

# THE SKYLINE



Volume 52, Number 23

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

November 13, 2014

## On Base...

✓ **Great American Smokeout is Nov 20. Commit to no smoking on this day!**

✓ **Safety Stand Down** is set for Nov. 19. Two sessions: 9-10:30 a.m. or 1:30-3 p.m. at Rudders.

✓ **Parent's Night Out** set for Nov. 21 at CDC & SAC from 6-10 p.m. Call 601-679-2652 to register your child.

✓ **Thanksgiving Holiday Camp** at the School Age Care Center from Nov. 24-28. Children will enjoy arts, crafts, team games, sports and events. Deadline to register is Nov. 20. Call 601-679-2652/5252.

✓ **Winter Wonderland** returns Dec. 9 at Sonny Montgomery Fitness Center.

✓ **Chapel hosts Men's and Women's Bible Study Tuesdays at 7 p.m.** Men study from the book entitled "The Family God Uses." Women study from the book entitled "Bad Girls of the Bible." Space limited, call the chapel for location and more information at 601-679-3635.

## A Day in Naval History

### November 14

**1910:** Civilian Eugene Ely pilots first aircraft to take-off from a ship, USS Birmingham (CL-2) at Hampton Roads, VA. He lands safely on Willoughby Spit, Norfolk, Va.

### November 16

**1776:** First salute to an American flag (Grand Union flag) flying from Continental Navy ship Andrew Doria, by Dutch fort at St. Eustatius, West Indies.

**1942:** Navy's first Night Fighter squadron (VMF(N)-531) established at Cherry Point, NC.

**1963:** President John F. Kennedy on USS Observation Island witnesses launch of Polaris A-2 missile by USS Andrew Jackson (SSBN-619).

### November 23

**1940:** President Franklin D. Roosevelt appoints Admiral William D. Leahy as U.S. Ambassador to Vichy France to try to prevent the French fleet and naval bases from falling into German hands.

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

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

# NAS selects Sailors of Year



Cary



Toussaint



Derr

By Penny Randall  
Editor

Three service members have been selected for one of the highest honors at NAS Meridian -- Sailor of the Year.

Air Traffic Controller 1st Class (AW/SW) Zachary R. Cary is Senior Sailor of the Year, Aviation Boat-swain's Mate Equipment (AW/SW) James D. Toussaint is Junior Sailor of the Year, and Religious Program Specialist Melissa A. Derr was selected as Blue Jacket of the Year.

Cary, who celebrates 12 years of service this month, is a native of Minden, La.

● Sailors, page 9

## Moore's career reaches new note

By Penny Randall  
Editor

Gracing the covers of two magazines and preparing for a three city tour is just another day in the life of Kebra Moore.

"Things have really taken off for me," said Moore who is on the cover of the fall issue of Promoting Purpose and the October issue of GospelUSA Magazine.

Moore's CD "Under the Influence" was released in early July. Her single "Never Let Him Go" is out and has been seen on *Aspire*, a cable television network targeting African American audiences launched by Magic Johnson in 2012.

"I've been traveling and promoting the CD for months and I'm getting prepared for my 'Behind the Wheel' Tour," said Moore who considers her music to be urban contemporary and inspirational gospel.

Moore has also been signed as a model for PhotoAbility, an agency dedicated to increasing the usage of imagery of people with disabilities in the tourism, leisure and lifestyle settings.

"This is the time for me," Moore said recently. "When I put together my 2014 goals I knew it was going to be a great year. I minister through my

● Music, page 10



## NAS Meridian earns SECNAV Gold Energy Award

The Secretary of the Navy (SECNAV), The Honorable Ray Mabus, announced the Fiscal Year 2014 Energy and Water Management Award winners Oct. 21 naming several installations in the southeast where Naval Facilities Engineering Command (NAVFAC) Southeast facilitates energy conservation programs.

"This is wonderful news for NAVFAC Southeast," said Capt. Lore Aguayo, NAVFAC Southeast Operations Officer. "Selection for these awards are not based on individual accomplishments -- it's a team effort team. And together, as a team, we will continue achieving and exceeding the Secretary of the Navy's energy goals."

Marine Corps Recruit Depot (MCRD) Parris Island, S.C., was recognized as the Marine Corps Large Shore activity, earning a \$45,000 prize. Marine Corps Logistics Base (MCLB), Albany, Ga. was honored with the Marine Corps Small Shore award, earning \$30,000 for their program.

"We are very excited to win this level award

● Gold, page 8

## Veterans Day 2014



Capt. Scott Bunnay, commanding officer of NAS Meridian, was the featured speaker at the city of Meridian's annual Veteran's Day Ceremony Nov. 11. The event also included a 21-gun salute performed by NAS Meridian's Ceremonial Detail. Capt. Moore was also the speaker at Meridian Community College's Veteran's Day event, see page 2 for story.

Photo courtesy of The Meridian Star

## Look Inside



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## Photo of Week



Photo by Penny Randall

**SHSN Ashli Matthews, was one of dozens of military members who donated blood during the United Blood Service blood drive on board NAS Meridian Oct. 30.**

## MCC program pays tribute to those who serve

Veterans, both on and off the Meridian Community College campus, were saluted Nov. 10 and in turn, the college was recognized for its support of veterans during a program that paid tribute to the men and women defending the country.

Following the theme of the program, "Honoring the Valor," guest speakers Capt. Scott Bunnay, commanding officer of NAS Meridian; Langford Knight, retired lieutenant colonel with the Mississippi Air National Guard Meridian; and Maj. Eric McElhenney of the Mississippi Air National Guard Meridian, addressed the audience in the Graham Gym reminding them freedom is not free. Knight encouraged others to "do something that makes a difference."

Once again, MCC was honored as being named to the Military Friendly Schools list for 2014 by GI Jobs magazine, one of the country's top 10 publishers for military information. It tapped MCC for this recognition for the College's commitment to playing an active role in supporting the educational needs of veterans and active-duty military and their families.



Submitted photo

**Capt. Scott Bunnay, left, MCC President Dr. Scott Elliott and Maj. Eric McElhenney, are shown with the Military Friendly Designation plaque during the Veteran's Day program Nov. 10**

This list acknowledges the top 15 percent of colleges, universities and trade schools in the country that are doing the most to embrace America's

military service members, veterans and spouses as students and ensure their success on campus.

More than 400 veterans and their families are served by the college each year. "I'm proud we've earned this distinction five years in a row," said MCC President Dr. Scott Elliott.

From Meridian Community College Staff

# Area Happenings

### NOVEMBER

**14: Fleet Reserve "Homeport" on Highway 39 North will host "A Night of Great Entertainment with Alan Houston."** The public is invited to attend. Open from 8 a.m.-midnight.

**15: Three-Family Moving Sale** in Collinsville at 12061 Hand Road. Tools, furniture, kitchen appliances, clothes, shoes and house wares. Hours: 7 a.m.-1 p.m.

**20: St. Paul's Music Series presets pianist Ian Hominick** at 12:05 p.m. at St. Paul's Episcopal Church, 1116 23rd Ave. Meridian. Admission is free. Bring a bag lunch and enjoy the concert. For information, call 601-693-2502.

**22: VFW Post 12124 will be having a "ONE DAY ONLY" Yard Sale** beginning at 9 a.m. Items available include clothes, Christmas decorations, Thanksgiving decorations, toys, books, and lots more. Come out and support our veterans organization. Location: 6425 Bounds Rd, corner of North Hills and Bounds Rd, Meridian.

**22: Pre-Thanksgiving Gospel Music Concert at Meridian Temple Theatre** on 22nd Avenue in downtown Meridian. Concert begins at 6:30 p.m. FM Promotions proudly presents an evening of Southern Gospel Music featuring the Down East Boys Quartet, Michael Combs and 2nd Mile. Admissions: "A" and "B" Section, \$15; "C" Section \$10; Children 12 and under free with adult ticket in "C" Section only. Must have ticket to get in. All tickets will be \$5 more at the door on performance night. Tickets on sale at The Bible Bookstore, Meridian, or by calling 601-416-1630. Doors open at 5:30 p.m.

**23: 46th Annual trees of Christmas presents "Moments to Remember"** opening reception from 1-5 p.m. at Meridian's historic antebellum homes of Merrehope and the F.W. Williams Home. See the unveiling of dozens of Christmas trees, displays and activities. The homes are located at 905 Martin Luther King Dr., Meridian. For more information, call 601-483-8439. Daily tours are conducted Nov. 24-Dec. 30 Monday-Saturday from 9 a.m.-5 p.m.

**24: The Moscow Ballet's Great Russian Nutcracker** presented at Meridian's Temple Theatre, 7 p.m. The Moscow Ballet's acclaimed Great Russian Nutcracker featuring a company of 40 world-class Russian artists bringing the charming Nutcracker Christmas story to life. With hundreds of hand-sewn costumes, life-sized puppets designed in the Russian tradition, and nine hand-painted backdrops with 3-D effects, the Great Russian Nutcracker is an acclaimed and spectacular holiday celebration. The performance of the Great Russian Nutcracker will include local children dancing alongside the Russian professionals. Tickets on sale at Temple Theatre lobby Monday-Friday from 10 a.m.-2 p.m. Tickets are \$30 reserved, A & B sections; \$20 reserved, C section; \$10 general admission, upper balcony. For more information, call 601-693-5353.

### DECEMBER

**2: City of Meridian Christmas Tree Lighting** on City Hall Lawn at 5:15 p.m. Admission is free and the public is invited.

**3: KCS Holiday Express Train** at Union Station on Front Street in downtown Meridian at 4 p.m.

**5: Sucarnochee Revue** featuring local live musicians at The Temple Theater from 7-9 p.m. For information, call Jack White at 205-499-9988. Admission is \$10 per person.

**6: Merry Meridian Market and events at Dumont Plaza** on 22nd Avenue and the MSU Riley Center from 8 a.m.-7 p.m. Come join us inside and outside of the beautiful MSU Riley Center for a holiday extravaganza! Tons of vendors will be offering you the best selection of gifts for the holidays and everyday. Call 601-693-7480 to reserve your space today.

**6: Merry Meridian Parade** through the streets of downtown Meridian from 5-7 p.m. Public invited to attend. For a parade float application, call Debby Delshad at 601-693-7480.

**6: Breakfast with Santa at Lamar School** in the cafetorium. There are two seatings, one at 8 a.m., and one at 10 a.m. Each seating is limited to 120 children. Questions regarding the event e-mail Jennifer Wedgworth at [jwedgworth@lamarschool.com](mailto:jwedgworth@lamarschool.com). Ticket sales to the public will open Nov. 3. Admission is \$15 per child.

**6: Meridian Symphony Orchestra Peppermint Pops!** Concert at MSU Riley Center beginning at 6 p.m. Join the Orchestra, Chorus and special guest artists in this festive celebration featuring beautiful songs of the season - including traditional sing-a-longs. Santa will be hosting a Cookies and Cocoa reception immediately following the concert. Tickets \$25 general admission; \$20 active military; \$10 retired military/students(any age). For more information, call 601-693-2224 or <http://www.meridianso.org/index.cfm/events/peppermint-pops/>

**16: MSU-Meridian Professor Emeritus and Author, Dr. Paul Allen** will once again host his popular seminar, "Choose Stocks Wisely." Allen will share the investment strategies that helped him make more than \$1 million over a 10-year period. The seminar will be from 4-6 p.m. at the MSU Meridian Downtown Campus site. You must register in advance. Register by Dec. 12. Seminar fee \$25 and includes book. For information, call 601-484-0150.

## Seeking volunteers for Meridian VITA

It is that time of year again. Tax season is quickly approaching for the 2015 filing season.

The NAS Meridian VITA office is seeking volunteers for this upcoming tax season. There are no restrictions but volunteers should be computer literate in order to navigate through tax software. Volunteers will receive training and a certificate upon completion of training.

Training is tentatively scheduled for Jan. 12-16, 2015, in Administration Building 255, classroom 258. This is a week long course and is mandatory for all volunteers. Tenant commands

should send in their volunteers names NLT Jan. 8, 2015, to LNC Amy M. Alexander. Volunteers will work from Jan. 8 through April 18.

This is a great opportunity and a rewarding experience for volunteers because it provides tax assistance to service members, retirees and dependents. Each year VITA saves members thousands of dollars in filing fees while giving back to our armed forces community.

Please contact LNC Amy M. Alexander via e-mail at [amy.m.alexander@navy.mil](mailto:amy.m.alexander@navy.mil) if you would like to volunteer this year.

## Do's & Don'ts of gifting

By Lt. Elizabeth Retter  
NAS Meridian Staff Judge Advocate Officer

With the holiday season soon upon us, what are some ethics principles for giving and receiving gifts between government employees (civilian and military)?

- An employee may not directly or indirectly give a gift or make a donation toward a gift for an official superior, or solicit a contribution from another employee for a gift to his own or the other employee's superior (limited exception exists, but not for the holidays).

- An employee may not, directly or indirectly, accept a gift from an employee receiving less pay than himself unless: no superior-subordinate relationship; and there is a personal relationship that would justify the gift.

- On an occasional basis, including traditional gift giving situations (ex: office Secret Santa), employees may give

each other items with value of \$10 or less (no cash).

- It's okay to accept traditional personal hospitality in superior's home (ex: holiday dinner party at the CO's house)

- It's okay to give and receive traditional and appropriate host/hostess gifts.

- It's okay to give and receive gifts based on personal relationship or family friendship.

- Greeting cards and items with little intrinsic value such as plaques, certificates, and trophies which are intended solely for presentation are okay to exchange.

- Food and refreshments shared in the office are okay.

The rules outlined above are not exhaustive by far, so please talk to your JAG for more information! And always remember, "Perception is reality." If you wouldn't want your gift idea to appear in the next Navy Times edition, don't do it.



## What is Exceptional Family Member Program?

By James M. Smith  
NAS Meridian  
Information Assurance Manager

This time of year is intended to be filled with joy and thanksgiving. Unfortunately this is not always the case, since there are people out to get whatever they can from the rest of us.

But we can fight back if we use a little common sense and be a little cautious with our online activities.

Below is a message from the United States Computer Emergency Readiness Team (US-CERT) about Holiday Season Phishing Scams and Malware Campaigns.

As the winter holidays approach, US-CERT reminds users to stay aware of seasonal scams and cyber campaigns, which may include:

- Electronic greeting cards that may contain malware.

- Requests for charitable contributions that may

be phishing scams and may originate from illegitimate sources claiming to be charities.

- Screensavers or other forms of media that may contain malware.

- Credit card applications that may be phishing scams or identity theft attempts.

- Online shopping advertisements that may be phishing scams or identity theft attempts from bogus retailers.

- Shipping notifications that may be phishing scams or may contain malware.

US-CERT encourages users and administrators to use caution when encountering these types of email messages and take the following preventative measures to protect themselves from phishing scams and malware campaigns:

- Refer to the Shopping Safely Online Cyber Security Tip for more information on online shopping safety.

- Do not follow unsolicited

web links in email messages.

- Use caution when opening email attachments. Refer to the Using Caution with Email Attachments Cyber Security Tip for more information on safely handling email attachments.

- Maintain up-to-date antivirus software.

- Review the Federal Trade Commission's Charity Checklist.

- Verify charity authenticity through a trusted contact number. Trusted contact information can be found on the Better Business Bureau's National Charity Report Index.

- Refer to the Avoiding Social Engineering and Phishing Attacks Cyber Security Tip for more information on social engineering attacks.

Again using a little common sense and following the suggestions noted above will help us ensure we have a happy and joyous holiday season!

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

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## Exhibition game features Rollin Tigers

A wheelchair exhibition game between the Metro Area Community Empowerment Foundation's Rollin Tigers Wheelchair Sports and Recreation Team and a team of NAS Meridian Sailors and Marines was held Oct. 30 in the Fitness Center gym in recognition of Disability Employment Awareness Month. Antonio Wright is the CEO and founder of MACE and author of "From A Label To A Brand." He is a renowned public speaker and youth mentor. The goal of MACE is to assist people with spinal cord injuries in becoming competitors in wheelchair sports and promote physical fitness programs and specific sports training for those in wheelchairs. The National Anthem was presented by recording artist Kebra Moore, who also serves as director of Mississippi Mrs. Wheelchair America program.

Photo by Penny Randall

## NAS selects Sailors, Civilian of the Quarter



**ABE1 Juan A. Delgado**  
Senior Sailor of the Quarter



**ABE2 James D. Toussaint**  
Junior Sailor of the Quarter



**ACAN Krista R. Stege**  
Blue Jacket of the Quarter



**Dannie Cole**  
Civilian of the Quarter

## Northeast NJROTC Wins



Northeast Lauderdale High School NJROTC won first place overall at the Warren Central All Service Drill Competition Nov. 1. It has been more than 10 years since a Lauderdale County School won a first place overall award in a drill competition. There were eight teams from Mississippi and Louisiana. Northeast took home four first place trophy, one second place trophy, and three third place trophies. The team was led by Cadet Commander Tyler Oakes and Cadet Executive Commander Fernando Castro. The next competition will be at Neshoba High School in December.

## VT-7 Civilian of Quarter



Submitted Photo

**Adam Worfolk** receives Employee of the Quarter award from Training Squadron 7 Commanding Officer Cmdr. William Thames. Worfolk was recognized for his outstanding work as A-Jet Student Control Clerk for July-September 2014.

## In the Halloween mood!



Submitted Photos

Above: Capt. Scott Bunney gives out candy to children from the Children Development Center who visited the Administration Building Oct. 31. Right top: Members of the Petty Officers Association pose in front a Haunted House Oct. 30. Right bottom: VT-7 and TW-1 employees Kim Smith (as Madonna), Dave Klutz (as Cousin Eddie), Adam Worfolk (as Luigi), Michelle Carlson (as Goth Fairy) and Brendan Lank (King) get in the Halloween spirit.



## Reenlistment



Photo by MC2 Casey H. Kyhl

**Cmdr. Erik Greve** presents **ABE2 Emmanuel Motosho** with an honorable discharge certificate during a reenlistment ceremony Oct. 27.

## NAVSUP CO visits



Photo by Penny Randall

**Cmdr. Fred Hughes** joins **Capt. Duke Heinz**, commanding officer of NAVSUP Jacksonville, **Mitch Palmquist**, executive director Fleet Logistics Center Jacksonville, and some of the NAS Meridian staff during a recent visit.



# Navy League council seeks nominations for Military Spouse Volunteer of Year

From Public Affairs Staff

The Mississippi Council of the Navy League established the Military Spouse Volunteer of the Year Award to recognize spouses who are involved in their community and participate in volunteer activities.

Anyone who is the spouse of U.S. Navy, U.S. Marine Corps, U.S. Coast Guard and Merchant Marine, all ranks, active duty, Guard and Reserve may be nominated.

"This is truly an opportunity to recognize the exceptional stories and contributions in our community," said Arjen Lagendijk, past president of the Mississippi Council of the Navy League. "If you know (or are) a deserving military spouse, get to the nominating!"

So that all spouses have an opportunity to compete, only the past 12 months

activities should be considered.

**Who can nominate:** Nominations to be accepted from any person or group, civilian and military. A person can submit more than one nomination.

**Who can be nominated:** Anyone who is the spouse of a U.S. military member may be nominated (all services, all ranks, active duty, Guard and Reserve) living in any of the Mississippi Military Communities covered by the Mississippi Council of the Navy League. The nominee can be active duty military and a spouse. The nominee does not need to be a member of the Navy League.

**How to nominate:** Nominations must be made in writing using the format provided on the nomination form. Forms can be obtained in the NAS Meridian Public Affairs Office or by email by calling 601-679-2318.

**Nomination Deadline:** Nov. 17, 2014.

**Who will judge the nominees and determine the winner:** A committee of four Navy League Board Members.

**How nominees will be judged and winner determined:** Review, rate, and evaluate applications based on award criteria. As much as possible, the evaluation should be conducted on the measurable portion of the award criteria; however, since some of the criteria are subjective, the evaluation encompasses subjective decisions.

**Award Criteria:**

- Demonstrate exceptional volunteer work accomplishments

• Exhibit selfless giving to others in the community

• Exude ongoing strength in enduring deployments (deployments include individual augmentations), family separations and frequent moves

• Fortitude ingenerating support of other military spouses and their families while "holding down his or her own fort"

**Award Date:** Nominee will be announced and honored at the Mississippi Council of the Navy League Annual Meeting on Dec. 9.

## Appreciating sacrifice on Veteran's Day

I'm just a housewife, what the heck do I know?

Some days it seems my only expertise is how to wipe smudges off the refrigerator door, but it turns out, I've actually learned a thing or two in my 21 years as a military spouse.

I've learned that being in the United States military is not just a job – it is a lifestyle that requires the commitment of the entire family. Since the 1970s, our military has consisted entirely of volunteers who sign up to serve their country, knowing that their families will face sacrifices and hardships.

My husband has been on active duty in the Navy for 26 years, and our family has lived in nine different homes in five states and two foreign countries. He has spent many days away from home; the longest separation was a yearlong deployment to Djibouti. But we've been pretty lucky; other military families have had it much worse, with multiple deployments, back-to-back hardship tours and hazardous duty.

Even though military folks could have nice lives "on the outside" with, in most cases, better pay and stability for equivalent work, many have stayed well past their service obligation despite 13 long years of war.

Why on earth do they do it?

Although retirement benefits, compensation, and job stability are factors, there has always been a common sense of patriotic duty motivating military servicepersons to keep at it. It might sound clichéd to civilians, but the honor, pride and respect that has traditionally come with serving one's country has been a key reason why military families continue to volunteer for duty year after year.

Well, at least until recently.

With all the talk of fiscal cliffs, sequestration, budget cuts, downsizing, draw down, veteran unemployment, force reduction, retention boards, and the public's increasing war fatigue; military members are not exactly "feeling the love." In fact, the armed forces could be facing the worst military retention rates since the post-Vietnam War era.

The 2014 Navy Retention Study released on Sep. 1 examined which factors were impacting Sailors' "stay/go" decisions,

concluding that "Sailors are most likely to leave uniformed service because of increasingly high operational tempo, poor work/life balance, low service-wide morale, declining pay and compensation, waning desire to hold senior leadership positions, and a widespread distrust of senior leadership, all of which erodes loyalty to the institution."

The Navy study revealed plummeting morale – only 17.7 percent of Sailors ranked morale to be good or excellent -- finding "a fundamental belief that attainment of senior positions ... are not worth the sacrifice."

Other branches of the service are also facing the negative impact of budget cuts and war fatigue on morale and retention of their servicepersons. The Blue Star Families 2014 Military Family Lifestyle Survey indicated that "changes in the national security priorities have ripple effects on military families that were evident in the responses of this year's survey participants."

The survey participants perceived that "civilians do not understand the service or sacrifices made by military families." Blue Star Families recommended that policy makers take note of "the contributions of the military service culture to American life."

"One of the biggest challenges we face as a country is supporting our military community both so that our all-volunteer force remains a sustainable alternative, and so that a generation of service members, veterans and military family members are both empowered and encouraged to share their sense of service, adaptability, and civic mindedness with the nation and within local communities," the Survey concluded.

I might just be a housewife whose biggest mental challenge today was remembering to defrost the rump roast, but I do know this:

On Veterans' Day, we all need to snap out of the political buzz of election day long enough to appreciate the military men, women, and families who spend years committed to securing our country's freedom.

At the very least, we can all grab the hand of a Veteran and say, "Thank you for your service to our country." Now, more than ever, military members and veterans need to be told that their sacrifices

are indeed "worth it."

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.themeatandpotatoesoffice.com](http://www.themeatandpotatoesoffice.com). Follow Lisa@MolinariWrites.

### COLUMN



Lisa Smith Molinari

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**Pfc. Carmen Mijango**  
MATSS-1 Student  
Hometown: Indiantown, Fla.

Carmen Mijango, 19, enlisted in the Marine Corps May 27 and is currently enrolled in the Individual Asset Manager Course at Marine Aviation Support Squadron One. She joined the Marines to prove anyone that doubted her wrong.

She is an avid reader and is looking forward to working with different people around the world. Her mother is Mayra Sanabria and Carmen has two younger siblings that she hopes will look up to her.

The person she admires most is her mother. "She was a single mom and taught me to follow my dreams no matter what happens."

# OOORAH!

**Pvt. Randy Klekot-Jenkins**  
MATSS-1 Student  
Hometown: Caranston, R.I.

Randy Klekot-Jenkins joined the Marine Corps June 23 to "challenge himself and be a part of the best branch in the military." He is currently a student in the Aircraft Maintenance Administration Specialist Course at Marine Aviation Support Squadron One.

Klekot-Jenkins is looking forward to traveling and meeting people in other countries, Randy has only been stationed at MATSS-1 one for a week. He enjoys playing football, basketball and video games. His parents are Donna Ramos-Jenkins and Josh Jenkins.

The person he admires most is brother. "He was an Army infantryman during the hardest time of war."



## Marines polish direct fire skills

By Lance Cpl. Jonathan Boynes  
I Marine Expeditionary Force

CAMP PENDLETON, California -- Artillery units traditionally support ground troops with precise, long-range indirect fire, and are rarely called upon to engage targets with direct fire. Though direct engagements are not an artilleryman's primary mission, Marines on the gun line are expected to be adaptable and effective under any and all circumstances.

This expectation was put to the test when Marines with Battery B, 1st Battalion, 11th Marine Regiment, conducted direct fire training aboard Marine Corps Base Camp Pendleton, California, Nov. 3, 2014. The training re-established specific close-quarters firing skills with the Marines, ensuring successful future combat operations.

"Direct fire with artillery is very unorthodox," said Sgt. Codi Fisher, a section chief with Bravo Battery. "It's so much different than a traditional fire mission. It's more about the judgment of the Marines behind the weapon than anything else. Everyone must act with speed and confidence. When firing at close quarters, even the smallest mistake can be disastrous."

Typically, an M777 Howitzer engages targets more than 20 miles away, safely out of harm's way. From time to time, though, an artillery battery can find itself under attack from enemies only hundreds of meters away. At that point,



Photo by Lance Cpl. Jonathan Boynes

**Camp Pendleton, California - Marines with Battery B, 1st Battalion, 11th Marine Regiment, conduct a direct fire exercise aboard Marine Corps Base Camp Pendleton, Calif., Nov. 3, 2014. The training re-established specific close-quarters firing skills with the Marines, ensuring successful future combat operations.**

time is limited and the tempo of the battle drastically changes.

"There's no room for laziness on the gun line," said Lance Cpl. James Stevens. "Every second counts when you are putting rounds downrange. It's even more important when you are under fire and the lives of the Marines to your left and right depend on you working fast. This training put the idea of short range engagements into perspective. Every Marine is expected to perform, even when bullets are flying overhead."

The training began with nearly an hour of dry fire, giving the Marines a

chance to get a handle on making large adjustments quickly between targets. These adjustments were not the incremental bracketing of fires with which the artillerymen were accustomed; they were drastic adjustments going from high-angle indirect fire postures to dropping the guns almost horizontal to engage threats directly ahead of the gun line.

Following their dry runs, the artillerymen began firing live rounds at metal targets, representing enemy tanks. They were required to follow orders over the deafening blast of the howitzers and traverse

between multiple targets, all while continuing to load and fire the cannon.

"There's so much going on during a fire mission, training is sometimes all that a Marine has to go off of," said Fisher. "We attempt to make the training as realistic as possible, so they have the best chance at success if and when they find themselves in a combat situation."

Realistic training for every combat contingency is the hallmark of 11th Marines' constant preparation to support the 1st Marine Division as part of I Marine Expeditionary Force's ground combat element.

## Long-term temporary duty rates to change, official says

By Claudette Roulo  
Defense Media Activity

WASHINGTON -- New long-term temporary duty per diem rules that go into effect Nov. 1 will save the Defense Department about \$22 million annually, the director of the Defense Travel Management Office said recently.

Long-term TDY is considered to be any temporary duty longer than 30 days. "So, for travel from 31 to 180 days, you will receive a flat-rate per diem of 75 percent. For travel greater than 180 days, you will receive a flat-rate per diem for 55 percent," Harvey Johnson explained in a DoD News interview.

Johnson said the changes are meant to give long-term TDY travelers an incentive to seek out extended-stay lodgings, which generally are less expensive. Before this change, the Joint Travel Regulations encouraged travelers on extended TDY to seek out this type of lodging, but there wasn't a requirement or incentive to do so.

Changes apply to all three parts of per diem. The reduced per diem rates apply to all three parts of the per diem -- lodging, meals and incidentals -- he noted, and apply equally to civilian and military personnel.

Travelers who are authorized the flat-rate per diem no longer have to submit a lodging receipt, but before they're reimbursed, a receipt may be needed to validate that lodging costs were incurred. Staying anywhere for free or buying a home at the TDY location will make a traveler ineligible for the flat-rate per diem payment.

"Several other federal civilian agencies already implement similar policies. ... Some are even more restrictive than ours," Johnson said. The changes are simply meant to recognize that long-term stays are different from short-term TDYs, he noted.

Many of the conveniences available at extended-stay hotels can save money for travelers, and in turn, for DoD, Johnson said.

"They offer the kitchenettes, the sink, the refrigerator -- recognizing that people aren't eating out at an expensive restaurant every day, three meals a day," he explained. "And I believe that's vital in this environment of sequestration and other external factors that have brought this on. So, we've got to make sure that people are traveling smarter and more [efficiently]."

Options if additional costs arise Johnson said travelers still will have options if they are unable to find extended-stay lodging within a reasonable distance of their duty location, or if additional costs arise, such as a rental car. "You can work with your approving official to do actual-expense authorizations, which allows you to go above the flat-rate per diem to 100 percent, if needed," he said.

And at no time should travelers end up paying

● Rates, page 10

# Safety & Energy Efficiency is Our Duty

## Insulate hot water pipes for energy savings

Insulating your hot water pipes reduces heat loss and can raise water temperature 2°-4°F hotter than uninsulated pipes can deliver, allowing for a lower water temperature setting. You also won't have to wait as long for hot water when you turn on a faucet or showerhead, which helps conserve water.

Paying for someone to insulate your pipes -- as a project on its own -- may not make economic sense. But having the insulation done during new construction of a home, during other work on your water heater or pipes, or insulating the pipes yourself, is well worth the effort.

In special cases, such as when the fuel used for heating water is very expensive, the distance traveled by the pipes is far, the pipes are exposed to very cold air (in which case they should be insulated anyway to prevent freezing), and if the household uses a lot of water, much higher energy savings can be obtained. In these cases, cost savings may offset paying for someone to do the job for you.

### Before You Start

Determine the type of insulation material you want to use, how much you will need (length of the pipes), and the size of the pipe (match the pipe sleeve's inside diameter to the pipe's outside diameter for a snug fit).

For electric water heaters, pipe sleeves made with polyethylene or neoprene foam are the most commonly used insulation.

On gas water heaters, insulation should be kept at least 6 inches from the flue. If pipes are within 8 inches of the flue, your safest choice is to use fiberglass pipe-wrap (at least 1-inch thick) without a facing. You can use either wire or aluminum foil tape to secure it to the pipe.

More information can be found at: <http://energy.gov/energysaver/projects/savings-project-insulate-hot-water-pipes-energy-savings>



KEEP YOUR FRIENDS SAFE FROM HARM...

SEND EACH ONE A SMOKE ALARM!



BE SURE YOU...

- Natural trees should be cut at a 45° angle at the base and placed in water.
- Place tree away from sources of heat.
- Use only non-flammable decorations.
- Use only lighting evaluated by a nationally recognized laboratory, such as Underwriters Laboratories (UL).
- Inspect lights for frayed wire or other defects before use.
- Do not leave lights on unattended.
- Keep natural tree stands filled with water at all times.

- Install smoke alarms on every level of the home, outside sleeping areas, and inside bedrooms.
- Test all smoke alarms in your house once a month.
- Replace smoke alarm batteries at least annually.
- Replace smoke alarms that are more than 10 years old.
- Develop and practice a home fire escape plan.
- When the tree becomes dry, discard it promptly.

If you have any questions or we can be of any help please contact the NAS Fire Prevention office at (601) 679-3866.





# NAS Meridian, MS • Morale, Welfare and Recreation

On the Web: [www.nasmeridianmwr.com](http://www.nasmeridianmwr.com)

## 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

**Friday- 11/07: 9 Pin No Tap Tournament -** \$15.00 entry fee, sign up at 1800. Participants must be 18 or older.

**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.

## Coming Attractions

To McCain Rec Center



November 13 • 6pm  
Rated PG13



November 15 • 1pm  
Rated PG



November 18 • 6pm  
Rated R



November 19 • 1pm  
Rated PG

“Reservoir Dogs”  
November 20 • 6pm  
Rated R

“Lilo & Stitch”  
November 21 • 1pm  
Rated PG



## Parent's Night Out

November 21, 2014  
At CDC & SAC  
1800-2200



Call (601) 679-2652 for info.



## Youth Sponsorship Meeting at SAC

There will be a Youth Sponsorship meeting at SAC on November 19, 2014, from 1700-1900. The focus of the meeting will be college and career preparation for teens (13 and up)--middle school and high school youth. Teens are encouraged to wear a college sports jersey or colors to represent their favorite college team. They should preregister by COB on November 17. Contact Erica White at 601-679-2652 or [erica.d.white1@navy.mil](mailto:erica.d.white1@navy.mil) or Cynthia McDonald at 601-679-2473 or [cynthia.h.mcdonald@navy.mil](mailto:cynthia.h.mcdonald@navy.mil). Light refreshments will be served. Thanks for your participation!

## Thanksgiving Holiday Camp

The School Age Care program is hosting a Thanksgiving Camp from November 24-28, 2014. Children will spend the day exploring arts and crafts, team games, sports, and special events. Spots fill fast, sign up today as spots are limited. Registration Open! Deadline to register is November 20, 2014. For more info call (601) 679-2652 or (601) 679-5252.



The Georgia Aquarium World of Coca Cola  
CNN Studio Tour  
And Either  
Zoo Atlanta Or Atlanta History Center  
And Either  
High Museum of Art Or Fernbank Museum of Natural History



Located in McCain Rec Center  
Open Mon.-Fri. 1100-1700  
For more information call  
(601) 679-3773.

## The Atlanta City Pass

5 Attractions for 1 Low Price!

Adults

\$65.25, \$74, gate

Children

(3-12) \$52.00, \$69, gate

Available Now  
at the ITT Office!



## Winter Wonderland Returns 12/9/14

Sonny Montgomery Fitness Center

Sponsored By:



\*No federal endorsement is implied

## HALLOWEEN PARTY FUN



### HAVING A BLAST!

Party goers enjoy the annual Halloween Party and Costume Contest held at Rudders on Friday, October 31, 2014.

submitted photo



## The Sandtrap @ Ponta Creek

Open Monday-Friday: 6:30am-4pm



## Weekly Events



### Monday

#### Monday Night Football

\$1 draught during game

### Tuesday

#### Classic Rock Night

\$1 off select Budweiser Bottled Beer

### Wednesday

#### Country Night

Long Island and Bourbon Street  
Tea on special

\*Only Night to claim your ticket for monthly giveaway on November 29.

### Thursday

#### Thursday Night Football

\$1 draught during game

#### Friday, November 14

DJ Leflore

#### Saturday, November 22

Pool Tournament

#### Saturday, November 29

Drawing for Montly Giveaway

\*Watch College and NFL Football all month long!  
\$1 Draught during games.

## DJ Leflore Live at Rudders!



Friday, November 14

Have your next party at McCain Rec Center!  
For more info call (601) 679-2651.

## 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.



## Ponta Creek Golf Course Weekly Special

Play 18 holes with a cart for \$20/person daily. To schedule a tee time call (601) 679-2526.

## New Golf Shop Hours

0800 - 1630, Daily

## 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?



# Sports

**Group Class Schedule**  
All classes take place in the multi-use room of the fitness center unless noted otherwise.

**Monday**  
Pilates @ 11:30am, Multi-Use Room, Free  
Self Defense @ 5pm, Multi-Use Room, Fee Based

**Tuesday**  
Boot Camp @ 5pm, Various locations- Meet in Lobby, Free

**Wednesday**  
Cycling @ 11:30am, Multi-Use Room, Free

**Thursday**  
Cycling @ 5pm, Multi-Use Room, Free

For more info call (601) 679-2379.

**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	88	120	0	0	0	0	100
3v3 St. Basketball	90	75	0	0	0	0	0
Golf	30	9.5	0	0	0	15.5	4
Flag Football	0	0	0	0	0	0	0
<b>Total</b>	<b>561</b>	<b>488.5</b>	<b>224.5</b>	<b>116.5</b>	<b>97.5</b>	<b>29.5</b>	<b>174</b>

\*Standings as of November 12, 2014.

**Kick/Punt/Pass Competition**  
**Location:** Fitness Center Multi-Use Field  
**Date:** 20 November • **Time:** 5pm  
**Description:** Are you the most versatile player on the field? Bring your "A-game" in this all-around football competition.

**Wallyball Tournament**  
**Location:** Fitness Center Outdoor Courts  
**Date:** 11 December • **Time:** 5pm  
**Description:** 2v2 Tournament. Wallyball is a form of volleyball played on a racquetball court. Bring your own partner or get matched up on site.

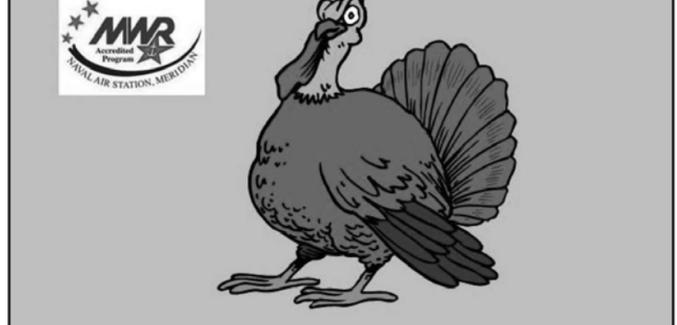
## Cornhole Champs



Congratulations to Adam Arwood, left, and Robert Fryar, right, winners of the cornhole tourney at Rudders on Nov. 6.

## McCain Recreation Center

"The only place where it's GREAT to be a TURKEY!"



Join us on Thanksgiving Day and bowl 3 games for \$5.  
If you roll a TURKEY (3 Strikes in a row) in any of the 3 games you will get those 3 games free. Limited to one set of 3 free games per customer.



Look for MWRMeridian to stay up to date with all the latest MWR Meridian news!

## Want to talk turkey? Remember the commissary

By Sallie Cauthers  
DeCA Marketing and Mass media Specialist

FORT LEE, Va. – Military families facing the annual ritual of planning their holiday menus need look no farther than their commissary for quality and savings.

"Your commissary has the most affordable, high-quality, name-brand ingredients for the perfect holiday meal," said Tracie Russ, the Defense Commissary Agency's sales director. "This year we're not only offering our annual 'free frozen turkey' promotion with high-value coupon booklets, but also a fresh turkey special with great pricing."

Throughout November, commissary industry partners – vendors, suppliers and brokers – are collaborating with stores to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs.

Commissary patrons can also check the DeCA website at [www.commissaries.com](http://www.commissaries.com), select the "Shopping" link and click on "Sales & Events" tab for the latest in promotional information.

Customers are asked to check their local commissary for details on dates and times for the following promotions:

- "Get Your Turkey Free – When You Buy All the Fixin's!" This worldwide promotion revolves around a 16-page recipe booklet with coupons valued at more than \$41. The coupons provide extra savings on holiday meal essentials applied toward free turkeys. Participating vendors include Kraft Foods, Kellogg's, ConAgra Foods, Campbell's, Pepperidge Farms, General Mills, Hefty/Reynolds Wrap, Presto, Fresh Express, Nabisco, P&G, Heinz and Nexium. Look for these recipe booklets in your local commissary beginning Nov.1, with coupons good through Dec. 21.
- Fresh turkeys -- On Nov. 17, stateside commissaries will begin offering customers fresh turkeys at low prices. Customers can check out a sales flyer on the DeCA website, [www.commissaries.com](http://www.commissaries.com), for details.
- The Comforts from Home Project will be launched by Marie Callender's from November through January worldwide. When commissary customers enter a code online from specially marked packages of Marie Callender's meals or desserts, Marie Callender's will make a donation of 50 cents per unit to the USO for a maximum contribution of \$250,000. In a nationally televised event, "A Hero's Welcome," the Comforts from Home Project will also welcome home a soldier from overseas to a completely renovated house. This show, hosted by actor Gary Sinise, will air Nov. 11 across a range of TV networks: HGTV, Food Network, Cooking Channel, Travel Channel and Great American Country.
- Celebrate the Holidays. General Mills is offering high value in-store coupons on various cooking and baking items in addition to online Commissary Rewards Card discounts.
- "Patriot Perks." As Veterans Day approaches, several commissary vendors are offering "free perks" on the purchase of at least \$15 worth of participating products in



• Turkey, page 9

## Chaplain's Corner

### Have you counted your blessings lately?

I don't know about the Thanksgiving traditions at your house, but I suspect they are similar at least in some respects to what happens in the Kelvington household.

Thanksgiving means watching parades and football games, cooking, eating, and maybe playing a few board games or getting outside for some exercise. We typically take time around the table to talk about what we are thankful for in the past year. But aside from the pre-dinner prayer, it's not an overtly religious celebration, and neither was the so-called "First Thanksgiving" in 1621. History leaves us the following account:

"The Separatists (only much later known as Pilgrims) who founded Plymouth Colony in 1620 disdained most holidays. In fact, they recognized only three: the weekly Sabbath, the Day of Humiliation and Fasting, and the Day of Thanksgiving and Praise. The latter two were not set on the calendar but could be proclaimed in response to God's perceived disfavor or favor. Because colonial life was so bound to the growing cycle, though, fast days were most often called in the spring, when there wasn't much to eat anyway, while feast days often accompanied the fall harvest. Both observances occurred on weekdays-usually the day of special sermons known as Lecture Day, which was Thursday in Massachusetts."

But the famous feast shared by about 50 colonists and 90 Wampanoag Indians was not an official Day of Thanksgiving. In the only surviving firsthand account of the meal, Edward Winslow describes it this way:

"Our harvest being gotten in, our governor sent four men on fowling, that so we might after a special manner rejoice together after we had gathered the fruit of our labors. They four in one day killed as much fowl as, with a little help beside, served the company almost a week. At which time, among other recreations, we exercised our arms, many of the Indians coming amongst us, and among the rest their greatest king Massasoit."

So, from a rather normal event, we have developed a national observance. A time to share food and fun with family and friends and to reflect on the bounty -- indeed, to reflect on the surplus in many cases -- that have become commonplace to us. And as we reflect, to also express our gratefulness to the One from Whom all Blessings flow.

I encourage you this year to really focus on what it means to have an attitude of gratitude. Like the hymn writer of old put it: Count your blessings, name them one by one; count your blessings -- see what God has done! Happy Thanksgiving!

Cmdr. Doran Kelvington is NAS Meridian's command chaplain.



## Sale... Or

**BOATS/CAMPERS/TRAILERS**  
**1996 Ragin Cajun Bass Boat**, 200hp Mariner, Lorange 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**  
**Samsung 42" TV**, great condition, \$350 OBO. Call 601-481-5712.  
**Tan microfiber 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](mailto: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.

**MOTORCYCLES/GEAR/ATV**  
**2002 Harley Davidson Sportster 883cc**, blue/chrome. Asking \$3,000 w/ 2 helmets & 2 jackets. Call 985-705-7179.  
**2005 Harley Davidson Road King Custom FLHRS**, Twin Cam 88 CI engine, 70+ Horsepower, 1450cc, Stage 1 Kit, Screaming Eagle Tail Pipes, battery charger, bike stand. BEAUTIFUL machine with ONLY 15,096 miles! VERY well maintained and priced for quick sale at \$13,500. Call 601-737-8175.

**AUTOMOBILES, ETC.**  
**NEW ITEM! 2007 Mercedes-Benz E350 Sedan** w/ nav, exterior white/interior beige, 100,000 miles garage kept--excellent condition Dealer maintained with new Michelin tires. Features: Sport PKG, Premium Sound, Key Fob w/start-stop button, moon roof. Contact Lonnie Thigpen (601) 739-3638

**Very nice blacked out G35 Coupe** with 102k miles. Painted black tail light (still can see lights and brake lights) 19" black staggered rims with fairly new tires, wide 275 tires in rear, full Ark brand exhaust from the headers back. 5 percent tint, 6-month old paint job with partially painted front headlights, cold-air intake and stage-2 clutch. Lowered 1.7" in front and 1.4" in rear. Good size in-dash screen with tweeter and new door speakers. Remaining speakers are Bose. Sun-roof, cruise control, screen has navigation, Bluetooth and iPod hook up, custom front grill. Has one year on driver seat but can be easily redone. Asking \$14,000. Not interested in trades. Serious inquires only! Call/text Mike at 850-797-9462.  
**2008 Volkswagen Jetta SE**, immaculate condition and runs perfectly, never any issues. 109,000 miles, non-smoking vehicle. Asking \$9,500 OBO. Call/Text (631) 205-8877.  
**2009 Chevy Traverse LS**, very good condition, 117,000 miles, 4 years/70K miles re-

maintaining on extended warranty. Asking \$9950. Call 601-616-0947.  
**2012 GMC Acadia SLT-1 FWD**, summit white with tan leather interior. 31k miles - Satellite radio - Onstar Navigation - BOSE Premium Sound package - 3rd row seating. Asking \$29,500 OBO. Call (601) 692-3730 evenings.

**HOMES/APARTMENTS**  
**For Rent:** Home located on Dalewood Main Lake, 8275 Simmons Circle, Lauderdale; 3 BD/2-1/2 BA (boat dock and pier) \$1400/month plus deposit, dues, and garage fees. Call 601-632-4101 and 601-527-0654.  
**FOR SALE:** 3 BD/1 BA (1540 square feet) on Poplar Springs Drive in North Hills area of Meridian. Lots of natural light. Big fenced backyard. Great neighbors. Call Jennifer at 601-934-6431.  
**For Rent:** 3 BD/2 BA house on large canal at Dalewood Lake. 2200 square feet with 41x26 screened in porch and new deck. Multiple renters ac-

cepted. Furnished. Call Joel Mayfield for details at 601-604-4451.  
**For Rent:** 3 BD/2 BA house, central heat & air, W/D hookup, dining room and family room. \$980 Rent. \$600 Deposit. Located at: 4319 King Rd, Meridian. Call (601) 282-0463.  
**For Rent:** Beautiful brick 3 BD/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.

**MISCELLANEOUS**  
**Weight set** for sale to include 4x45lbs, 4x35lbs, 2x25lbs, 2x10lbs, 4x5lbs, 3x2.5lbs, 2x45lbs straight bar, 1x15lbs curl bar, 5x safety clips and a weight stand for \$250. Call 360-551-0805.  
**10 gallon aquarium** with filter pump and top \$10. Call Teresa at 601-679-3474 between 7 am and 3:30 pm (gone for lunch from 11:30 to 12).  
**Yugoslavian M24/47 8mm Mauer**, \$300. Call Christopher at 620-960-1250.

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

To submit an item to the "Sale...Or" column, e-mail [penny.randall@navy.mil](mailto:penny.randall@navy.mil). Deadline is the Thursday prior to publication.





# Navy League council seeks nominations for Military Spouse Volunteer of Year

From Public Affairs Staff

The Mississippi Council of the Navy League established the Military Spouse Volunteer of the Year Award to recognize spouses who are involved in their community and participate in volunteer activities.

Anyone who is the spouse of U.S. Navy, U.S. Marine Corps, U.S. Coast Guard and Merchant Marine, all ranks, active duty, Guard and Reserve may be nominated.

"This is truly an opportunity to recognize the exceptional stories and contributions in our community," said Arjen Lagendijk, past president of the Mississippi Council of the Navy League. "If you know

(or are) a deserving military spouse, get to the nominating!"

So that all spouses have an opportunity to compete, only the past 12 months activities should be considered.

**Who can nominate:** Nominations to be accepted from any person or group, civilian and military. A person can submit more than one nomination.

**Who can be nominated:** Anyone who is the spouse of a U.S. military member may be nominated (all services, all ranks, active duty, Guard and Reserve) living in any of the Mississippi Military Communities covered by the Mississippi Council of the Navy League. The nominee can be active duty military and a spouse. The nominee does not need to be a member of

the Navy League.

**How to nominate:** Nominations must be made in writing using the format provided on the nomination form. Forms can be obtained in the NAS Meridian Public Affairs Office or by email by calling 601-679-2318.

**Nomination Deadline:** Nov. 17, 2014.  
**Who will judge the nominees and determine the winner:** A committee of four Navy League Board Members.

**How nominees will be judged and winner determined:** Review, rate, and evaluate applications based on award criteria. As much as possible, the evaluation should be conducted on the measurable portion of the award criteria; however, since some of the criteria are subjective, the evaluation

encompasses subjective decisions.

**Award Criteria:**  
• Demonstrate exceptional volunteer work accomplishments  
• Exhibit selfless giving to others in the community  
• Exude ongoing strength in enduring deployments (deployments include individual augmentations), family separations and frequent moves  
• Fortitude ingenerating support of other military spouses and their families while "holding down his or her own fort"

**Award Date:** Nominee will be announced and honored at the Mississippi Council of the Navy League Annual Meeting on Dec. 9.

## F-35C initial at-sea testing aboard Nimitz

SAN DIEGO (NNS) -- The F-35C Lightning II, the carrier variant of the Joint Strike Fighter, continues initial sea trials aboard the aircraft carrier USS Nimitz (CVN 68) off the coast of Southern California.

Through Nov. 6, the fourth day of at-sea testing, two test F-35C aircraft have completed 12 flights. During those 12 flights, the aircraft flew a combined 12.7 flight hours and accomplished 203 test points.

The Navy's newest fixed-wing fighter performed 55 catapult launches, 84 planned touch-and-go landings and 57 arrested landings. Through four days of at-sea testing, the test team successfully landed during every attempt, with zero bolters, or failures to catch an arresting cable on the flight deck.

With the last of the four test pilots completing carrier qualifications Nov. 6, all aircrew members are now carrier-qualified and able to fly the aircraft in test events.

During the first stage of developmental testing, the test team conducts a series of events designed to gradually expand the aircraft-operating envelope at sea. Events scheduled for Nov. 7 center on crosswind catapult launches and crosswind approaches to test the aircraft's ability to perform in both nominal and off-nominal conditions.

At-sea test delivers the opportunity to conduct operations in preparation for Navy F-35C initial operational capability scheduled for 2018.

From Naval Air Forces Public Affairs



## Be Prepared: Register in WAAN and NFAAS

WASHINGTON (NNS) -- Sailors, both active and reserve, Navy civilian employees, and contractors working aboard installations with Navy Marine Corps Intranet or One Net user accounts are required to register in the Wide Area Alert Network (WAAN) and the Navy Family Accountability and Assessment System (NFAAS).

"The number of Navy personnel who have completed their required WAAN registration is shockingly low," said Dan Haacke, Navy Installations Command's emergency management systems operations specialist, noting roughly 44 percent compliancy rate across the enterprise.

Updating WAAN and NFAAS is part of the Navy Ready program under Navy Installations Command. Navy Ready is vitally important in the event of a catastrophic situation. Part of an ongoing effort to emphasize the importance of preparedness, Navy Ready needs everyone's participation in order for the accountability system to be effective. In what only takes a few moments, registering in the WAAN or NFAAS is the key to success.

Registration is not automatic, however. The two programs are independent and perform unique functions critical to force protection and personnel accountability and must be updated separately.

"Whereas NFAAS is used for accountability and needs assessments after an emergency, updating your information in NFAAS does not update your information in the WAAN," said Haacke. "The WAAN is used by region commanders and installation commanding officers to provide real-time alerts before, during, and after emergencies, force protection condition (FPCON) changes, severe weather hazards, major traffic changes and other situations that may affect per-

sonnel.

Sailors and civilians should update their NFAAS information twice a year to avoid outdated information which can delay the Navy's ability to account for and provide assistance to affected personnel.

Haacke cited Superstorm Sandy and recent typhoons in Hawaii as prime examples when those who had self-registered in the WAAN were able to receive alerts and updates on the evolving situation.

"While work phone numbers and e-mails are required to be registered, personnel have the option of registering personal cell phones as well as alternate cell phones of family members so personnel may receive alerts at work, at home, or on the go," added Haacke. "In doing so, personnel and their families have access to information on what to do and where to go in case of an emergency, base closure, or all-clear notice. Bottom line, your command cannot inform you if they cannot reach you. Register today."

To register on the Wide Area Alert Network go to [www.ready.navy.mil/stay\\_informed/waan.html](http://www.ready.navy.mil/stay_informed/waan.html) and for NFAAS go to [http://www.cnic.navy.mil/ffr/family\\_readiness/fleet\\_and\\_family\\_support\\_program/disaster\\_preparedness/navy-family-accountability-and-assessment-system-nfaas.html](http://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/disaster_preparedness/navy-family-accountability-and-assessment-system-nfaas.html).

For more information on emergency preparedness and Ready Navy, visit [www.Ready.Navy.mil](http://www.Ready.Navy.mil), or contact Ready Navy by e-mail at [ready.navy@navy.mil](mailto:ready.navy@navy.mil) or by phone at (202)433-9348, DSN 288-9348.

Follow Ready Navy on Facebook ([www.facebook.com/ReadyNavy/](https://www.facebook.com/ReadyNavy/)), Twitter (@ReadyNavy), YouTube, and Instagram.

From Navy Installations Command Public Affairs

## Let's talk energy....



Photo by Penny Randall

NAS Meridian's Energy Manager Carlos Alfaro and Terence Mahoney, the installation's utilities energy manager talk to Sailors outside the Roy M. Wheat Galley recently about how to be more energy compliant and how to use energy wisely.

### ● Gold

for the third time in last four years," said Col. Donald Davis, MCLB Albany Commanding Officer. "This SECNAV level energy award is recognition of the incredible efforts of our team of NAVFAC Southeast and MCLB Albany facility engineers and energy management experts in reducing our energy intensity (consumption) by 40 percent and the continued growth of our renewable energy portfolio. I am confident that the continued efforts of this team will have us off the grid by the summer of 2017 and additional recognition as the first "Net-Zero" base in the United States Marine Corps."

Naval Station Mayport, Fla. was recognized as a Platinum Award winner. Platinum levels of achievement indicate an outstanding energy program and an exceptional year for energy project execution and winners receive \$5,000 each, to be spent at the discretion of the commanding officer to encourage further energy improvements.

"Naval Station Mayport strives to be the leader in energy conservation and being selected as a Platinum Award winner is a testament to that effort," said Cmdr. Bo Palmer, executive officer, Naval Station Mayport. "It's an all hands effort and a result of increased awareness and leveraging new technologies to capture energy efficiencies. Everyone working and living on board this installation deserve credit in making this achievement a reality."

The awards program also recognizes the accomplishments of commands that achieved gold, or blue levels of achievement. The Gold level of achievement indicates a

very good to outstanding energy program. The Blue level of achievement indicates a well-rounded energy program. Winners receive a certificate of achievement in these categories. The following NAVFAC Southeast bases received the Gold Award:

- ✓ Naval Air Station Pensacola, Fla.
- ✓ Naval Air Station Jacksonville, Fla.
- ✓ Naval Submarine Base Kings Bay, Ga.
- ✓ Naval Air Station Joint Reserve Base Fort Worth, Texas
- ✓ Naval Support Activity Mid-South Millington, Tenn.
- ✓ Naval Air Station Key West, Fla.
- ✓ Naval Air Station Corpus Christi, Texas
- ✓ Naval Support Activity Orlando, Fla.
- ✓ Naval Support Activity Panama City, Fla.
- ✓ Naval Construction Battalion Center Gulfport, Miss.
- ✓ Naval Air Station Meridian, Miss.
- ✓ Marine Corps Support Facility Blount Island, Jacksonville, Fla.
- ✓ Marine Corps Air Station Beaufort, S.C.

The following NAVFAC Southeast bases received the Blue Award:

- ✓ Naval Air Station Joint Reserve Base New Orleans, La.
- ✓ Naval Air Station Kingsville, Texas
- ✓ Naval Air Station Whiting Field, Fla.

"These commands ex-

ecuted comprehensive efficiency programs with senior-level command involvement, well-staffed and trained energy teams, aggressive awareness campaigns, innovative energy efficiency measures, and consistent reduction in energy consumption," said Mabus in his award announcement.

"Congratulations and thank you for your efforts. Energy and water management are critical to the accomplishment of the Navy's mission," said Mabus in his award announcement. "Energy specifically is one of my top priorities and your performance has significantly advanced progress towards achievement of our goals. Your excellence in energy and water management is an example for all other commands to follow. We must all continue to be good stewards of our resources and treat them as the strategic asset they increasingly are. In the process, we will reduce consumption, waste less, and free up funding to better support our warfighters."

Both MCRD Parris Island and MCLB Albany are authorized to fly the SECNAV energy flag for a period of one year and will be recognized at award ceremonies at dates to be determined.

From Naval Facilities Engineering Command, Southeast Public Affairs



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Nov 23 - Thanksgiving Fellowship following 11:15 am Morning Worship  
 Nov 29 - Single, Married & Single Again Ministry - 5 pm  
 Nov 30 - 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.



# IT'S YOUR TURN...

This week we asked, "What is your favorite college football tradition?"

By MC2 Casey H. Kyhl



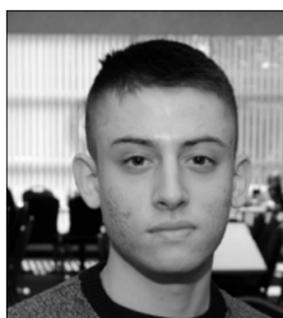
**Matt Davis**  
MWR

"The ringing of the cowbells for Mississippi State. It gets the players hyped up."



**Terence Clayton**  
Roy M. Wheat Galley employee

"The Egg Bowl between Mississippi State and Ole Miss is a great tradition."



**PSSA Brandon Stanford**  
NTTC Student

"Florida State has the best traditions. The Seminole throwing the spear at midfield and the tomahawk chop."



**Pvt. Hugo Garza**  
MATSS-1 Student

"The Alabama-Auburn Iron Bowl is my favorite college tradition."



**Pvt. Dan Guarente**  
MATSS-1 Student

"With their red bandanas Boston College continues to honor Welles Crowther for his sacrifice on 9/11."

## Fleet & Family Support Center

### Family resilience protective factors

We know that keeping your relationships healthy and strong is very important to you. Maintaining happy and fulfilling relationships can be challenging even under normal conditions. When you factor in the stressors and demands of military life, you might have to work even harder to maintain the communication, cooperation and closeness that keep your relationships strong.

As parents, we've all had one of those never-ending days full of stresses, messes and fussy kids. Even those seemingly perfect parents face temper tantrums, spills and sleepless nights. There are a few simple things you can do to help alleviate that stress and make sure your family is happy, healthy and safe.

#### Protective Factors:

Protective factors are conditions in families and communities that, when present, increase the health and well-being of your family. They can help you create a great family environment that promotes healthy child development and reduces the headaches of parenthood. These six protective factors build on your family's strengths and can easily be incorporated into your everyday routine:

**Nurture and attachment** – We all know that kissing a scratch or a big bear hug can go a long way to turning a frown into a smile on our children's face. Research has shown that simple acts of affection, such as hugs or loving words, have a significant impact on the positive growth and development of your children. With our older children, this can also mean taking more time to listen to their worries or be involved with after-school activities. Nurturing children of any age encourages healthy physical and emotional development.

**Knowledge of parenting and child development** – While you are an expert in understanding your children's personalities and unique behaviors, you might not always know what to expect of them in terms of typical developmental milestones. Knowing what your children are capable of and setting realistic expectations for their behavior can take a lot of stress and frustration out of parenting on a day-to-day basis. That is why keeping up with the latest information about parenting techniques and child development is so important.

**Parental resilience** – Life comes with ups and downs. When the downs seem like they outnumber the ups, it's important to know how to deal with the stress in a way

that doesn't affect your parenting. As a parent, you have inner strengths and support systems you can tap into, such as your faith, sense of humor or relationships with friends and family. The ability to identify stress and deal with it in a healthy way not only increases your well-being, but also shows your kids a model for positive ways to cope.

**Social connections** – There is truth in the adage, "It takes a village to raise a child." Having a solid group of friends and family to offer assistance and give you advice can take the edge off a rough day, and allow you to enjoy your family even more.

**Concrete supports for parents** – There are lots of things that can greatly affect the stability of your family, such as financial insecurity, lack of adequate housing or employment issues. That is why it's important to have support measures in place, both in the community and at home, to help you overcome these challenges. Reach out to your military and family support center to learn about programs and services on your installation or in the local community that might be able to help your family. You can also speak with a Military OneSource consultant by calling 800-342-9647.

**Social and emotional competence of children** – Your children's ability to connect and interact with the world around them has a positive impact on their relationships. Whether it's playing with the neighborhood kids or expressing emotions, your kids are learning different ways to connect. However, they will always make mistakes and their behavior can be challenging at times. Understanding this, and being able to identify developmental delays, can make challenging behaviors easier to deal with. Early work with children to keep their development on track helps keep them safe and fosters healthy development.

As we get ready for Thanksgiving, we here at FFSC give thanks to our military families. November is Military Family Month, where we thank families for the strength they provide to service members. You support your service member and we support you. For more information about our free, confidential services, visit the FFSC or call 601-679-2360.

Most of article taken from Military One Source



## 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.

**Transition GPS Seminar: 17-21 Nov. 17-21 from 8 a.m.-4:30 p.m.** Military personnel who are voluntarily or involuntarily separating or retiring and are within 180 days of separating are required to attend this seminar, held at the FFSC. It is highly recommended that spouses attend. You may also attend if you're up to 24 months away from your separation or retirement date. The following topics will be covered: résumés, job search skills, job interviewing, employment (state and federal), veterans' benefits, pay and travel, movement of household goods, TRICARE, emotional transition to separation, financial planning, forms and documents, benefits and services, military obligations, and more. You must see your Command Career Counselor or Admin Officer before attending Transition GPS to obtain several documents that are required for the seminar.

**10 Steps to a Federal Job: Nov. 19 from 4-6 p.m.** The government is hiring! But if you want to be successful in landing a federal job, you need to understand the government's unique and complex application process. This workshop, based on the writings and training of federal job search guru, Kathryn Troutman, will walk you through the 10 steps to finding and applying for a federal job. We'll cover: finding and analyzing federal job announcements; crafting a federal-style résumé and an electronic résumé; interpreting the cryptic language of federal hiring process ("core competencies", etc.); the incredible importance of including "keywords" in your application; addressing "KSAs"; and much more!

**Thanksgiving Crafts and Movie Time: Nov. 24 from 9-11 a.m.** All children, ages 6-12, are invited to the FFSC to create cool Thanksgiving/Fall crafts and join us for a holiday movie! Registration is required for preparation of materials! Refreshments will be served.

**Turkey** stateside commissaries. Patrons can visit the "Sales & Events" tab on [www.commissaries.com](http://www.commissaries.com) for details on submitting their commissary receipt to qualify for a free perk. Participating companies are as follows: Post cereals, Jimmy Dean, Hillshire Farms, Ball Park, Dr. Scholl's, Coppertone, Claritin, Red Bull and Energizer.

"Believe in Heroes!" Acosta and its participating brand products present this promotion in commissaries worldwide, offering 300,000 flyers with high-value coupons. During the sale, most participating brands will provide donations to the Wounded Warrior Project foundation.

"Whether the menu is a traditional roast turkey and potatoes, or a vegetarian meal with organic fruits and vegetables, you can find everything you need at your commissary to prepare a memorable holiday smorgasbord," Russ said. "And, it's available at significant savings to ensure that your shopping venture 'is worth the trip.'"

## Academic Support for Students in Military Families

By Cynthia Haynes McDonald  
NAS Meridian School Liaison Officer

Parents, do you find it difficult to help your children with their homework? Have you forgotten some of the steps in solving equations or developing an essay? Are you pressed for time? Do you wish you could afford a tutor?

If you answered yes to any of these questions, you will be glad to know that help is available. There are several resources that can reduce your stress, and more importantly, help your child to achieve academic success. Here are a few:

**Student Online Achievement Resources (SOAR)** is a FREE online program that offers tutorials in math and literacy concepts. Developed for military families, SOAR offers a variety of resources to assist with the unique academic challenges they face. Upon registration, students complete an online assessment and SOAR guides them through a series of tutorials designed to enhance specific skills. The tutorials are short, entertaining, and kid-friendly. Because they are linked to the more rigorous Common Core, the tutorials may be helpful to younger children, although SOAR was originally designed for students in third grade and beyond. In fact, these lessons can benefit anyone (children and adults) who may need a refresher in basic or advanced skills in math or literacy.

Military parents will enjoy ready access to school data for any location in the world where they may be stationed, academic checklists, links to discussion forums, and more!

### COLUMN



McDonald

Go to <http://www.soarathome.org/> to register and SOAR!

March 2 Success offers support to high school students or recent graduates in the areas of English, Math, and Science. In this self-paced program, students complete tutorials that help them to prepare to take the ACT or SAT. College-bound students can enhance prerequisite skills. Struggling students will benefit from lessons that review basic skills and practice tests with explanations for questions answered incorrectly. Lessons can be repeated as necessary. March 2 Success also features a component that helps students navigate college admissions and financial aid. Students must be at least 13 years old to register on this site. The U.S. Army developed this program, but affiliation with the Army is not a requirement for use of the resources. Prepare to succeed at [www.march2success.com](http://www.march2success.com).

Tutor.com offers military families FREE access to professional tutors in real time 24/7! The program is sponsored by the Department of Defense MWR Library Program and Yellow Ribbon Reintegration Program. Active Duty, National Guard, and Reserve dependents in kindergarten through twelfth grade and beyond qualify for this service. Tutors and students interact by way of a virtual classroom utilizing whiteboard technology, file sharing, and instant messaging. Tutors are available in over forty subject areas covering elementary, secondary, and post-secondary coursework. Go to [www.tutor.com/military](http://www.tutor.com/military) to sign up.

Each of these programs was intended to help level the playing field for children of military families. Each one is free. Register today and help spread the word about these valuable resources!

For more information, contact me at 601-679-2473.

### Sailors

He currently serves as vice president of the Petty Officers Association.

"I feel honored to be selected as Senior Sailor of the Year among such a competitive group of first class petty officers," Cary said.

Enlisting in the U.S. Navy on Dec. 12, 2006, Toussaint currently serves as a crew supervisor for the Field Support Division at NAS Meridian's McCain Field.

Toussaint calls Opelousas, La., home. His is a member of NAS Meridian's Ceremonial Detail Team, Petty Officers Association and CSADD. He is a volunteer with the command indoc program and teach-

es bystander intervention at NTTC.

"My goal is to reseept the Navy in a good light. I have great support from the chiefs at air operations who have encouraged me to do my best."

Derr, who has served 2 1/2 years in the U.S. Navy is a native of Mount Carmel, Penn.

Derr is a member of the Petty Officers Association and CSADD. She serves as a divisional Combined Federal Campaign leader and the 2014 Angel Tree Coordinator. She is currently a full time student at Meridian Community College and volunteers as a girls youth soccer coach.

"Receiving Sailor of the Year is rewarding and humbling at the same time. When Capt. Bunnay

announced my name at quarters, I stood in front of our command thinking to myself 'many of these Sailors are worthy of this award.' I looked at the faces of those who have helped me in many different ways, on and off the clock. To accomplish anything it takes team effort with a lot of moving parts. Noticing this as I stood up there, I realized I'm just one small moving part of this team. I'm thankful and appreciative but, I am very humbled in knowing that I wouldn't be receiving Sailor of the Year if not for everyone else also doing their part, from Airmen to Senior and Master Chief, our Chaplain, and the support of our CO and XO here at NAS Meridian."



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# November established as Warrior Care Month

By **Ingrid Mueller and Steve Buckley**  
Fleet and Family Readiness  
Marketing

WASHINGTON (NNS) -- Secretary of the Navy Ray Mabus named November 2014 Warrior Care Month in an all-Navy message (ALNAV) to Navy and Marine Corps personnel released Oct. 27.

"The Department of the Navy (DON) has made an abiding commitment to seriously wounded, ill, and injured Sailors and Marines, as well as their families and caregivers," said Mabus. "I encourage all DON personnel to take an opportunity during Warrior Care Month to join me in expressing heartfelt gratitude and support."

Warrior Care Month is an annual effort to increase awareness of resources available to seriously wounded, ill and injured service members, their families, and those who care for them. This year's theme, "A Show of

Strength," recognizes the fortitude and resiliency that seriously wounded, ill and injured service members exhibit during their journey toward recovery.

"This is an opportunity to join with the other military services in publicly recognizing our wounded warrior heroes," said Navy Wounded Warrior (NWW) - Safe Harbor Director Capt. Brent Breining. This year, Warrior Care Month kicks off during the last week in October (Oct. 27-31) to accommodate the Thanksgiving holiday during the final week in November.

Since its inception, NWW has provided world-class assistance to more than 3,100 Sailors and Coast Guardsmen and their families throughout the country. It provides a lifetime of non-medical care to seriously wounded, ill and injured service members, guiding them through their recovery, rehabilitation and reintegration.

"There are a lot of disabled veterans out there, and service members suffering with various issues, whether they realize it or not, and they may feel forgotten," said retired Lt. j.g. Laura Root, who was diagnosed with Muscular Dystrophy in 2011. "We really need to raise awareness and bring them into our community and this movement."

Each day, wounded warriors demonstrate strength in ways large and small -- from pushing themselves during a grueling physical therapy session, to attending a class to acquire new skills, to asking for help when they need emotional support. Wounded warriors are not only service



members wounded in combat; the term also applies to those with serious illnesses, as well as those injured in shipboard, training and liberty accidents.

"Military treatment facilities are providing expert restorative and rehabilitative care for wounded warriors whether on the battlefield or the home front," added Breining. "And, our non-medical care providers at NWW, as well as our other Fleet and Family Support programs, address the daily needs of wounded warriors so they can focus on healing without distraction."

The families and caregivers of wounded warriors also exhibit strength by supporting their loved ones' during their re-

covery -- often at great personal expense. The Navy connects them with critical resources to make their jobs as caregivers more manageable, including the SCAADL (Special Compensation for Assistance with Activities of Daily Living) program, FOCUS (Families Overcoming Under Stress), and the Joining Forces Peer-to-Peer initiative.

"Everyone in the Navy family can make a difference in the lives of wounded warriors," said Breining. "They can refer a service member who has experienced serious illness or injury to NWW by calling 855-NAVY WWP (628-9997). They also can help spread the word about NWW and other resources online, in conversations with neighbors, at community meetings and around the dinner table."

Warrior Care Month was established in 2008, when former Secretary of Defense Robert F. Gates declared it would be a "Department of Defense

effort aimed at increasing awareness of programs and resources available to wounded, ill and injured service members, their families, and those who care for them."

For more information about NWW, call 1-855-NAVY WWP/1-855-628-9997, visit <http://safeharbor.navylive.dodlive.mil> or email [navywoundedwarrior@navy.mil](mailto:navywoundedwarrior@navy.mil). For more information about Warrior Care Month activities, visit <http://safeharbor.navylive.dodlive.mil> or [www.facebook.com/navysafeharbor](http://www.facebook.com/navysafeharbor).

To view the ALNAV, visit <http://www.public.navy.mil/bupers-npc/reference/messages/Documents/ALNAVS/ALN2014/ALN14076.txt>

### • Music

music and my wheelchair. I've become more involved in my community, my church, my sorority and directing Ms. Wheelchair Mississippi. I know all these things will make me a better person."

Confined to a wheelchair after a car accident at the age of 26 Moore says, "My wheelchair allows me to minister -- people embrace me more. They say, 'Well if she can sing and dance in a wheelchair then surely I can do something good with my life.' I was an able body person walking and in the blink of an eye I was in a car accident, waking up in the hospital and not able to walk again."

To add another accomplishment to her list this year, Moore was recently notified that she was nominated in six categories at the Annual Rhythm of Gospel Awards which will be held July 2015 in Birmingham, Ala.

In March 2015 she will be one of the entertainers at The Stellar Gospel Music Awards, which is the first and oldest televised awards show honoring Gospel in Las Vegas.

Moore's publicist Shanee Edwards with 3HP PR Services said, "I contribute her suc-

cess to her hard work and her strong work ethic. She is conditionally getting her name out there and sharing her story through her performances. She has a testimony to share and a powerful message. People love how she has overcome adversity and continues to strive for success."

Moore is a military wife and said she would not have accomplished what she has without the support of her husband, Marine Master Sgt. Marquis Moore and sons, Marquis Jr., 16, and Maurice, 13.

Locally, Moore was one of the featured performers at the recent Power Crusade in Newton where she entertained all three nights of the event. "That event was such a blessing and I embraced all the music."

This month she is preparing for performance dates in Georgia, South Carolina and Florida.

"I keep myself motivated through pray," Moore said. "I have learned you have to have tough skin, you will get rejections. If someone says no, then it wasn't meant for me to be there. I truly believe God has plans for me, and if one door closes, another one opens. I'm pushing forward, traveling and of course, singing."

### • Rates

out-of-pocket for authorized TDY expenses, Johnson said. "The intent is to do no harm. The intent is to ensure that we're finding affordable travel solutions."

While acknowledging that these changes may feel like a pay cut to some travelers, Johnson said it's important to recognize that per diem payments aren't meant to serve as an extra pay.

"It's not a hardship pay, it's not a supplemental pay; it's a travel allowance," he said. "And a travel allowance is designed to reimburse travelers for expenses incurred. ... We are looking to fairly reimburse travelers for actual expenses incurred. If that means that it's over the flat per diem rate, then we will reimburse up to whatever it was that they spent."

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CBL

**LETTERS TO SANTA**

**YOU ARE INVITED TO SEND SANTA A LETTER**

Letters will be published in **The Meridian Star on Fri., Dec. 19th.**

Please print your letter on the form below (must use the official newspaper letter form - no copies, send in entire form, do not cut frame.)

**MUST USE A BLACK PEN**

**Mail to: Dear Santa, c/o The Meridian Star**

**PO Box 1591, Meridian, MS 39302.**

Must be received by December 5, 2014 by 2pm.

**Dear Santa,**

Name \_\_\_\_\_  
Age \_\_\_\_\_ Grade \_\_\_\_\_