORPS BASE CAMP LEJEUNE, N.C. -- More than 100 Marines with 2nd Battalion, 2nd Marine Regiment, conducted a noncombatant evacuation operation exercise Jan. 14, 2016 in preparation for the unit's upcoming deployment to Okinawa, Japan.

Noncombatant evacuation operations are an ordered or authorized departure of civilian noncombatants and nonessential military personnel from danger in an overseas country to a designated safe haven, usually the United States. These evacuations could occur under a variety of circumstances, including civil unrest, military uprisings, environmental concerns and natural disasters.

During the exercise, the Marines built a makeshift evacuation control center to process refugee role players through a notional forward operating base. In a real situation while in a foreign country, United States citizens are taken to an ECC before being transported back to the U.S.

"We train for these types of situations in case we are ever in a hostile environment where we need to get American citizens out of the country," said Gunnery Sgt. Alan Falkner, the company gunnery sergeant for Golf Co. "This is all important - no matter the situation we can quickly and efficiently process

people and get them to where they need to be."

Violence is not the only threat the Marines may face on deployments. The weather is another danger, but not one that can be defeated through combat.

"Typhoon season is coming up so we may need to participate in disaster and humanitarian relief efforts, so there are a lot of things this field op can help us with," said Lance Cpl. Iakram Ramkellawan, a rifleman with the unit. "You never know what can happen around the world, you never know where you are going to be [and] what you are going to be doing at the time - so if you're prepared you will be able to adapt quickly."

The Marine Corps executes this training in every clime and place to ensure that no matter where or when, we can assist whoever needs our assistance, explained Falkner.

"We do this not only for American citizens, but also for those who are in need," Falkner said. "You never know what could happen, but we will be ready when it comes."

Marines ran through the scenario multiple times to ensure each Marine had a firm understanding of the procedure in order to perform to the best of their abilities if the need arises.

For more information regarding noncombatant evacuation operations, visit the Marine Corps website at www.marines.mil

MARINE CORPS AIR STATION BEAUFORT, S.C.



Photo by Sgt. Dengrier M. Baez

A Marine signals Squadron Leader Jonathan Smith after his first flight in an F-35B Lightning II aboard Marine Corps Air Station Beaufort Jan. 11. Smith, from the United Kingdom, will be the first international pilot to complete the entire F-35B training syllabus aboard the air station. Smith is a pilot with the U.K. Royal Air Force detachment attached to Marine Fighter Attack Training Squadron 501, Marine Aircraft Group 31. The Marine is also with the squadron.

MARINE CORPS BASE CAMP LEJEUNE, N.C.



Photo by Lance Cpl. Preston McDonald

II Marine Expeditionary Force Marines with II Marine Headquarters Group and Combat Logistics Battalion 24 wait before entering the gas chamber at Marine Corps Base Camp Lejeune, N.C., Jan. 8. As of fiscal year 2015, Marines qualify bi-annually in preparation for deployment. The chamber is a routine exercise to ensure the durability of each Marines gear while exposed to chlorobenzylidene malononitrile, or CS gas.

Safety & Energy Efficiency is Our Duty

Ways to save on energy costs this Winter

Whether you're hoping to ease your impact on the planet or just want to save a few dollars, reducing your energy use can help you get there. In fact, 10 percent of renters in a recent Rent.com survey said that utilities are their biggest monthly expense, coming in third after monthly rent and groceries.

Heating and cooling your apartment, especially those in regions with extreme temperature shifts, can be among the more expensive components of your utility bill. Luckily, making some easy adjustments in your home can dramatically reduce how much you spend on energy.

Here are several tips to reduce energy consumption and maintain comfortable temperatures in your home this winter:

1. Use the sun for free heat. That bright orb in the sky should be the focus of temperature control in your residence throughout the year. Open the curtains on your south-facing windows during winter days to bring free heat into your home. Close your window coverings when the sun goes down to keep the heat inside.

2. Use ceiling fans to your advantage. Homes that have better ventilation and airflow can be more energy efficient in the summer and winter months. If you have ceiling fans in your apartment, you have more control over ventila-

tion than you know. Ceiling fans can be used strategically to achieve better airflow: counter-clockwise will push hot air up in the summer and clockwise will trap heat inside to keep your rooms warmer during cooler months. Turn your ceiling fan on a low setting to gently push hot air back down.

3. Adjust the thermostat at night. According to the U.S. Department of Energy, you can save about 10 percent per year on your heating bills by turning your thermostat down 10 to 15 degrees for eight hours.

4. Only heat the rooms you use. If you have rooms that you never use, like guest rooms or large storage areas, close and seal off the vents in those rooms to be more energy efficient and direct the flow of air to the rooms you use most. Energy bills run, on average, \$183 per month. By using a space heater in the rooms where you need it and setting the thermostat to 62 degrees, you can save approximately \$200 each year.

5. Keep your furnace clean and unblocked. Keeping your furnace and vents properly maintained will reduce energy consumption and help you save. Check your furnace filter monthly, and replace it when it gets dirty.

From <http://money.usnews.com/money/blogs/my-money/2013/11/06/10-ways-to-save-on-energy-costs-this-winter>

A safe home is in your hands

Hopefully everyone kicked off the New Year safely. Now that we are all getting back to the regular routine, let's take a few moments to make sure your home is safe so you can enjoy 2016.

Here are a few easy tips to ensure your home is safe for you and your family.

- Have smoke detectors installed on every level of your home.
- Make sure a smoke detector is in every bedroom.
- Test each smoke detector every month. Push the test button until you hear the alarm sound.
- Replace the batteries in your smoke detectors at least one time each year.
- Replace your smoke detectors if they are older than 10 years.
- Know how to get out fast if there is a fire.
- Find two ways out of every room – the door and maybe the window.
- You might need an escape ladder to get out of upstairs bedroom windows.
- Know what family member or friend



will need help escaping during a fire.

- Make sure windows and doors open easily.
- Make sure everyone can reach and open locks on doors and windows.
- Make sure stairs and doorways are never blocked.
- If you have security bars on doors and windows, have a "quick-release" latch. This makes it easy to get outside in an emergency.
- Make sure everyone in your family knows how to use the latch.
- Look for things that could slow down your escape. Move or fix them.
- Practice your plan frequently with your family so everyone is confident.
- Practice when everyone else is asleep at least once.
- Have a place to meet in front of your home.
- Draw an easy to understand evacuation plan.

For any other questions, please contact the NAS Meridian Fire Prevention Office at (601) 679-3866.





NAS Meridian, MS • Morale, Welfare and Recreation

On the Web: www.navywmrmeridian.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, January 21**
5pm, Adventures of Tintin, PG
7pm, The Gift, R
- Friday, January 22**
5pm, The Croods, PG
7pm, The English Patient, R
- Saturday, January 23**
1pm, Rise of the Guardians, PG
4:30pm, Minority Report, PG13
7pm, The English Patient, R
- Sunday, January 24**
1pm, Adventures of Tintin, PG
5pm, The Gift, R
7pm, Minority Report, PG13
- Monday, January 25**
5pm, The Incredibles, PG
7pm, Trainwreck, R
- Tuesday, January 26**
5pm, The LEGO Movie PG
7pm, Color of Money, R
- Wednesday, January 27**
5pm, Home, PG
7pm, Man from U.N.C.L.E., PG13
- Thursday, January 28**
5pm, The Incredibles, PG
7pm, Trainwreck, R
- Friday, January 29**
5pm, The LEGO Movie PG
7pm, Color of Money, R
- Saturday, January 30**
1pm, Home, PG
5pm, Man from U.N.C.L.E., PG13
7pm, Color of Money, R
- Sunday, January 31**
1pm, The Incredibles, PG
4pm, Trainwreck, R
7:10pm, Man from U.N.C.L.E., PG13
- Monday, February 1**
5pm, War Room, PG
7pm, Captive, PG13
- Tuesday, February 2**
5pm, What About Bob?, PG
7pm, Scorch Trails, PG13
- Wednesday, February 3**
5pm, Hotel Transylvania, PG
7pm, How to Lose a Guy in 10 Days, PG13

The Liberty Center

- Thursday, January 21**
7pm, The English Patient, R
- Friday, January 22**
7pm, Minority Report, PG13
- Saturday, January 23**
1pm, The Gift, R
7pm, The Gift, R
- Sunday, January 24**
1pm, The English Patient, R
7pm, The English Patient, R
- Monday, January 25**
7pm, Color of Money, R
- Tuesday, January 26**
7pm, Man from U.N.C.L.E., PG13
- Wednesday, January 27**
7pm, Trainwreck, R
- Thursday, January 28**
7pm, Color of Money, R
- Friday, January 29**
7pm, Man from U.N.C.L.E., PG13
- Saturday, January 30**
1pm, Trainwreck, R
7pm, Trainwreck, R
- Sunday, January 31**
1pm, Color of Money, R
7pm, Color of Money, R
- Monday, February 1**
7pm, Scorch Trails, PG13
- Tuesday, February 2**
7pm, How to Lose a Guy in 10 Days,
- Wednesday, February 3**
7pm, Captive, PG13
- Movies shown at McCain Rec Center and the Liberty Center are shown FREE of charge.

Andrew Triplett Library to hold YA Meeting

A meeting will be held for all Young Adults (YA), ages 12-17. The purpose is to discuss possible YA programs, recommend books and materials needed for the collection. We also plan to discuss changes in the library to accommodate an area just for this group. Please bring your ideas to help plan our growth. This meeting is scheduled for Monday, February 1, 2016 at the Andrew Triplett Library from 5:00pm - 6:00pm. Pizza and Drinks will be provided.

Now Open
The Smoothie Shop
located at McCain Rec Center

Hours of Operation
Mon., Tue., Thur. 4pm - 8pm
Fri. & Sat. 4pm - 9pm
Wed. & Sun. Closed

Find MWR Meridian on:

Operated by:

McCain Rec Center's Daily Specials

(601) 679-2651

Mondays - Liberty Student Special: 5pm-close, \$4 for 3 games (shoe rental included).
Tuesdays - \$6 Tuesdays: 11am-close, Bowl 3 games (shoe rental included) for \$6.
Wednesdays - RCTA: 5pm-close, \$2 games with \$1 shoe rental.
Thursdays - Pilot Night: Ground your jets and bowl. \$2 games.
Fridays - Date Night: 5pm-close, Couples bowl 3 games for \$10.
 "Couple" defined as "2" bowlers, you do not have to be a "dating/married" couple to participate.
Saturdays - Cosmic Colored Head Pin: 7pm-9:30pm, regular rates apply. If you have a colored pin as your head pin and get a strike, you get that game for free (limit of one per game). Staff must be aware of shot before bowled.
Sundays - Family Special: All Day, \$2 per game, per person (shoe rental included)

Free Shoe Rental For Active Duty!!

Hours: Sunday-Thursday 11am - 9pm; Friday/Saturday 11am - 10pm; Holidays 11am - 9pm

9 Pin No Tap Tournament

No registration needed.

Event is on the LAST SATURDAY of each month

Students only: Roll @ 1500
 ALL MWR patrons: Roll @ 1800
 MUST BE 18 years old to participate
 Fee: \$25, \$7 lineage/\$18 prize fund

Call (601) 679-2651 for more information

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.navywmrmeridian.com

Weekly Events



Watch **THE BIG GAME** 2-7-16 AT 5pm-Close
 Watch the BIG GAME on the BIG SCREEN! FREE Food and Fun! (While supplies last)

DJ Leflore Live at Rudders
Friday, January 22
 Doors open at 5pm; the fun starts at 8pm

Get your Rudders T-Shirt! Only \$12 per shirt, sizes M-XL

Tutto Bene Pizzeria & More
 Located inside Rudders
 Sunday-Thursday 4pm-9:30pm
 Friday-Saturday 4pm-10:30pm
 (601) 679-2345

2016 Program Brochures now available for download at www.navywmrmeridian.com

2016

Give Parents A Break & Parent's Night Out
 January 7, 14, 21 & 29
 At CDC & SAC
 6pm-10pm
 Call (601) 679-2652 for info.

NAVY COMMUNITY RECREATION
 Hours Of Operation
 Golf Shop & Equipment Rental, formerly The Outpost: 9am-4pm daily
 Tickets, formerly ITT: 11pm-4pm, Monday-Friday

The Sandtrap Weekly Specials

- Thursday, January 21**
Taco Salad
Don't miss the Sandtrap's famous Taco Salad. Served with a drink for \$6.
- Tuesday, January 26**
Meatloaf
Meatloaf, Oven Potatoes, Green Beans, Roll and Drink for only \$6.
- Wednesday, January 27**
Spaghetti
Spaghetti, Garden Salad, Garlic Bread and Drink for only \$6.
- Thursday, January 28**
Fried Chicken
Fried Chicken, Macaroni & Cheese, Broccoli, Roll and Drink for only \$6.
- Tuesday, February 2**
Chicken Fried Steak
Chicken Fries Steak, Mashed Potato with Gravy, Fried Okra, Cornbread and Drink for only \$6.
- Wednesday, February 3**
Beef Tips Over Rice
Beef Tips Over Rice, Broccoli with Cheese, Carrots, Roll and Drink for only \$6.



MWR Sports

January Basketball Shootout Winners Crowned



Free Throw Shootout
1st place - Justin Allen
2nd Place - Emanuel Rodriques
3rd Place -Shauntae Slaughter



Hot Shot Shootout
1st place - Ronnell Lewis
2nd Place - Courtland Belcher
3rd Place - Malcolm Boyd



3 Point Shootout
1st place - Anthony Johnson
2nd Place - Malcolm Boyd
3rd Place - Bryan Guerro

February Group Exercise Schedule

All Group Exercise Classes are held in the Multi-Use room of the Fitness Center and are FREE to all authorized patrons. For more info call (601) 679-2379.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:15am-6am	Cardio Pump	Spin	Cardio Pump	Spin	
6am-7am	Fusion	Kinetics	Stomp	Fit for Duty	REV
7:30am-8:30am	Boot Camp	Boot Camp	Boot Camp	Boot Camp	Boot Camp
9am-10am	Circuit	Circuit	Circuit	Circuit	Circuit
11am-12pm	Spin	Circuit	Spin	Circuit	Spin
4:15pm-5pm	Couch to 5k	Couch to 5k	Couch to 5k	Couch to 5k	Couch to 5k
6:30pm-7pm	TRX	Butts & Guts	TRX	Butts & Guts	TRX
8pm-9pm	Stomp	Vibe	TKO	Fusion	REV

Upcoming at The Fitness Center

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

Under the Fitness tab, Click on:

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

Racquetball

- Sign up deadline - Jan. 31, 2016
- Play begins - Monday, Feb. 1, 2016

Mission Nutrition

- Sign up deadline - Feb. 3, 2016
- Class on Thursday, Feb. 4, 2016 - 1pm - 5pm



Stay up-to-date with all upcoming fitness events at the NAS Meridian Facebook page and/or at navymwrmeridian.com. You can also download the Meridian MWR mobile app at the Google Play Store or the Apple App Store

Chaplain's Corner

No pain like Lego pain!

For years my kids have played with Legos. Technically, I guess you would say they've been playing with Duplo's. Duplos are the bigger blocks made for younger kids. It's the same company and same concept, just harder to swallow pieces and the designs are not very complex. My kids and I have a blast playing and building stuff. You really get to use your imagination when you're trying to build an airplane or a zoo or a dinosaur out of Duplos.

I remember when our oldest moved away from the Duplos and on to the real Legos. It wasn't just a 10-piece-you're-done set either. It was a car, a helicopter, and an air-traffic tower - maybe 100 pieces total. It was the kind of thing where she couldn't do it alone - she needed a parent to "help" build (yes, I ended up doing a lot of the building). It was a proud moment for me because my baby girl is growing up and moving up to the Lego big leagues. It was a sad moment for me because my baby girl is growing up and is not the same kid she used to be. But that's a good thing.

We're not supposed to stay with the baby toys forever. In fact, if we play with the baby toys for the rest of our lives then there's probably something wrong. We were designed to grow and move from childish things on to more complex and grown up things. This is also true in our spirituality. While we start

out as babies, we ought to grow to the point where we put childish ways behind us and move on to mature behavior. The Apostle Paul gets frustrated with the Christians in Corinth because they continue to act in immature worldly ways and have not yet adopted the behavior of mature adult Christians. For Paul, Christian maturity meant behaving well and leaving behind jealousy, fighting, and quarreling

That's kid's stuff. My kids fight and bicker all the time. I joke that I could teach NFL Officials a thing or two because I do more reffing in 5 minutes with my kids than they do in the entire Super Bowl. But as they mature and grow they (hopefully) will move beyond that and treat each other well.

Too many of us are content to stay playing with the baby toys. We enjoy our immaturity and never grow out of it. That's not cool. It's not healthy. As humans, we ought to strive to grow. Who we are next week should not be the same person we were last week. Eventually we put away the Duplos and pull out the more complicated stuff. It's part of growing up. Even when we recognize the need to grow

COLUMN



Linzey

up it's not always easy to do, so let me end with giving a few practical tips on how you can move towards maturity:

1. Read. Read voraciously. Reading gives us new information and power and ability to be better than we used to be. Magazines, books, blogs, whatever. Find ways to develop what you know. You can't implement new ways of behaving if you lack the knowledge of what you need to be like.

2. Find a coach, mentor, chaplain, someone who can help you in the process of maturation. It's easier to do when you have someone who has walked the path to help you along.

3. Mentor or teach someone else. Nothing solidifies knowledge in your head as much as teaching that info to someone else. It's time to put down the baby toys. It's time to grow up. Stop acting like an immature child and start behaving the way responsible adults are supposed to behave.

C'mon, we'll build a neat-o Lego set together!

Lt Chris Linzey, CHC, USN, is a staff chaplain at NAS Meridian. He can be reached at 601-679-3635.

Sunday services include Roman Catholic Mass at 9:30 a.m. and nondenominational service at 11 a.m.

Sale... Or

CAR POOL

NEW! Interested in carpool to work at NAS Meridian from 6 a.m.-2:30 p.m. at flight line to State Blvd. Will pay for ride to/from work. Call 601-604-9700.

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 duel 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.

HOUSEHOLD ITEMS

NEW ITEMS! Original Woodstock furniture (solid wood), couch, loveseat, chair, footstool, coffee table, 2 end tables, kitchen table w/4 benches and a microwave stand. All in great condition. \$975 or best offer. Call Kathy S. Dodd at 601-

527-9953 or 601-679-2643.

Black stainless steel, electric flat top stove in great condition. Asking \$250; **Dryer**, white with front load, great condition. Asking \$160; **Mini-frig**, black in great condition. Asking \$80. Call 757-328-5662 or email websterdk7@gmail.com for photos.

50-inch Panasonic flat screen (LED/LCD) TV with remote. Excellent condition. \$500 OBO or trade for guns. Call 563-258-0720.

Washer and Dryer set, electric, white, \$300, 601-678-3458.

MOTORCYCLES/GEAR/ATV

NEW ITEM! 2007 Suzuki GSXR 1000, less than 7,000 mile garage kept. Orange and Black, no damage, \$7500 (601) 462-1043.

2005 Yamaha V-Star 1100 Asking \$2900, 9K Miles, new rear tire, new battery. Has crash bars, saddle bags, sissy bar, new handlebar grips. Garage kept. Text for pictures or call 321-480-6824.

2012 Kawasaki 900 Vulcan Custom Classic motorcycle; 550 miles. Asking \$6400 pay-off. Call 601-527-5717.

1991 Corvette Coupe, white, red leather interior, 6-speed manual, ZR-1 wheels with ex-

tra wheel and tire, two tops. 89k miles. Call 601-917-9181.

AUTOMOBILES, ETC.

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/overdrive. If you want some serious off-road ability in a small SUV, look no further. \$13,000, negotiable. Available July 2015. Call 434-604-0428. Text for photos or Carfax report.

HOMES/APARTMENTS

NEW PRICE! For Sale: Lovely home 3 BD/2BA, move in ready at 2110 43rd St, Meridian. Poplar Springs School, lots of updates. Drive your golf cart to Northwood Country Club, convenient to NAS Meridian. Asking \$150,000. Call Alex 601-479-1311 or www.zillow for pics and 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.

For Rent: 2708 Russell Camp Road, Meridian, 1131 square foot, 2 BD/1 BA house with a two car garage. \$675 per month and deposit of \$675. Proof of military service receives one week off of first month's rent. Can view photos of home on

www.homes.mil or call G. Barrett at 850-855-8304. Shown by appointment only.

For Rent: Newly remodeled large 3BR/1.5 BA home on Hwy 45 North ONLY 4 MILES to NAS Meridian. Large bedrooms with huge closets, separate dining room, spacious kitchen and laundry room, with massive covered deck for entertaining. Home also has attached covered parking/breezeway connecting a workshop with 800 sq ft. Home sits on a wooded lot of over 1 acre for much privacy. Home can come furnished. Asking \$1050 a month. Call 205-454-8649.

For Rent: 1 BD/1BA studio size furnished private guest house located in a beautiful quiet backyard at 2714 45th Street, Meridian. \$550 per month. View online at http://www.militarybyowner.com/homes/MS/Meridian/45th_Street/MBO297104.aspx or call 601-527-2741.

For Rent: 4 BD/2 full BA, 1,900 square feet, wood burning fireplace, gas and electric, hardwood floors, updated bathrooms, new counter tops, stainless steel appliances, blinds, new paint. Great private location just off Hwy 39 N close to NAS Meridian. \$1,500 a month with references. Call 850-687-0738 after 5 pm for

viewing. By appointment only.

For Rent: Rustic home with wrap-around porch on large wooded lot, adjacent to Okatibbee Lake, full basement with lots of shelving, and workshop/storage space. Lots of privacy with lockable gate on driveway. Large 8'x12' walk-in master closet, 3BD/2BA, 1965 sq. ft., West Lauderdale School District. Amenities: air conditioning-heat pump, basement, broadband ready, cable ready, cathedral ceilings, ceiling fans, den/family/game room, fireplace, Florida room, enclosed garage w/door opener, laundry room, smoke detectors. \$1,300 per month. Call (601) 737-4569.

For Sale: New Listing in Northeast area with 3BD/3BA, 460 square foot bonus room above the oversized 2 car garage! Home is at end of a unique cul-de-sac street convenient to Hwy 39N, Hwy 45N and NAS Meridian, & outside of annexed area! Asking \$236,900. Check out MLS #15-636 at www.boyd-williams.com for more pics and details!

MISCELLANEOUS

Alumalite CTS - Aluminum climbing stand made by O'l'man. Weight 19 lbs, weight limit 300 lbs. New in box but box

has water damage but never been opened. Comfort tech seating system next gen tree stand - 3 stands in one. Foot rest for bow hunters, gun rest set up, original straight bar included, super strong oval aluminum tubing. TMA approved. Full body 5 point harness. Set up instructions and safety instruction DVD. \$250. Call Teresa at 601-679-3474.

Jogging stroller, lightly used with inflatable bicycle type tires \$50; Double stroller, made by Graco, gender neutral gray color, excellent condition \$120. Can send pictures upon request. 601-723-0741.

Yugoslavian M24/47 8mm Mauser, \$300. Call Christopher at 620-960-1250.

WANTED

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

To submit an item to the "Sale...Or" column, e-mail penny.randall@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 Jennifer.





Dunford speaks in favor of review of military awards

By Jim Garamone
DoD News

Spend any time with combat troops who served in Iraq, and invariably the topic of no living Medal of Honor recipient from that conflict comes up. Four service members received the Medal of Honor – the highest military award of the United States – for heroism in Iraq. All were presented posthumously.



Dunford Jr.

A total of 13 Medals of Honor have been awarded for actions in Afghanistan, with three awarded posthumously. Ten living American service members have received the award for their actions in Afghanistan. As part of a deliberate review of the awards and decorations policy announced last week, Defense Secretary Ash Carter directed the

departments of the Army, Navy and Air Force to review all recommendations for service cross awards and Silver Star Medal awards since Sept. 11, 2001.

Marine Corps Gen. Joseph F. Dunford Jr., the chairman of the Joint Chiefs of Staff and the highest-ranking person in the military, said he is all in favor of the review. Dunford, who commanded troops in both Iraq and Afghanistan, said he thinks the policy needs to be reviewed to ensure it is applied consistently and that service members receive the award they earned. He spoke aboard an Air Force jet following a visit to Iraq. The DoD review will look at about 100 service cross awards and recommendations – the service crosses are the second-highest award for heroism – and about 1,000 awards and recommendations for awards of the Silver Star Medal, the third-highest award.

“I don’t know if any will [be upgraded] or not, but if some are, it’ll be worth it,” Dunford said. “My sense [of]

the awards that have been given [is] that there is a good process, but in some cases, a review may indicate that an award be upgraded.”

In other words, a Silver Star may be upgraded to a service cross award, and “when we look at the awards in the context of all the awards we have awarded in the war, we may find some that meet the very high criteria of the Medal of Honor,” Dunford said.

Dunford noted that one service member he recommended for the Medal of Honor did not receive the award. “I recommended [Marine Corps Sgt.] Rafael Peralta,” he said. “I was with the division when he was recommended, and I reviewed that case, and I sat on the board, and I thought that particular case was certainly in the same category as others who received the Medal of Honor.”

If the reaction in social is any indication, service members and veterans seem to be in favor of the review.

CNO, MCPON tour aviation training commands, USS Independence

PENSACOLA, Fla. (NNS) -- Chief of Naval Operations (CNO) Adm. John Richardson and Master Chief Petty Officer of the Navy (MCPON) Mike Stevens visited commands onboard Naval Air Station Pensacola Jan. 6-7.

The visit served to provide the senior leaders an overview of aviation training, as well as an opportunity to tour the littoral combat ship USS Independence (LCS 2). The ship is operating out of the station while the crew conducts operational evaluation and testing of the mine countermeasures mission package.

The CNO and MCPON were greeted by Commander Naval Education and Training Command Rear Adm. Mike White, Chief of Naval Air Training, Rear Adm. Dell Bull and NAS Pensacola Commanding Officer Capt. Keith Hoskins. As part of the visit, they saw flight simulators used by student aviators at squadrons under Training Air Wing Six (CTW 6).

During the tour of Naval Air Technical Training Center (NATTC) they saw how instructors use a blend of standard and electronic classrooms with hands on lab work to train aviation support and maintenance specialists. Included in the visit were the structural mechanic metal fabrication, power plants engine and ordnance laboratories. NATTC is the Navy’s largest training command with an annual student throughput of approximately 15,000 Sailors and Marines.

Richardson and Stevens also toured USS Independence berthed at NAS Pensacola while engaged in ongoing training exercises in the Gulf of Mexico.

NAS Pensacola hosts and supports the operational and training mission of several tenant commands that total more than 16,000 military and 7,400 civilian personnel.



Photo by MC1 Nathan Laird

Chief of Naval Operations (CNO) Adm. John Richardson tours a flight simulator used by student aviators at Training Air Wing Six (CTW 6) on board Naval Air Station (NAS) Pensacola, Jan. 6. Richardson and Master Chief Petty Officer of the Navy (MCPON) Mike Stevens received an overview of NAS Pensacola’s aviation training centers and toured USS Independence (LCS 2), which is conducting operational evaluation and testing of the mine countermeasures mission package.

From Naval Education and Training Command Public Affairs

Great Green Fleet transform its energy use

The Great Green Fleet (GGF) is a year-long, Department of the Navy initiative that demonstrates the sea service’s efforts to transform its energy use. As one of the Secretary of the Navy’s key energy goals, the purpose of the GGF is to make our Sailors and Marines better warfighters, able to go farther, stay longer and deliver more firepower.

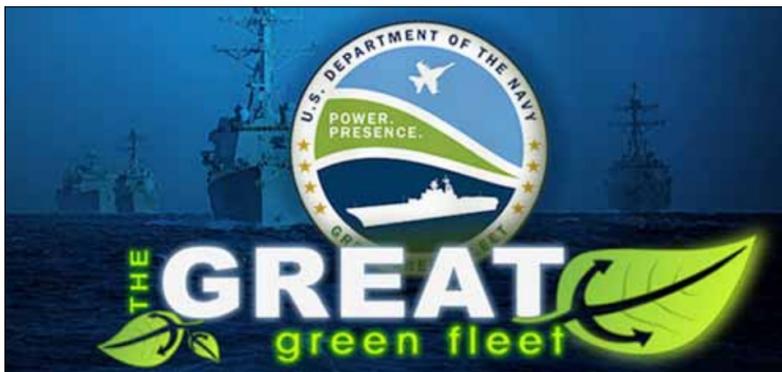
Secretary Mabus chose the name Great Green Fleet to honor President Theodore Roosevelt’s Great White Fleet, which helped usher in America as a global power on the world stage at the beginning of the 20th Century. The GGF will usher in the next era of Department of Navy energy innovation.

The centerpiece of the Great Green Fleet is a Carrier Strike Group (CSG) that deploys on alternative fuels, including nuclear power for the carrier and a blend of advanced biofuel made

from beef fat and traditional petroleum for its escort ships. These biofuels have been procured by DON at prices that are on par with conventional fuels, as required by law, and are certified as “drop-in” replacements that require no engine modifications or changes to operational procedures. The CSG also uses energy efficient technologies and operating procedures referred to as Energy Conservation Measures (ECMs) during the course of its normal operations.

Throughout 2016, other Dept. of Navy platforms including ships, aircraft, amphibious and expeditionary forces, as well as shore installations, will participate in the GGF by using energy efficient systems, operational procedures, and/or alternative fuel during the course of planned mission functions worldwide.

Ashore, DON installations have in



procurement 1.1 gigawatts of renewable energy – or about one-half of overall DON power requirements as of January 2016. Renewable energy projects at our facilities can help increase resiliency by enabling them to continue operations in

the event of a commercial grid disruption.

For more information, go to: <http://greenfleet.dodlive.mil/energy/great-green-fleet/>

Secretary of the Navy Ray Mabus names fleet replenishment oiler

WASHINGTON (NNS) -- Secretary of the Navy (SECNAV) Ray Mabus announced Jan. 6 the first ship of the next generation of fleet replenishment oilers (T-AO 205) will be named USNS John Lewis after the civil rights movement hero and current U.S. representative of Georgia’s 5th Congressional District.

Mabus made the announcement during a ship-naming ceremony held at the Cannon House Office Building in Washington, D.C.

“As the first of its class, the future USNS John Lewis will play a vital role in the mission of our Navy and Marine Corps while also forging a new path in fleet replenishment,” said Mabus. “Naming this ship after John Lewis is a fitting tribute to a man who has, from his youth, been at the forefront of progressive social and human rights movements in the U.S., directly shaping both the past and future of our nation.”

Lewis’ dedication to the civil rights movement began in earnest while he was still a young man, when he organized sit-in demonstrations at segregated lunch counters in Nashville, Tennessee.

In 1961, he participated in the “Freedom Rides,” challenging segregation at interstate bus terminals across the South and, in 1963, Lewis was named chairman of the Student Nonviolent Coordinating Committee (SNCC) where he was responsible for organizing student activism challenging segregation.

Lewis was also a keynote speaker at the historic March on Washington in 1963 and led more than 600 peaceful protestors across the Edmund Pettus bridge in Selma, Alabama, in 1965.

Elected to Congress in 1986, Lewis has dedicated his life to protecting human rights, securing civil liberties, and building what he calls “The Beloved Community” in America.

“T-AO 205 will, for decades to come, serve as a visible symbol of the freedoms Representative Lewis holds dear, and his example will live on in the steel of that ship and in all those who will serve aboard her,” said Mabus.

The future USNS John Lewis will be operated by Military Sealift Command and provide underway replenishment of fuel and stores to U.S. Navy ships at sea and jet fuel for aircraft assigned to aircraft carriers. A contract will be awarded for the ship in summer 2016 and construction is expected to begin in 2018.

From Secretary of the Navy Public Affairs

WMDN 24 FOX 30 WGBX 30 UNCE MERIDIAN COZI 24 MERIDIAN STAR

MERIDIAN COMMUNITY COLLEGE

Honoring Outstanding Teachers and Educators in East Mississippi and West Alabama

Do you have a teacher who has made an impact on you or your child's life?

Do you have a teaching colleague whose style you admire?

Nominate them for the Golden Apple Award! Then, encourage others to do the same!

Nominations may be submitted by students, parents, faculty, or community members.

Nominees must be someone employed full-time in the K-12 education field (public or private) within the following counties: Lauderdale, Neshoba, Kemper, Clarke, Newton, Choctaw & Sumter

EMSPA We Care A Southern Energy Company L A Z BOY Live life Comfortably. MISSISSIPPI POWER A SOUTHERN COMPANY

Woodstock FURNITURE AVERY RICHARD SCHWARTZ & ASSOCIATES, P.A. ATTORNEYS AT LAW

T & D Furniture* LaBiche Jewelers* John O'Neil Johnson Toyota Southern Pipe and Supply* Newell Paper Company* EBCO Cooperation Meridian Coca-Cola Bottling Company

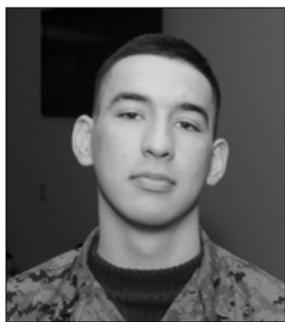
To nominate a teacher, log on to wmdn.net, wgbctv.com, goldenappleawards.com or meridianstar.com



IT'S YOUR TURN...

Jan. 18 was recognized as Dr. Martin Luther King Jr. Day. We asked these military members, "What do you admire about Dr. Martin Luther King Jr.?"

By MC2 Casey H. Kyhl



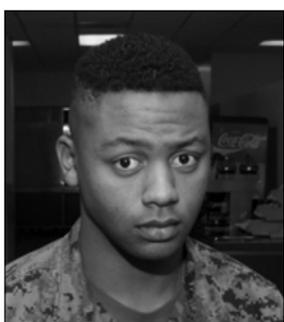
Pfc. Micah Martinez
MATSS-1 Student

"He stood up for his people every single day."



Pfc. Romeo Wade
MATSS-1 Student

"He died for his cause. He gave everything so that we could have more."



Pfc. Jack Toy
MATSS-1 Student

"He was a religious man that stuck to his morals and never resorted to violence."



Pfc. Stephon Robinson
MATSS-1 Student

"He helped people see everything that was wrong with segregation and helped start the change."



Pfc. Andy Wolfe
MATSS-1 Student

"He changed minds to how the world could work; how it should look."

Fleet & Family Support Center

FFSC programs include something for everyone

January is the month to spotlight the myriad of free programs and services offered by the Fleet & Family Support Center. How much do you know about what's available for you and/or your family at The Center?

Take a look . . .

Professional Counseling – The Center has licensed counselors who provide short-term, individual, couples, family, and group counseling to address relationships, crisis intervention, stress management, substance abuse, depression, grief after loss, occupational and family issues, and financial difficulties. All FFSC counseling services and records are confidential and protected under the Privacy Act.

Family Advocacy Program (FAP) and Sexual Assault Prevention & Response (SAPR) – When family relationships turn volatile and violent, The Center offers prevention, identification, treatment, follow-up, and reporting of spouse and child abuse and neglect. All efforts are geared toward victim safety and protection, offender accountability, and rehabilitation. The SAVI program provides the support and resources necessary for recovery and rebuilding after the trauma of sexual assault.

Personal Financial Management – FFSC provides financial education, training, and counseling that emphasize long-term financial responsibility through instruction on

sound money management, debt management, saving, investing, and retirement planning.

Family Employment Readiness Program – The Center helps family members make career decisions and develop employment search skills through education, information, referral and assistance programs, giving family members the competitive edge to secure employment.

Transition Assistance Management Program – Whether you're retiring or separating, The Center can help with your transition from military life to the civilian world. Transition GPS Seminars are held every other month at NAS Meridian to help address social, financial, and professional issues with getting out of the military. Also, one-on-one help is available for career interest assessments, résumé writing, and building other job search skills.

Relocation Assistance Program – FFSC can help you prepare for any type of move, whether you're expecting orders for an overseas tour or changing homeports. If you're new to NAS Meridian, The Center can provide you with a Welcome Aboard information packet and/or a Hospitality Kit, containing household essentials for those trying times when you get here before your household goods shipment.

Life Skills Education – Having problems communicating with your spouse, adjusting to parenthood, or

managing stress? FFSC provides solution-oriented programs to develop knowledge and social skills to enhance self-esteem and interpersonal relations. Many different workshops and classes are offered each month on a variety of financial, employment, and therapeutic topics.

Information & Referral – The Center provides trained specialists to help find out what is offered and how to access whatever services families or personnel want or need. FFSC maintains a database of base and community educational, life-enhancing, and therapeutic resources, and the staff makes referrals to appropriate military and civilian agencies.

Ombudsman Support – Ombudsmen are key resources for family members, particularly during deployments, because they facilitate the flow of information between commands and families. In support of this program, The Center provides training, assistance, and up-to-date information to Ombudsmen.

These programs, and more, are free and available to military members and their families at the Fleet & Family Support Center (Building 405 at NAS Meridian). Are YOU taking advantage of them?! For more information, or to make an appointment, call The Center at 601-679-2360.

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.

Transition GPS Seminar: Jan. 25-29 from 8 a.m.-4:30 p.m. Military personnel who are voluntarily or involuntarily separating or retiring and are within 180 days of separating are required to attend this seminar, held at the FFSC. It is highly recommended that spouses attend. You may also attend if you're up to 24 months away from your separation or retirement date. The following topics will be covered: résumés, job search skills, job interviewing, employment (state & federal), veterans' benefits, pay & travel, movement of household goods, TRICARE, emotional transition to separation, financial planning, forms & documents, benefits & services, military obligations, and more. You must see your Command Career Counselor or Admin Officer before attending Transition GPS to obtain several documents that are required for the seminar.

10 Steps to a Federal Job: Jan. 27 from 4-6 p.m. The government is hiring! But if you want to be successful in landing a federal job, you need to understand the government's unique and complex application process. This workshop, based on the writings and training of federal job search guru, Kathryn Troutman, will walk you through the 10 steps to finding and applying for a federal job. We'll cover: finding & analyzing federal job announcements; crafting a federal-style résumé and an electronic résumé; interpreting the cryptic language of federal hiring process ("core competencies", etc.); the incredible importance of including "keywords" in your application; addressing "KSAs"; and much more!

Higher Education: Transition GPS Optional Track: Feb. 1-2 from 8 a.m.-4 p.m. The purpose of the Higher Education Track of the Transition GPS program is to guide individuals through the variety of decisions involved in choosing a degree completion program, college institution, and funding. It also is designed to assist individuals in completing the admissions process, in order to facilitate creation of a customized plan for a successful transition to a higher education institution.

Transition GPS Capstone: Feb. 3 from 9:30-10:30 a.m. Ninety days before their separation from military service, service members will participate in a CAPSTONE event, which will verify that transitioning service members completed the Transition GPS curriculum and achieved Career Readiness Standards. Service members who require additional assistance will be referred to supplemental training opportunities. In addition, through the CAPSTONE event, all service members will be offered a 'warm handover' to appropriate government agencies and organizations that will be able to provide them continued benefits, services, and support as veterans. See your Command Career Counselor for more information.

IA Spouse Discussion Group: Feb. 3 from 11 a.m.-noon. FFSC hosts this IA Spouse Discussion Group over coffee (or tea). Join other military spouses to talk about the challenges of IA deployment, share survival tips, discuss the impact of deployment on children, remind one another about the benefits of deployment, or just kick back & chat!

Career Technical Training: Transition GPS Optional Track: Feb. 8-9 from 9 a.m.-3:30 p.m. The purpose of the Career Technical Training Track of the Transition GPS program, taught by the VA, is to assist those seeking job-ready skills and industry-recognized credentials in shorter-term training programs.

Troops to Teachers: "Transition to Teaching" Seminar: Feb. 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, requirements for teacher certification, and obtaining employment.

CNO announces five initiatives to drive sexual assaults to zero

WASHINGTON (NNS) -- A line of effort in the recently released "Design to Maintain Maritime Superiority" is to strengthen our Navy team which is composed of active and reserve Sailors, Navy civilians, and families. On Jan 14 Chief of Naval Operations Admiral John Richardson announced a new set of sexual assault prevention and response initiatives to lower the obstacles to reporting, provide added support to survivors, and prevent re-victimization.

During the announcement Richardson told reporters an important element of this effort is to eliminate self-inflicted destructive behavior, sexual assault being among the most egregious. He went on to say sexual harassment and sexual assault have absolutely no place in our Navy and are contrary to our core values.

"Eliminating sexual assault requires more than words, zero-tolerance requires an all-hands effort," said Richardson.

Here are the five initiatives CNO announced to help "end the scourge of sexual assault" in our Navy:

1) A Shipmate is not a "bystander." If you see something wrong, do something right. It is every Sailor's responsibility to "step up and

step in" to help their shipmate when they observe or become aware of undesired and destructive behavior. In 2015, Navy adopted a new training approach, shifting from traditional lecture-style training to a more dynamic program called "Chart the Course." Chart the Course moves beyond the "bystander" approach and combines scenario-based videos with facilitator-led discussions to achieve an interactive learning experience. The training provides insight on what to do when faced with challenging situations.

2) Establish Counselors within the Fleet and Family Support Centers as a resource for victim support. Building on the success we have experienced with deployed resiliency counselors on "big decks," there are potential gains if we are able to replicate the counseling and support provided under the Navy Family Advocacy Program for Sailors impacted by sexual assault. In addition to enhanced care, we

"Until we go to zero we can never be satisfied."

Admiral John Richardson
Chief of Naval Operations

and structural barriers to male victim reporting. These counselors will provide opportunities to collaborate with local civilian facilities and counselors to ensure we are using every available measure to support our survivors. We are currently determining how to pilot this concept to get a better assessment.

3) Improve our personnel management practices and procedures, following a sexual assault experience, to ensure our Sailors are put in the best position possible to succeed. This includes examining our present detailing practices so to preclude administrative or management decisions and actions that unintentionally result in the Sailor reliving the sexual assault experience. In addition to the expedited transfer program, this could also include honoring a sur-

ivor's request for an expedited discharge, should they desire to leave the Navy.

4) Continue our efforts to educate our Sailors and reduce alcohol abuse in the Navy, particularly binge drinking. The data clearly reflects that alcohol abuse is a factor in most of the Navy's sexual assault cases. We need to ensure that our accountability processes and options, administrative and otherwise, provide the tools we need to effectively deal with incidents where alcohol abuse has been established.

5) Better utilize technology to remove cultural barriers and stigma associated with reporting a sexual assault or seeking advice and counsel. We are currently exploring a number of computer applications piloted at universities. We expect to be able to begin introducing a "Navy version" within the year.

CNO concluded his discussion by thanking Congress for the focus, attention, and assistance they have provided on this issue and the commitment to eliminate sexual assault.

"I want to continue to confront this scourge in our workforce. Until we go to zero we can never be satisfied."

From Chief of Naval Operations
Public Affairs

• Purple Heart

service to our nation will be remembered always."

Braun said in a statement, "The entire Navy Reserve Force was deeply saddened at the passing of LS2 Randall S. Smith. He was a dedicated Sailor who cared deeply about his family, his community, and his country. His service and, indeed, his life will remain an inspiration for his Shipmates and all who were fortunate enough to have known him."

The Purple Heart was presented to the Smith's eldest daughter, Lyla, with ceremonial medals being presented to all of the Smith girls.

Smith was born April 16, 1989, in Paulding, Ohio. He joined the U.S. Navy in 2010. After graduating boot camp at Recruit Training Command, Great Lakes, he

attended logistics specialist "A" school aboard Naval Air Station Meridian, Mississippi. Smith then served three years aboard amphibious assault ship USS Wasp (LHD-1) before transferring to Navy Operational Support Center (NOSC) Chattanooga in August 2014. There, he was responsible for supporting supply management and operations.

Smith was active in the First Baptist Church of Fort Oglethorpe, Georgia, and enjoyed watching sports and volunteering his time. He was also attending college at Ashford University, where he was working toward a degree in hospital administration.

Smith is survived by his wife, Angie; daughters Lyla, Eila and Kyla; father Tracy Smith; and several other family members.



ASF students ready to battle



Photo by MC2 Casey H. Kyhl

Above: ABE1 Joshua Mcneese battles an Auxillary Security Force class participant in the level one oleoresin capsicum contamination portion of the course. After being sprayed in the face, participants must then complete a series of simulated security tactics including self-defense maneuvers and subduing a threatening individual. **Right:** Lance Cpl. Matthew Trujillo stirkes the red man during the course.



Photo by MC3 Cody Hendrix

Culinary Specialist 3rd Class Robert Lockerman, from Milton, Del., prepares sandwiches for Sailors aboard the U.S. Navy's only forward-deployed aircraft carrier USS Ronald Reagan (CVN 76). Lockerman works in Reagan's aft galley, where culinary specialists prepare food for more than 1,500 Sailors daily while in port. Ronald Reagan provides a combat-ready force that protects the collective maritime interested of its allies and partners in the Indo-Asia Pacific Region.

NAVSUP helps Navy promote healthy food choices through Go For Green®

By Kathy Adams
NAVSUP Corporate
Communications

MECHANICSBURG, Pennsylvania (NNS) -- Naval Supply Systems Command (NAVSUP) is working to educate Sailors on the Go for Green® (G4G) program, which helps Sailors know what choices to make in the galley line to stay fit and healthy.

G4G is a food identification system designed to help service members identify healthy food and beverage choices while dining in military galleys. The color codes-Green (Eat Often), Yellow (Eat Occasionally), and Red (Eat Rarely), along with a salt shaker graphic to measure sodium content, help service members choose foods and beverages that boost their performance, readiness, and health.

"This program will provide Sailors worldwide with accurate nutrition information that will help them make healthy choices," said NAVSUP Dietician Jen Person-Whippo who is tasked with educating the Navy on the G4G's green, yellow, red system.

"Ultimately, G4G will allow Sailors to choose healthy options at each meal as part of their broader fitness goals," Person-Whippo added.

A NAVSUP G4G pilot education program will take place late January in Norfolk, Virginia, educating the NAVSUP Fleet Logistics Centers (FLCs) Navy Food Management Teams, which will play an important part in educating Culinary Specialists (CSs) who work the galleys both ashore and afloat on the food labeling system. The first step in implementing G4G across the Fleet is training galley personnel.

NAVSUP, in partnership with Combat Feeding Directorate at Natick Labs, and Uniform Services University, prepared eight training modules that will be used across the Navy to train galley personnel on the proper use of G4G when preparing and labeling food items served to Sailors.

NAVSUP's Dietitian is also collaborating with other agencies to train Bureau of Medicine Dietitians, Morale Welfare and Recreation (MWR) Command Fitness Leaders, and Navy and Marine Corps Public Health Center Health Promotion Directors.

"NAVSUP is driving toward innovative solutions to the Navy Food Service experience by ensuring our customers receive healthy meals with diverse menu options," said NAVSUP Navy Food Service Director Cmdr. Bert Hornyak. "In concert with the Fleet and Commander Navy Installation Command (CNIC), we are leveraging technology, standardized equipment, and a variety of delivery options to revamp and modernize afloat, pier-side, and shore feeding to satisfy customer expectations. We are also maintaining viable experiences and training to nurture and challenge our Culinary Specialists throughout their careers."

NAVSUP provides U.S. naval forces with quality supplies and services. With headquarters in Mechanicsburg, Pa., and employing a diverse, worldwide workforce of more than 22,500 military and civilian personnel, NAVSUP oversees logistics programs in the areas of supply operations, conventional ordnance, contracting, resale, fuel, transportation, and security assistance.

In addition, NAVSUP is responsible for quality-of-life issues for our naval forces, including food service, postal services, Navy Exchanges, and movement of household goods.

From Chief of Naval Operations
Public Affairs

Think you can play All-Navy SOCCER?

Applications for the All-Navy Men's Soccer Team are due to All-Navy Sports by March 8, 2016.

The 2016 All-Navy Soccer Training Camp will be held April 18-May 5 at NAS Pensacola, Fla.

The U.S. Army will host the 2016 Armed Forces Soccer Championship May 6-14 at Fort Benning, Ga.

Contact HMC Nathan Gavin at 757-581-8029 or nathan.c.gavin.mil@mail.mil for more information.



ALL-NAVY Sports

www.navyfitness.org

CNIC
FLEET • FIGHTER • FAMILY

OCHR FACTSHEET

Department of the Navy Civilian Employee Assistance Program Provides Employee Assistance and Work-Life Programs

Background

Department of the Navy employees are busy juggling work and family and it is not unusual to encounter difficulties with stress, family, relationships, alcohol, work, or other issues which impact their quality of life. The Department of the Navy values its employees and has partnered with the Department of Health and Human Services Federal Occupational Health (FOH) to provide a centralized Employee Assistance and Work-Life program for employees and their families. The Department of the Navy Civilian Employee Assistance Program (DONCEAP) provides a wide range of services to employees and their families.

Employees can access services 24/7 through the web (DONCEAP.foh.hhs.gov) or by phone (1-844-DONCEAP). A professionally staffed call center will provide answers to questions, research information, link employees to a wide variety of qualified local services, and provide licensed confidential support to help with difficult issues.

Services Offered

Some of the services available to employees include:

- Access to licensed counselors who provide in-person, short-term counseling for a wide range of concerns to include relationships, legal, financial, family, substance abuse, depression, parenting, and more
- Assistance with a wide range of concerns to include short-term problem solving, management coaching, or crisis management
- Help when there is an incident or crisis that affects the workplace – psychological first aid, grief groups, consultation, and education
- Access to Work-Life specialists who provide information, resources, and referral to:
 - Childcare (daycare, preschools, etc.)
 - Eldercare (assisted living, in-home care, etc.)
 - Daily Life (relocation, event planning, etc.)
 - Family (adoption, prenatal, etc.)
 - Legal and financial (credit and debt, tax tips, identity theft issues, etc.)
- Comprehensive information and resources 24/7 via the web
- Library of resources including health and wellness articles, presentations, webinars, and podcasts

Contact DONCEAP at
1-844-DONCEAP (1-844-366-2327)
TTY 1-888-262-7848
International 001-888-829-0270
DONCEAP.foh.hhs.gov



OCHR
FACTSHEET

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 email address.

