



# THE SKYLINE



Volume 52, Number 16

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

August 7, 2014

## On Base...

### Congrats 2015 Chief Selects

**NAS:**  
ACC(Sel) Christopher Balster

**NTTC:**  
PSC(Sel) Cruz Ponce

YNC(Sel) James Sloan  
LSC(Sel) JT Thursby

**Branch Health Clinic:**  
HMC(Sel) Patrick Quito

**NOSC:**  
YNC(Sel) Derek Tyler  
YNC(Sel) Angelia Caines

LSC(Sel) Alfred Wilson

✓ NAS Meridian Child and Youth Programs will host a Back-to-School Bash Aug. 8, from 4-6 p.m. at the School Age Care Center in base housing. The event, which is FREE, will feature free food, prizes and family fun for kids of all ages. Please bring your lawn chairs and remember that pets are not allowed

✓ Sonny Montgomery Fitness Center hosts a Command Challenge Softball Tournament Aug. 30-31. Deadline to sign-up is Aug. 15. Call (601) 679-2379.

✓ Ponta Creek Golf Course Special Play 18 holes with a cart for \$20/person daily. Call 601-679-2526 to reserve a tee time.

## A Day in Naval History

**August 8**  
1972: Women authorized for sea duty as regular ship's company

**August 9**  
1945: Atomic bomb dropped on Nagasaki, Japan. Navy weaponeer arms the atomic bomb.

**August 12**  
1944: Lt. Joseph P. Kennedy Jr., USNR, the older brother of John F. Kennedy, was killed with his co-pilot in a mid-air explosion after taking off from England in a PB4Y from Special Attack Unit One (SAU-1). Following manual takeoff, they were supposed to parachute out over the English Channel while the radio-controlled explosive filled drone proceeded to attack a German V-2 missile-launching site. Possible causes include faulty wiring or FM signals from a nearby transmitter.

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

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

## CNO: Chaplains, RPs integral to fleet readiness

WASHINGTON (NNS) -- Chief of Naval Operations (CNO) Adm. Jonathan Greenert joined nearly 100 senior chaplains and Religious Program Specialists (RP) gathered for the Chaplain Corps 2014 Strategic Leadership Symposium at the Washington Navy Yard Thursday.

CNO, along with Assistant Secretary of the Navy (M&RA) Juan Garcia and Master Chief Petty Officer of the Navy were among several keynote speakers scheduled for this year's symposium.

"I have a deep respect for what you all do," said Greenert. "What you bring in spiritual readiness is real and desperately needed."

Greenert first provided an update on what the Navy is doing around the world. He high-

"What you bring in spiritual readiness is real and desperately needed."



Greenert

lighted the maritime crossroads and the Navy's current mandate of presence and seapower. The Navy's focus is on being forward deployed to be where it matters when it matters Greenert said. Adding that, Sailors are what make our mission possible.

"After 13 years of combat deployments for our people, we can now take the time to build their resiliency," said Greenert. "The Chaplain Corps plays an important role in the professional, physical and spiritual readiness of our force."

Many of the detracting issues the Navy faces are problems both Chaplains and RP's face daily, to include Sexual Assault Prevention and Response, Suicide and Operational stress control. Chaplains and RP's are one strong tool our commanding officers possess to promote positive and healthy behaviors among their crews.

"I depend on you to advise commanders on command climate," said Greenert. "It's one of ● Greenert, page 8

## Soup is served

### Volunteers promote air station at annual Meridian Day



Photos by Penny Randall

Above: Lt. j.g. Sam Dulaney and RP2 Brianna Wahl prepare cups of Navy Bean soup to be served to the public at Meridian Day during the Neshoba County Fair July 30. A dozen volunteers spent the day promoting the installation to visitors. Below: A mom takes a photo of her daughter with student aviators 1st Lt. J.A. Ashley and Lt. j.g. Sam Dulaney. Below, right: HT1 Robert Crawford and Chief Ed Harris hand out informational materials to youngsters.



## Hollingsworth named RLSO Southeast Senior Civilian of Year, again

### From Staff Reports

For the second consecutive year, Natalie Hollingsworth was selected as the Region Legal Service Office (RLSO) Southeast Senior Civilian of the Year.

Hollingsworth has been with the RLSO team since October 2007 and is assigned as the paralegal specialist with the Staff Judge Advocate (SJA) Office at NAS Meridian. During a command visit to Meridian, RLSO Executive Officer Cmdr. Jennifer Roper presented Hollingsworth with a certificate of recognition and command coin.

Hollingsworth served 20 years in the U.S. Navy and retired as a legalman first class. In 2013, Hollingsworth produced more than 795 pieces of command services correspondence, and provided outstanding legal research into numerous facets of the law. She personally executed powers of attorney, ad-valorem tax forms and notaries for 358 clients. She also directly facilitated a visit by a legal assistance attorney from Gulfport to NAS Meridian, helping 45 families obtain legal assistance, and saving those same families a 2.5-hour drive.

"Hollingsworth is an incomparable professional whose expertise, dedication, flexibility, leadership, and indomitability have significantly contributed to the performance of the NAS Meridian SJA Office," Roper said. "Thank you for the continued excellence in everything you do."



Submitted Photo

Natalie Hollingsworth, NAS Meridian paralegal specialist, is presented the RLSO Southeast Senior Civilian of the Year certificate by Cmdr. Jennifer Roper.

## Commissary case lot sales return

Meridian's sale Aug. 15-16 during store hours

By Jessica Rouse  
DeCA Public Affairs Specialist

FORT LEE, Va. – Back by popular demand are the commissaries' case lot sales. This time they're called Commissary Customer Appreciation Sales, and they offer savings of 50 percent or more on club pack and full case items.

Each stateside commissary – Alaska and Hawaii included – and Puerto Rico will have a two- or three-day case lot sale event during Aug. 14 to Sept. 30. Customers can go to [www.commissaries.com/stores/html/store.cfm?dodaac=N&page=case\\_lot\\_dates](http://www.commissaries.com/stores/html/store.cfm?dodaac=N&page=case_lot_dates) to find out when their store is having the sale.

Customers can also find sale information on their store's Web page: Just log on to the commissary website, click the "Locations" link, access the "Alphabetical Listing" link from the drop down menu and choose the store. Overseas stores may hold substitute events such as sidewalk sales.

"It's been nearly two years since our last case lot sale, and we are really excited to bring these back since they are so popular with customers," said Randy Chandler, the Defense Commissary Agency's director of sales. "These events can help families stock up for back to school, and they're also a great way to get your everyday bulk items at great prices."

Customers have a variety of options to choose from. The list includes:

- Back-to-school items for all ages, such as trail mix, nuts, fruit bars, 100 percent juice, peanut butter, sports drinks and kids complete meals
  - Pet supplies to include bagged and canned food, treats, and cat litter
  - Pasta sauces, rice and condiments
  - Cookies, brownies and pudding
  - Canned tuna and chili
  - Paper products and cleaning supplies such as bathroom tissue, fabric sheets and laundry detergent.
  - Health and beauty care including diapers, wipes, shampoo and conditioner
- "We got a large variety of items involved with this sale," Chandler said. "Our goal is to make it as worthwhile for our customers as possible."

## Look Inside

~ Page 2 ~  
Workplace and gender relations survey to hit service members' inboxes



~ Page 3 ~  
Navy League presents Golden Stick to Lt. Mark George



~ Page 9 ~  
How to help your child succeed at school





## Photo of Week



Photo by MC3 Gerald Dudley Reynolds

**Sailors aboard the amphibious transport dock ship USS San Diego (LPD 22) drop the anchor. San Diego is on deployment with the Makin Island Amphibious Ready Group in the U.S. 7th and 5th Fleet areas of responsibility.**

## A message from the CO...

After nearly a month of living on board NAS Meridian, I have grown increasingly excited at the events and resources that the station, local community, and greater region offer to service members and civilians.

Managing the work-life balance is an important aspect of our personal and professional well beings, and I encourage everyone to explore the available opportunities.

Just last week I was able to join proud representatives from the air station staff and tenant commands at the Neshoba County Fair, also known as "Mississippi's Giant House Party." The NAS Meridian team participated as part of the fair's Meridian Day, and served our famous navy bean soup that was prepared this year by Lt. Cmdr. Kevin Kent. I really enjoyed experiencing Neshoba's local tradition in addition to having the opportunity to discuss the Navy's and air station's missions with members of the community. Please join me in seeking future

community relations projects where we can continue to strive to be the best possible citizens, leaders, volunteers, and neighbors.

On the air station, our Morale, Welfare, and Recreation Department (MWR) facilitates indoor and outdoor activities that target fitness, recreation, and personal development for all eligible. The Information, Tickets and Travel Office is located in the McCain Recreation Center to assist with your plans to explore the region. Our renovated golf course clubhouse will shortly reopen with a new and enlarged restaurant and will feature an innovative new menu. The many MWR facilities and programs are meant to serve and can only be improved with your feedback. Please let us know what you want and what you think.

In "Training to Fight from the Sea," the service member and civilians of the NAS Meridian team have worked very hard to achieve our many honors. Please take the time to explore the great recreational opportunities available to us as another means to guarantee of our continued success.

### COLUMN



Bunney

Capt. Scott Bunney is the 24th commanding officer of NAS Meridian.

## Area Happenings

### August

**8-9: 77th Semi-annual Ralph Morgan Rodeo** in Lauderdale. Show begins at 7:30 p.m. with lots of action -- rain or shine. Admissions: \$10 for adults, \$6 for children.

**9: Whynot Motorsports Park** hosts a huge night of racing featuring the Gulf States Modifieds Series and Monster Trucks! Track is located at 4773 JW Reynolds Road, Meridian. Go to: <http://www.whynot-motorsportspark.com>. Admission: \$15 adults, \$5 kids ages 6-12, and under 5 free.

**21: Power of the Purse** will be held at Meridian Little Theatre on Highway 39 North from 5:30-9 p.m. An evening of hors d'oeuvres, wine, purses and fun! Live and silent auction of purses, gift certificates, condo rentals, jewelry, gift baskets and more! Proceeds to benefit The United Way of East Mississippi Imagination Library. Tickets are \$30, the cost to fund one child to receive a book a month for a year (ages 0-5 years old in Lauderdale, Kemper and Clarke counties). Ticket locations: K Salon, Cater's Market, Anderson Pharmacy, Point Rexall Drug & Gift, United Way of East MS Office, Simply Irresistable (Quitman), The Curiosity Shoppe (Quitman). Call 601-693-2732 for more information or go to: <http://Power of the Purse>.

**23: 5th Annual Sporting Clays for Character** at Camp Binachi Scout Reservation Shooting Range. Often called "golf with a shotgun," Sporting Clays for Character is a shooting course through the trails of Camp Binachi Scout Reservation where clays will be thrown to emulate hunting situations; such as rabbits, teal, doves, pheasants, and more. Teams of 4 people will compete in this fun and social event. For information or to register contact [ken.kercheval@scouting.org](mailto:ken.kercheval@scouting.org) or call 601-693-6757.

**24: The Temple Theatre presents Silent Movie Sunday** in conjunction with The Magnolia Theater Organ Society. Two classic silent movie comedies will be shown "Cops" with buster Keaton and "A Woman" with Charlie Chaplin. The event will also feature Tom Hoehn at the Mighty Robert Morton Theatre Organ. The movies are free and open to the public. The theatre is located at 2320 8th Street, Meridian. For information, call 601-693-5353. Movie begins at 2 p.m. Concessions available and donations are welcome to be used for ongoing repair and maintenance of the organ.

**28: Martina McBride in concert at the MSU Riley Center** at 7:30 p.m. with pre-show party at 6 p.m. A Grammy Award winner, McBride is a 14-time Grammy nominee whose recordings have earned 14 Gold awards, nine Platinum awards, three double Platinum awards, and two triple Platinum awards. The Country Music Association has named her its Female Vocalist of the Year four times, and the Academy of Country Music has presented her with its Top Female Vocalist honor on three occasions. Her latest album, Everlasting, debuted at number one on the Top Country Albums chart in April 2014. Tickets are \$80 and \$74.

**29-30: Veterans of Foreign Wars Post 12124 Auxiliary** will hold a yard sale from 8 a.m.-3 p.m. at 6425 Bounds Rd -- corner of North Hills and Bounds Rd. Donations are welcome and will help support veterans, military and the community. If you would like to donate items for the sale, a letter for taxable donations is available. Contact [meridianvfw@comcast.net](mailto:meridianvfw@comcast.net) or call 601-282-5866.

## Navy JAG to serve as victim legal counsel for Gulfport, Meridian and New Orleans

The first judge advocate assigned to the Navy's Victim Legal Counsel Program (VLC Program) for Mississippi and Louisiana reported July 18.

Lt. Cmdr. Davin Rieke, JAGC, USN will serve as the attorney for the VLC Program at NCBC Gulfport, NAS Meridian and NAS JRB New Orleans, and will provide legal services to eligible victims of sexual assault stationed in these locations, including assistance and advocacy in the investigative and military justice processes

The Navy is implementing the VLC Program to offer a military attorney to represent and assist victims of sexual assault. Because Victims' Legal Counsel (VLCs) will form an attorney-client

relationship with eligible victims, all communications will be confidential. VLCs can assist eligible victims with a decision to make a restricted or unrestricted report of sexual assault, represent them in military courts, advocate on their behalf to investigators, commanders, and prosecutors, and provide other legal advice and assistance connected to the sexual assault.

To make an appointment to speak to a VLC, contact Rieke directly at (228) 871-2909 or [davin.riek@navy.mil](mailto:davin.riek@navy.mil) or stop by his office located in room 162, Fleet and Family Service Center, 5301 Snead Street, on board Naval Construction Battalion Center in Gulfport.

## We're generation that craves connectivity

By James M. Smith

NAS Meridian Information Assurance Manager

We are a generation that craves connectivity in all forms. At no time in our history have we become so very dependent on the use of technology, be it communicating with a loved one to watching the very latest episode of our favorite television program.

Just look the next time you are around a crowd of people, be it at the mall, on a beach, or at a stop sign and I am sure you can see someone with their attention drawn to some type of electronic device.

With their use we must understand that these devices control and contain portions of our lives and we are really not aware of the dangers that they pose. I am not speaking of the inherent danger of distracting us while we are driving, I am speaking of the dangers of bits and pieces of information that pertain to us as a person or the information that we use on a day to day basis.

Unfortunately without the proper precautions this information can be collected by others to either seal our identities or just obtain information for other purposes. Now let's look at some ways

we can take to alleviate unwanted loss or compromise of information.

When using your smart phone, tablet or laptop:

- Lock your device screen when not in use
  - Password protect devices
  - Maintain visual or physical control all times and especially when going through airport security checkpoints
  - Maintain possession of laptop and other government-furnished equipment (GFE) at all times and be extra vigilant in protecting it
  - Make certain all sensitive data stored is encrypted
  - Avoid using government computers in non-secure environments. DoD employees are prohibited from using a DoD CAC in card-reader-enabled public devices such as those found in public libraries and Internet cafes
  - Do not use your CAC/PIV on systems without updated system security protections and anti-virus
- The main thing is to be smart and be aware of the need for security be it with personal devices or governmental mobile devices.
- Remember you are the one the is ultimately responsible.

## In The Spotlight...

### Happy Birthday...

Happy Birthday to VT-7 employee **Kamesha Booth** who celebrates her birthday Aug. 3.

-From her friends and co-workers at TW-1

Happy Birthday to my mother-in-law, **Bernadette Harden**, who celebrates on Aug. 3.

From: Staci Harden

### Happy Anniversary...

Happy Anniversary to **Thomas and Bernadette Harden** who celebrate on Aug. 5.

From: Greg, Staci, Tyus and Jalen Harden

If you have an item for "In The Spotlight" send it to [penny.randall@navy.mil](mailto:penny.randall@navy.mil)

## Workplace and gender relations survey to hit service members' inboxes

WASHINGTON (NNS) -- A Workplace and Gender Relations Survey (WGRS) will begin hitting the email inboxes of active duty and reserve Sailors Aug. 7.

The Department of Defense-hosted survey is designed to help better understand dynamics in the military workplace to include the work environment, cultural and personal interactions. It will also gather information on Sailors' sexual assault-related experiences, to include sexual assault response systems. Data gathered will be categorized by gender, service and other subgroups, while remaining a confidential survey for those who participate. Twenty-five percent of males in the Navy and 100 percent of females will be contacted via email. Sailors who receive the survey are highly encouraged to participate. The survey results are critical to inform future Navy policies, programs, training and resources. This will lead to a workplace environment that is more professional and effective for all. Sailors can complete the survey on government computers during working hours or off-duty on their smart phones or home computers. The survey will be available until mid-September



--From Chief of Naval Personnel Public Affairs

## The Skyline ~ Naval Air Station Meridian, Miss.

### Command Staff

Commanding Officer ~  
Capt. Scott Bunney  
Executive Officer ~  
Cmdr. Robert Michael II  
Command Master Chief ~  
CMDCM Hayden E. Jones

### Editorial Staff

Public Affairs Officer ~  
Susan Junkins  
Public Affairs Specialist/Editor ~  
Penny Randall  
Staff Writer/Photographer ~  
MC2 Casey H. Kyhl

This DoD newspaper is an authorized publication for members of the Department of Defense. Contents of The Skyline are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense, or NAS Meridian, Mississippi. The Skyline is published every other Thursday by The Meridian Star, a private firm in no way connected with the U.S. Navy, under exclusive written contract with the commanding officer of Naval Air Station, Meridian, Mississippi. The editorial content of this publication is the responsibility of the NAS Meridian Public Affairs Office. The Skyline solicits news contributions from military and civilian sources. It reserves the right to edit material selected for publication. The deadline for material is 4:30 p.m. the Thursday before publication. Send submissions to: The Skyline, 255 Rosenbaum Ave., Suite 201, Public Affairs Office, Naval Air Station, Meridian, MS 39309-5003 or e-mail: [penny.randall@navy.mil](mailto:penny.randall@navy.mil) or [susan.junkins@navy.mil](mailto:susan.junkins@navy.mil). For more information, call (601) 679-2318 or (601) 679-2809. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or The Meridian Star of products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.



# 11 aviators earn 'Wings of Gold' during July 25 ceremony

There was a naval aviator designation ceremony July 25 in the Chapel on board NAS Meridian.

Ten U.S. Navy aviators and one Italian navy pilot received their "Wings of Gold" during the ceremony.

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

Capt. Brian Goszkowicz, Commander, Training Air Wing One, was the speaker.

Those earning their "Wings of Gold" include:

Lt. j.g. Christopher Aiken, USN, carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) July 11. Aiken completed Advanced Jet Flight Training with Training Squadron Nine.

Ensign Mirko Cremona, Italian navy, earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) July 12. Cremona completed Advanced Jet Flight Training with Training Squadron Nine.

Lt. j.g. Brian Dallaire, USN, was selected as VT-9's Student of the Month for March 2014.



Aiken



Cremona



Dallaire



George



Goodwin

He earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) July 11. Dallaire completed Advanced Jet Flight Training with Training Squadron Nine.

Lt. Mark George, USN, was designated a naval flight officer in January 2009. He served with the Black Knights of VFA-154 from December 2009 to September 2012 where he deployed with CAG-14 in support of 7th Fleet and 5th Fleet operations. He was named to the Commodore's List during Advanced Jet Flight Training. Additionally, he was designated a CNATRA Distinguished Naval Graduate. He carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) July 12 and was named VT-9's "Top Hook" for that carrier qualification evolution. George completed Advanced Jet Flight Training with Training Squadron Nine.

Lt. j.g. William Goodwin III, USN, earned one Navy "E" for bombing accuracy during Ad-



Harris



Khosrowshahi



Klotz



Mindel



Pritchett



Stangel

vanced Jet Flight Training and carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) July 11. Goodwin completed Advanced Jet Flight Training with

Training Squadron Nine. Lt. j.g. Peter Harris, USN, earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training and



Arjen Legendijk, a member of the Mississippi Council of the Navy League, presents the Golden Stick to Lt. Mark George. The award is given to the top student aviator of each class.

Photo by Susan Junkins

●Winging, page 7

## Congrats Medical Sailors of Quarter



HM1 Joshua Croxton  
Senior Sailor of Quarter



HM2 Justin Arnold  
Junior Sailor of Quarter



HM3 Nathan Cantrelle  
Blue Jacket of Quarter

## Congrats NTTC Sailors, Civilian of Quarter



Logistic Specialist First Class (SW/AW) Markangelo P. Ramirez is Naval Technical Training Center Meridian's Sailor of the Quarter for superior performance while serving as LS "A" School Instructor and 7th Fleet Leading Petty Officer from April to June 2014. Ramirez led two LS classes consisting of 46 students to a 100 percent pass rate with an impressive cumulative grade point average of 91.28 percent. As the 7th Fleet Leading Petty Officer, his fleet won "Fleet of the Week" twice during the third quarter and won "Fleet of the Month" for the month of May 2014. Additionally, his fleet earned first place in the April 2014 commanding officer's formal march down. He also dedicated 19 hours of community service to Jiu Jitsu and youth soccer events during the State Games of Mississippi. Additionally, as a Navy Marine Corps Relief Society fund drive coordinator, he led his peers to raise \$6,075 in Supply "A" School donations, which was over 60 percent of the commands total contribution.



Ship's Serviceman First Class (SW) Mark M. Kobler is Naval Technical Training Center Meridian's Instructor of the Quarter from April to June 2014. Kobler provided required training to 586 students in proper military courtesies, general military training and inspection. Additionally, he was instrumental in restructuring the first week of command indoctrination, ensuring strict compliance with course master schedule as well as Naval Education and Training Command guidance while still maintaining opportunities for student mentorship and command familiarization. Despite the high demands and long working hours required of the Navy Military Training staff during this quarter, SH1 Kobler devoted many off duty hours towards unit cohesion, personal development, and community service. His professionalism contributed significantly to Naval Technical Training Center Meridian's overall mission of providing quality military and technical training while developing motivated Sailors.



Gerrie Strickland is Naval Technical Training Center Meridian's Civilian of the Quarter from April to June 2014. Strickland is a budget analyst and the driving force in preparing for and executing the most recent Center for Service Support courtsey audit. Her superior program management of the command's budget execution program and civilian payroll program are recognized as a domain standard. She successfully managed a budget of \$830,000, and ensured 100 percent accountability of all NTTC Meridian resources. Due to her planning, NTTC Meridian is fully equipped to perform its mission and required minimal additional funding to support operations during fiscally constrained times. She properly organized and coordinated the payroll records of 16 civil service employees by spending countless hours before each bi-monthly certifying period verifying accurate civilian timekeeping in the Standard Labor Data Collection and Distribution Application system.



## Renelistments



Photo by MC2 Casey H. Kyhl

**AC2 Zachery Kube accepts his reenlistment certificate from Cmdr. Erik Greve during a ceremony July 31. Kube reenlisted for six years.**



Photo by MC2 Casey H. Kyhl

**AC1 Fredrick Rudolph accepts his reenlistment certificate from Cmdr. Erik Greve during a ceremony July 31. Rudolph reenlisted for six years.**

## Good 'old' summer vacation

I don't "need a vacation from my vacation," but after two weeks in a beach cottage with my extended family, I could really use microdermabrasion, arthroscopic knee surgery, a colonic, and a full course of psychotherapy.

Vacations just aren't the same when you get older. When I was a teenager, I came home from my family's beach vacations with nothing more than a peeling nose and maybe a few deck splinters. But now that I'm in my forties, simple vacation activities like sunbathing, swimming, and paddleball leave me in need of urgent medical attention.



Lisa Smith Molinari

My family and I left the safe little confines of our military base housing two weeks ago, and drove the 12 hour trek down the East Coast to the Outer Banks of North Carolina. Just like every year, our family of five, along with my mother, my brother and his family of five, packed ourselves like lemmings into our modest 1970s beach cottage.

At the beginning of the vacation, the adults envisioned getting up with the sun every morning to jog along the bike path where other vacationers could see how disciplined we are. As planned, I got up early the first morning, and picked a jogging outfit from the stack of work out clothes I'd ambitiously packed for the trip.

Of course I had to have coffee before setting out, but not enough to awaken my digestive tract. Then, I announced loud enough for everyone to hear, "I'm going on a run!" and let the screened door slam behind me to ensure that anyone within earshot would be impressed that I'm one of those people who run at the beach.

Twenty minutes later, I was only about a mile from our cottage, soaked in sweat and frantic that my bladder might give way. Thankfully, a Port-a-potty at a tiny public park saved me the humiliation of ducking into someone's shrubbery. I slowly stumbled back through the dunes to our cottage, picking up the pace to a jog only when passing witnesses. I was happy to see four blisters on my feet when I got home, because I knew they would serve as an adequate excuse to not run again during our vacation.

Later that week while lounging on the beach, the adult women did a sort of reenactment of the Quint-Hooper-Brody-drunken-scar-comparison scene in "Jaws" when we took turns pointing out our liver spots, barnacles, and moles. Despite our rational conclusion that sitting out in the sun would only age our skin faster, we all agreed with the old adage that "tan fat is better than white fat" so we stayed out late into the afternoon.

Sometime at the end of week one, I made the mistake of agreeing to play beach volleyball. Soon after taking my position as right side hitter, I was forced to jump four inches off the sand to block a shot. This simple move caused my knee to slightly hyperextend.

For the remainder of the vacation, while engaging in simple activities such as paddle ball and wading in the ocean, I was on alert that my weakened knee might buckle backwards like some kind of old Barbie doll.

The other adults in our family suffered similar old age vacation injuries, while our kids frolicked carefree. By the end of week two we had collectively accumulated one wobbly knee, five ugly blisters, a swollen wrist, a strained achilles, three bruises of unknown origin, and four cases of heartburn. The anti-inflammatories and antacids were being dolled out like candy, along with some embarrassing over-the-counter remedies to deal with digestive back up from all the overeating.

Even though we don't experience vacations the same way we did when we were young, perhaps the benefit of being so weathered, worn and weary after two weeks at the beach is that it is actually a relief to get back to life's daily grind.

Currently stationed in Newport, R.I., Lisa Smith Molinari is a 20-year Navy spouse and mother of three teenagers, whose award-winning columns appear in military and civilian newspapers nationwide, and on her blog, [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com). Follow Lisa@MolinariWrites.

## Hunter education class required to hunt on base

One of the requirements to hunt on board NAS Meridian during the upcoming 2014-15 season is to show proof of having passed a state-approved Hunter Education Class. It can be from any state, and is a requirement for every hunter 12 years old and older.

Classes are being offered by the Mississippi Department of Wildlife, Fisheries, and Parks for Lauderdale and surrounding counties. Call now and pre-register for the classes to ensure availability.

It is now also possible to obtain partial Hunter Education certification via the internet, followed by only three hours of classroom study at one of the hunter education classes. Details for internet certification can be found at: <http://www.mdwfp.com/education-outreach/hunter-education/online-hunters-ed.aspx>

If you have any other questions, please call NAS Meridian Wildlife Biologist Chris Bucciantini at 601-679-3539.

**Lauderdale County**  
Aug. 16, 8 a.m.-6 p.m.  
Location: Key Field Air Guard Base, 6225 M Street, Meridian  
Contact Rhonda Cason: 601-484-982  
Oct. 18, 8 a.m.-6 p.m.  
Location: Mitchell Distributing, 100 49th avenue, Meridian  
Contact: MDWF&P Central Region Office at 601-859-3421

**Newton County:**  
Aug. 23, 8 a.m.-6 p.m.  
Location: MSU Coastal Plains Experiment Station, 51 Coastal Plains Rd, Newton

Contact MDWF&P Central Region Office at 601-859-3421

Oct. 25, 8 a.m.-6 p.m.  
Location: MSU Coastal Plains Experiment Station, 51 Coastal Plains Rd, Newton  
Contact: MDWF&P Central Region Office at 601-859-3421

**Clarke County**  
Aug. 9, 8 a.m.-6 p.m.  
Location: Clarke County Extension Office, 101 Westwood Avenue, Quitman  
Contact: MDWF&P Central Region Office at 601-859-3421  
Nov. 29, 8 a.m.-6 p.m.  
Location: Clarke County Extension Office, 101 Westwood Avenue, Quitman  
Contact: MDWF&P Central Region Office at 601-859-3421

**Wayne County**  
Aug. 23, Oct. 25 and Dec. 6, 8 a.m.-6 p.m.  
Location: Wayne County Extension Office, 810-A Chickasawhay St, Waynesboro  
Contact: Lanette Crocker at 601-735-2243

**Noxubee County**  
Aug. 23, 8 a.m.-6 p.m.  
Location: Noxubee EMA Building, 16295 Highway 45, Macon  
Contact: MDWF&P Central Region Office at 601-859-3421

# MAKE YOUR FIRST MOVE WITH US!



We understand that buying a home is a big step. Let Navy Federal help you find your perfect home.

**We offer great options for first-time homebuyers.**

- > No money down options, including VA loans<sup>1</sup>
- > No mortgage insurance
- > \$200 Visa® Prepaid Loyalty Card<sup>2</sup> after closing
- > Get up to \$1,500 towards your closing costs<sup>3</sup>

**NAVY FEDERAL**  
Credit Union

ARMY  
MARINE CORPS  
NAVY  
AIR FORCE  
COAST GUARD  
DoD

**TAKE YOUR STEP TOWARDS HOMEOWNERSHIP.**

[navyfederal.org](http://navyfederal.org) 1.888.842.6328



Federally insured by NCUA. <sup>1</sup>100% financing loans include an additional funding fee, which may be financed up to the maximum loan amount. <sup>2</sup>Special offer available to first-time homebuyers only. Offer available for new applications on first mortgage purchase loans only. Certain product exclusions may apply. The Visa Prepaid Loyalty Card will be mailed to you within six weeks after your loan closes with Navy Federal. One offer per household. <sup>3</sup>Special offer available for all first mortgage purchase loans except HomePath®. Member cannot receive cash back from this offer. Certain restrictions may apply. Ask your loan officer for details. © 2014 Navy Federal NFCU13026 (7-14)





**Pfc. Jacklynn Wing**  
MATSS-1 Student  
Hometown: Marcellus, N.Y.

# OOORAH!

**Pvt. Mamadu Jalloh**  
MATSS-1 Student  
Hometown: Makeni, Sierra Leone, West Africa

Pfc. Jacklynn Wing joined the Marine Corps with several friends.

"I wanted to serve our country and challenge myself," said Wing who is currently a student in the Individual Asset Managers course at Marine Aviation Training Support Squadron One. "I have a lot of friends in the Marines. They changed so much since joining the Corps and I wanted a change in my life."

Wing, 18, would like to be stationed in North Carolina after graduation.

"I'm looking forward to traveling and meeting new people," she said.

The person she most admires is her father.

"I was adopted when I was 13 and my dad has always supported all my decisions. He is very interested in all that I have done so far in the Marine Corps and always reminds me how proud he is of me. My dad loves helping people whenever he can. He adopted me and two other kids, and has two kids of his own."



Pvt. Mamadu Jalloh is not your typical Marine.

Jalloh, 26, is a native of West Africa. He came to the United States with help from his older brother in 2013 and then decided to join the Marine Corps.

"The Marines have helped me become a citizen and be part of the strongest fighting force on the planet," he said. "I have the title of Marine and it can't be taken away because it was earned."

"The Marines have taught me skills that enable me to be a productive and employable civilian after my military career," Jalloh said.

The person he most admires is his father.

"He was able to house and feed a family of 27 people; meeting their basic needs until he passed away."

## Special duty pay restructure to take effect Oct. 1

By Cpl. Samuel Ellis  
Headquarters Marine Corps

Washington -- Most special duty assignment pay rates are scheduled to be revised to meet budgetary constraints beginning Oct. 1. Most Marines reporting to special duty assignments after the effective date will receive a lower rate than in previous years.

Special duty pay adjustments will affect Marines serving as recruiters, drill instructors, combat instructors and embassy security guards, among other billets; however, Marines who started serving in special duty assignments before Oct. 1 will be grandfathered and will not experience any pay changes.

Some special duty assignment pay allowances will increase after a 12-month introductory period. For example, after serving one year as a drill instructor a Marine's special duty pay will increase from Level 3, \$225 to Level 4, \$300.

According to 1st Lt. John Kraehling, compensation chief for the Marine Corps, the decision to restructure the pay program was not taken lightly.

"We spent significant time evaluating all relevant factors before making a final decision on the changes," Kraehling said. "As the Department of Defense and Marine Corps move into a more resource-constrained environment, we must fully evaluate each of our programs by weighing total costs and benefits of the current programs."

By making the adjustments, the Marine Corps will save an estimated \$35 million over the next five years. According to Kraehling, the Corps is doing its best to reduce the budget while trying to maintain the integrity of the program and attract future Marines to the special assignments.

"We've gone to great lengths to make sure none of the existing programs go away," Kraehling said. "Every billet and assignment that receives special duty pay will continue to."

Kraehling said only 4 percent of the Manpower Personnel pay account is discretionary. Most of the pay categories that make up the manpower account are mandated by law and are therefore non-discretionary. That leaves bonuses and special pays, such as special duty assignment pay, to make up the majority of the levied cost savings and reductions.

## CLB-7 redeploys, CLB-1 last Marine logistical combat unit to deploy in support of OEF

By Sgt. Jessica Ostroska  
Marine Expeditionary Brigade - Afghanistan

CAMP LEATHERNECK, Afghanistan -- Marines and sailors with Combat Logistics Battalion 7 handed over responsibilities as the logistics combat element for Regional Command (Southwest) to Combat Logistics Battalion 1 during a transfer of authority ceremony aboard Camp Leatherneck, Helmand province, Afghanistan, Aug. 1.

This was the third deployment to Afghanistan for the unit based in Marine Corps Air-Ground Combat Center Twenty-nine Palms, California, and the casing of CLB-7's colors signifies their Operation Enduring Freedom mission is now complete.

Combat Logistics Battalion 7's deployment to Afghanistan began during January 2014. Throughout their time deployed, the unit completed more than 20 combat logistics patrols and provided transportation support to 95 helicopter support team missions and 1,074 general support missions aboard the Camps Bastion and Leatherneck complex. They conducted 58 engineering missions and assisted in teaching warehousing operations and the reorganization of the Afghan National Army's 215th Corps Forward Supply Depot located on Camp Shorabak. Combat Logistics Battalion 7 also provided maintenance training and heavy equipment maintenance training courses to the Afghan National Army.

The Marines and sailors of the CLB-7 services companies completed 38 Warrior Express Service missions by distributing more than 3,636 tri-walls of mail, and providing over 172,000 meals to Forward Operating Bases Delaram II and Dwyer. The supply and maintenance Marines and sailors provided recovery support for 14 operations and seven immediate response team missions, and conducted 196 maintenance support team missions throughout RC(SW) area of operations. Medical Company treated 3,770 patients on Camp Leatherneck and FOB Dwyer, and provided environmental health site assessments to outlying forward operating bases within RC(SW).

Explosive Ordnance Disposal Company responded to 1,402 incident reports and destroyed materials totaling 15,125 pounds of net explosive weight. They also supported 239 route clearance missions and the support for 53 named operations. Combat Logistics Battalion 7 also supported numerous operations in support of RC(SW) to completely close or transfer four bases in northern Helmand Province, including the historic liftoff from Sangin district.

The CLB-7 Marines and sailors were responsible for maintaining more than \$231 million worth of equipment and closing out four coalition accounts in accordance with retrograde efforts. Of the coalition accounts, none of the gear was Marine Corps gear, and Marines had to learn and understand the process for accounting, requisitioning, retrograding and closing the accounts of theater provided equipment and coalition provided equipment. The gear combined from the accounts was worth more than \$23 million. The unit also facilitated the



Photo by Sgt. Jessica Ostroska

**Lt. Col. Joon H. Um, right, commanding officer, Combat Logistics Battalion 1, addresses guests during a transfer of authority ceremony on board Camp Leatherneck, Helmand province, Afghanistan, Aug. 1. Combat Logistics Battalion 1 replaced CLB-7 as the last unit to aid Regional Command (Southwest) with tactical-level logistical support and will close out another chapter in Marine Corps history as the last unit to serve as the logistics combat element for RC(SW).**

turn-in of more than 600 containers, totaling more than \$42 million, in just two days.

Combat Logistics Battalion 7 was very fortunate enough to not have lost any lives during their missions and operations during their time in Afghanistan.

"I think the Marines and sailors performed very well, and I am really proud of them," said Lt. Col. Sid R. Welch, commanding officer, CLB-7, and native of Bellville, Texas. "Our motto here has been 'Enable the March.' We tell the Marines to be professional, be polite, find a way to say yes, and a way to support a unit because that is how we win. They accomplished the mission, and they did it proficiently and safely."

The ceremony marks the start of CLB-1's third deployment to Afghanistan. The unit, based out of Marine Corps Base Camp Pendleton, California, is scheduled to be here to help close down Camps Bastion and Leatherneck. They will be the last unit to aid RC(SW) with tactical-level logistical support, and will close out another chapter in Marine Corps history as the last unit to serve as the LCE for RC(SW).

Combat Logistics Battalion 1 has a unique role and responsibility as the LCE for RC(SW). They are set up to maintain and sustain all units with ground and transportation support, explosive ordnance disposal, medical, disbursing and exchange services as well as postal, engineering, supply and maintenance services.

## Safety is Our Duty

### Tips: Home office and electronics

Many people work from home at least one day per week. Working from home saves energy and time by cutting out the commute, but it may increase your home energy bills unless you use energy-saving office equipment.

#### Home Office Tips

- Selecting energy-efficient office equipment and turning off machines when they are not in use can result in significant energy savings.
- ENERGY STAR-labeled computers use 30%-65% less energy than computers without this designation, depending on usage.
- Spending a large portion of time in low-power mode not only saves energy but helps equipment run cooler and last longer.
- Putting your laptop AC adapter on a power strip that can be turned off (or will turn off automatically) can maximize savings; the transformer in the AC adapter draws power continuously, even when the laptop is not plugged into the adapter.
- Using the power management settings on computers and monitors can cause significant savings.
- It is a common misperception that screen savers reduce a monitor's energy use. Use automatic switching to sleep mode or simply turn it off.
- Another misperception, carried

over from the days of older mainframe computers, is that equipment lasts longer if it is never turned off.

#### Long-Term Savings Tip

Consider buying a laptop for your next computer upgrade; laptops use much less energy than desktop computers.

#### Home Electronics Tips

- Look for energy-saving ENERGY STAR home electronics.
- Unplug appliances, or use a power strip and use the switch on the power strip to cut all power to the appliance, to avoid "vampire" loads. Many appliances continue to draw a small amount of power when they are switched off. These vampire loads occur in most appliances that use electricity, such as DVD players, TVs, stereos, computers, and kitchen appliances. Unplug battery chargers when the batteries are fully charged or the chargers are not in use.
- Use rechargeable batteries for products like cordless phones and digital cameras. Studies have shown they are more cost effective than disposable batteries. If you must use disposables, check with your trash removal company about safe disposal options.

From <http://energy.gov/energysaver/articles/tips-home-office-and-electronics>

### Electrical Safety Diminish Puzzle

A diminish puzzle is similar to a word search but better! There are almost no clues, and you can find words in any direction. Just draw a line connecting the letters in the words in any direction. One has been completed for you. Here are some electrical safety words you can find in the puzzle.



R	R	U	M	I	E	T	A	R	I
T	E	C	A	Q	U	A	R	E	W
N	T	V	H	A	Z	L	D	D	K
A	E	L	V	C	N	U	T	C	E
P	L	N	P	G	O	R	H	L	E
R	D	T	U	O	E	T	L	I	E
O	N	C	K	E	F	D	M	N	E
G	T	H	R	P	U	N	N	G	R
R	T	E	A	S	O	R	O	R	I
E	A	L	O	T	G	U	Y	F	P





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

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

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



## McCain Rec Center

### Bowling Specials

**Sunday-** Family Special: 11am-close, \$2.00 games including shoes

**Monday-** NTTC/MATSS-1 Student Special: 5pm-close, \$2.00 games including shoes

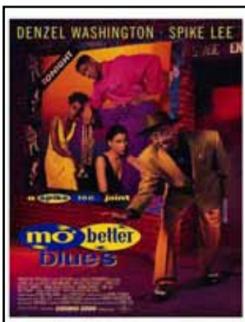
**Wednesday-** RCTA Visiting Police Special: 5pm-close, \$2.50 games including shoes

**Saturday-** Cosmic Colored Head Pin Bowling Special: 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 1 per game up to 3 free games. Staff must be aware of shot before bowled.

August 21@ 1700, **Organizational Meeting** for Mixed League to start the 1st week of Sept.

## Coming Attractions

To McCain Rec Center



August 7 • 6pm  
Rated R



August 9 • 1pm  
Rated PG13



August 12 • 6pm  
Rated PG13



August 13 • 6pm  
Rated PG13

"The Heat"  
August 14 • 6pm  
Rated R

"God's Not Dead"  
August 14 • 6pm  
Rated PG

**Dive-In Movie**  
August 22  
All Hands Pool at 1900, movie starts at dark.

Free Pizza and Drinks, while supplies last!

**Parent's Night Out**  
August 15, 2014  
At CDC & SAC  
1800-2200

Call (601) 679-2652 for info.

**End of Summer Party**  
August 29, 2014  
1700 until  
Live music and free food!  
For more info call (601) 679-2636.

You are invited to the End of Summer Party at Rudders!

**Story Time for Preschoolers**  
Wednesday at 1000 at the Andrew Triplett Library.  
For more info call (601) 679-2326.

**Baked Potato Bar**  
August 14  
\$4.25 per person, drink not included.

**TACO SALAD THURSDAY**  
AUGUST 7 & 21  
AT P&L Cafe  
\$5.50 per salad, drink not included.

**ITT INFORMATION TICKETS & TRAVEL**  
Located in McCain Rec Center. For info call 679-3773.

**Six Flags**  
Six Flags Over Georgia & White Water  
Six Flags One Day Admission: \$39  
Six Flags White Water: \$35.75  
Seasonal Passes: \$65

**New Summer Hours: 0900-1700 M-F!**

**Weekly Events**

**Monday**  
Reggae & Latin Hits Night  
\$1 off select Budweiser bottled beer

**Tuesday**  
Today's Hits Night  
\$1 off premium shots

**Wednesday**  
Country Night  
\$1 off select Miller Bottled Beer

**Thursday**  
Classic Rock Night  
\$1 off Long Island Tea and Margaritas

August 15: DJ Leflore

**DJ Leflore Live at Rudders!**  
Friday, August 15

**Andrew Triplett Library**

Hours Of Operation  
Tues.-Fri.: 1000-1800  
Saturday: 1000-1600

**Some Services Offered:**

- Bestsellers
- Audio Books
- Magazines
- Daily Newspapers
- Navy Reading List
- TV/Lounge Area
- Eight Computers with CAC readers - (Free access)
- Copy/Fax/Scanner Service (Free)
- Over 500 DVDs
- Gaming Consoles and Games (Free rental)
- Conference Room

For more info call (601) 679-2326.

**Spots Available**  
The SAC Center still has spots available for Summer Camp. Call (601) 679-2652 for info.

**Child and Youth Programs**  
The Child Development Center has openings for infant-preschool. For more info call (601) 679-2652.

**Ponta Creek Golf Course Renovation Special**  
Play 18 holes with a cart for \$20/person daily. To schedule a tee time call (601) 679-2526.

**The Outpost**  
601-679-2609  
Monday-Friday: 9:30am-6pm  
Saturday: 10am-3pm  
**Now Open On Wednesday!**  
For more info call (601) 679-2609.

Did you know the Outpost has bikes for rental for riding on the bike trails at NAS Meridian?

**Geysers Falls Water Park**  
Single Day Admission: \$24



# Sports

## Self-Defense Class

**Days:** Mondays  
**Times:** 1700-1830  
**Location:** Fitness Center Multi-Use Room  
**Cost:** \$15/Class OR \$40/Month  
(payable at Front Desk of Fitness Center)

### 2014 Captain's Cup Standings

	N A S	N T C	M A T S S	V T 7	V T 9	C T W 1	N B H C
Basketball	98	115	80	0	0	0	0
Bowling	82.5	0	82.5	0	0	0	0
Racquetball	25	0	0	12.5	30	14	0
Softball	110	94	62	104	0	0	70
3v3 Volleyball	37.5	45	0	0	37.5	0	0
Tennis	0	30	0	0	30	0	0
7v7 Soccer	0	0	0	0	0	0	0
3v3 St. Basketball	0	0	0	0	0	0	0
Golf	0	0	0	0	0	0	0
Flag Football	0	0	0	0	0	0	0
5v5 Volleyball	0	0	0	0	0	0	0
Horseshoes	0	0	0	0	0	0	0
<b>Total</b>	<b>353</b>	<b>284</b>	<b>224.5</b>	<b>116.5</b>	<b>97.5</b>	<b>14</b>	<b>70</b>

\*Standings as of July 23, 2014.

### 2014 Captain's Cup 7v7 Soccer Schedule

TEAMS	Date	1900	1915	BYR
Air Ops 1	14 July	Air Ops 1 v Air Ops 2	NTTC v NBHC	VT-7
Air Ops 2	17 July	VT-7 v NBHC	Air Ops 1 v NTTC	Air Ops 2
NTTC	21 July	Air Ops 1 v VT-7	Air Ops 2 v NTTC	NBHC
VT-7	24 July	Air Ops 1 v NBHC	Air Ops 1 v VT-7	NTTC
NBHC	28 July	Air Ops 2 v NBHC	NTTC v VT-7	Air Ops 1
	31 July	NTTC v NBHC	Air Ops 1 v Air Ops 2	VT-7
	4 August	Air Ops 1 v NTTC	VT-7 v NBHC	Air Ops 2
	7 August	Air Ops 2 v NTTC	Air Ops 1 v VT-7	NBHC
	11 August	Air Ops 2 v VT-7	Air Ops 1 v NBHC	NTTC
	14 August	NTTC v VT-7	Air Ops 2 v NBHC	Air Ops 1
	18 August	Air Ops 1 v Air Ops 2	NTTC v NBHC	VT-7
	21 August	VT-7 v NBHC	Air Ops 1 v NTTC	Air Ops 2
	25 August	Air Ops 1 v VT-7	Air Ops 2 v NTTC	NBHC
	28 August	Air Ops 1 v NBHC	Air Ops 2 v VT-7	NTTC
	1 September	No Games - Labor Day		
	4 September	Air Ops 2 v NBHC	NTTC v VT-7	Air Ops 1
	8 September	Regular Season Makeup		
	11 September	Regular Season Makeup		
	15 September	Game #1 Seed 1 v Seed 4	Game #2 Seed 3 v Seed 1	
	18 September	Game #3 #1(w) v Seed 1	#1 Place Game #2(L) v #3(L)	Championship Game #1(L) v #3(L)
	22 September	EOS Tourney		
	25 September	EOS Tourney		

### 2014 Captain's Cup Golf Schedule

All Rounds will be played on Tuesdays at 1630 unless otherwise specified. Cancellations will occur for inclement weather/course conditions and will generally be sent via email 8ET 1:00P the day of the event. Makeups are for course cancellations only, and will occur the Thursday of the same week, or if cancelled on Tuesday and Thursday, will occur on the following Monday.

League POCs for questions/concerns:  
 - Bryan Haight, Golf Course Manager, 679-2526, bryan.haight@navy.mil  
 - Jonathan Cole, Director of Fitness, 679-3751, jonathan.cole@navy.mil

- Tuesday 15 July
- Tuesday 22 July
- Tuesday 29 July
- Tuesday 5 August
- Tuesday 12 August
- Tuesday 19 August
- Tuesday 26 August
- Tuesday 2 September
- Tuesday 9 September
- Tuesday 16 September
- Tuesday 23 September
- Tuesday 30 September

Stop by the Front Desk of the Fitness Center for more information and to register! 601-679-2379 [www.mwrfitness.com](http://www.mwrfitness.com)

Several 3 week courses to choose from beginning 23 June!

Cost: Ranges from \$525-\$930  
Depending on Package.

## The Sonny Montgomery Fitness Center Now Offers Scuba Classes!

For more info call (601) 679-2379!

### 2014 Captain's Cup 3v3 Street Basketball

Season Schedule - All games played on Tuesdays unless otherwise specified

Date	1900 Court 1	1900 Court 2	1930 Court 1	1930 Court 2	2000 Court 1	2000 Court 2
15 July	Air Ops 2 v Field Support 1	Field Support 1 v Field Support 2	NTTC B-Hallers v Air Ops 2	NTTC Guesi v Air Ops 1	NTTC Guesi v NTTC B-Hallers	Air Ops 1 v Field Support 2
22 July	NTTC B-Hallers v Air Ops 1	Air Ops 1 v Field Support 1	Air Ops 2 v Field Support 1	Field Support 1 v Field Support 2	NTTC Guesi v Air Ops 2	NTTC B-Hallers v Field Support 2
29 July	NTTC Guesi v Field Support 2	NTTC B-Hallers v Field Support 1	Air Ops 1 v Field Support 2	Air Ops 2 v Field Support 1	Air Ops 1 v Field Support 2	NTTC Guesi v NTTC B-Hallers
5 August	NTTC Guesi v Air Ops 1	Air Ops 2 v Air Ops 1	Field Support 1 v Field Support 2	NTTC Guesi v Air Ops 2	NTTC B-Hallers v Field Support 1	Air Ops 1 v Field Support 2
12 August	Air Ops 2 v Field Support 1	Field Support 1 v Field Support 2	NTTC B-Hallers v Air Ops 2	NTTC Guesi v Field Support 2	NTTC Guesi v Air Ops 1	Air Ops 1 v Field Support 2
19 August	Air Ops 2 v Field Support 1	Field Support 1 v Field Support 2	NTTC B-Hallers v Air Ops 2	NTTC Guesi v Air Ops 1	NTTC Guesi v NTTC B-Hallers	Air Ops 1 v Field Support 2
26 August	NTTC B-Hallers v Air Ops 1	Air Ops 1 v Field Support 1	Air Ops 2 v Field Support 2	NTTC Guesi v Field Support 1	NTTC Guesi v Air Ops 2	NTTC B-Hallers v Field Support 2
2 September	NTTC Guesi v Field Support 2	NTTC B-Hallers v Field Support 1	Air Ops 1 v Field Support 2	Air Ops 2 v Field Support 1	Air Ops 1 v Air Ops 2	NTTC Guesi v NTTC B-Hallers
9 September	NTTC Guesi v Air Ops 1	NTTC B-Hallers v Air Ops 2	Field Support 1 v Field Support 2	N/A	N/A	N/A
16 September	Game #1 Seeds 4 v 5	Game #2 Seeds 3 v 6	Game #3 Seed 1 v #1(W)	Game #4 Seed 2 v #2(W)	Game #5 #2(L) v #3(L)	Game #6 #3(L) v #4(L)
23 September	Game #7 #3(W) v #4(W)	Game #8 #5(W) v #6(W)	Game #9 #7(L) v #8(W)	N/A	Game #10 #7(W) v #9(W)	Game #11 #9(L) v #10(L)

\*Must Play Twice if #7(W) wins

● **Winging**  
 carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) July 11. Harris completed Advanced Jet Flight Training with Training Squadron Nine.

Lt. j.g. Darian Khosrowshahi, USN, joined the Navy as a seaman recruit in July 2003. After two years of sonar and advanced electronics training, he served on the USS Thach, a frigate based in San Diego, Calif. He completed four years of sea duty including two deployments to the Northern Arabian Gulf and the South Pacific in support of counter-narcotic operations. He achieved the rank of petty officer first class and was selected to commission through the Seaman-to-Admiral program. During

Advanced Jet Flight Training he earned one Navy "E" for bombing accuracy. He carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) on July 12. Khosrowshahi completed Advanced Jet Flight Training with Training Squadron Nine.

Lt. j.g. Charles Klotz, USN, who earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) on July 11. Klotz completed Advanced Jet Flight Training with Training Squadron Seven.

Ensign Zachary Mindel, USN, who was named to the Commodore's List during Primary Flight Training and earned three Navy "E's" for bombing accu-

racy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) on July 11, when he was named VT-7's "Top Hook" for that carrier qualification evolution. Mindel completed Advanced Jet Flight Training with Training Squadron Seven.

Lt. j.g. Robert Pritchett IV, USN, who was named to the Commodore's List during Primary Flight Training and earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) on July 11. Pritchett completed Advanced Jet Flight Training with Training Squadron Seven.

Ensign Griffin Stangel, USN, who was named to the Commodore's List during Primary Flight Training and earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) on July 11. Stangel completed Advanced Jet Flight Training with Training Squadron Seven.

## Military families meet Navy SEAL astronaut

By MC2 Timothy M. Black  
 Naval Special Warfare Public Affairs

SAN DIEGO (NNS) -- A Navy SEAL who is also a NASA astronaut met with military families at a multimedia mobile exhibit called "Driven to Explore," July 14.

Capt. Chris Cassidy of York, Maine, the second SEAL launched into space, met with local military children at Murphy Canyon Chapel in San Diego. Cassidy talked with Sailors and their families about his experience aboard the International Space Station (ISS).

Cassidy participated in two space missions to the ISS, and has spent a total of about six months in space.

After graduating from the U.S. Naval Academy with a Bachelor of Science in mathematics in 1993, Cassidy completed Basic Underwater Demolition/SEAL training in Coronado, Calif., and was the honor graduate of BUD/S Class 192. Cassidy spent more than 10 years with the SEAL Teams. He was a platoon commander at SEAL Team 3 in Coronado, and deployed to Afghanistan several times. Cassidy was awarded two Bronze Stars with Combat "V" and a Presidential Unit Citation for missions with the Army's 10th Mountain Division on the Afghanistan-Pakistan border.

At the Murphy Canyon Chapel, Cassidy led physical exercises with children who came to meet him during the "Train like an Astronaut" event, signed autographs and took group photos before talking about his experience in space.

When asked about going to the moon, he said he would love the opportunity, and to test the Orion spacecraft there before they



Photo by MC2 Timothy M. Black  
**Astronaut and Navy SEAL Capt. Christopher J. Cassidy poses with children at Murphy Canyon Chapel during a Driven to Explore mobile multimedia exhibit.**

take it to Mars or an asteroid. Cassidy is still on active duty status in the Navy while assigned to NASA, and reflected on the opportunities the military has afforded him.

"One of the main reasons I am able to go to space is because of the Navy," he said. "I feel strongly that I wouldn't have been selected if it wasn't for all my experience gained while I was in the Navy. In the final week of SEAL training, if you start at the beginning thinking about the end of the week, you are never going to make it."

● **SEAL, page 8**

### Antioch Missionary Baptist Church

10638 Antioch Rd • Daleville, MS 39326  
**APOSTLE CLEVELAND HAYES, SR., PASTOR**  
 Call if you need transportation 601-681-8500  
[www.amb-church.net](http://www.amb-church.net)

**Aug 10 - Mission Worship Service - 2 pm**  
**Aug 23 - Family Health Fair - 8 am - 12 pm**  
**Aug 30 - Single, Married & Single Again Ministry - 5 pm**  
**Aug 29 - Fellowship Evening Worship Service - 6 pm**

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.

# Sale... Or

**BOATS/CAMPERS/TRAILERS**  
**1996 Ragin Cajun Bass Boat**, 200hp Mariner, Loran depth finder and a GPS/depth finder duel livewells mortar guide trolling motor. Runs great and fast. \$4,500. Seats are in good condition. Call Clint at 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 Please. Will e-mail pictures, full information or set appointment to see RV upon request. Call 601-479-6145.

**HOUSEHOLD ITEMS**  
**NEW ITEM! Longaberger baskets (signed), Longaberger mugs, Longaberger star-shaped dishes.** All in excellent condition. Contact Kelly for photos and prices at 240-695-3797.  
**Tan microfibre Ashley sectional sofa**, \$450 OBO; **Modern black oval coffee table** (very unique), \$150; **Black side table**, \$25. Call Kim Benson at 785-643-1367 or email: benson.kimberly@gmail.com.

**Brown wood grain couch**, \$100. **Beige wingback chairs**. Set of two, \$80; **Large Zildjian scimitar 20" Ride CYMBAL**, (hardly used), \$50. Call 601-696-7067, leave message.  
**Samsung 50" DLP HDTV**, full 1080p, excellent condition, \$350 OBO. More information at <http://tinyurl.com/msgb2ch>. Call 601-604-1976.  
**Solid built Sherrill sectional**, muted green tweed, size 10' x 7'. Asking \$500. Call 601-626-7703.  
**Dark beige couch, chair and a half, and chase 3-piece set.** All have plush upholstery and all recline, very relaxing and comfortable. From Woodstock Furniture in Meridian. Call 270-556-1135 or email: sweetsp\_page@yahoo.com. Asking \$800.  
**MOTORCYCLES/GEAR/ATV**  
**2005 Harley Davidson Road King Custom FLHRS**, Twin Cam 88 CI engine, 70+ Horsepower, 1450 CC, Stage 1 Kit, Screaming Eagle Tail Pipes, Battery Charger, Bike Stand. BEAUTIFUL machine with ONLY 15,096 miles! VERY well main-

tained and priced for quick sale at \$13,500. Call 601-737-8175.  
**2005 Harley Davidson Softail Deluxe .88 ci.** Mileage 5500. Original owner. Bike stored indoors. Cobalt blue and white. Comes with all HD accessories; windshield, highway bars with pegs, hard leather saddle bags. Custom Corbin seat with back rest (original seat included). Exceptional condition. Photos available upon request. Asking \$10,000. Call 334-341-1670 or email: rduke46@yahoo.com  
**AUTOMOBILES, ETC.**  
**NEW ITEM! 2009 Chevy Traverse LS**, very good condition, 117,000 miles, 4 years/70K miles remaining on extended warranty. Asking \$9950. Call 601-616-0947.  
**2012 GMC Acadia SLT-1 FWD**, Summit white with tan leather interior. 29k miles, satellite radio, Onstar Navigation, premium sound package. \$31,000 OBO. Call evenings at 601-692-3730.  
**2009 Ford Flex V6**, 87K miles, Maroon color, Great condition. Asking \$13,500. Call 601-

604-9180/9549.  
**HOMES/APARTMENTS**  
**For Rent:** Beautiful brick 3 BR/2 BA home, 1800 sq. ft., large kitchen, laundry/mud room, W/D, fireplace, skylights, large covered back patio, double car garage, large storage building in back of property, 3 acres close to Okatibbee Lake. House sits at the end of cul-de-sac, great for children in well maintained neighborhood. Location: 8380 Oak Ridge Estates, Meridian. \$1400 per month plus utilities. Call Jack or Cathy at (228) 872-4916.  
**For Sale:** 2 BR/1 BA brick home near Meridian Community College. Large deck, storage, sm. shop. Decent neighborhood, convenient to 19N. Asking \$52,500. Call 601-696-7067, leave message.  
**For Rent:** Lovely 3 BR/ 2.5 BA house on lake at Dalewood. Two living rooms, large kitchen and decks. Two office/studies. 15 mins from base. \$1500 per month. Call 601-678-3458 for apt.  
**For Lease:** Home at 2009

24th Street, 3 BR/2 BA, dressing room, large porch and backyard, finished basement with kitchenette. Poplar Springs and Northwest School District. Walking distance to Meridian High School, 2508 sq ft. \$650/month. Call 601-527-4563.  
**MISCELLANEOUS**  
**NEW ITEM! 2005 Seadoo GTX & 2004 Honda Aquatrax Turbo.** Both skis run very well and have no problems. Flushed out after every ride and both have clean engines with no corrosion. Garage kept with dual painted black steel trailer with LED light and accessory box mounted on front. Honda 2 seater has 240 hrs with turbo, does 60+mph. Honda has brand new footpads and bumper rails. Seadoo does 56 mph with 80 hrs, also has ladder on back and tow bar to pull skiers. Seadoo has 2 keys for experts and beginners. Asking 9,950 OBO. Call/txt Mike at 850-797-9462.  
**Olé Man climbing tree stand.** \$75. Call (601) 678-1051.

**Matching pair of Red/White/Black 2008 Seadoo jet skis**, bought new in 2009. Just serviced, in great condition, less than 70 hours on the engine! Run strong at 60mph! Tandem trailer included, asking \$10,000 OBO. \$300/yr to insure in MS. Okatibbee awaits! Call 951-265-0204 or see brochure at the chapel.  
**Baby walker, swing, bouncing and boy clothes** ranging from size 3-9 months. All in great condition. Call Keyoshia at (904) 534-1551.  
**Tama Drum Set**, \$600 or Best Offer. Call 601-604-9180.  
**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.

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



# Former Naval Academy superintendent leaves leadership legacy

By Jessica Clark  
USS Naval Academy Public Affairs

ANNAPOLIS, Md. (NNS) -- Two-time U.S. Naval Academy Superintendent Adm. Charles R. Larson was laid to rest in the Academy cemetery July 30 after funeral services held in the Naval Academy Chapel.

Larson served as superintendent from 1983-1986 and 1994-1998. His vision led to the foundation of what is now the Admiral James B. Stockdale Center for Ethical Leadership and refocused the Naval Academy curriculum on ethical leadership.

Larson wanted the Naval Academy to be "an ethical beacon for the nation," said

retired Marine Col. Arthur Athens, director of the Stockdale Center. "The center was an important component of that."

Larson established the academy's Character Development Division to provide character and honor instruction to the Brigade of Midshipmen and was instrumental in the development and construction of Alumni Hall.

He also established the master's degree program for incoming company officers and the senior enlisted leader program that brings non-commissioned officers into Bancroft Hall to work hand-in-hand with company officers and midshipmen.

"He touched all of those

different areas to make sure that this was a fantastic place focused on leadership," said Athens.

Retired Capt. Hank Sanford served under Larson during both his Naval Academy tours, first as his flag secretary and later as his executive assistant, and ultimately became a close friend.

"He spent the better part of his career - active duty and retired - supporting this institution," said Sanford. "He is a part of the fabric of the Naval Academy."

Sanford was one of three who delivered eulogies during Larson's funeral service. He listed among Larson's accomplishments his impact on the brigade and countless gradu-

ates and his emphasis on leadership and ethics.

"His brand was excellence without arrogance," said Sanford.

A native of Sioux Falls, S.D., Larson graduated from the Naval Academy in 1958, a class that included Senator John S. McCain. His 40-year career included service as an aviator and submarine officer and command of the U.S. Pacific Fleet. He was the first naval officer selected as a White House Fellow, serving as special assistant to the Secretary of the Interior in 1968. He also served as naval aide to President Richard Nixon.

In 1979, at the age of 43, Larson became the second-youngest admiral in U.S. Navy

history. He retired in 1998.

His major military decorations included the Defense Distinguished Service Medal, seven awards of the Navy Distinguished Service Medal, three awards of the Legion of Merit and the Bronze Star Medal. In addition, he received decorations from the governments of Japan, Korea, Thailand and France.

Larson died of pneumonia July 26 after a two-year battle with leukemia. He was 77.

"Admiral Larson's death is a great loss for the Navy family and the U.S. Naval Academy," said Naval Academy Superintendent Vice Adm. Ted Carter. He was a great man who served his nation with distinction, honor and dignity."

## Gain an Edge: Prepare now for advancement exam

By MC3 Christopher Marshall  
Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) -- Sailors looking to make the most of their career should prepare now for the September advancement exams, according to detailers here.

Exams take place in March and September for Sailors aspiring to achieve the ranks of petty officer third class through petty officer first class. The chief petty officer exam occurs every year in January. The number of Sailors who advance to the next rank fluctuates every cycle; it also varies between the different rates.

"In preparation for your exam and after determining eligibility, you should print out the most current bibliography from your rate and read over it in its entirety," said Hospital Corpsman First Class (SW/

AW/FMF) Jerry R. Horton, an HM detailer at Navy Personnel Command. "The bib tells you what you need to study."

Sailors should start preparing for the exam by navigating to the "Career Management" tab on Navy Knowledge Online (NKO) and clicking "Navy Advancement Center." Each rating's bibliographies can be found there and provide the list of information required to study for the exam.

Once Sailors know what resources and study materials are available to them, they can begin using websites such as Navy Personnel Command (NPC) ([www.npc.navy.mil](http://www.npc.navy.mil)), the Navy Advancement site ([www.navyadvancement.com](http://www.navyadvancement.com)), the Navy-wide Advancement Exam Prep ([www.navybmr.com](http://www.navybmr.com)) and Google to find the documents listed on the bibs. If all else fails, they can turn to lead or assistant lead petty officer for help.

## 'Hollywood to the Navy' program shows entertainment industry why platforms matter

By MC1 Joshua Nistas  
Navy Office of Information West

SAN DIEGO (NNS) -- Entertainment industry professionals toured Navy commands, July 24-27, as part of the Navy Office of Information West's (NAVINFO West) 'Hollywood to the Navy' (HTTN) program.

Hollywood to the Navy works to familiarize entertainment industry professionals with the Navy's assets, capabilities and highly-trained personnel.

Tours included the Space and Naval Warfare Systems Center Pacific (SSC Pacific), Helicopter Sea Combat Squadron Three, the guided-missile destroyer USS John Paul Jones (DDG 53), and the Los Angeles-class attack submarine USS Hampton (SSN 767).

Aditya Sood, president of Genre Films, said he was very interested in the robotics and communications displayed at SSC Pacific; the Navy's premier research, development, test, and evaluation laboratory for communications, intelligence, surveillance, and reconnaissance systems.

"From my perspective as a film producer, I'm always interested in what cutting edge ideas we can hopefully integrate into the movies that we are making," said Sood. "There is actually so much value in showing people things they don't know and haven't seen before. That is entertaining in itself."

Sood was particularly intrigued by one of SSC Pacific's methods of radio communication that uses fountaining water as an antenna to receive music through a receiver.

For Jason Brown, executive vice president at the Sean Daniel Company, tours of John Paul Jones and Hampton assisted his vision for an upcoming, futuristic television project.

"To be authentic to the way our Navy works, which will be the Navy in the future, and to get the authenticity of that and the experience of what it's like to live in confined spaces...and how people operate in them, it's enormously helpful," said Brown.

For more information about HTTN programs and NAVINFO West's role in Hollywood, visit [www.facebook.com/NAVINFOWEST](http://www.facebook.com/NAVINFOWEST).

## Navy News Briefs

### SECNAV Visits USS Independence

PACIFIC OCEAN (NNS) -- Secretary of the Navy (SECNAV) Ray Mabus visited Sailors aboard USS Independence (LCS 2) July 24 as the ship participated in the 2014 Rim of the Pacific (RIMPAC) exercise off the coast of Hawaii.

During RIMPAC, the largest international maritime exercise in the world, Independence, the second littoral combat ship to be commissioned, has been conducting exercises including gunfire exercises, tactical maneuvering, search and seizure boarding, and multi-ship air defense, anti-submarine and surface warfare exercises.

For their participation in RIMPAC, the ship shifted to its Surface Warfare (SUW) mission module, a change that exhibited one of the primary strengths of LCS.

"LCS gives you two things we don't have in the fleet," said Mabus, "modularity and very high speed. Independence is a great example of that."

"They were told they were coming to RIMPAC and they put on the surface warfare module and came out here. They did not need to be refueled at sea and got here (to Hawaii from San Diego) with 30-percent of their fuel still in the tank."

From Secretary of the Navy Public Affairs

### USNS Richard E. Byrd rescues nine individuals in Gulf of Oman

MANAMA, Bahrain (NNS) -- USNS Richard E. Byrd (T-AKE 4), a Lewis and Clark-class dry cargo ship, rescued nine crew members from a Yemeni-flagged cargo vessel that had lost power, was taking on water and was adrift in the Gulf of Oman, July 28, at approximately 9 a.m.

The crew from Asaad requested assistance and Byrd was the first ship on scene. Asaad crewmembers departed their vessel via the ship's own lifeboat and maneuvered to Byrd, where they were safely recovered.

There are no reports of casualties or injuries to personnel. The Yemeni sailors are being further evaluated by Byrd's medical team. The Navy will coordinate the sailors' transfer ashore.

Richard E. Byrd is currently on a scheduled deployment to the U.S. 5th Fleet area of responsibility conducting maritime security operations and theater security cooperation efforts.

From U.S. Naval Forces Central Command Public Affairs

### Historic merchant vessel visits USS Constitution, Charlestown Navy Yard

CHARLESTOWN, Mass. (NNS) -- The Charles W. Morgan, an 18th century commercial vessel, departed Charlestown Navy Yard July 23 after a week-long visit to Boston, one of the ship's port stops along her voyage up the eastern seaboard.

The Morgan sailed to Boston during her 38th voyage to not only share with the public the ship's rich history, but to also share her history with USS Constitution, as the two historic ships moored along the same pier in Charlestown Navy Yard for the week.

This visit marked the first time that Constitution, the world's oldest commissioned warship afloat, and the Charles W. Morgan, America's oldest and last sailing wooden whaling ship, have ever 'met'.

When the Morgan was launched in 1841 to join a whaling fleet of nearly 2,700 ships, Constitution was already in her 44th year of active naval service - working to defend the global trading lanes utilized by vessels like the Morgan. Together, both Constitution and the Morgan have a combined 390 years of American naval heritage and history under their respective keels.

"It's quite an honor to have a ship that represented America's economic growth moored up next to the type of ship that protected it," said Kip Files, captain of the Charles W. Morgan.

By MC2 Jeff Atherton, Navy Public Affairs Support Element, East

By Seaman Matthew Fairchild, USS Constitution Public Affairs



## New first aid app for smart phones

The American Red Cross recently launched its official first aid app, putting free and simple lifesaving information right in the hands of smart phone users.

This app is the first in a series to be created by the American Red Cross, the nation's leader in first aid and emergency preparedness information. It's also the only first aid app created or endorsed by the American Red Cross for use on both the Android and iPhone platforms.

It gives instant access to information on how to handle the most common first aid situations, and includes videos and interactive quizzes. Users who take quizzes can earn badges they can share with friends through social media to show off their lifesaving knowledge.

App features include:

### • Greenert

those entities that remain hard to define but if you don't get it right you'll have big problems.

In addition to the traditional functions of the Chaplain Corps within the Navy assisting with readiness, they have stepped up to assist in more recent challenges.

Greenert cited their immediate actions in the wake of the Navy Yard shooting last September

where 30 religious ministry teams came to the aid of those affected by the tragedy. The Chaplain Corps were also thoughtful and organized during the rollout of the Don't Ask Don't Tell repeal.

No matter the challenge, Chaplains and spirituality are, "what we need to get us through, something to hold onto when things are hard, someone they can turn to with confidence with no

agenda," said Greenert.

"Thank you all for answering the call to serve," said Greenert. "The Navy has valued the Chaplain Corps contributions since 1775, and will continue to do so."

Greenert on Friday will attend the Chief of Chaplain's Change of Command and Retirement Ceremony of Rear Adm. Mark Tidd at the Navy Yard.

From CNO Public Affairs

### • SEAL

The key to surviving is dividing the week into smaller intervals - meal to meal. You go from breakfast to lunch, and then lunch to dinner. Perseverance and hard work is rewarded with some kind of opportunity."

Approximately 180 parents and children showed up to the event, exploring the mobile exhibit, where they were able to touch a moon rock, put on astronaut gloves and helmets, and feel the vibrations of a shuttle launch.

"I want to be an astronaut and see all the stars and planets," said one 8-year-old. "It was fun, and I loved it, and someday I want to fly a spaceship." Cassidy is hopeful that he is a small part of inspiring the kids he talked to today to be the astronauts leading a mission to Mars or beyond in the future.

"I love it! I feel extremely privileged that I am able to positively influence kids," said Cassidy. "Occasionally I get to go to space and still be on active duty in the Navy."





# IT'S YOUR TURN...

On July 30, a team of volunteers from NAS Meridian attended Meridian Day at the Neshoba County Fair to serve Navy Bean Soup and promote the naval air station. We asked these volunteers, "What was the best part of the day for you?"

By Penny Randall



**Lt. j.g. Sam Dulaney**  
Training Squadron 9

"Seeing all these cute kids and taking photos with them was great. I'm proud to represent Meridian and the Navy."



**Cmdr. Robert Stockton**  
NTTC CO

"This was a great chance to interact with folks in the community."



**Tim Jewell**  
Public Works

"I've enjoyed coming since 2001 when I was the command master chief. I love dipping the soup and promoting the base."



**Kim Amis**  
Training Air Wing One

"I had a great time visiting with everyone and promoting what we do at Training Air Wing One."



**1st Lt. J.A. Ashley**  
Training Squadron 9

"I enjoyed meeting all the kids and taking photos with them. Everyone was so friendly to us."

## Fleet & Family Support Center

### How to help your child succeed at school

By **Allyson Cagle, LCSW**  
FFSC Clinical Counselor NAS Meridian

School success takes work on everyone's part -- parents, teachers and children. No matter what your job or educational background might be, there are things every parent can do. Here are four ways you can help your children be successful in school:

#### Be actively involved in your children's education

Find out about the school and become familiar with their schedules. Know the names of teachers and ask about what is going on in the classroom.

Then you can ask specific questions, such as about field trips, going to the library or music, etc.

Talk about school every day. Try to ask questions that require more than one-word responses, like yes/no/okay, etc. Instead of asking what grades they got on a certain test, ask "what did you think of the test today?" Instead of asking how school was today, you might try asking them to tell you about the class, what is being studied, what is fun in school, what is interesting, the favorite class, etc.

#### Support your children's curiosity, intelligence and hard work

Praise their efforts and accomplishments. Display artwork and papers and report cards. Read often to your children and encourage them to read. They are never too young to listen while you read aloud. The better a child reads, the better prepared he is to take on harder schoolwork as he moves up in grades. Be interested in the questions your children ask you.

Help them find answers by looking in books or by figuring it out. Go to the public library. Plan family outings to zoos, museums, historical places and parks. A lot of those places don't take a lot of money. Get help in finding some of those local places if you're not sure yourself about what is available in the nearby community. Don't assume there is nothing to do. Limit the amount of television being watched. The American Academy of Pediatrics recommends that parents limit their children's TV watching to one to two hours of good shows a day. Also, they recommend taking advantage of programs offered on videos; you can often borrow these from the base library or public library at no charge.

Show an interest in learning yourself; remember that children role model and learn from watching their parents. Talk to them about what they are

studying in school. Research has shown that children who participate in mealtime or family conversations with parents are more likely to be successful in talking with teachers and other adults. Have high expectations for your children. Everyone can be successful in school; give that message to your children again and again.

#### Help your children get organized

Write down important school dates on a calendar in the kitchen/on the refrigerator; include exam weeks, conference dates, holidays, and other school-related events. Make sure there is a quiet space with good lighting at home for your children to study without distractions.

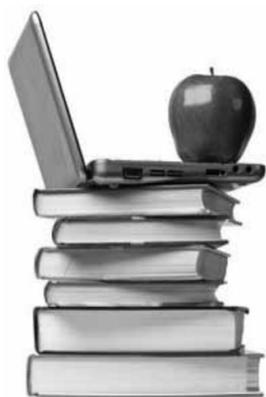
Help your children make lists that will serve as reminders of what has to be done. Have a specific place for your children's books, papers and school assignments. That way, they won't get lost or misplaced. Be sure your children have necessary school supplies all year long, not just at the beginning of school. These include a dictionary, paper, pens, pencils, a pencil sharpener, markers, a ruler, tape, scissors, glue, paper clips and a calculator.

Make sure your children get a good night's sleep and eat well. A healthy breakfast will help them do better in school. Offer your help when it looks like they're overwhelmed with a task. You can help them think through the steps needed to do the tasks. You don't have to take over and do it for them, just help them think through what needs to be done and help them find answers if they are having difficulty.

#### Be a partner with the school

This means working together with teachers, the counselor and principal to do what is best for your children. Volunteer to help. You can chaperone a field trip, donate supplies or send snacks on special occasions. Participate in school events with your children. This can be hard to do, but it's important to do it when you can. Try not to criticize a teacher or policy or assignment in front of your children. If you disagree, see if you can't work to resolve the problem by talking to the teacher. It does not help your children to be stuck in the middle with parent and teacher on either side.

Helping our children do well in school is one of our most important responsibilities as parents. According to one school-success expert, "We must support our children's academic success and help them get on a path that opens up opportunities for the rest of their lives. It is one of the greatest gifts we can ever give them."



## Navy surgeon general addresses future of Navy medicine at Navy Now forum

By **Chantel Furbert**  
U.S. Navy Bureau of Medicine and Surgery  
Public Affairs

ARLINGTON, Va. (NNS) -- Vice Adm. Matthew Nathan, Navy surgeon general and chief, Bureau of Medicine and Surgery, spoke at the Navy Now Forum in Arlington, Virginia, July 23.

The Navy Now Forum provides a unique opportunity for business leaders to network with the leading names in the naval industry and gain critical insight on the inner workings of the Navy.

During the forum, Nathan discussed the mission of Navy Medicine including its strategic priorities of readiness, value, and jointness.

Nathan covered a range of important topics, such as medical readiness, health information technology, medical research and development, and the Navy's enduring commitment to recovering warriors. He also addressed the importance of building partnerships with the private sector to deliver the best of patient care and leverage cutting-edge innovations.

"After more than a decade of war, we have continuously implemented medical lessons learned and increased life-saving capabilities un-

"We have made significant strides in areas such as the care provided to wounded warriors..."



Nathan

seen in previous wars" said Nathan. "We have made significant strides in areas such as the care provided to wounded warriors, including the diagnosis and treatment of post-traumatic stress disorder, traumatic brain injury, and rehabilitative care."

Nathan noted that these advances in military medicine have been shared with the civilian medical community, and in turn have helped developed significant partnerships with academic and industry leaders at home and abroad. Many breakthroughs in combat casualty care have been adopted by civilian trauma centers and emergency rooms.

"Navy Medicine's many partnerships continue to create robust ad-

vancements in medicine such as infectious disease research, including malaria vaccine development currently underway at our research labs," said Nathan.

He went on to explain how such innovations and collaborations will help Navy Medicine be better prepared to meet the challenges of the next conflict, contingency, or natural disaster.

Nathan stressed the importance of harnessing virtual medicine as the next revolution in the health care industry. His forward-looking approach aims at innovations in technology and delivering care that will lead to an integrated system of telemedicine and care delivered outside of the hospital or clinic. He stressed that Navy Medicine is focused on improving the overall health of patients as opposed to simply delivering health care.

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

## FFSC Briefs

To register for any of the following workshops, please call (601) 679-2360. The class will not be presented if no one registers, so please sign up if interested. If you can't attend at the scheduled time, call anyway -- the workshop facilitator may be able to meet with you one-on-one, give you materials, or let you know when the class will be scheduled again. All active duty, reserve, retired military and their families are eligible for programs and services provided by the FFSC. Civil service employees can utilize the services on a space available basis.

#### **Career Technical Training: Transition GPS Optional Track: Aug. 12-13 from 8 a.m.-3:30 p.m.**

The purpose of the Career Technical Training Track of the Transition GPS program, taught by the VA, is to assist those seeking job-ready skills and industry-recognized credentials in shorter-term training programs.

#### **Ombudsman Basic Training: Aug. 13-15 from 2-4 p.m.**

An Ombudsman (the spouse of an active duty Sailor) volunteers to support the command by providing communication, outreach, referrals, information, and advocacy to and for command family members. Every command, afloat and ashore, is required to appoint an Ombudsman. This class is the required training for all command-appointed Ombudsman candidates. Registration is required.

#### **Writing Your Best Résumé: Aug. 21 from 2-4 p.m.**

This workshop will review the basic types of résumés, discuss which types of résumés are appropriate for different job seekers, and what information should be included. It will also cover the essential elements of cover letters to use in conjunction with the résumé, and how to market a résumé effectively in the current job market. Bring your current résumé if you have one, or come prepared to start a new one!

#### **Developing Your Spending Plan: Aug. 25 from 10-11 a.m.**

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

## Suicide prevention

Suicide is a preventable personnel loss that impacts unit readiness, morale, and mission effectiveness. Relationship disruption, substance abuse, financial problems, legal problems, and mental health problems (such as depression), can interfere with individual efficiency and unit effectiveness and also increase a person's suicide risk.

Factors including positive attitude, solid spirituality and faith, good problem solving skills, sound financial management, and healthy stress control can increase individual efficiency, unit effectiveness, and reduce risk of intentional self harm.

As such, preventing suicide in the navy begins with promotion of health and wellness consistent with keeping service members ready to accomplish the mission.

#### Prevention contact

- 1. Immediate emergency: 911**
- 2. Branch Health Clinic: (601) 679-2633 Monday-Friday 7 a.m.-4 p.m., after hours (601) 481-4148. Call to schedule emergency appointment if suicidal behavior appears evident.**
- 3. Fleet and Family Support Center: (601) 679-2360, Monday-Friday 8 a.m.-4:30 p.m. Call to schedule an appointment if warning signs are present.**
- 4. National Suicide Prevention Lifeline: (800) 273-TALK (8255) 24 hours/7 days.**





# Navy, Air Force air traffic controllers cross-train for emergencies

**By MC1 Brian Morales**  
Naval Air Station Key West  
Public Affairs

(NNS) -- Air National Guardsmen with the 245th and 259th Air Traffic Control (ATC) Squadrons conducted air traffic control training at Naval Air Station Key West July 21-25.

Air Force maintainers and air traffic controllers were transported from South Carolina and Louisiana, respectively, by the 172nd Airlift Control Flight for cross-training with Navy air traffic controllers.

The ATC squadrons are two out of 10 squadrons that respond to Federal Aviation Administration requests to support the influx of air traffic during large-scale events such as the 2013 Super Bowl

in Hammond, Louisiana, or natural disasters such as Hurricane Andrew, which caused an estimated damage of \$25 billion in South Florida.

"I've been to Key West before and really love the area," said Tech. Sgt. Peter Knapp, from Ponchatoula, Louisiana, and assigned to the 259th ATCS. "I think we're going to get some very valuable training down here for all of us, especially for the younger guys that haven't had the opportunity to see this yet."

Part of the training included assembling and operation of the MSN-7 mobile air traffic control tower, which enables control of five nautical miles of air space, and the TRN-48 tactical air navigation system, which provides

range and bearing to pilots within 100 nm from Boca Chica Field.

"This is my first one [training exercise]," said Airman 1st Class Nathaniel Dans, from West Monroe, Louisiana, and assigned to the 259th ATCS. "It's been an amazing experience to come out and learn how to do various tasks and learn how to do my particular tasks even better," said Dans.

Air National Guardsmen also trained with NAS Key West air traffic controllers for local air operations familiarization.

"I didn't imagine a lot of things when I joined the Air Force but if there's one thing I've learned, it's the necessity to cross-train. It's good to see how other branches do things," said Dans.



Photo by MC1 Brian Morales

**Air national guardsmen from the 245th and 259th Air Traffic Control Squadrons set up a mobile air traffic control tower and antennae as part of their mobilization training exercises at Boca Chica Field at Naval Air Station Key West. Ten air traffic control squadrons across the U.S. deploy and provide air traffic services for worldwide contingencies, such as wartime support and disaster recovery.**

# Officials acknowledge, work on solving vehicle shipment issues

**By Mark Diamond**  
Military Surface Deployment and  
Distribution Command

SCOTT AIR FORCE BASE, Ill. (NNS) -- Military Surface Deployment and Distribution Command and U.S. Transportation Command are standing up a team of transportation experts this week to quickly address the most significant challenges and concerns military customers are facing when shipping their privately owned vehicles.

On May 1, International Auto Logistics, known as IAL, assumed responsibility for the Global Privately Owned Vehicle Contract, also known as GPCIII. Under the terms of the contract, IAL is responsible for processing, transporting and storing vehicles owned by military personnel and Department of Defense civilian employees bound for, or returning from, overseas duty assignments.

SDDC officials acknowledge the transfer to the new POV contractor did not go as smoothly as it could have. They want customers to know that SDDC is aware of and understands the issues some of them have experienced

while shipping their privately owned vehicle, adding that solving those issues is the command's No. 1 priority.

They also want their customers to know what SDDC and U.S. Transportation Command are doing to help resolve these issues and facilitate a smoother and more effective transition to the new contractor.

SDDC serves as the POV program manager, whereas Transcom is the global POV contract administrator. These two commands work closely together in managing and monitoring this critical quality of life contract.

"We are well aware that our customers continue to experience challenges in shipping their vehicles," said Navy Capt. Aaron Stanley, personal property director for SDDC.

The Transcom contracting office and the SDDC program management office continue to provide program oversight, while daily performance is monitored by contracting officer's representatives, or CORs, assigned to vehicle processing centers.

Stanley said about three dozen CORs are globally dispersed to provide

daily oversight of IAL operations. "According to the CORs, IAL is responding to their feedback and has begun to make improvements," he added. "That said, we believe that one unhappy customer is one too many. We want to assure our military and civilian partners and their families that SDDC, U.S. Transcom and IAL are actively taking steps to improve the POV shipping process for them."

"We will continue to use their feedback and observations as we work to deliver their vehicles during the busy peak moving season," he continued, "and we apologize to those who have experienced frustrations during the initial months of the new contract."

Stanley said that although these challenges won't go away overnight, service members should know the steps they can take to help ease the stress of shipping their vehicles. Military personnel and DoD civilian employees who are experiencing delays with their vehicle arrival time should call IAL at 1-855-389-9499 and choose Option 2, or visit IAL's website at <http://www.pcsmypov.com>, he said.

not arrive at the authorized destination by the required delivery date. Reimbursement is limited by law to \$30 per day, with a maximum reimbursement of \$210. Stanley said that authority expires on the date their POV is available for pick-up at destination.

"If a member is inconvenienced because of a missed required delivery date, temporary lodging and rental car expenses beyond the initial seven-day period are IAL's responsibility," he said. "IAL will review each claim on a case-by-case basis and, based on the circumstances, reimburse the member accordingly."

According to the IAL website, there are three options for filing a claim, including "Site Settlement," "IAL Claims," and "Inconvenience Claims," with each option offering a different level of service and convenience. For more details on each option, visit the website's FAQ section.

Stanley said that in an effort to further reduce the customer's financial burden, if a customer is inconvenienced because of a missed delivery date and cannot pay for a rental car, IAL has coordinated with

Avis and Budget for direct billing from those rental car companies to IAL. "As a military service member who has conducted many military moves during my career, I understand the stress involved in moving," he added. "Rest assured, SDDC will continue to do what we can to help lessen that stress on our military personnel and their families."

01076553

01076553

**Temple BALLROOM Theatre**

**Weddings • Parties  
Military Functions**

[meridiantempletheater.com](http://meridiantempletheater.com)  
Call for information or reservation  
**601.693.5353**  
**214.938.5656**  
2320 8th Street  
Meridian, MS 39301

## NEX hosts A-OK Student Reward Program

The Navy Exchange Service Command (NEXCOM) has been offering students a chance to help pay for college through its A-OK Student Reward Program since 1997.

The A-OK Student Reward Program offers all qualified students to participate in a quarterly drawing for monetary awards of \$2,500, \$1,500, \$1,000 or \$500 for a total of \$5,500 per quarter. The next drawing will be held at the end of August.

Any eligible full-time student that has a B-grade point average equivalent or better, as determined by their school system, may enter the drawing. Homeschooled students can also qualify with acknowledgement that the student has a "B" average or equivalent record of accomplishment. Eligible students include dependent children of active duty military members, reservists and military retirees enrolled in 1st

through 12th grade. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry. Each student may enter only once each grading period and must re-enter with each qualifying report card.

To enter the drawing, stop by any NEX with a current report card or progress report and have a NEX associate verify the eligibility. Then fill out an entry card and obtain an A-OK ID which entitles the student to 19 discount coupons for NEX products and services. Along with the award, each winner will receive a lapel pin, certificate and medallion ribbon "In Honor of Academic Excellence."

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

**NAS Meridian CSADD chapter meets on the 1st and 3rd Wednesday of each month at 2:30 p.m. in the Air Operations conference room. CSADD is the Coalition of Sailors Against Destructive Decisions. It is for the Sailors by the Sailors. Topics include drug abuse, suicide prevention, drinking and driving, and much more. CSADD is open to all E5 and below. For more information, call HN J.A. Cherluck, CSADD Secretary at (601) 679-2230/2232 or email: [jay.cherluck@med.navy.mil](mailto:jay.cherluck@med.navy.mil)**

**Off limits establishments in Meridian:**

- The Underground, 1310 Bonita Lakes Circle**
- Meridian Underground Music Exchange, 2220 8th Street**
- Club Flame Throwers, 276 Hawkins Crossing**
- Club Fusion, 1644 32nd Street**

**Are you?**

**READY NAVY**  
BE INFORMED MAKE A PLAN BUILD A NET

**REACH OUT FOR HELP. REACH OUT FOR HOPE.**

