



THE SKYLINE



Volume 54, Number 1

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January 7, 2016

On Base...

✓ **Rudders hosts viewing party for the College Football National Championship Game** Jan. 11. Doors open at 5 p.m. Kick off at 7:30 p.m.

✓ **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.

✓ **DJ Leflore live at Rudders** Jan. 15.

✓ **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 8
1963: Destroyer Benjamin Stoddert (DDG 22) is launched. A veteran of the Vietnam War, she is decommissioned in December 1991.

January 10
1917: The first U.S. Navy production order for aerial photographic equipment is initiated when the Naval Observatory issued requisitions for 20 aero cameras and accessories to be manufactured by Eastman Kodak Company.
1934: In the first nonstop formation flight from the United States to Hawaii, six Consolidated P2Y-1 aircraft from Patrol Squadron (VP-10) depart San Francisco, Calif. After flying 2,399 miles in 24 hours and 35 minutes. The P2Y-1 aircraft arrive at Hawaii on Jan. 11.
2009: Aircraft carrier USS George H. W. Bush (CVN 77) is commissioned.

January 11
1820: The schooner Lynx, commanded by Lt. J.R. Madison, departs St. Marys, Ga., bound for Kingston, Jamaica, to continue her service suppressing pirates. She is never heard from again and no trace of her or her 50-man crew is ever found.

www.history.navy.mil

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

NTTC, CSS names Sailors of the Year



Denne



Crawford



Sanchez-Gonzalez



Gruver



Rieber

From Staff Reports

EMC(SW/AW) Gerard R. Denne was selected as the Center for Service Support's Senior Instructor of the Year while serving at Naval Technical Training Center Meridian from October 2014 to September 2015.

He pioneered a com-

prehensive student intake preparation program that has been instrumental in the proper implementation of the NMT curriculum throughout the students' tenure at NTTC Meridian.

HT1(SW) Matthew J. Crawford was selected as Naval Technical Training Center Meridian and

Center for Service Support's Instructor of the Year while serving as an instructor at NTTC Meridian from October 2014 to September 2015.

Crawford serves as the Navy Military Training Assistant Coordinator. He ensured fleet readiness by coordinating the training of more than 2,700 junior

Sailors in Navy Military Training, Bystander Intervention, and coordinated the command's fleet campaign program.

YN1(SW/AW) Dimo Sanchez-Gonzalez was selected as Naval Technical Training Center Meridian's Sailor of the Year while serving as Yeoman "C" School course super-

visor from October 2014 to September 2015. He was directly responsible for graduating 24 senior enlisted yeomen resulting in an overall 94 percent grade point average.

DC2(SW) Tiffany M. Gruver was selected as the Center for Service Support's Junior Sailor

● **NTTC, page 7**

Special donation



Submitted Photo

Members of Training Squadron 9 and Training Squadron 7 Spouses Club from Training Air Wing One on board Naval Air Station Meridian pose with toys and gifts collected for 30 foster children for Christmas. The items were delivered to the Family Protection Specialist Advanced with the Department of Human Services in Meridian.

See Something? Say Something: Keep the Navy's network guarded

WASHINGTON (NNS) -- The Department of Homeland Security's "If You See Something, Say Something"™ campaign raises our awareness of terrorism indicators, and stresses the importance of reporting suspicious activity to law enforcement.

A similar approach is needed in the cyber domain to protect the Navy's systems and networks. If you see something suspicious or unauthorized, say something, because vigilance and adherence to cybersecurity best practices protects the Navy's operational capabilities.

What kinds of things should you look for and who should you tell?

According to the Navy Information Assurance Program, commanding officers, commanders, officers-in-charge, and directors are responsible for the overall implementation of information assurance (now called cybersecurity) at the command level. They appoint information assurance managers (IAM) who report to the command on all cybersecurity matters.

Bottom line: Report suspicious or unauthorized cyber activity to your IAM, who should be identified in the plan of the day.

● **Something, page 10**

SECNAV awards Purple Heart to Chattanooga Sailor and Marines

WASHINGTON (NNS) -- Secretary of the Navy Ray Mabus announced today that the Department of the Navy will award the Purple Heart to the four Marines and one Sailor killed and the Marine injured during the July 16 attack in Chattanooga, Tennessee.

"On July 16th of this year, Gunnery Sgt. Thomas Sullivan, Staff Sgt. David Wyatt, Sgt. Carson A. Holmquist, Lance Cpl. Squire D. 'Skip' Wells, and Petty Officer 2nd Class Randall Smith were killed and Sgt. DeMonte Cheeley was injured during a tragic and senseless attack in Chattanooga, Tennessee," Mabus said.

"Following an extensive investigation, the FBI and NCIS have determined that this attack was inspired by a foreign terrorist group, the final criteria required for the awarding of the Purple Heart to this Sailor and these Marines. This determination allows the Department of the Navy to move forward immediately with the award of the Purple Heart to the families of the five heroes who were victims of this terrorist attack, as well as to the surviving hero, Sgt. Cheeley.

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. Their heroism and service to our nation will be remembered always."

From the Office of the Chief of Information



Photo by MC2 Justin Wolpert

Battle crosses for fallen service members on stage during the memorial at McKENZIE Arena at the University of Tennessee Chattanooga. The memorial honored the four Marines and one Sailor who died in the Navy Operational Support Center Chattanooga shooting July 16.

Look Inside



~ Page 5 ~
2016 Semper Fidelis All-American Bowl



~ Page 9 ~
Sailors graduate from Command Financial Specialist course



~ Page 10 ~
Wreaths Across America ceremony honors veterans





Photo of Week



Photo by MC1 Theron J. Goldbold

Fire Controlman 2nd Class Stephanie Drake from Pearland, Texas, fires a mark 38 mod 2 25mm machine gun during a live fire exercise aboard USS Carney (DDG 64). Carney, an Arleigh Burke-class guided-missile destroyer, forward deployed to Rota, Spain, is conducting a routine patrol in the U. S. 6th Fleet area of operations in support of U.S. national security interests in Europe.

DoD releases 2016 basic allowance for housing rates

WASHINGTON (NNS) -- The Department of Defense has released the 2016 Basic Allowance for Housing rates. Basic Allowance for Housing rates will increase an average of 3.4 percent when the new rates take effect Jan. 1. An estimated \$21 billion will be paid to approximately one million Service members. On average, Basic Allowance for Housing rates will increase approximately \$54 per month.

Continuing to slow the growth in compensation costs, the 2016 Basic Allowance for Housing Program expands the member cost-sharing element (out-of-pocket expense). Based on the authority provided in the FY 2016 National Defense Authorization Act, the cost-sharing element was increased to two percent. The cost-sharing amounts incorporated in the 2016 Basic Allowance for Housing rates vary by grade and dependency status and range from \$24 to \$57 monthly. This means for 2016, a typical member will need to absorb two percent of the national average housing cost by pay grade. This rate computation change slows the growth of certain military pay and benefits in a fair, responsible, and sustainable way. Even with these nominal changes, the overall military pay and benefits package remains robust and healthy.

Housing cost data are collected annually for over 300 Military Housing Areas in the United States, including Alaska and Hawaii. An important part of the Basic Allowance for Housing process is the cooperation from the Services and local military housing offices in the data collection effort. Input from local commands is used to determine in what neighborhoods data is collected and to direct the data collection effort towards adequate apartment complexes and individual housing units.

Median current market rent and average utilities (including electricity, heat, and water/sewer) comprise the total housing cost for each military housing area and are included in the Basic Allowance for Housing computation. Total housing costs are developed for six housing profiles (based on dwelling type and number of bedrooms) in each military housing area. Basic Allowance for Housing rates are then calculated for each pay grade, both with and without dependents.

An integral part of the Basic Allowance for Housing program is the provision of individual rate protection to all members. No matter what happens to measured housing costs - including the out-of-pocket cost sharing adjustment noted above, an individual member who maintains uninterrupted Basic Allowance for Housing eligibility in a given location will not see his/her Basic Allowance for Housing rate decrease. This ensures that members who have made long-term commitments in the form of a lease or contract are not penalized if the area's housing costs decrease.

The Department is committed to the preservation of a compensation and benefit structure that provides members with a suitable and secure standard of living to sustain a trained, experienced, and ready force now and in the future.

For more information on Basic Allowance for Housing, including the 2016 Basic Allowance for Housing rates and 2016 Basic Allowance for Housing rate component breakdown, visit www.defensetravel.dod.mil/site/bah.cfm

Service members can calculate their BAH payment by using the Basic Allowance for Housing calculator at www.defensetravel.dod.mil/site/bahCalc.cfm.

From U.S. Department of Defense

Area Happenings

JANUARY

12: Meridian Community College Arts & Letters Series presents Bravo Amici in concert at 7 p.m. at Evangel Temple, 3611 Hwy 145, Meridian. Bravo Amici's mix of handsome tenors and stunning divas perform an uplifting collection of well-known classical and contemporary arias. Combining the essential elements of pop, Broadway, and opera with classical overtones, their powerful performance is a tribute to the emerging genre of "Contemporary Classical Crossover" taking the world by storm. This performance is suitable for audiences of all ages. Tickets: adults \$20; children \$15. Call 601-484-8696.

21: Meridian Community College Arts & Letters Series presents MCC Jazz Band in concert at McCain Theatre, 7 p.m. The Band is an instrumental ensemble with a long history. Since 1981 the group has rehearsed in the fall as the Monday Night Jazz Band under the direction of Carey Smith. In 1984, the band played at the World's Fair in New Orleans, and in 1991 the band was featured on the 100th Anniversary Concert Series at Carnegie Hall. This performance is suitable for audiences of all ages. Tickets: adults \$10; children \$5. Call 601-484-8696.

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.

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.

NBHC offers flu shots

Meridian's Naval Branch Health Clinic is offering the flu vaccine to all active duty, dependents, and base employees.

Please stop by the Immunization Department in the clinic Monday through Friday from 8 a.m.-3 p.m.

The clinic also offers flu vaccines to children ages 6 months to 18 years.

Would you rather receive the flu shot in town?

CVS Pharmacy is the only Tricare approved non-MTF facility for the flu vaccine. It is available to active duty and their families. Only children of 7 years of

age and older may utilize CVS Pharmacy. Children under 7 years of age will need to come to the

branch health clinic.

If you are a NBHC Meridian beneficiary and you have received your annual flu vaccine out in town this year, the clinic staff needs you to bring a copy of your paperwork to the Immunization Department in order to enter it in your electronic medical record.

For more information or any questions regarding the flu shot, please contact Kirstie Miles at 601-679-3971.



Navy eLearning: 5 things you need to know

WASHINGTON (NNS) -- Since 2001, Sailors have depended on Navy e-Learning (NeL) to help advance their careers and stay current with training requirements, but many Sailors don't know they can access NeL directly without going through any other portals or gateways.

The following '5 Things to Know' provides an easier and more efficient NeL user experience:

1. It's huge and always available. NeL is one of the largest distance learning environments in the world and provides on-demand access to 9,000 Web-delivered courses available 24/7 to military, civilians, contractors, dependents, and retirees.

2. Direct access. Learners should access Navy e-Learning directly via <https://www.aas.prod.nel.training.navy.mil>.

3. Prevent issues with a configuration and plug-in check. E-Learning users should perform the browser configuration before doing courses. Many course-related challenges

can be avoided entirely if the configuration and plug-in check is done in advance, you can find out how to do this on the e-Learning help section. (https://www.lms.prod.nel.training.navy.mil/help/lmsfiles/browser_config.html)

4. Search by keyword. For best results in locating a course, you can search using a single key word from the title of the course. For example, to locate the Records Management course, simply search on the key word Records.

5. You can do your training while afloat. There is an afloat version of NeL for shipboard personnel. A subset of NeL training content is available on a local ship server so Sailors do not need Internet access to take training. Course completion data is sent to Electronic Training Jackets on a regular basis. NeL logged 291,000 shipboard course completions in FY 2015.

From Sea Warrior Program (PMW 240) Public Affairs

NEX extends holiday season return policy

Transferability of the Post-9/11 GI Bill is a retention incentive available to eligible service members. Active component members can elect to make a one time, irrevocable transfer of Post 9/11 GI Bill educational benefits to a family member.

The service member must have served a minimum of six years and be willing to agree to an additional active duty service commitment of a minimum of four years. The transfer of benefits to spouses may be used immediately; children may use benefits after the service member has served 10 years of service. Eligible family members must be listed in DEERS and can only be added while the member is on active duty.

Transfer of education benefits process: If you are currently enrolled in the Montgomery GI Bill you will need to first log on to the VA online application portal, VONAPP <http://vabenefits.vba.va.gov/vonapp> to switch from the from the Montgomery GI Bill to the Post 9-11 GI Bill.

Step 1: All officers and SELRES require an NSIPS generated Post 9/11 transferability Page 13 to be signed and entered into their ESR. Once the Page 13 is reflect-

ed in the member's ESR they will be eligible to transfer their benefits. All enlisted require at least four years on their contract at the time of Transfer of Education Benefits (TEB) submission. Therefore, if an enlisted member reenlists at six years for an additional four years they will have 30 days from their reenlistment to submit their TEB request.

Step 2: Log into DMDC milConnect: <https://www.dmdc.osd.mil/milconnect>. Select the Education Benefits Tab and click on the Transferability of Education Benefits link. Select the Post 9-11 GI Bill acknowledge block and allocate at least 1 month to each eligible family member. Click "submit" and verify the status changes to "Submitted".

Step 3: Log back into the milConnect site within 4-5 days to verify your status. If request approved, print the approval form and retain for your records. If rejected, correct the discrepancy and reapply. Obligation will be from the date of submission/resubmission and cannot be back-dated.

For more information, contact NC1 Elizabeth Ringle at 601-679-2588 or Jennifer.ringle@navy.mil



KEEP CALM AND VOLUNTEER HERE

Kids back to school and do you want to fill your time?

Help other military families!

VOLUNTEER

Navy-Marine Corps Relief Society covers the cost of childcare while you are volunteering and provides monthly/quarterly mileage reimbursement.



Call NMCRS Meridian at 601-679-2504 or email alice.huffman@nmcrs.org to learn more about how you can help.

Volunteer staff our office two days a week. Tues/Thurs 0830 - 1300

The Skyline ~ Naval Air Station Meridian, Miss.

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Hotlines & Helpful Numbers

SAPR Victim Assistance: 601-604-3037
SAPR Civilian Victim Assistance: 601-486-3122
SARC: 601-481-4274
SAFE Helpline: 877-995-5247
Suicide Hotline: 800-273-8255
Military OneSource: 800-342-9647
CEAP (DoN Civilian): 844-366-2327
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Congratulations



Submitted Photo

Cmdr. Chris Demchak, commanding officer of Training Squadron Nine, presents Tina Jenkins with her five-year certificate for government service.

VT-7 Instructors of the Year

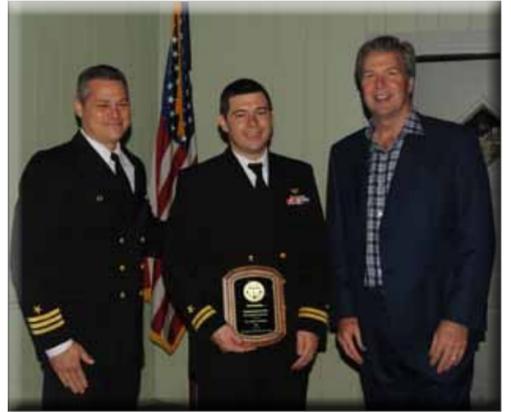


Photo by Penny Randall

Capt. Gregory M. O'Boyle was named Training Squadron 7 Marine Instructor of the Year. Right: Lt. Austin P. Ordway was selected as Training Squadron 7 Navy Instructor of the Year. Also pictured are Cmdr. Pavao Huldisch, commanding officer of VT-7, and Mike Reed, president of Mississippi Council of the Navy League. The awards were presented during the Navy League's annual meeting Dec. 1.

VT-9 Instructors of the Year



Photo by Penny Randall

Lt. Anthony J. Clay was named Training Squadron 9 Navy Instructor of the Year. Right: Capt. Blake A. Stoffel was selected as Training Squadron 9 Marine Instructor of the Year. Also pictured are Cmdr. Chris Demchak, commanding officer of VT-9, and Mike Reed, president of the Mississippi Council of the Navy League. The awards were presented during the Navy League's annual meeting Dec. 1.

Command Belt Buckles



Gold: \$30
Silver \$25

On sale at
PAO office, Building 255, Suite
163 - See MC2 Kyhl
or Air Operations -- See ABH1
Thomas, ABH1 Demeterio or
AC1 McKernan

Quick Assist Loan Program

Navy-Marine Corps Relief Society Meridian expands the availability of the Quick Assist Loan (QAL) program. Currently the QAL has been offered during regular office hours on Tuesdays and Thursdays only. The QAL is now also available on Monday, Wednesday and Friday from 8 a.m.-2 p.m. The QAL is an interest free loan up to \$500 for active duty Navy and Marine Corps service members that can be used for basic living expenses, emergency auto or travel expenses, medical and dental co-pays and other unforeseen family emergencies. The process normally takes only 15 minutes as long as the service member meets the basic eligibility requirements. Call the local NMCRS Meridian office or a NMCRS representative at 601-679-2504 or 601-604-2206 for more information.



NAS MERIDIAN
HOUSING SERVICE CENTER
718 GILL STREET
MERIDIAN, MS 39305
HOURS: MON-FRI 7 A.M.-3:30 P.M.
PHONE: (601) 679-2520
EMAIL: MERIDIANHOUSING@NAVY.MIL

MATSS-1 Instructor, Marine of the Year



Photo by Penny Randall

Mike Reed, left, president of the Mississippi Council of the Navy League, presents Sgt. Kyle J. MacDonald with Instructor of the Year for Marine Aviation Training Support Squadron One, as Capt. Jewelie Harts-horne and 1st Sgt. Joshua Clark look on. Right: Sgt. Myles T. Stevenson is MATSS-1 Marine of the Year.

Be excited to attend parent-teacher conferences

You are familiar with the scene as it is often plays out on television sitcoms. The stage is set. Displays of student work, colorful academic posters, and classroom rules cover every inch of wall space. A stern-faced, middle-aged teacher sits behind an imposing desk littered with textbooks, papers, and items confiscated from unwary students.

She scowls at the two wide-eyed parents who sit across from her in small, uncomfortable student desks. The parents nervously shift in their seats as they wait to hear what horrible thing their child has done now. The father notices that his son's name is etched into the top of his desk; he quickly covers it with his arm. As both parents wait for the conference to begin, they are transported back to their own school days as they relive memories of being held back after class for a talk with the teacher.

They are both feeling very defensive and are too intimidated to express their concerns. Then, like guilty schoolchildren caught snooping around the teacher's desk, they turn on each other. Each one starts to blame the other for how their child has turned out. The teacher smirks. It is a humorous situation as long as you are sitting in front of the television in the comfort of your home, and the television audience's laughter drowns out the furious pounding of your own heart. However, when this scenario has become your very own reality show, it is no laughing matter!

Unfortunately, this distressing portrayal of a parent-teacher conference has become a barrier to what should be an opportunity to strengthen the connection between

school and home. Not only should parents attend school-initiated conferences, but they should also periodically request a conference with their child's teachers, especially if there are concerns about academic achievement or behavior. Meeting with a child's primary teacher can reveal patterns of behavior or identify social interactions that may be contributing to changes in conduct or grades. Non-academic teachers may be able to shed light on behaviors that the child may not display in the typical classroom setting, so depending upon the circumstances, it may be profitable to meet with all the teachers on a student's team together.

During the school year, teachers probably spend more time with a child each school day than do parents; this is particularly true for elementary and middle school students. On the one hand, teachers see students in situations that parents may rarely observe. They watch them learn new information and interact academically and socially with various classmates. In the school culture, students develop and demonstrate character and citizenship skills. Teachers observe how students use problem-solving strategies to respond to adversity, and they are often the first ones to notice when a child is experiencing emotional or academic difficulties. Parents, on the other hand, know all the details as to the family dynamics and other situations that may be affecting a student's behavior. They know the student's innate attributes, gifts, talents, and hobbies. When parents and teachers come together in a meaningful and productive way, children benefit from this collaboration. School and home can join forces to bring out a child's best qualities or to address difficulties before they become major problems.

As the child progresses through school and issues become more complex, the need for conferences

does not diminish. Involved parents convey the message to the school that they are concerned parents, as opposed to those parents who only show up to angrily demand the return of confiscated electronics. More importantly, parental involvement demonstrates to students that teachers and parents are on the same team, that they are partners and not adversaries. Sometimes that is all it takes to transform a disruptive student into a productive student or an average student into an aspiring high achiever.

The first semester of the 2015/2016 school year has ended. This is a good time to schedule a conference to review your child's progress. Find out if your school has established parent-teacher conference dates; if so, make and keep your appointment. If your concerns cannot wait, follow your school's guidelines for requesting a conference. Timely intervention can be the difference between success and failure. Expect the conference to last approximately fifteen to twenty minutes. Come prepared with specific questions or concerns that you want to address. Make requests for grade reports or samples of classwork at the time that you set up the conference. Keep in mind that while an elementary school teacher may have only twenty to thirty students each day, a middle or high school teacher may provide instruction for one hundred or more students each day.

The U.S. Department of Defense Education Activity (DoDEA) website provides a thorough checklist designed to help parents prepare for a parent-teacher conference. Read the information at <http://www.militaryk12partners.dodea.edu/parents/conferences.cfm>.

For more information on this and other K-12 educational topics, contact the School Liaison Officer at cynthia.h.mcdonald@navy.mil or 601-679-2473. Happy New Year!



CRIC designs prototype for collaborative 'LinkedIn-style' detailing system

WASHINGTON (NNS) -- The Chief of Naval Operations' (CNO) Rapid Innovation Cell (CRIC) recently developed a basic prototype for an information system that will promote more collaboration between Sailors and commands during the job detailing process.

"Our goal is to build a process that is transparent, flexible and gives more influence to commands, so they can build better teams, as well as to Sailors so they can have more say over their lives," said Lt. Cmdr. Mike Mabrey, CRIC project lead.

Their clickable prototype represents the progress achieved after a two-day workshop with digital-services consulting group 18F, who strive to bring the best practices from top tech companies and startups to government systems.

"User-centric design is a huge tenet at 18F; we want to build technology with end users in mind,"

said Alex Pandel, a user experience designer at 18F. "We gathered as many of the end users in the room as possible for these two days to sketch potential interfaces for this tool to help align user needs and get something tangible that we could start building off of."

This initiative advances the Department of Defense's vision for all the services to create smarter, more collaborative detailing systems.

"We're going to launch LinkedIn-style pilot programs that help match up service members looking for their next assignment with units who are looking for qualified people to fill an opening," said Secretary of Defense Ashton Carter, in a recent interview on his Force of the Future initiative.

"Think of a [Sailor] logging on, setting up a profile, seeing what they're qualified for, and selecting what they want to do, while the unit looking to bring someone on sees

"Our goal is to build a process that is transparent, flexible and gives more influence to commands so they can build better teams..."

Lt. Cmdr. Mike Mabrey
CRIC project lead

the profiles that fit their criteria, and chooses who they're interested in," Carter said.

This prototype and the CRIC's work are at the forefront of the Navy's early efforts to develop a system in line with the DoD's Force of the Future that also strengthens the Navy team.

CRIC Project Lead Lt. Cmdr. Rollie Wicks describes the platform as a "talent marketplace" and identifies three distinct user groups: Sailors, commands, and Naval Personnel Command (NPC).

In collaborative detailing, Mabrey said Sailors will have the ability to see

the same job opportunities that the detailer sees and will have additional information on the specific requirements of the assignment as provided by the command itself.

The CRIC team also aims to create a simpler platform for Sailors to maintain and update their online record, so commands have the most accurate information on their skills, experience, and needs.

"Navy personnel records exist across more than 100 different systems right now, and so it's very difficult to update the Navy on the profile of you," said Wicks. "We're trying

to fix this so the Navy can better understand who you are, what your skills are and can then recruit you into a job that's going to match those skills."

As a separate user group, Mabrey said commands will have the ability to search these profiles, reach out directly to Sailors and use this information to put together the most compatible team for their specific mission requirements.

As the final user group, NPC's role would be to reconcile the needs and wants of both commands and Sailors with any broader Navy requirements and other manning considerations, said Mabrey.

Wicks added that the CRIC is also working to leverage the modern mobile functionality already familiar to most Sailors.

"We grew up using computers," said Wicks. "We want to be able to take a picture of our awards from our smart phone and use that to update our record online. We want online

cloud computing services and mobile devices that make our lives easier."

After further development, the CRIC will test the system by using the information dominance corps as a trial community in the fall of 2016.

"We're going to allow them to use this information platform and we're going to work with commands, Sailors and NPC to pilot this new talent marketplace concept," said Mabrey. "From the information that we'll gain over one year, we'll be able to give some good data points to senior leaders and let them decide if we can scale this up to the broader officer pool and eventually the enlisted detailing process as well."

The CRIC was established in 2012 to provide junior leaders with an opportunity to identify and rapidly field emerging technologies that address the Navy's most pressing challenges.

From Chief of Naval Operations
Public Affairs

The keys to happiness in 2016

As we board life's runaway train for another year of twists and turns and ups and downs, I can't help but wonder, "Will this ride be better than the last?" We make resolutions, but so many factors are beyond our control. The economy, deployments, orders, our health, the future -- with so many unknowns, how can we guarantee happiness in the coming year?

COLUMN



Lisa Smith Molinari

Simply put: we can't.

However, in my little house-wifey world of dust bunnies, freezer burn, minivan odors, and doggie doo bags, there are literally hundreds of things I control every single day that have an impact on the well-being of not only me, but my entire family.

This New Year, instead of resolving to lose that same stubborn 10 pounds I've lost and gained for the last 30 years, I'm making a list of a few small, manageable things I can reasonably accomplish every day. Just like the tiny folks who captured Gulliver, Chinese water torture's infuriating droplets, and the industrious Oompa Loompas, sometimes the little things make all the difference.

Sure, I'll start with getting enough sleep, drinking more water and all that jazz. But there are other unexpected daily goals that may just be the keys to true happiness...

#1 Wear comfortable underwear

Ever had one of those days when your knickers keep inching up? When no one is looking, you dig your skivvies out of your crevasse, but they creep back in. The constant wedgie adds a subtle undertone of discomfort to your day, making you grumpy.

This may not seem like that big of a deal, but think about it. When you're grumpy, you snap at your boss. When you snap at your boss, he fires you. When you get fired, you go broke. When you go broke, you are definitely not happy.

See how that works?

It doesn't matter if you prefer the near-commando feel

of a thong, or the maximum coverage of cotton briefs -- wear comfy undies if you want to this to be a good year.

#2 Install a new showerhead

Does your showerhead emit a wimpy trickle, making it difficult to lather, rinse and repeat? Do you dare to condition, only to find it impossible to rinse out? Do you spend the rest of the day feeling greasy and lacking self-confidence?

When you lack self-confidence, you can't decide what to cook for dinner. When you can't decide what to cook for dinner, you make chicken nuggets. When you serve chicken nuggets for the third time this week, your spouse gets annoyed. When your spouse gets annoyed, you argue. When you argue, he sleeps on the couch. When he sleeps on the couch, you are not happy, and neither is he.

So dash to your nearest hardware store, and find a showerhead with a water output similar to that of a regulation fire hose. The therapeutic massaging action of the pelting water will blast away stress, tension, troubles, soap, conditioner . . . and sometimes the first layer of skin. Regardless, you will emerge clean, refreshed, and ready to face the year with confidence.

#3 Attain digestive regularity

Have you ever had one of those days when your pipes are clogged? Do your intestines occasionally go on strike? Does your digestive tract stubbornly maintain a holding pattern, hovering with no landing scheduled on the flight plan?

Let's face it -- if the "magic" doesn't happen, you feel full, heavy, lethargic, bloated. When you feel bloated, you're irritable. When you're irritable, you yell at other drivers when they cut you off. When you yell at other drivers, they stop to give you a piece of their mind. When they give you a piece of their mind, you swat them with your purse. When you swat them with your purse, you get arrested. When you get arrested, you are not happy.

Eat leafy greens, guzzle copious amounts of coffee, get new reading material for the bathroom -- do whatever it takes to convince your nether regions to declare a truce. Succeed in attaining digestive regularity, and you will face the challenges of this year with a cheerful

Little things that make us happier:

Good morning, Sunshine! -- Not only will 15 minutes of exposure to sunlight three times a week boost your body's supply of vitamin D, but sunshine (even in artificial forms for those of you stationed in Alaska) can have a positive affect on people prone to depression and anxiety.

Get to bed -- According to the National Sleep Foundation, adults need 7-9 hours of sleep. Lack of adequate sleep negatively affects physical and mental health, attention span, memory, learning and even body mass index.

The Dog Days aren't over -- For the last 25 years, research has shown that living with pets lowers blood pressure and anxiety. And some new studies actually indicate that children who grow up in households with pets are LESS likely to have asthma and allergies. Who knew?

Mange, mange! (Eat, eat!) -- Overindulgence during the holidays may have you wanting to eat less, but "grazing" throughout the day really can make you happier. Eating six healthy meals/snacks spaced evenly throughout the day will keep your blood sugar, energy level, weight, and mood.

spring in your step. In all seriousness, I'm sure that none of us will end up broke, on the outs with our spouses, or in jail in the next twelve months. Nevertheless, if we want to be happier this year, we need to remember that sometimes, it's the little things in life that make the biggest difference.

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

Call. Click. Connect.
1-800-342-9647
24/7 Resource for Military Members & Families

Antioch Missionary Baptist Church
10638 Antioch Rd • Daleville, MS 39326 | www.amb-church.net

APOSTLE CLEVELAND HAYES, SR., PASTOR

THEOLOGY SCHOOL CLASSES
BIOT645 The Anointing -- Dr. Ronald E. Cottle
January 14-16 (Registration deadline 1/3/16)
BIOT 714 The Book of Ruth -- Dr. Debra Brewer
February 11-13 (Registration deadline 2/1/16)
FREE VISITORS NIGHT Friday, Jan 15 @ 6pm
Dr. Dot Stamps, Academic Dean 601-480-5417; 601-483-7535
Office Administrator: Mrs. Redia Cannon 601-917-1368

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

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<http://greenfleet.dodlive.mil/energy/energywarrior/>

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

Pfc. Tanner Muehlenkamp
MATSS-1 Student
Hometown: Omaha, Neb.

Currently enrolled in the Aviation Supply Specialist Course at Marine Aviation Training Support Squadron One, Pfc. Tanner Muehlenkamp has decided to make the Marine Corps his career. He joined for the challenge of the military and enjoys rugby, card games and deer hunting in his spare time.

“My most memorable moment in the Marines was watching the sunrise on top of the Reaper before getting my eagle, globe and anchor,” Muehlenkamp said.

When asked who he most admired, Muehlenkamp said “Staff Sgt. Huck, he has shown me the qualities of a good Marine. He balances work and family life well.”

OOORAH!



Pfc. Shirleian Adams
MATSS-1 Student
Hometown: Buffalo, N.Y.

Pfc. Shirleian Adams joined the Marine Corps in June 2014 to change and save lives. She has started that course and is enrolled in the Aviation Maintenance Administration Specialist course at Marine Aviation Training Support Squadron One.

In her spare time Adams enjoys reading, writing, singing and working out, and her most memorable moments in the military came during Marine Combat Training.

Adams is looking forward to traveling and experiencing different cultures first-hand.

“The person I admire most is my mother,” Adams said. “She has been through a lot and pulled through.”

Athletes, mentors win at 2016 Semper Fidelis All-American Bowl

By Sgt. Jacky Fang
Marine Corps Recruiting Command

CARSON, California -- The 2016 Semper Fidelis All-American Football Program finished up after a week of practice, community service and leadership lessons from drill instructors with a football game played at the StubHub Center in Carson.

Marines mentor and shape the nation's best and brightest with the Semper Fi Football Program in a weeklong event with approximately 90 student-athletes from across the country who have demonstrated success both on and off the field. The Marines, along with some of the best high school football coaches, helped players develop skills not only important to football, but also in leadership and character.

“The purpose of this bowl game is to bring the Marine Corps out and to let the community see just how we affect the community, how effective we are with the young people,” said Sgt. Maj. Donald Green, Sergeant Major of the Marine Corps. “It's not necessarily recruiting for the Marine Corps, it's more of camaraderie with the community.”

The Semper Fi Bowl is unique because the players aren't only gifted athletically, but they are all high-academic performers who have demonstrated commitment to positive contributions in their communities.

“It's a team effort, the public expects (Marines) to be a good example. We want to show them that we are a good example, to the young people especially,” said Green. “(We want to) show them honor, courage and commitment and make positive influences in the community and beyond the game of football.”

Drill Instructors from the Marine Corps' Recruit Depots in Parris Island and San Diego played a crucial role in the program and provided a hands-on, practical approach to reinforce Corps' values.

“The (players) all come from up and down the coast and just like recruits they have to learn to adapt and overcome their differences,” said Staff Sgt. Samantha Cannon, drill instructor, 4th Battalion, Company P, Marine Corps Recruit Depot Parris Island. “They didn't know each other before Monday and just to come out here and show them that there is something bigger than just their high school, something bigger than themselves, is what really brings football and the Marine Corps together.”

Aside from practices, team building events and interaction with guest speakers and Marines, the players visited young boys and girls in the Carson, Calif., area during a community relations event. The athletes and Marines played games with the children and encouraged them to be good citizens. The community event



Photo by Sgt. Rebecca Eller

Denzel Okafor, offensive guard from Lewisville High School, Lewisville, Texas, receives motivation from drill instructors during practice at Orange Coast College, Costa Mesa, Calif., Jan. 1, 2016. High School athletes chosen to play in the Semper Fidelis All-American Bowl are well-rounded individuals on and off the field who not only are distinguished athletes, but also have academic achievements and display exemplary moral character.

taught players about the importance of being a positive presence in their neighborhoods.

“I hope they take away the team effort the Marine Corps shows working together and the traits and principles that we talked to them about,” said Green. “To be lead-

ers, young kids look up to them and the community expects a lot out of them and I want them to be a positive example.”

The East team walked away with the win at 28-13, but all players walked away with valuable lessons to use the rest of their lives.

MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, CALIF.



Photo by Lance Cpl. Ryan Kierkegaard

U.S. Marines with India Battery, 3rd Battalion, 11th Marine Regiment, 1st Marine Division, conduct a fire mission during Steel Knight 2016 (SK-16) at Marine Corps Air Ground Combat Center Twentynine Palms, Calif., Dec 10, 2015. SK-16 is an annual military exercise developed to prepare 1st Marine Division personnel within the Ground Combat Element of a Marine Air-Ground Task Force.

MARINE CORPS RECRUIT DEPOT SAN DIEGO



Photo by Lance Cpl. Angelica I. Annastas

Recruits of Bravo Company, 1st Recruit Training Battalion, participates in the Slide for Life obstacle during Confidence Course II at Marine Corps Recruit Depot San Diego, Dec. 15. This obstacle required great physical endurance for recruits to keep their grip on the cable and make it through without falling. Today, all males recruited west of the Mississippi are trained at MCRD San Diego. The depot is responsible for training more than 16,000 recruits annually. Bravo Company is scheduled to graduate Feb. 12.

Safety & Energy Efficiency is Our Duty

How to insulate your home

Insulation is made from a variety of materials, and it usually comes in four types: rolls and batts, loose-fill, rigid foam, and foam-in-place.

Rolls and batts -- or blankets -- are flexible products made from mineral fibers, such as fiberglass and rock wool. They are available in widths suited to standard spacing of wall studs and attic or floor joists: 2 inch x 4 inch walls can hold R-13 or R-15 batts; 2 inch x 6 inch walls can use R-19 or R-21 products.

Loose-fill insulation is usually made of fiberglass, rock wool, or cellulose in the form of loose fibers or fiber pellets. It should be blown into spaces using special pneumatic equipment. The blown-in material conforms readily to odd-sized building cavities and attics with wires, ducts, and pipes, making it well suited for places where it is difficult to effectively install other types of insulation.

Rigid foam insulation is typically more expensive than rolls and batts or loose-fill insulation, but it is very effective in exterior wall sheathing, interior sheathing for basement walls, and special applications such as attic hatches. Foam insulation R-values range from R-4 to R-6.5 per inch of thickness, which is up to 2 times greater than most other insulating materials of the same thickness.

Foam-in-place insulation can be blown into

walls, on attic surfaces, or under floors to insulate and reduce air leakage. You can use the small pressurized cans of foam-in-place insulation to reduce air leakage in holes and cracks, such as window and door frames, and electrical and plumbing penetrations.

There are two types of foam-in-place insulation: closed-cell and open-cell. Both are typically made with polyurethane. With closed-cell foam, the high-density cells are closed and filled with a gas that helps the foam expand to fill the spaces around it. Closed-cell foam is the most effective, with an insulation value of around R-6.2 per inch of thickness.

The type of insulation you should choose depends on how you will use it and on your budget. While closed-cell foam has a greater R-value and provides stronger resistance against moisture and air leakage, the material is also much denser and is more expensive to install. Open-cell foam is lighter and less expensive but should not be used below ground level where it could absorb water. Consult a professional insulation installer to decide what type of insulation is best for you.

If you have an idea or suggestion on how to save energy contact NAS Meridian Installation Energy Manager Carlos R. Alfaro at 601-679-3775.

Carbon Monoxide Safety

With everyone trying to stay warm in these winter months, it is important to understand the dangers of Carbon Monoxide and how to keep your family safe.

Carbon Monoxide (CO), aka the invisible killer, is an odorless gas that cannot be seen. It can make a person feel sick and can even be deadly. Using heating appliances or cooking devices that burn fuel can be sources of CO and you wouldn't even realize it's in the air.

To keep you and your family safe, follow these tips to help prevent CO poisoning:

- Install a CO detector outside each sleeping area and every level of your home. (It is best to use interconnected alarms so when one sounds, they all will).
- Follow the manufacturer recommendations on how to properly install the detector.
- Know the different sounds the detector makes. It will sound different when the battery is low.
- Replace the battery if necessary and

replace the detector according to the manufacturer recommendations.

- Move your vehicle out of the garage when warming it up. Make sure the exhaust is not blocked.
- Clear all debris away from dryer, furnace, stove, and fireplace.
- Only use gas and charcoal grills outside.
- If using a generator, ensure it is in a well ventilated area and away from doors, windows, and vent openings.
- Have your heating equipment and chimney's inspected by a professional every year before use.
- When utilizing your fireplace, open the damper to ensure adequate ventilation.
- NEVER use your oven or stove to heat your home!

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

Safety tip sheet: <http://www.nfpa.org/safety-information/safety-tip-sheets>





NAS Meridian, MS • Morale, Welfare and Recreation

On the Web: www.navymwrmeridian.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 7**
5pm, Shaun the Sheep Movie, PG
7pm, Fantastic Four, PG13
- Friday, January 8**
5pm, Mr. Holmes, PG
7pm, Mission Impossible, PG13
- Saturday, January 9**
1pm, Rio 2, G
5pm, Ricki and the Flash, PG13
7pm, Mission Impossible, PG13
- Sunday, January 10**
1pm, Shaun the Sheep Movie, PG
5pm, Fantastic Four, PG13
7pm, Ricki and the Flash, PG13
- Monday, January 11**
5pm, Paddington, PG
7pm, The Departed, R
- Tuesday, January 12**
5pm, Minions, PG
6:40pm, Straight Outta Compton, R
- Wednesday, January 13**
5pm, Lilo & Stitch, PG
6:40pm, The Godfather: Part II, R
- Thursday, January 14**
5pm, Paddington, PG
6:40pm, The Departed, R
- Friday, January 15**
5pm, Minions, PG
7pm, Straight Outta Compton, R
- Saturday, January 16**
1pm, Lilo & Stitch, PG
4pm, The Godfather: Part II, R
7:30pm, Straight Outta Compton, R
- Sunday, January 17**
1pm, Paddington, PG
4pm, The Departed, R
6:40pm, The Godfather: Part II, R
- Monday, January 18**
5pm, Adventures of Tintin, PG
7pm, The Gift, R
- Tuesday, January 19**
4:40pm, The Croods, PG
6:20pm, English Patient, R
- Wednesday, January 20**
5pm, Rise of the Guardians, PG
6:40pm, Minority Report, PG13

The Liberty Center

- Thursday, January 7**
7pm, Mission Impossible, PG13
- Friday, January 8**
7pm, Ricki & the Flash, PG13
- Saturday, January 9**
1pm, Fantastic Four, PG13
7pm, Fantastic Four, PG13
- Sunday, January 10**
1pm, Mission Impossible, PG13
7pm, Mission Impossible, PG13
- Monday, January 11**
7pm, Straight Outta Compton, R
- Tuesday, January 12**
7pm, The Godfather Part II, R
- Wednesday, January 13**
7pm, The Departed, R
- Thursday, January 14**
7pm, Straight Outta Compton, R
- Friday, January 15**
7pm, The Godfather Part II, R
- Saturday, January 16**
1pm, The Departed, R
7pm, The Departed, R
- Sunday, January 17**
1pm, Straight Outta Compton, R
7pm, Straight Outta Compton, R
- Monday, January 18**
7pm, The English Patient, R
- Tuesday, January 19**
7pm, Minority Report, PG13
- Wednesday, January 20**
7pm, The Gift, R

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

The Smoothie Shop opens in McCain Rec

The Smoothie Shop is now open and has a variety of fruit flavored goodies. For hot food choices, it offers hotdogs, soft pretzels and nachos. Located in the McCain Recreation Center, the Smoothie Shop is ready to satisfy your late day cravings.

The Smoothie Shop's Normal hours of operation will be:

- Mon. Tues. & Thurs. 1600-2000
- Fri. & Sat. 1600-2100
- Wed. & Sun. Closed



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

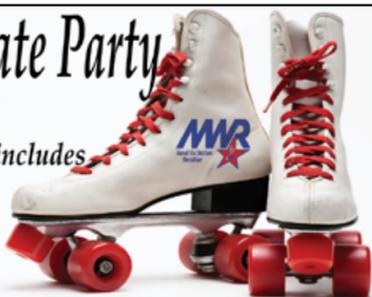
No registration needed.
 Event is on the LAST SATURDAY of each month

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

Teen Roll Bounce Skate Party

6pm on January 15, 2016
 Cost for this trip is FREE which includes transportation and entry into Meridian's Skate Odyssey.
 Call (601) 679-2652 for more details

Open to all teen's ages 13-18 of military families, DOD, and Civilian with valid military ID/CAC card. If you know a teen/youth that is interesting in participating in this trip please feel free to stop by CDC/SAC to sign up. To make this trip a success we must have a minimum of 20 participants.



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.navymwrmeridian.com

Weekly Events



College Football National Championship Game
 January 11, 2016 at
 Doors open at 5pm; Kick Off at 7:30pm
 \$1.00 Drafts during the game on select brands

DJ Leflore Live at Rudders
 Friday, January 15
 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.navymwrmeridian.com

2016

New Winter Hours!
 Monday-Friday 6:30am-4pm
 Closed Weekends & Holidays

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 7**
Taco Salad
 Don't miss the Sandtrap's famous Taco Salad. Served with a drink for \$6.
- Tuesday, January 12**
Smothered Hamburger
 Smothered Hamburger, Mashed Potatoes w/gravy, Turnip Greens, Cornbread and Drink for only \$6.
- Wednesday, January 13**
Fried Chicken
 Fried Chicken, Macaroni & Cheese, Broccoli, Roll and Drink for only \$6.
- Thursday, January 14**
Chicken Spaghetti
 Chicken Spaghetti, Garden Salad, Garlic Bread and Drink for only \$6.
- Tuesday, January 19**
Sausage Dog
 Sausage Dog, Baked Beans, Potato Salad and Drink for only \$6.
- Wednesday, January 20**
Beef Stroganoff
 Beef Stroganoff, Baked Potato Casserole, Carrots, Roll and Drink for only \$6.





Sports

Certified Personal Trainers Available Free of Charge

Beverly Pritchett
Monday - Friday 5am - 1pm
&
Evelyn Watkins
Monday - Friday 2pm - 10pm

Call (601) 679-2379 for additional information

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



Upcoming at The Fitness Center
To sign up for Captain's Cup sports, please go to navymwrmeridian.com.

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

Captain's Cup Basketball

- o Captains Cup 2016 is available to all commands and departments onboard NASMER.
- o League meeting - Jan. 7, 2016 @ 5:00pm - Sonny Montgomery Fitness Center
- o Team captains need to register their teams online @ www.nasmeridianmwr.com/leagues
- o First night is Monday, Jan. 11, 2016

Captain's Cup Bowling

- o Captains Cup 2016 is available to all commands and departments onboard NASMER.
- o Minimum of 4 players per team
- o Team captains need to register their teams online @ www.nasmeridianmwr.com/leagues
- o \$5 nightly, this is a non-sanctioned league
- o First night is Monday, Jan. 11, 2016

January 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	Kinetics	Fit For Duty	Fusion	Stomp	REV
7:30am-8:30am	Boot Camp	Boot Camp	Boot Camp	Boot Camp	Boot Camp
9am-10am	Circuit	Circuit	Circuit	Circuit	Circuit
11:30am-12:30pm	Spin	Circuit	Spin	Circuit	Boot Camp
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	Fusion	REV	Stomp	TKO	Vibe

● **NTTC** of the Year while serving as Navy military training instructor from October 2014 to September 2015. Gruver has provided more than 849 hours of motivated training to 2,700 students over the past year. Her dedication resulted in 100 percent positive student feedback.

MM2(SS) Neil B. Rieber was selected as

the Center for Service Support's Junior Instructor while serving as an instructor at Naval Technical Training Center Meridian from October 2014 to September 2015. He ensured fleet readiness by training more than 2,700 junior Sailors in Navy military training, moer than 600 students in bystander intervention, and led a fleet of 100 students.

Chaplain's Corner

'The Cool Kids'

Sometimes it seems our world has lost its ever-lovin' mind. We split into divisions and factions. We see people as "like us" or "other than us." Here's the thing - I don't think it's biblical to see people as "other than." It diminishes the other and treats people sinfully. This is what happens with discrimination.

Every kid in the world knows what it's like to play favorites. Have you ever played kickball on the school field? Every kid who has ever been part of picking teams knows firsthand what discrimination looks like.

I have never ever been one of the cool kids. All my life I was always on the outside looking in but I've always been more of a nerd (I was a nerd before nerds were cool, so I guess I'm an original hipster). When you're picking teams on the field who are the first to get picked? The cool kids. Then the athletes. Then, standing off to the sidelines, are the rest of us. Picked last.

Now 6 and 7 year olds don't go around saying, "You know, I'm gonna discriminate today based on athletic ability and the cool factor." The Bible has something to say about how we

segregate and differentiate. The book of James would have us understand that discrimination isn't cool - for any reason. He writes: My brothers, show no partiality as you hold the faith in our Lord Jesus Christ, the Lord of glory. For if a man wearing a gold ring and fine clothing comes into your assembly, and a poor man in shabby clothing also comes in, and if you pay attention to the one who wears the fine clothing and say,

"You sit here in a good place," while you say to the poor man, "You stand over there," or, "Sit down at my feet," have you not then made distinctions among yourselves and become judges with evil thoughts?... If you really fulfill the royal law according to the Scripture, "You shall love your neighbor as yourself," you are doing well. But if you show partiality, you are committing sin and are convicted by the law as transgressors. James tells us that we cannot treat

people differently because of external differences. I'm not so naïve as to think we will ever eliminate distinctions. I'm not advocating some futuristic classless society. The key question is this - can we treat each other equally and fairly in spite of our differences and distinctions? The way we treat people who are "different" needs to be the same as we treat the best society has to offer.

Kids. Women. Poor. Dark skinned. Uneducated. Foreigner. And on and on and on...

We cannot assign people value based on categories. This is human, but this isn't what the Kingdom of Heaven is supposed to be like. This month we celebrate Martin Luther King Jr. day in America. Take some time to reflect on discrimination and racism. We've come a long way. We still have a long way to go.

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.

COLUMN



Linzey



NAS Meridian NMCRS Office is open on Tuesdays & Thursdays from 8:30 a.m.-1 p.m.

Call 601-679-2504 or visit Administration Building 255, Suite 283

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, Lorraine 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, 9k miles, new rear tire, new battery, new spark plugs. Also has crash bars, saddle bags, sissy bar, new handlebar grips. Garage kept. I can include helmet, gloves, goggles, orange vest, and cover. Asking \$2900 OBO. Text or call: 904-372-8783. Pictures: <https://goo.gl/3clF08>.

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

AUTOMOBILES, ETC.

2009 Chevy Traverse LS, cloth seats, 3rd row seat, PW,

PL, cruise, rear AC, 138k miles, 50k miles left on extended warranty. Asking \$7900. Call 601-616-0947.

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

2008 Jeep Liberty, 75k miles, 4-wheel drive, automatic, has a roof rack and a tow hitch, as well as skylight. V6, 3.7 liter, 4-spd w/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.com 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.boydwilliams.com for more pics and details!

MISCELLANEOUS

Alumalite CTS - Aluminum climbing stand made by Ol'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 anytime.

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.



Application period opens for CNO Rapid Innovation Cell

NORFOLK, Va. (NNS) -- Have a radical idea to solve a naval problem?

The Chief of Naval Operations and the Navy Warfare Development Command invite Junior Officers and Enlisted, O-4 and below, to apply for the CNO Rapid Innovation Cell for 2016. Interested individuals can prepare now to apply by visiting <https://www.milsuite.mil/book/cric2016>. Application deadline is Jan. 31, 2016.

Successful 2016 applicants will develop innovative technology or processes as part of the CRIC, established in 2012 to take advantage of opportunities outside the Navy mainstream. The CRIC empowers junior leaders with flag leadership advocacy and financial resources to develop prototypes that can be rapidly transitioned to the fleet.

Volunteers from cross-sections of Navy communities are sought to participate as a collateral duty without a geographic relocation or release from present duty assignment.

"CRIC members generally travel or participate in innovation events about four days every other month outside of their regular duties," said Cmdr. Benjamin Salazar, director of the CRIC. Project management is in addition to normally assigned duties. Verified command support is required for membership.

"CRIC candidates must have exceptional drive, passion, and the vision necessary to carry their project to completion," Salazar said. "In return, successful applicants will be provided funding, oversight, training, administration, and logistics support via the CRIC NWDC that manages the CRIC program on behalf of the CNO."

CRIC applicants should not be leaving the Navy or anticipating PCS orders to sea duty prior to September 2018. Project duration is normally not to exceed 24 months.

"During their tenure, CRIC members will travel to meet with government and industry science, technology, and innovation leaders throughout the world," Salazar said. "They will also have the opportunity to meet and brief the CNO on their projects."

Chosen applicants will join a group of successful current CRIC members.

Recently Lt. Jason Knudson led an open architecture initiative for afloat platforms that resulted in multiple demonstrations of rapidly reconfigurable mission packages aboard STILETTO and in TRIDENT SPECTRE.

Lt. Cmdr. Rollie Wicks is leading an initiative to develop a next-generation computer modeling language, which was recently adopted as an international standard and it is being implemented by the Department of Veteran's Affairs for medical systems. Direct intelligence community and DOD application of the modeling language and semantic technologies are ongoing under the leadership of

Lt. Cmdr. Wicks who is working towards a National Geospatial-Intelligence Agency/Navy enterprise solution to semi-automate Notice to Mariners updates to Naval charts, eliminating a multi-year backlog of these products and producing near real-time maritime Safety of Navigation content in support of the safety of life at sea for U.S. Naval Forces.

Lt. Eric Regnier leads a renewable energy initiative to produce electricity from naval galley food waste via solid state anaerobic digestion, developing an installing a prototype at the US Naval Academy in less than 10 months from project start. Project data and lessons learned will inform further initiatives to implement waste to energy technologies at navy bases worldwide.

Logistics Specialist Petty Officer Second Class Michael Crowley and Logistics Specialist Petty Officer Second Class Robert Kennedy lead an initiative to streamline onboard materiel distribution by automating the documentation of repair part issues.

For more information on CRIC projects or how to apply, visit CRIC on Facebook at <https://www.facebook.com/NavyCRIC> and look for CRIC updates posted on our Twitter feed at <https://www.twitter.com/NavyCRIC>.

Applications and information can also be obtained through contacting NWDC point of contacts: Ms. Cameron Cooper (cameron.cooper@navy.mil, (757) 341-4731); Lt. j.g. Josie Lenny (josie.lenny@navy.mil, (757) 341-4687); or Cdr. Benjamin Salazar (benjamin.salazar@navy.mil, (757) 341-4090).

By Navy Warfare Development Command Public Affairs

Navy combines builder, engineering aide and steelworker ratings senior chiefs to constructionman

WASHINGTON (NNS) -- Active duty and Reserve senior chief builder (BU), engineering aide (EA) and steelworker (SW) general ratings will be combined into the constructionman senior chief (CUCS) according to NAVADMIN 294/15, announced Dec. 21.

The goal of the change is to strengthen the advancement opportunity, career diversity and duty assignments for Sailors in the BUCS, EACS and SWCS ratings.

Sailors in these ratings will continue wear their current rating badge as their source rating badge and will use the same badge criteria as master chief constructionman (CUCM).

The first CUCS selection boards will be the fiscal year 2017 boards, to convene Feb. 29 for Reserves and April 18 for active duty. All valid letters to the board received from prior BUCS, EACS and SWCS candidates will be considered in the CUCS competitive group.

All billets previously coded as BUCS, EACS and SWCS will now be coded as CUCS and available for any CUCS to fill.

Sea-shore flow will follow source rate tour lengths as outlined in NAVADMIN 361/12.

For more information, read NAVADMIN 294/15 at the NPC website www.npc.navy.mil.

From Chief of Naval Personnel Public Affairs

Navy News Briefs

Fleet Logistics Support Squadron 55 XO relieved of duty

SAN DIEGO (NNS) -- Cmdr. C. Patrick Smith, executive officer, Fleet Logistics Support Squadron FIVE FIVE (VR-55) was relieved of his duties Dec. 18 by Capt. Scott Eargle, Commander, Fleet Logistics Support Wing, due to a loss of confidence in his ability to command and continue to serve in his current billet.

Smith will be administratively reassigned to Navy Operational Support Center Point Mugu, California.

Cmdr. Dan Pugh, has assumed the duties of executive officer of VR-55.

From Commander Naval Air Force Reserve Public Affairs

Submarine School Change of Command

GROTON, Conn (NNS) -- Capt. Aaron M. Thieme relieved Capt. Andrew C. Jarrett as commanding officer, Naval Submarine School, at a change of command ceremony at Submarine Base Dec. 18.

Capt. Thieme graduated from Vanderbilt University in 1992 with a Bachelor of Engineering degree in Electrical Engineering. Following nuclear power and submarine training, Thieme was assigned to USS Georgia (SSBN 729) Blue Crew, where he qualified in submarines and completed five strategic deterrent patrols.

His next assignment was as Combat Systems Officer on USS Toledo (SSN 769). During this tour he was deployed to the North Atlantic Ocean and to the Mediterranean Sea. Following this tour, Thieme successfully completed the Royal Navy Submarine Command Course (Perisher) on HMS Tireless and HMS Sceptre.

Jarrett, commanding officer of Naval Submarine School since July 2013, will relieve Capt. David Robert Dec. 21. as commanding officer of the Submarine Learning Center.

During the ceremony, Jarrett was presented with the Legion of Merit (Gold Star in lieu of Second Award) by Roberts.

While in command Jarrett led a staff of over 400 and managed 50 trainers worth in excess of \$100 million providing training to over 5,000 officer and enlisted students.

From Submarine Learning Center Public Affairs

Faison promoted to Navy Surgeon General

WASHINGTON (NNS) -- The Navy promoted its 38th surgeon general during an official ceremony at the Pentagon, Dec. 15.

Adm. John Richardson, chief of naval operations, presided over the ceremony, promoting Rear Adm. C. Forrest Faison III to the rank of vice admiral and the dual position of Navy surgeon general and chief, Bureau of Medicine and Surgery.

Faison most recently served as the Navy's deputy surgeon general and deputy chief, Bureau of Medicine and Surgery.

As the Navy's new surgeon general, he will lead the Navy's health care enterprise through a transformational time in medicine while continuing to ensure the health and well-being of every Sailor, Marine and family member.

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

Final ship of Theodore Roosevelt Carrier Strike Group returns home

NORFOLK, Va. (NNS) -- The guided-missile cruiser USS Normandy (CG 60), of the Theodore Roosevelt Carrier Strike Group (TRCSG), is scheduled to return to Norfolk, Dec. 12, following a nine-and-a-half-month deployment that took the crew around the world.

Normandy departed Norfolk March 9, and is the final TRCSG ship to return to its homeport. It was the only ship in the strike group to circumnavigate the world, transiting the U.S. 3rd, 4th, 5th, 6th and 7th Fleet areas of operation. Normandy escorted aircraft carrier USS Theodore Roosevelt to her new homeport of Naval Air Station North Island, San Diego.

TRCSG, commanded by Rear Adm. Roy "Trigger" Kelley, was composed of Carrier Strike Group (CSG) 12, the aircraft carrier USS Theodore Roosevelt (CVN 71), embarked squadrons of Carrier Air Wing (CVW) 1, Destroyer Squadron (DESRON) 2 staff and the guided-missile destroyers USS Farragut (DDG 99), USS Forrest Sherman (DDG 98) and USS Winston S. Churchill (DDG 81).

Forrest Sherman and Winston S. Churchill returned to their Norfolk homeport and Farragut returned to her Naval Station Mayport, Florida, homeport Nov. 7.

Theodore Roosevelt arrived to her new homeport of Naval Air Station North Island, California, Nov. 23, to complete a three carrier hull swap and homeport shift with USS Ronald Reagan (CVN 76) and USS George Washington (CVN 73). The embarked squadrons of CVW-1 disembarked and returned to their home bases along with CSG-12 and DESRON-2 staffs.

While deployed, Normandy conducted maritime security operations, theater security cooperation efforts and missions in support of Operation Inherent Resolve over Iraq and Syria.

From CNSL Public Affairs

America modifications increase air capabilities

SAN DIEGO (NNS) -- The amphibious assault ship USS America (LHA 6) is the first West Coast ship to have its flight deck upgraded with a thermal spray coating in key landing areas in order to more fully support the F-35 Joint Strike Fighters (JSF) that will be attached to the ship during future operations.

America is more than halfway through its post-shakedown availability period (PSA) in which the ship's crew and contractors make improvements to the ship's design. About 20 percent of the work being performed is the normal maintenance associated with PSAs for newly constructed ships. The rest of the maintenance consists of the upgrades designed to support the JSF.

"When this ship was built, Joint Strike Fighter testing was underway, most recently on the USS Wasp based on the East Coast at the time," said America's Commanding Officer Capt. Michael W. Baze. "The lessons learned during the Wasp testing periods, lessons about the long-term sustainability of our ship flight decks during JSF operations as compared with the legacy AV-8B Harrier, are being incorporated into America's design. These changes will become a part of subsequent LHA/LHDs moving forward, for example our follow-on LHA ship the Tripoli; currently in construction."

By USS America (LHA 6) Public Affairs

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

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

What's in the "Sale... Or" column, Page 7





IT'S YOUR TURN...

Happy New Year! We asked these Sailors, "What is your New Year's Resolution?"

By MC2 Casey H. Kyhl



YNSR James Carter
NTTC Student

"I'm going to make more money than I did last year."



SHAN James Morra
NTTC Student

"My resolution is to make 3rd class this year."



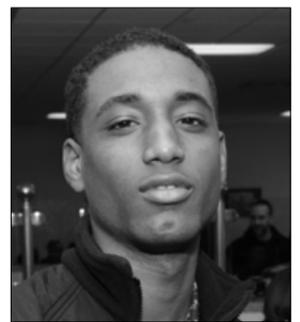
SHSN Kelbrick Porch
NTTC Student

"Save more. I want to amass \$50,000."



YNSR Stephen Magraff
NTTC Student

"I want to be the best Sailor I can be."



AZAR Donyae Green
NTTC Student

"I want to become a better Sailor, but still be a young boss."

Fleet & Family Support Center

Clinical counseling can help everyone

It would probably be safe to say that every single person in existence has needed or will need clinical counseling at some point in their lives. We all experience major and minor life events that effect us in different ways, and counseling can often help us gain insight that we might miss when trying to deal with our "issues" on our own.

Many people are reluctant to seek counseling, however, because they focus on the negative stereotypes that still persist about this therapeutic process, or they may fail to understand the many benefits of clinical counseling. Also, some people tend to misunderstand therapy and what it can and can't do.

One common misconception about counseling is that you don't need it unless your problems are really bad. In fact, just as it's true with physical ailments, it's better to seek counseling before things reach a crisis level - more can be done to prevent the possibility of a "meltdown" when you start working on it early. Many people also still feel that therapy carries a stigma, that it's only for "crazy" people or folks who aren't strong enough to cope with their own problems.

It's actually a sign of strength (and sanity), though, to know when to ask for help. There are many things in life that can't be effectively handled alone, and looking to a professional to help you is only logical. You wouldn't at-

tempt surgery on yourself to take care of a physical illness or injury - why should you try to operate on or cure your psyche?

Some people take the opposite approach, though, and believe that therapy is a magic cure-all. Talking to a counselor isn't going to instantly fix all your problems or make them go away. And your counselor isn't going to tell you what to do to make your life the way you want it. He or she can only help you to help yourself, and therapy is work. It often involves confronting things about yourself and those you love that are hard to admit, approach, or accept. Your counselor can help to teach you skills and techniques for better handling what troubles you, but you have to practice these things in your everyday life for them to be useful.

Counseling can have some valuable and amazing benefits if you're willing to reach out for help and really commit to work at it. The main benefit of counseling is that it helps you to have a life which you can more fully enjoy and appreciate. It can help you to become the sort of person you want to be. It can also help you to more deeply enjoy your important relationships.

You might use therapy to:

- Feel better about yourself
- Feel more at peace, more comfortable, or more secure in the world
- Feel more successfully (and more

joyfully) connected with others (including your spouse/partner)

- Reduce stress (which promotes physical health too)
- Work through problems with a skilled, and compassionate professional
- Identify your goals (those which can support the kind of life you would like to have)
- Learn new behaviors and/or responses which can help you to achieve your goals
- Establish ways and techniques for reaching your goals
- Understand your own thoughts, feelings, and responses better
- Understand your loved ones better
- Have a safe and friendly ear; someone to use as a sounding board
- Speak with a skilled and interested professional about your fears and perceptions
- Talk with a compassionate professional about troubling or private concerns
- Work towards greater self-fulfillment and self-mastery

If you're interested in trying clinical counseling - or just want to know more about it - contact the Fleet & Family Support Center (601-679-2360). The FFSC has licensed, professional Clinical Counselors who are here to help you. And their services are FREE to service members and their families!

From FFSC staff

FFSC Briefs

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

Troops to Teachers: "Transition to Teaching" Seminar 12 Jan. 12 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.

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!

FFSC to hold victim advocate training

The Sexual Assault Prevention and Response Program (SAPR) is seeking nominees from commands to serve in the important and pivotal role of SAPR victim advocate.

OPNAV 1752.1C requires a 24-hour, 7-day per week sexual assault response capability for all military installations. SAPR victim advocates (VAs) are trained to meet this requirement. Victim advocates' core responsibilities include:

- *Providing victims with an empathetic guide through the medical, legal and investigative procedures;
- *Minimizing the possibility that victims will be victimized by medical, judicial and military systems;
- *Avoiding duplication of advocacy efforts by using effective programs already in place.

Victim advocates are volunteers willing to be on call and available to respond to a sexual assault. VAs must participate in a minimum of 40 hours of initial training and obtain national certification as a

sexual assault victim advocate. The training serves to provide well-informed, sympathetic support, to minimize further trauma by preparing victims for interviews and examinations, and to ensure victim safety. A highly responsible individual is sought for this duty due to the potential for harm if discretion and good judgment are not utilized.

Each command is required to have a minimum of two victim advocates, preferably one female and one male. Points of contact (POCs) cannot serve as victim advocates and cannot attend this training. A separate eight hour training for POCs will be held the week following this training. More information will be forthcoming on this.

FFSC will conduct VA training Jan. 11-15 beginning at 8:30 a.m. each day. Please provide names to POC Diana Shields, Sexual Assault Response Coordinator at 601-679-2360, or by e-mail: diana.shields@navy.mil. She will follow up by sending applications for distribution to the nominees.

NEW CFCs

The following personnel completed the Command Financial Specialist Course Dec. 18 SHCS Carl Christopher, LS1 Andriel Berry, AC1 William Lykens, CMDCM Jimmie Carter, and YNCS Alisha Fitzpatrick.

Submitted Photo



Navy Digital Library 24/7 365

By MC3 Ethan Schumacher

FORT MEADE, Md. (NNS) -- For Sailors, families, retirees, dependents and civilians wanting 24/7 access to electronic books, audio books, reference materials, and newspapers, all free of charge, the Navy has a solution for you.

"Over the past 13 years, the Navy General Public Library has been providing digital content online," said Nellie Moffitt, Navy General Public Library (NGPL) manager. "The digital library offers 50 different products and services, offering e-books, audio books, car repair, home repair, and children's tumble books which are read to them through the computer."

The NGPL is a resource that is offered to Sailors, Marines, Coast

Guardsmen, military dependents, retired and reserve military personnel, Navy Academy midshipmen, Department of the Navy (DoN) Delayed Entry Program personnel, DoN and Navy Appropriated Fund civilian employees, and DoN contractors.

"You can use our services anywhere, on any device, including your laptop, and log in anywhere that has internet connectivity," said Morffitt. "This program can be accessed 24/7, 365 days a year, worldwide on any device, and can save you thousands by not purchasing books online, but instead using our digital library."

To access the digital library, authorized users can visit <http://www.navymwr.digitallibrary.org>, and click "login" in the upper right hand corner. Those who do not have a

Common Access Card can use a Defense Self-Service (DS) login to gain access to the website. Those who don't have a DS login can register on the same web page.

With more than 40,000 civilian and military employees operating 70 installations under 11 regions, the Navy's shore enterprise ensures requirements necessary to train and operate the Navy's fleet are maintained and ready; that naval installations are able to facilitate the manning, training and equipping of the Navy's fighting force; and supports Navy families through family and community services programs.

For more information about the Navy Morale, Welfare and Recreation Digital Library, email nglp@navy.mil.

Call. Click. Connect.
1-800-342-9647
24/7 Resource for Military Members & Families



Wreaths Across America ceremony honors veterans



Volunteers place wreaths at Mississippi Veterans Memorial Cemetery in Newton

NEWTON -- On Dec. 12, members of the community gathered at the Mississippi Veterans Memorial Cemetery in Newton to honor veterans during the holiday season as part of the annual Wreaths Across America Day.

What began in 1992 with a trailer load of wreaths, decorated by volunteers and laid at the graves of fallen soldiers at Arlington National Cemetery has now become a national organization with over 1000 participating locations

all across the country - all focused on the mission to "Remember - Honor - and Teach".

During the ceremony, each headstone received a wreath and a moment of silence from whomever placed the wreath as a reminder that freedom is not free. The ceremony allows each person to remember the fallen, honor our veterans, and to teach the next generation the true dedication and sacrifice of each of those brave men and women.

NAS Meridian's Ceremoni-

Above left: NAS Meridian Ceremonial Detail Team presents a 21-gun salute for Wreaths Across America Day, Dec. 12 at the Mississippi Veterans Memorial Cemetery. Right: A volunteer places wreaths at veteran's graves.

Submitted Photos

al Detail team also presented a 21-gun salute during the ceremony.

Friends of Mississippi Veterans is a major supporter of the Mississippi State Veterans Affairs Board, the State Veterans Nursing Homes and the Mississippi State Veterans Memorial Cemetery. In conjunction with the Wreaths

Across America ceremony, the Friends of Mississippi Veterans conducted their annual board meeting just prior to the ceremony.

The Mississippi Veterans Memorial Cemetery is located in Newton County about three miles east of Newton and five miles west of Hickory. The cemetery was estab-

lished in April 2009 with 87 acres donated by Mississippi State University and was dedicated on Memorial Day 2011.

For more information regarding the Wreaths Across America ceremony, please contact the Cemetery Director, Henry Gruno, at (601) 683-2959.

Ike conducts first CVN launch of Nulka

By MC2 Hillary Browning

USS Dwight D. Eisenhower Public Affairs

ATLANTIC OCEAN (NNS) -- The aircraft carrier USS Dwight D. Eisenhower (CVN 69) (Ike) completed the first successful carrier launch of the MK 234 Nulka countermeasure fired from the MK 53 Decoy Launching System (DLS), Dec. 16.

Nulka, an Australian Aboriginal word meaning to "be quick," is a rapid-response active expendable decoy (AED) capable of providing highly effective defense for ships against modern anti-ship missiles (ASM).

The decoy was developed through a joint effort by Australia and the United States. Australia developed the hovering rocket while the U.S. developed the electronic payload.

When launched, the Nulka decoy ra-

diates a large, ship-like radar cross section that attempts to lure ASMs away from their intended targets.

"The Nulka system brings with it a needed upgrade to the Ike's current Anti-Ship Missile Defense (ASMD) capability," said Senior Chief Cryptologic Technician (Technical) Christopher Noltee, the Naval Sea Systems Command (NAVSEA) Program Executive Office (PEO), Information Warfare Systems (IWS) 2.0 military liaison. "When a signal originates from the ship, you're still a potential target. Nulka gives you separation. This round sends out the electronics, away from your ship. The goal is to get the missile to fly to the Nulka round instead of coming here."

Although the Nulka round has been used on smaller naval vessels for years, it had never been used aboard a ship as large as an aircraft carrier. Ike is the

second carrier to have the MK 53 DLS installed, but the first to successfully deploy the Nulka countermeasure while at sea. It's considered a "soft-kill" weapon, which means that it's used to deceive and never makes physical "skin-to-skin" contact.

"Hard-kill weapons systems are used for both offensive and defensive purposes while soft-kill weapons systems are used strictly for defensive purposes," Noltee said.

During the testing phase, all aircraft and personnel were removed from the flight deck while weather conditions and the sea-state were closely monitored.

"For testing purposes, we wanted to have baseline conditions," said Senior Chief Cryptologic Technician (Technical) Robert Whiddon, Ike's Electronic Warfare Module leading chief petty officer. "We wanted to be able to control

everything we could to mitigate risk. In the real world, you don't have hours to prepare for a Nulka launch, you have less than a minute. But when you're testing, you want to control the environment."

Cryptologic Technician (Technical) Seaman Apprentice Jerry Dalalo pressed the button that launched the first Nulka round from a carrier platform.

"I had to go through a lot of procedures to make sure every condition was right," Dalalo said. "I was really nervous. I had a lot of butterflies in my stomach, but luckily it went through fine."

Ike successfully launched the Nulka countermeasure five times over the course of three days, surpassing the minimum testing requirement by two launches.

● Something

Now, what kind of activities should you report to your IAM?

Best practices for keeping Navy networks and systems secure are important to remember. Topping the list of best practices is "Don't Take the Bait," which describes a form of email spoofing called "phishing" and how to recognize it. Phishing may involve sending unwanted e-mail messages, often with malicious content, in large quantities to an indiscriminate set of recipients in the hopes that at least one "takes the bait."

If you're on the Navy Marine Corps Intranet (NMCI), report spam and suspected phishing emails by forwarding them as an attachment to nmci_spam@navy.mil, then delete them from your inbox and sent items folder. Doing so will help NMCI block spammers and phishers. Also, report these emails to your IAM.

For non-NMCI users, the best practice for possible phishing emails or emails that contain suspicious attachments is to delete them as well as report them to your IAM.

Unsolicited emails that request sensitive personal or organizational information should be reported to your IAM. Attackers with this information can hurt you personally by stealing your identity, threaten the operational security of the command, or make themselves appear legitimate to others so they can compromise the Navy's cyber defenses.

Report any unauthorized devices connected to the network. Devices like thumb drives and cell phones may inadvertently contain software that allows an intruder inside the Navy's defenses if they're plugged into Navy computers or systems. Peer-to-peer (P2P) file

sharing programs, like some that share music files, should also be reported to your IAM because they can spread bad software inside the Navy's network defenses.

If the answer to any of the below questions raised by the Department of Homeland Security's Computer Emergency Response Team is "yes", report the incident to your IAM.

* Suspicious questioning. Are you aware of anyone attempting to gain information in person, by phone, mail, email or other means regarding the configuration or cybersecurity posture of the Navy's network, websites, software or hardware?

* Unauthorized access. Are you aware of anyone attempting (either failed or successful) to gain unauthorized access to systems or data?

* Unauthorized changes or additions. Has anyone made unauthorized changes to the Navy's hardware or software without the knowledge, instruction, or consent of the Information Technology Department?

* Unauthorized use. Are unauthorized people using Navy systems for storing or processing data? Are former Navy personnel still accessing Navy systems?

You are the target, but you are also the solution. Knowing the types of activities that could compromise the Navy's cyber defenses or indicate malicious intent as well as who should be alerted will help protect our mission, systems, networks and data.

Vigilance and commitment to cybersecurity is essential for protecting the Navy. Don't let complacency create new vulnerabilities.

From The Office of the Deputy Chief of Naval Operations for Information Dominance Navy Cybersecurity Division (N2/N6F4)

Things you need to Know

- 1 Identity theft happens when someone uses your Social Security number or other personal information to commit fraud.
- 2 Identity theft can happen to anyone.
- 3 Once identity thieves have your personal information, they can drain your bank account, run up charges on your credit cards, open new utility accounts, or get medical treatment on your health insurance. An identity thief can file a tax refund in your name and get your refund. In some extreme cases, a thief might even give your name to the police during an arrest.
- 4 If your wallet, Social Security number, or other personal information is lost or stolen, there are steps you can take to help protect yourself.
- 5 If you feel you are the victim of identity theft go to <https://www.identitytheft.gov/#what-to-do-right-away> and act right away.