



THE SKYLINE



Volume 52, Number 15

<https://www.cnmc.navy.mil/meridian> & www.facebook.com/NASMeridian

July 24, 2014

On Base...

✓ **Until further notice the NAS Meridian Personal Property office hours are:**
8 a.m.-12:30 p.m.
and 1-3 p.m.

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

✓ **Child Development Center has openings for infant to preschoolers.**
Call 601-679-2652.

✓ **Information, Tickets & Travel office is open from 11 a.m.-5 p.m. in the McCain Rec Center.** Lots of specials to Six Flags Over Georgia and Geyser Falls Water Park are available for purchase.

✓ **Navy-Marine Corps Relief Society Meridian office is now open on Tuesdays and Thursdays from 8:30 a.m.-1 p.m. and located in Administration Building 255.** For information, call 601-679-2504.

A Day in Naval History

July 25
1934: First President to visit Hawaii, Franklin D. Roosevelt, reaches Hilo on board USS Houston.

July 26
1948: President Harry S. Truman orders desegregation of the Armed Services.

July 27
1953: Korean War armistice signed at Panmunjon, Korea and Korean cease-fire went into effect at 10 p.m.

July 30
1942: FDR signs act establishing WAVES (Women Accepted for Volunteer Emergency Service). During World War II, over 80,000 officer and enlisted women served in the WAVES.
1967: Fire on board USS Forrestal off the coast of Vietnam results in death of 134 crew.

July 31
1912: First attempt to launch an airplane by catapult made at Annapolis.

-- www.history.navy.mil

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

Welcome new commanding officers

Capt. Scott Bunnay takes command of air station

By Penny Randall
Editor

Capt. Scott Bunnay became the 24th commanding officer of Naval Air Station Meridian during an official change of command ceremony July 18.

He relieved Capt. Charles C. Moore II who served as the installation's commanding officer since July 2011.

"This assignment brings me happily back to Mississippi to command NAS Meridian," said Bunnay who completed flight training and received his Wings of Gold and designation as a naval aviator in July 1994 from Training Air Wing One on board the installation. "Please rest assured the service members and civilians of NAS Meridian will continue to strive to be the best possible citizens, leaders, friends and neighbors."

The guest speaker for the ceremony was Capt. Steven H. Blaisdell, chief of staff for Navy Region Southeast.

"Meridian is true Navy town USA," Blaisdell said. "You cannot have success without support and it is evident that Capt. Moore has developed a tremendous partnership among the team at NAS Meridian. He knows how to take care of his Sailors and staff, and at the same time accomplish the goals of the Navy. I send a sincere thank you to all the Sailors, Marines, civilians and contractors who make this base run."

Under Moore's leadership, the installation provided the highest quality support for its tenant commands, skillfully managed response to disasters, and received numerous accolades.

"I consider the responsibility of being the



Photo by MC2 Casey H. Kyhl

Capt. Steven H. Blaisdell, left, chief of staff for Navy Region Southeast, acknowledges Capt. Scott Bunnay's acceptance of command as Capt. Charles C. Moore II, outgoing commanding officer, looks on during a ceremony July 18.

commanding officer of NAS Meridian an incredibly humbling experience. The installation will be in great hands with Capt. Bunnay," Moore said. "I could not have done this job without the loving support from my family."

Capt. Moore guided 400 personnel in providing facilities and services with a \$30 million budget, which enabled 73,400 flight operations more than 135,735 flight hours at two

airfields which led to the winging of 387 naval aviators during his tenure.

He orchestrated \$65 million in repairs and renovations, which facilitated the graduation of 6,350 students from Naval Technical Training Center Meridian and 2,100 students from Marine Aviation Training Support Squadron One.

Moore's extensive leadership was further

● **Command, page 8**

Region Southeast holds change of command

By MC2 (SW/AW/EXW) Stacy D. Laseter
Navy Region Southeast Public Affairs

Rear Adm. Mary M. Jackson relieved Rear Adm. Rick Williamson as Commander, Navy Region Southeast (CNRSE) during a change of command ceremony on board Naval Air Station Jacksonville, July 18.

The time-honored ceremony marked an end to Williamson's leadership of the command that supports and guides 17 installations throughout the Southeastern United States and the Caribbean. Vice Adm. William D. French, the commander of Navy Installations Command, served as the guest speaker for the ceremony.

Williamson is a Jacksonville, Fla., native and a 1985 graduate of the United States Naval Academy, where he earned a bachelor's in computer science. He also holds a master's in business administration from the Naval Post Graduate School and is a graduate of the Armed Forces Staff College. Williamson reported to CNRSE from his previous assignment as commander, Navy Region Midwest, Great Lakes, Ill.

"I have had such an incredible experience leading an CNRSE outstanding team," said Williamson. "I will always cherish the relationships that I have built during this tour." Williamson will be reporting to Commander, Navy Region Mid-Atlantic, Norfolk, Va., in August to assume command.

Originally from Wimberley, Texas, Jackson entered the United States Naval Academy in July 1984, earning a Bachelor of Science degree in physics with an emphasis in ocean-



Jackson

ography. She later went on to earn a graduate degree from George Washington University in engineering management and became qualified as a joint specialty officer.

She has served on board five U.S. Navy ships, in both the Atlantic and Pacific fleets with deployed operations in the Atlantic, Caribbean, Arabian Gulf, Indian Ocean, Mediterranean Sea, Black Sea, and Western Pacific areas of operation. Her command tours including serving as commanding officer, USS McFaul (DDG 74) and commanding officer, Naval Station Norfolk, the world's largest naval installation. Most recently, she served as chief of staff to Commander, Navy Region Mid-Atlantic, Norfolk, Va.

"It is an honor and privilege to become a part of such a dynamic team of Sailors and civilians," Jackson said. "And I look forward to challenges we'll tackle together."

Jackson will be the region's 44th commander.

MATSS-1 welcomes Maj. Mitchell Grey

By MC2 Casey H. Kyhl
Staff Writer/ Photographer

Marine Aviation Training Support Squadron One (MATSS-1) welcomed a new commanding officer during a ceremony July 11 on board NAS Meridian at the Cpl. Sylvester Hood Sr. Memorial Marine Obstacle Course.

Maj. Mitchell Grey relieved Maj. Aaron J. Brooks who has served as the squadron's commanding officer since July 2010.

"I want to thank you all for your support and your efforts in completing the mission," said Brooks. "Meridian is a fantastic place to live and I am

grateful to all of you."

During Maj Brooks' command, MATSS-1 graduated nearly 3,000 fully qualified enlisted Marines in a multitude of aviation military occupational specialties. Maj Brooks' emphasis on quality training ensured an academic attrition rate of less than one percent for all four schools within MATSS-1. Additionally, he established a strong core value of community service in the Marine students who provided more than 4,650 man hours of volunteer service and community support under his leadership.

Maj. Brooks volunteered
● **Marine, page 3**



Photo by MC2 Casey H. Kyhl

Maj. Mitchell Grey, left, incoming commanding officer of Marine Aviation Training Support Squadron One, and Maj. A.J. Brooks salute as the flag passes during the change of command ceremony July 11.

Look Inside



~ Page 3 ~
Clinic and NOSC earn "Blue H" Award



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Montford Point Marines honored



~ Page 9 ~
Children and self-confidence





Photo of Week



Photo by MC2 Tiarra Fulgham

Sailors from the People's Republic of China, People's Liberation Army Navy ship Yueyang (FF 575) board the guided-missile cruiser USS Port Royal (CG 73) to perform a visit, board, search and seizure drill during Rim of the Pacific (RIMPAC) Exercise 2014. Twenty-two nations, 49 ships and six submarines, more than 200 aircraft and 25,000 personnel are participating in RIMPAC from June 26 to Aug. 1 in and around the Hawaiian Islands and Southern California.

Greetings NAS Meridian

I am honored to have been chosen to lead such a talented team and have been overwhelmed by the warm welcome offered by all since my arrival.

COLUMN



Bunnay

I was winged here as a naval aviator just over 20 years ago and cannot overstate how pleased I am to return to command this proud and professional naval air station. It will be a privilege to call the great city of Meridian and this installation my home for the next three years.

In just two short weeks since arriving, I have observed a tremendous military and civilian team that is nothing short of amazing. The focus of our efforts will continue to be "Training to Fight from the Sea." Your combined dedication, innovation, and productivity ensure that NAS Meridian and its tenant commands will continue to realize our mission while achieving the highest possible honors.

bers, civilians, and families will be at the core of our sustained success. We will train our people and work to advance professional and personal aspirations, while striking the right balance between work and spending quality time with the ones you love. The welfare of our family members, who also serve our great nation, must remain a top priority.

I know of no installation that benefits more from the unwavering support of its surrounding community. Our many mutually beneficial partnerships will continue to be a source of strength. I am proud to join a team that strives to be the best possible citizens, leaders, volunteers, and neighbors to our many friends in the region.

I am looking forward to an outstanding tour and greatly anticipating my opportunity to serve NAS Meridian. The first step will be to get to know as many people as possible on this magnificent air station. I look forward to meeting and working with you all.

The well-being of our service mem-

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

Area Happenings

July

26: Tony Bennett in concert at the MSU Riley Center at 7:30 p.m. Tickets are \$88 and \$82. Call box office at 601-696-2200 or go to: <http://msurileycenter.com>.

28-Aug. 1: At Hall Chiropractic & Wellness is collecting toys to benefit the Marine Corps Toys for Tots campaign. Five yourself the gift of health, bring in a new unwrapped toy and you will receive a consultation, physical performance evaluation, anti-aging assessment and x-rays (if needed) at no charge! Call Charleen at 601-483-2500 to schedule an appointment. The clinic is located at 1801 Hwy 39 North Meridian.

29: Summer Kids Movie Club presents "Frozen" at the Temple Theatre at 10 a.m. Tickets are \$2. For information, call 601-693-5353. Concessions will be available.

August

1: "Shadows of the 60s: A Tribute to Motown Super Groups" concert at the MSU Riley Center in downtown Meridian at 7:30 p.m. Tickets are \$39 and \$33. Memories storm the stage in this exciting tribute show featuring songs of The Four Tops, The Temptations, and The Supremes. The extensive catalog of hits from these three super groups provides the talented singers plenty of ways to entertain Motown fans with the songs they remember hearing on the radio. For more information, call 601-696-2200 or go to: <http://msurileycenter.com>

2: Whynot Motorsports Park presents the Mississippi State Champion Challenge Series Super Late Models plus all classes. The track is located at 4773 JW Reynolds Road, Meridian. Gates open at 4 p.m. Racing starts at 7 p.m. Admission: \$15 for adults, \$5 for kids 6-12, under 5 free. For information go to: <http://www.whynotmotorsportspark.com/>

2: Earth's Bounty at the Singing Brakeman Park from 8 a.m.-1 p.m. Festivals features fresh fruit, vegetables, honey, jams, jellies, breads, soaps, shrubs, flowers and more! Admission is free.

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 or call 601-693-6757.

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.

ONGOING

Meridian Museum School of Art Summer Session for children age 4-12 continues through July with classes in drawing, painting, pottery, cartooning, art book, clay sculpture, jewelry making, origami, paper mache sculpture, mask making, mixed media, and print making mediums. To register a child contact Kate Cherry at 601-693-1501 or email: meridianmuseum@bellsouth.net.

In The Spotlight...

Happy Birthday...

Happy Birthday to L-3 employee **Kenneth "Dell" Walker** who celebrates his birthday on July 22.

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

Happy Anniversary...

Donald and Mary Naylor celebrated their 27th wedding anniversary on July 14. Congratulations!

If you have an item for "In The Spotlight" send it to penny.randall@navy.mil

What is information assurance?

By James M. Smith

NAS Meridian Information Assurance Manager

This month we are going to examine just exactly what is Information Assurance.

Information Assurance (IA) is defined by Department of Defense Instruction (DoDI) 8500.01E as "measures that protect and defend information and information systems by ensuring their Availability, Integrity, Authentication, Confidentiality, and Non-Repudiation."

The above definition refers to availability, integrity, authentication, confidentiality, and non-repudiation as measures taken to protect and defend information systems. These are also known as the 5 pillars of information assurance. With this in mind let us discuss each pillar and why they are important to you.

Availability: For each of us to do our job, information must be available for use by those that are allowed to access it.

Integrity: The information that we use must be real, accurate and safeguarded from unauthorized modification.

Authentication: This is the part of information assurance that is a

process that ensures and confirms a user's identity allowing them access to information within a given computer system.

Confidentiality: This particular aspect of information assurance works hand in hand with authentication as it ensures only authorized users to access sensitive and protected data that relates to their job and their job only.

Non-Repudiation: Is the method of guaranteeing message transmission between users via digital signature and/or encryption. Non-repudiation protects the recipient and the sender when a recipient denies receiving an email. This is why it is imperative that when you leave your area that you take your Common Access Card (CAC) with you as it protects the system and your reputation.

Therefore each pillar of information assurance works together to ensure that information and the information systems used are in fact properly defended and protected by having information available, that the information is real, the users are who they say they are, and can only access that information required to do their job and finally information sent between users can be traced back to the original sender as needed.

Meridian Youth Soccer holds registration

The Meridian Youth Soccer Organization's (MYSO) registration for the Fall Season will close Aug. 2. MYSO has a program for each child and each skill level!

The McDonald Mini Division (Under 4 through Under 6) will begin the season on approximately Sept. 20 and play six season games in the Fall and six season games in the Spring. If your child is 3-5 years of age this program is perfect for them. It is a unique program that focuses on improving your child's fundamental motor skills in a fun, parent participatory atmosphere utilizing age appropriate activities. The Mini Soccer Division is coached by parent volunteers. The year ends with the McDonald's Mini Soccer Festival and Awards Ceremony in April 2015. Registration for both the Fall and Spring season is a one time \$80 fee.

The MYSO Academy Division (Under 7 and Under 8) and Compete Division (Under 10 and Under 12) will be given the opportunity to begin Academy training in September for eight weeks in the Fall and eight weeks in the Spring. The Academy training program is designed to give each player individual and team skills to improve their soccer game and is coached by our professional cadre of coaches at the Alliance Futbol Club. Details and fees will be announced at a later date. In addition to Academy Training, the U7-U12 leagues begin recreational soccer games on Sept. 20 and will continue for eight weeks in the Fall and eight weeks in the Spring. The recreational soccer teams are coached by parent volunteers. Registration for both the Fall and Spring season is a one time \$100 fee.

● Soccer, page 7

Meridian Youth Soccer seeks volunteer coaches

Meridian Youth Soccer Organization is the second largest soccer organization in the state of Mississippi. The non-profit organization serves up to 1200 youth in the community. Volunteer coaches are needed in order to fill the need for so many teams. Time requirements depend on the age level of the team. Practice schedules are set by the coach.

U4-U6 teams normally practice one time a week and have a one hour game on Saturday morning.

U7-U12 teams normally practice one time a week and have one or two games a week on Monday night and/or Saturday morning.

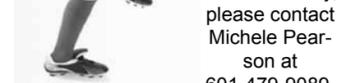
Community service letters will be sent to the chain of command upon

completion of the season.

The season ends with the State Games of Mississippi tournament in June. If you are willing to fulfill

this need in our community, please contact Michele Pearson at

601-479-9089.



WHAT'S ON YOUR MIND...

QUESTIONS FROM OUR READERS ARE WELCOMED. THE SENDER WILL REMAIN ANONYMOUS. IF YOU HAVE A QUESTION OR SUGGESTION YOU WANT VOICED SEND IT TO PENNY.RANDALL@NAVY.MIL AND WE WILL GET IT ANSWERED BY THE PROPER PERSON.

The Skyline ~ Naval Air Station Meridian, Miss.

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MC2 Casey H. Kyhl

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Clinic, NOSC Medical Department earn Blue H award



Photo by MC2 Casey H. Kyhl



Submitted Photo

The Navy and Marine Corps Public Health Center has awarded Naval Air Station Meridian Branch Health Clinic and the Medical Department at Navy Operational Support Center Meridian with the Navy Surgeon General's Blue H Health Promotion and Wellness Award with Gold Star. The annual award encourages and rewards the promotion of health in Navy and Marine Corps organizations. Congratulations to both teams. Left photo includes health clinic staff Optometry Technician Vickie Daniels, Lt. Cmdr. Sara Bustamante, HM3 Jay Cherlock, HM3 Nathan Cantrelle, HM2 Rose Kearns, HM Jair Chaves and HM2 Everett Pervall. Right, HM2 Chaz Fix and HM2 Jonathan Becker from NOSC Meridian



Photo by Penny Randall

NAS Meridian security guards Tyrone Johons, Marcus Riley, Jackie Brady and Demetrick Johnson recently graduated from the three-week Police Training Academy program and were recognized during a ceremony July 18. The program includes training on defensive tactics, firearms use, interview and interrogation techniques, physical fitness, preservation of evidence and crime scenes, report writing and traffic stops. The participants, who were GS-0085 security guards, are now GS-0083 federal police officers and have increased responsibility and power while on patrol.



Photo by MC2 Casey H. Kyhl

Tina Ward, center, holds her daughter Gemma while her mother Kathy Dodd stands next to her. Both Tina and Kathy are NAS Meridian Navy Exchange associates. The group is showing with t-shirts to support Gemma who suffers from Krabbe disease, a rare genetic disorder that destroys the nervous system. Babies with Krabbe eventually lose the use of their bodies, are unable to eat or swallow and have a hard time breathing. Newborn screening can catch the disease before symptoms arise and can drastically change the child's life. To learn more about Gemma and Krabbe disease follow the family on facebook at [gemmaskrabbejourney9313](https://www.facebook.com/gemmaskrabbejourney9313).

Interventional Cardiology

Interventional Cardiology is the branch of medicine that deals specifically with the catheter based treatment of structural heart diseases.

Rush is pleased to announce

Peter P. Scalise III, M.D.

is joining Hunt Anderson, M.D., Charles Davenport, M.D.,

Thomas McFarland, M.D., Brahmesh Siva, M.D.

and Norrapol Wattanasuwan, M.D.

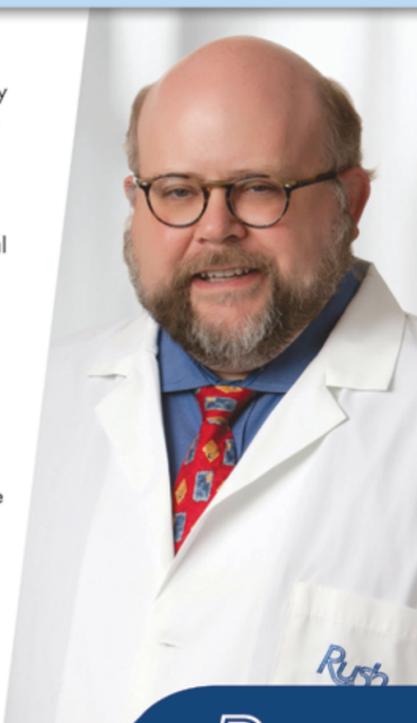
Beginning Monday, June 16th

Education

- Fellowship in Cardiovascular Disease - Georgetown University Medical Center and Veterans Administration Medical Center, Washington, DC
- Fellowship in Interventional Cardiology - Allegheny General Hospital, Pittsburgh, Pennsylvania
- Residency in Internal Medicine - New York University Medical Center and Bellevue Hospital Center, New York, New York
- Doctor of Medicine - University of Alabama School of Medicine, Birmingham, Alabama

Services and Procedures

- Left/Right Heart Catheterization
- Coronary Angioplasty and Stent Placement
- Fractional Flow Reserve
- Intravascular Ultrasound
- Non-Invasive Cardiovascular Procedures (Stress Test and Echocardiograms)
- Cardioversion
- Peripheral Atherectomy
- Coronary Artery Disease
- Peripheral Vascular Disease
- Congestive Heart Failure
- Congenital Heart Disease
- Atrial Fibrillation
- Hypertension
- High Cholesterol
- Angina



For Appointments: 601.703.9224

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• Marine

hundreds of hours helping dozens of charities and community service organizations in the area, and he will receive the Military Outstanding Volunteer Service Medal for his contributions.

"My goal is to focus on the MATSS-1 Marines," said Grey. "To get them ready and make them the future of the Marine Corps. I'm excited to be in the community and have the chance to meet everyone and start building productive relationships."

Maj. Grey enlisted in the Marine Corps and attended recruit training at Marine Corps Recruit Depot, San Diego, Calif., from August to November of 1994, which was followed by Marine Combat Training at Camp Pendleton, Calif., where he was assigned the Military Occupational Specialty Landing Support Specialist. He then served as a Longshoreman as part of 3rd Force Service Support Group (FSSG), 3rd Landing Support Battalion (LSB) Beach and Terminal Operations Company (BTO Co), Okinawa, Japan. In 1996, he transferred to 1st FSSG, 1st LSB, BTO Co, Camp Pendleton. While at 1st LSB, he attended Army Airborne School and was subsequently reassigned to 1st Air Delivery Platoon as a heavy-pack parachute rigger. During his time working at the para-loft he amassed 73 aircraft jumps.

In 1999, Maj. Grey was accepted to the Marine Enlisted Commissioning Education Program (MECEP). Upon graduation, he was assigned to the University of Colorado at Boulder

to begin his undergraduate work. Following his freshman year, he attended Marine Corps Officer Candidates School in Quantico, Va. While in Colorado he was a member of the Honors Society and joined the varsity football team as a walk-on kicker and punter. In May 2003, he graduated with a Bachelor of Arts degree in History and secondary education. He also received his teaching credentials for the state of Colorado.

Grey's other assignments have been with Marine Aviation Logistics Squadron 12 in Iwakuni, Japan and at the University of Nebraska, Lincoln, Naval Reserve Officers Training Corps Unit, where he served as the Marine officer instructor until December 2010. During his tenure he earned a Master of Arts degree in education administration.

In December of 2010 Maj. Grey reported to the 33rd Fighter Wing, Eglin Air Force Base, Fla., where he served as the aviation supply officer for the 33FW and for the F-35 Supply Department. In addition he served as the operations officer for the Maintenance Operations Squadron until its deactivation in the summer of 2013.

During this time he laid the brick and mortar for future Aviation Supply Operations in support of all three variants of the F-35 Joint Strike Fighter aircraft; the first 5th Generation Aircraft for the United States Marine Corps. While at Eglin, he earned a master's degree in operations management from the University of Arkansas, Fayetteville.





Chief of Naval Personnel talks uniforms, manning during visit to Rota

By MC3 Grant Wamack and Morgan Over

Naval Station Rota, Spain, Public Affairs

NAVAL STATION ROTA, Spain (NNS) -- The admiral and fleet master chief responsible for manpower in the Navy spoke with Naval Station Rota, Spain, Sailors about advancement, manning and changes in Navy uniforms during multiple all hands calls, July 17 and 18.

Chief of Naval Personnel (CNP) Vice Adm. Bill Moran and Fleet Master Chief April Beldo visited Sailors aboard USS Ross (DDG 71), dined with service members, visited the installation and addressed rumors and concerns from all ranks during the question and answer sessions and radio interviews.

"We're trying to stabilize advancement across the rates," said Moran. "As you know better than I do, there are some rates in the Navy where you have one-hundred percent opportunity to advance. The next advancement cycle could drop down to single digits. That kind of wild swing in advancement is not healthy for us as a Navy. We're trying to flatten those curves and become a little bit more predictable for each rate."

In addition to advancement, Moran dispelled rumors circulating throughout the Navy, specifically the retirement program and benefits.

"There are a lot of rumors and innuendo out there about your benefits," said Moran. "We are not getting rid of your retirement program. There is absolutely no intent or plan to change your retirement plan if you stay in for 20 years. Nothing's changing. Tricare, medical benefits, none of that is changing for active duty mem-

bers at all. When you read about it and it sounds like they're cutting this or cutting that, we're not cutting anything for active duty members."

Beldo also answered questions and dispelled rumors about CPO 365 being a "fad" for the Navy.

"CPO 365 is not going anywhere. We will always look to make things better and build upon a great product that we started with," said Beldo. "As far as somebody thinking, is just a fad, is this going to go away? Absolutely not. We all agree that CPO 365 is setting up our leaders for success for the future and we'll move to make it better, but it's not going away."

Moran spoke about new Navy uniforms, such as a new service dress blue uniform for females, a new service dress blue uniform for males, and the approval of commanding officers to allow their Sailors to wear command ball caps with Navy working uniforms (NWU), officially due to take effect Sept. 1. Additionally, he addressed Sailors' concerns about new uniforms while wearing a new light-weight NWU uniform being tested across the fleet.

"It's basically the type III greens that we have dyed blue. That's the make-up of this uniform. We know the Sailors like the Type IIIs, that comfort level and wear," said Moran. "Now we're doing this with a version of the NWU Is to see if that will hold up to the stresses of the cleaning systems both ashore and at sea. It is lighter. It is more breathable and the feedback we're getting from the three-hundred-fifty Sailors testing this is that they like it."

During his visit, Moran reiterated



Photo by MC3 Grant Wamack

Chief of Naval Personnel Vice Adm. Bill Moran addresses concerns from Sailors about advancement, tuition assistance, and manning during an all-hands call at the base theater. Moran is on a two-day visit to Naval Station Rota, Spain, speaking to service members and spouses July 18.

how vital Rota is concerning the overall success of the Navy and that the naval station is a primary focus right now due to the Forward Deployed Naval Forces (FDNF) and NATO Ballistic Missile Defense program.

"Two ships in Rota now, two more coming next year, so that will be the total footprint of four ships with the crews and their families forward deployed over here," said Moran. "That's a big deal for the United States Navy and it's an even bigger deal for the United States and Spain. We have to be good neighbors and take care of each other. And from every-

thing I've seen so far, you're doing a great job. Keep that up."

The CNP is responsible to the chief of naval operations for the Navy's manpower readiness. Dual-titled, CNP also serves as deputy chief of naval operations (manpower, personnel, training education/N1) and oversees the Bureau of Naval Personnel, Navy Personnel Command, and the Navy Manpower Analysis Center.

CNP's conglomerate serves as the single resource for all strategy and resource policies concerning manpower and training program matters.

Mom's summer lecture series

A couple of weeks ago, my husband came home after running errands on base with our daughter and said, "Wait 'til you hear this one." Knowing my 16-year-old's goofball tendencies, I knew that anything was possible. "Go on, tell her," my husband ordered our daughter, who was giggling uncontrollably.

Eager to relay the story, he took over. "So, I'm driving down Peary Street, and I pull up to that mailbox that's by the coffee shop there ..." He shook his head for maximum effect. "Then I give Anna the exterminator payment envelope and tell her to go mail it ..." So far so good, I thought. "And do you know what your 16-year-old daughter does?"

"What?!" I demand impatiently. "She gets out, and proceeds to walk around the mailbox three times, looking totally confused. I am motioning to her to open the little door and deposit the envelope, but she just stands there holding the envelope, shrugging her shoulders ... at 16-years-of-age mind you! Who knew, our daughter has absolutely no clue how to put an envelope into a flipping mailbox!"

"Seriously?" I ask my daughter whose giggling had escalated into convulsions of silent laughter.

I walked away from the amusing exchange chuckling to myself, but midway through folding a basket of laundry it dawned on me: I have completely failed as a mother.

My eyes bugged out as panic gripped my soul. If our 16-year-old can't even figure out how to mail a letter, then how on earth can our 19-year-old son be expected to survive when he goes off to college at the end of the summer?

In an instant, I knew I had to act fast. With only six weeks left before freshman orientation, I instituted a mandatory practical education class, much to the consternation of our three teenagers. Knowing that there was no way to sugar coat what would surely be received with eye rolling and long sighs, I bluntly named my crash course "Mom's Summer Lecture Series."

The children mustered for their first lesson -- "How to launder your clothes without turning every garment into a pastel pink size 00" -- reluctantly as expected. But before the excruciating half hour was up, we covered detergent measurement, water temperature, color-fastness, stain removal, and the perils of dryer lint. I was going to go over folding as well, but the kids looked like they might internally combust if they heard another word, so I decided to save that for another day.

This week, I have planned a stimulating tutorial on how to boil spaghetti, and next week's topic is all about warding off fungal growth. I'm keeping it a surprise, but future lessons will cover balancing checkbooks, reading bus schedules, disinfecting bathrooms, and my personal favorite: making your bed and lying in it. Oh, what fun!

Thank goodness I realized the error of my ways, and have been given this chance to make amends. I may have failed my children over the course of the last decade, but I am now completely dedicated to helping my kids to help themselves.

As someone once said, "If at first you don't succeed, do as your Mother told you."

COLUMN



Lisa Smith Molinari

NPC customer service center helping Sailors

MILLINGTON, Tenn. (NNS) -- Navy Personnel Command's (NPC) Customer Service Center (CSC) is the Navy's human resource point of contact, providing information and support to Sailors and families globally.

"The customer service agents field a large number of questions from a wide variety of constituents concerned about programs, current policies, pay and detailing," said Fred Chambers, Customer Relations Management Division director, CSC. "Our goal is to answer or find resolution to these questions in a timely manner."

CSC ensures that every Sailor and family member can interact with an agent to provide answers and guidance on a wide variety of career-related concerns in a timely and accurate fashion, no matter where the Sailor is deployed.

The CSC started screening calls for detailers in early 2010. Their aim was to help Sailors get quick answers to their detailing questions, while simultaneously reducing detailers' call volume.

"CSC points the Sailor to the Subject Matter Expert who can answer their question so that they can get the bottom line up front; we are the Navy's human resource center,"

said Chambers.

Sailors' social security numbers may be required when calling to access Privacy Act records. Providing the social security number is voluntary; however, failure to do so may result in an inability to get immediate help with a problem.

The CSC can also be contacted by e-mail at UASKNPC@navy.mil for general inquiry questions and routine correspondence, such as record request inquiries, Fitness Report/Evaluation questions, detailer and Career Management System-Interactive Detailing information. DoD policy requires e-mail correspondence containing Personally Identifiable Information to UASKNPC@navy.mil to be encrypted.

CSC agents are available Monday - Friday from 7 a.m. - 7 p.m. (CST) to answer questions at 1-866-U-ASK-NPC (1-866-827-5672). Overseas Sailors may wish to email UASKNPC@navy.mil or contact via DSN (882-5672), as the Toll Free number is not available outside the United States. Sailors may also post questions or concerns on the Navy Detailers Facebook page, the official Facebook page for NPC.

From Navy Personnel Command Public Affairs

ST. PATRICK CATHOLIC SCHOOL Welcomes new principal, Jennifer David



St. Patrick Catholic School is pleased to announce a new principal. Jennifer David comes to St. Patrick from Columbus, MS with eighteen years of experience in Catholic school education and a Master of Education in Administration. Our school has been blessed in the past with strong leaders and we are certain that tradition will continue under our new leadership.

"I am so excited to be the new principal at St. Patrick Catholic School, a school well-known in the community for high academic standards and Christian values. Like St. Patrick's students, I was fortunate to get my start in Catholic schools, giving me a solid foundation for life. I cannot wait to meet each and every member of our St. Patrick School family in the coming weeks. Together, we are going to have a great year! I welcome you to visit us to see how St. Patrick Catholic School can enrich your child's life."

2700 DAVIS STREET, Meridian • 601-482-6044
stpatrickcatholicsschool.org



00127952

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.themateandpotatoesofflife.com. Follow Lisa@MolinariWrites.

Find out what's in the 'Sale... Or' column, page 7

DID YOU KNOW?

Alcohol dehydrates and draws vitamins and minerals out of your body. Alternate drinks with water.

www.nadap.navy.mil

DRINK RESPONSIBLY
KEEP WHAT YOU'VE EARNED

Pfc. Anthony Mills
MATSS-1 Student
Hometown: Chester, Pa.

OOORAH!

Pfc. Erica Natalie
MATSS-1 Student
Hometown: Webster, N.Y.

Pfc. Anthony Mills joined the Marine Corps on Dec. 9, 2013 at the age of 27.

"I wanted to do something different in life," he said. "I want to be a better man."

Mills is currently a student in the Maintenance Administration Specialist Course at Marine Aviation Training Support Squadron One.

He will be stationed in Yuma, Ariz. After graduation he will be joined by his wife, Talisha.

His most memorable moment in boot camp came when he earned his eagle, globe and anchor. "It was the best day of my life."

The person he most admires is Najee Harper.

"He is my childhood friend and was always there for me."



Erica Natalie joined the Marine Corps on May 28. She is currently a student in the Maintenance Administration Specialist Course at Marine Aviation Training Support Squadron One.

"I wanted to do something different besides going straight to college like everyone else," said Natalie, 19, who will be stationed in Miramar, Calif. "I wanted to serve my country and protect the people of America."

In boot camp Natalie said she was "able to push myself and do things I never thought that I could physically do."

The person she most admires is her father, Army Sgt. Keith Natalie.

"He is my hero because he came from nothing but he never gave up. He worked hard and became an amazing soldier and father."

49th annual Montford Point Marine Association Convention brings together original Marines, awards Congressional Gold Medals

By Cpl. Tiffany Edwards
U.S. Marine Corps Forces Reserve

NEW ORLEANS, Louisiana -- A hush fell over the audience of current and former Marines as two elderly men were seated in the center of the ballroom for all to see. Woodrow Arthur and Cleveland Williams, two of the few remaining original Montford Point Marines, were each presented the Congressional Gold Medal at the 49th annual Montford Point Marine Association Convention awards banquet.

Arthur and Williams were two of approximately 20,000 black Marines who were trained at the Montford Point training facility in what is now known as Camp Johnson, North Carolina, when military forces were still segregated.

The MPMA hosted this year's convention in New Orleans from July 16-20, bringing together hundreds of the organization's leaders from across the nation, including almost 30 of the original Montford Point Marines.

"Marines of the future will remember the Montford Point Marines," said Lt. Gen. Richard P. Mills, commander of Marine Forces Reserve. "We will never forget the sacrifice that the 20,000 Marines who were trained at Montford Point between 1942 and 1949 made for this nation. Those young men did not have to serve. They chose to stand up, take the oath and fight for their nation. I believe they set a foundation for the challenges that came later on for equality and civil rights."

According to Dr. James T. Averhart, retired chief warrant officer 4 and national president of the MPMA, the theme for this year's convention, "Preserving the Legacy," centered around professional military education and training, and also updated members on the plans to break ground for a 25-acre memorial at Camp Johnson, dedicated to the Montford Point Marines. Workshops and briefs for active-duty and Reserve Marines at the convention included a mentoring roundtable with original Montford Point Marines, as well as a leadership panel with senior officers and enlisted Marines.

"I could not do what I did in the Marine Corps if it were not for the Montford Point Marines," Averhart said.



Photo by Cpl. Tiffany Edwards

Lt. Gen. Ronald L. Bailey, deputy commandant of Plans, Policies and Operations, presented Congressional Gold Medals to two of the original Montford Point Marines in attendance at the 49th annual Montford Point Marine Association Convention awards banquet in New Orleans July 19. Woodrow Arthur and Cleveland Williams were two of approximately 20,000 black Marines who were trained at the Montford Point training facility in Camp Johnson, North Carolina, when military forces were still segregated.

Thomas Cork, Korean War veteran and survivor of the battle at the Chosin Reservoir, had the chance to share his legacy of being a Montford Point Marine through the opportunities offered by the organizations at local chapters, regional meet-ups and national conventions.

"When I was discharged, I assumed it was the end of my time as a Montford Point Marine," Cork said. "But as time went on, I and other Montford Point Marines realized the significance of our part in history. This

is a very nice organization, I have had the chance to reconnect with guys who were in boot camp with me, as well as make new friends. It's been very important to me."

This year's guest of honor was Lt. Gen. Ronald L. Bailey, deputy commandant of Plans, Policies and Operations. Bailey is the most senior black Marine officer serving in an active-duty status. During the convention's awards banquet, Bailey presented Congressional Gold Medals to two of the original Montford Point Marines in

attendance at the banquet.

"Our job is to make sure we remember the narrative of the Montford Point Marines, and to remind everyone else of the narrative," Bailey said. "As a nation, we have needed, at times, a beacon in the dark. And while the Montford Point Marines were not the ones sailing our ships, they were the beacons in the dark, casting that light for us. These Marines were the change we needed to see in this world."

Safety is Our Duty

Messages from the Giant Voice System

Intro Tone	Wail - 12 Seconds
Tornado Warning	"Attention. Attention. A tornado warning has been issued for this area. Please seek shelter immediately."
Severe Weather	"Attention. Attention. A severe weather warning has been issued for this area. Seek shelter immediately."
All Clear	"Attention. Attention. All clear, resume normal operations. I repeat, all clear, resume normal operations."
Shelter In Place	"Attention. Attention. All personnel are directed to shelter in place at this time. Go to the nearest building and remain inside until all clear is announced. All personnel are directed to shelter in place at this time. Go to the nearest building and remain inside until all clear is announced."
Exercise	"Exercise, Exercise, Exercise"
Test	"Attention. Attention. This is a test of the emergency warning system. This is only a test."
Active Shooter	"Attention Naval Air Station Meridian, an active shooter incident has been reported on the installation. All hands shelter in place, close and lock all internal doors, no movement outside." (2 second delay) "Attention Naval Air Station Meridian, an active shooter incident has been reported on the installation. All hands shelter in place, close and lock all internal doors, no movement outside."
Bomb Threat	"A bomb threat has been reported in the building vicinity. Please stand by for further instructions."
Intruder Alert	"An intruder emergency has been reported in the building vicinity. Please stand by for further instructions."
Shelter In Place: Indoors	"An emergency has been reported for the building. Please stand by for further instructions to take cover within the building."
Building Emergency Evacuation	"An emergency has been reported in the building. Evacuate the building using the nearest alternate exit. Do not use the main entrance."
Weather Alert	"A severe weather warning has been issued. Please stand by for further instructions."
All Clear - Indoor	"Attention please, the emergency condition has been cleared, you may return to your normal activities."
System Test - Indoors	"A test of our emergency notification system is being conducted; please take no action unless directed by additional instructions."
Attention	Attention (bugle - music) Warning before call to attention.
First Call	First Call (bugle - music) 5 min. before retreat, colors (NA)
National Anthem	National Anthem (music) Sounded at 8 a.m.
To The Colors	To The Colors (bugle - music). Sounded when raising and lowering the flag.
Retreat	Retreat (bugle - music) Sounded at sundown.
Carry On	Carry On (bugle - music) Sounded after NA, retreat,
Taps	Taps (bugle - music) Sounded at 10 p.m.
Reveille	Reveille (bugle - music) Sounded at 6 a.m.

Buyer Beware: Extension cord fire hazards

An extension cord is an insulated, flexible electric wire fitted with a plug at one end and one or more outlets on the other. It provides a convenient way to use electrical equipment that can't reach a wall outlet.

Safety Tips

These important safety principles can help keep your office safe from electrical hazards:

- Extension cords should only be used on a temporary basis; unplug and safely store them after every use.
- Never use a cord that feels hot or is damaged in any way. Touching even a single exposed strand can give you an electric shock or burn.
- Make sure extension cords are properly rated for their intended use, indoor or outdoor, and meet or exceed the power needs of the appliance or tool being used.
- Do not run extension cords through walls or ceilings. This may cause the cord to overheat, creating a serious fire hazard.
- Keep extension cords out of high traffic areas like doorways or walkways where they pose a tripping hazard.
- Insert plugs fully so that no part of the prongs is exposed when the extension cord is in use.
- Do not nail or staple electrical cords to walls or baseboards.
- If an extension cord is needed for a



longer period of time, temporary power taps can be used when insufficient electrical receptacles are available. These devices may have 3 to 6 electrical receptacles, a circuit breaker, a 6-ft. to 15-ft. cord and a surge protector, and should bear the mark of a certified testing organization.

- Ensure that all extension cords are certified by a nationally recognized testing laboratory such as UL, CSA, or ETL, and read the manufacturer's instructions carefully.

Facts and Statistics

Extension cords are a leading cause of electrical fires, and can cause injury and death if used improperly. An estimated 3,300 residential fires originate from extension cords each year, killing and injuring over 300 people.

- More than half of the injuries involve fractures, lacerations, contusions, or sprains caused by people tripping over the cords.
- Continual use can cause the insulation to rapidly deteriorate, creating a dangerous shock and fire hazard.
- A heavy reliance on extension cords is an indication that you have too few outlets to address your electrical needs. Have additional outlets installed by a licensed electrician where you need them. *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.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

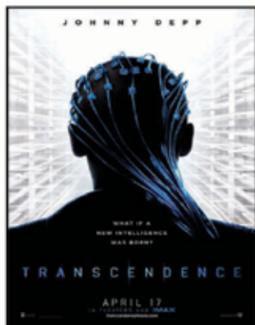
Monday- NTTC/MATSS-1 Student Special: 5pm-close, \$2.00 games including shoes

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.

Coming Attractions

To McCain Rec Center



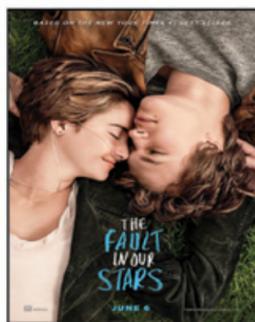
July 24 • 6pm
Rated PG13



July 26 • 1pm
Rated PG



July 28 • 6pm
Rated PG13



July 29 • 6pm
Rated PG13

"Neighbors"
July 30 • 6pm
Rated R

Junior Golf Clinic July 28-29, July 31-Aug. 1

Time: 15:00 to 16:30 • Ages 5 & up
Cost: \$20 per child (for the week)
Limited to first 10 paid registrants (minimum of 3), open to all eligible MWR patrons.

* Spots Still Available!

For more info call
(601) 679-2526.



MWR Employees Receive Awards



Left, Scott Knuth, MWR Maintenance Division Manager, receives recognition as the 2013 Civilian Employee of the Year from Capt. Charles C. Moore II, Commanding Officer of NAS Meridian. Right, Erica White, MWR School Age Care Lead, receives recognition as the NAS Meridian Civilian Employee of the Quarter for the 2nd Quarter FY 14 from from Capt. Charles C. Moore II, Commanding Officer of NAS Meridian. Knuth and White were recognized during an awards ceremony at the Air Ops Building on June 17, 2014.

Photo By Matt Davis/ MWR Marketing Manager



"ANIMAL APPETITES"

Bob Tarter, Wildlife Biologist and Owner of the Natural History Educational Company of the Midlands, shows audience members a Caiman during the Animal Appetites at Rudders on Saturday, July 19, 2014. The event capped off the Andrew Triplett Library's Summer Reading Program. The program averaged 110 participants.

Photo By Matt Davis/ MWR Marketing Manager



"KING ARTHUR'S QUEST"

Aaron Sherman as King Arthur, foreground left, and Robert Compton as Uther Pendragon, right, perform during a presentation of "King Arthur's Quest" at the NGIS Conference Room on Saturday, July 19, 2014. The play was presented by the NAS Meridian Child and Youth Programs and the Missoula Children's Theater. The performance featured over 20 students associated with NAS Meridian. For more photos see our Facebook page.

Photo By Matt Davis/ MWR Marketing Manager



Events

- Monday**
Top 100 Hits Night
\$1 off Long Island Tea
- Tuesday**
2000 & Beyond Hits Night
\$1 off select Miller Bottled Beer
- Wednesday**
Country Night
\$1 off select Budweiser Bottled Beer
- Thursday**
Today's Hits Night
\$1 off premium shots

July 26: Pool Tournament

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?



Located in McCain Rec Center.
For info call 679-3773.



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



Geysers Falls Water Park
Single Day Admission: \$24

New Summer Hours: 0900-1700 M-F!



MWR Sports

Naval Air Station Meridian



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)

SUMMER 2014 AQUATICS

Revised 23 June 2014—Effective 24 June 2014

Lap & Fitness Swim:

5 May—1 August: Monday—Friday 1100-1300
Wednesday PT 0600-0800

*2 lap lanes available during Rec Swim w/exception to special events

4 August—TBD: Pending usage, Lap Swim will be extended with augmented hours (TBD based on lifeguard availability) until the water temp drops below 70 (October anticipated).

Recreational Swim:

*Free for Active Duty personnel

24 May—3 August: Monday—Friday 1300-1900
Saturday/Sunday/Holidays 1100-1800

*2 lap lanes available during Rec Swim w/exception to special events (Rec Swim Fees Apply)

4 August—1 September: Monday—Friday 1600-1900
Saturday/Sunday/Holidays 1100-1800

Aquatics Fees:

Lap Swim: FREE to Authorized Patrons and Contractors with Gym Memberships.
**Contractors w/out Gym Memberships & Guests of Authorized Patrons pay \$2 (Fitness Center Guest Policy Applies to Lap Swim)*
Rec Swim Daily Admission: Dependents/Retirees: \$2, DoD: \$3 Contractors/Guests: \$4
**Guest Policy: Authorized Patrons may bring up to 5 guests (per family); Contractors May bring immediate family.*
Rec Swim Monthly Pass (\$5/add'l Dependent): E1-E5: \$20 E6-O10: \$25 DoD: \$30 Contractors: \$35
Rec Swim Season Pass (\$15/add'l Dependent): E1-E5: \$50 E6-O10: \$65 DoD: \$80 Contractors: \$95
Base Price is for the first dependent, the Active Duty family member does not count as they get in Free
**Monthly Passes sold through Sunday 27 July. Season Passes sold on a pro-rated basis through Monday 11 August.*
Pool Parties: \$100, includes gazebo. Available Saturday & Sunday 1800-2000. Must be reserved 2 weeks in advance.
**Authorized Patron must reserve, guests w/Base Access are permitted*
Group Swimming Lessons: \$50 for an 8-lesson session, \$15 each additional child
**Authorized Patrons Only. See Swim Lesson Calendar for more information*
SCUBA Courses: \$525—\$930 (Depending on Package). Mon/Thu for 3 weeks plus certification dive. Several sessions to choose from, see Front Desk of Fitness Center for add'l details. *Authorized Patrons only.*

Authorized Patrons: Active Duty, Reserves, Coast Guard, Retirees, DoD Civilians, and each of their dependents.



MWR SCUBA COURSES!
PADI Open Water Dive Certification
Stop by the Front Desk of the Fitness Center for more information and to register!
601-679-2379
nasmer.eoc@fitness.navy.mil
Several 3 week courses to choose from beginning 23 June!
Cost: Ranges from \$525-\$930
Depending on Package.

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
Total	353	284	224.5	116.5	97.5	14	70

*Standings as of July 23, 2014.

Captain's Cup Softball



Air Ops

1st Place Season
2nd Place EOS



NTTC

2nd Place Season
3rd Place EOS



Eagles

3rd Place Season
1st Place EOS

Soccer

The MYSO High School Division (U13 – U18) will begin High School Fall Soccer Boot Camp Sept. 1-30. Fall Soccer Boot Camp is sponsored by Anderson Health & Fitness Center and consists of high intensity fitness, skills training, and small sided 7v7 games designed to get area high school soccer players prepared for the upcoming soccer season. Registration for the Fall only session is \$50.

If you are interested in any of these programs, it is not too late to register! Representatives from MYSO will be at the Jaycee Soccer Complex July 31 from 5-7 p.m., Aug. 2 from 9 a.m. until noon, or go to www.meridiansoccer.com to register. Late registration, Aug. 3-9 will have an extra charge of \$20. On site late registra-

tion will be Aug. 9 from 9 a.m. until noon.

For more information on any of our programs or club please visit our website www.meridiansoccer.com or our Face book page! If you have any questions please contact MYSO@meridiansoccer.com.

The Meridian Youth Soccer Organization is a proud member of the United States Youth Soccer Association, the largest youth sports organization in the country, while also affiliated with the state's largest soccer organization, Mississippi Soccer Association. MYSO exists to promote the development of youth in our community through participation in athletic competition. We encourage and promote ethical and moral behavior, good sportsmanship, community involvement, and citizenship.

Chaplain's Corner

What size is your 'frying pan'?

You have surely heard it said, "God will never give you more than He knows you can handle."

I would add three little words to that statement that bring out the real power of it: "God will never give you more than He knows you AND HE TOGETHER can handle."

While I was a pastor in northern Minnesota I went on a fishing trip with some friends further north to a lake in Atikokan, Canada. Only two years prior to our trip, the world record brown trout was caught in the lake we were fishing! You talk about pristine wilderness and raw, natural beauty -- that is the place for it. We stayed in tents and had to "do our business" in the woods. Speaking of going into the woods, we were warned to stay away from any bear or moose we might see -- and they weren't kidding! Watch out for bear and moose?! Without a real toilet to use, I was uncomfortable enough -- let alone adding the odd bear or moose to the situation!

Canada has strict limits on the number of fish you could keep and bring home across the international border, though you could eat as many as you wanted each day during your fishing/camping trip. Once a person caught their daily limit, they would keep fishing. Each new fish that was caught would be measured against the others in the holding tank, and, if it was larger, it would be traded for a smaller fish that would be let go. So we were always keeping the larger fish. The largest fish of the week would be cleaned and taken home to the freezer.

I noticed, however, that one of the guys was

keeping all the smaller fish he caught and letting the large ones go. Thinking he must have misunderstood our methods, we questioned him about why he was keeping all the small fish. He responded, "I only brought a small frying pan with me, I won't be able to cook any of these large fish."

With faith being represented by that small frying pan, I think a lot of people are like that fisherman. With such a small "frying pan" they pass up on a lot of great opportunities that God might otherwise bring into their lives. Maybe it is an opportunity to take on a new job in a part of the country where they have never been. Maybe it is an opportunity to join their church on a mission trip they don't think they can afford. Maybe it is something as simple as sharing your faith or an encouraging word with someone who is discouraged.

What about you? God is able and willing to accomplish some great things in and through your life, but you have to have enough faith to see those things happen. The issue is not about what God can or cannot do; He is not limited at all. The real issue is about how big your faith in God is! Have you limited God with a small and limited faith?

At Your NAS Chapel: We specialize in growing and encouraging your faith in God as we study His Word together. Join us for worship, teaching, and fellowship each Sunday at 10 a.m.

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

HOUSING ASSISTANCE CONTACT INFORMATION

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

Sale... Or

BOATS/CAMPERS/TRAILERS

1996 Ragin Cajun Bass Boat, 200hp Mariner, Loran depth finder and a GPS/depth finder duel livewells motor 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 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: kimberlyj@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: sweetp_payne@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 maintained and priced for quick sale at \$13,500. Call 601-737-8175.
2005 Harley Davidson Softail Deluxe .88 ci. Mile-

age 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.

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

2005 Dodge RAM 1400 "Daytona" #06230, 123K miles, Go Mango Tangerene. Asking \$14,000 OBO. Call Chuck at 601-527-6191.

HOMES/APARTMENTS

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.

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 appt.

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! Olé Man climbing tree stand. \$75. Call (601) 678-1051.

NEW ITEM! 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 engines! 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, bouncer 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.

Summer Escapes Pool, holds approximately 6000 gallons of water. Only used for one summer, and it is in great shape. Summer is just around the corner, and this pool provided months of family fun for us. We are moving and can't set it up at our new house. Includes ladder, electric filter pump, assorted chemicals, floating light, and extra filters. Call or text

Ben with questions 808-286-2541.

Schwinn Prelude Men's Road Bike, barely used, 14 gears, light frame, comes with front and back lights, helmet, bike lock and tire pump. Asking \$250 OBO. Call 810-335-2722 or e-mail czerluk1923@gmail.com

2 each 60 watts tower stereo speakers \$120/pair. Each has two 6" woofers and one each dome tweeter. Call 601-679-3775.

Console Piano in good condition. Asking \$300. Call 601-462-1376.

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.





TR Sailors receive batch of flame resistant coveralls

By MC3 Heath Zeigler
USS Theodore Roosevelt

(NNS) -- Sailors aboard the aircraft carrier USS Theodore Roosevelt (CVN 71) received their first shipment of Flame Resistant Variant (FRV) coveralls July 12.

The FRV coveralls are 100% cotton fabric treated with a flame retardant chemical bound into the fibers of the fabric. FRVs passed all flame and flash-fire testing requirements. In addition, the flame resistant properties do not degrade with wear and tear or laundering for the serviceable life of the coverall, according to the Navy's Clothing and Textile Research Facility.

"These FRVs will eventually replace current coveralls and

[Navy Working Uniforms] while underway," said CMDM(AW/SW) William Smalts, TR command master chief. "FRVs will still be allowed to be worn while in port, but will primarily be for all Sailors at sea."

TR's Supply department ordered more than 9,000 FRVs to supply the ship's crew.

"We are currently working hard to supply the entire ship, but due to space and limited numbers, we are outfitting the departments that need them most," said Lt. j.g. Cody Perna, division officer of Supply department's S-8A division. "We are currently outfitting reactor, engineering and deck departments, but we will be providing the rest of the ship with coveralls as we receive more."

"These FRVs will eventually replace current overalls and Navy working uniforms while underway."

CMDM William Smalts
USS Theodore Roosevelt
command master chief

Once Sailors receive their coveralls, they can wear them straightaway.

"The FRVs are for immediate

use," said Smalts. "The same collar devices that you wear for [Navy Service Uniform] can be worn or you can get the ones for the coveralls you currently own and have those sewn on. Also I ask that the Sailors stencil their names on the inside for laundry purposes."

Smalts worked closely with Aviation Intermediate Maintenance Department (AIMD) to help make the name tags needed for the FRVs.

"AIMD is currently working on making the leather name tags that will be going on the uniform," said Smalts. "Be patient it is going to be a slow process, but we are trying to accommodate every member of the crew."

Sailors in reactor, engineer-

ing and deck department will receive four pairs of FRVs while the majority of other departments will receive two. Those authorized organizational clothing, such as air department and certain personnel in supply department, will not receive the FRVs due to certain uniform standards they are required to maintain.

"Once we give out the first batch of FRVs to the Sailors, it will be up to the individual department's supply personnel to order more for worn out coveralls or new Sailors," said Perna. "We ask that Sailors be patient. It has been a slow process with receiving the FRVs, but we will ensure that every Sailor who is required to have a pair has them."

F-35 returns to limited flight, officials rule out farnborough

By Jim Garamone
DoD News, Defense Media Activity

WASHINGTON (NNS) -- While the F-35 Lightning II joint strike fighter has returned to limited flying, it will not be appearing at the Farnborough International Airshow in the United Kingdom, Pentagon Press Secretary Navy Rear Adm. John Kirby said during a Pentagon news conference July 15.

The F-35 fleet was grounded July 3 in the wake of a June 23 engine fire on the runway at Eglin Air Force Base, Florida. Navy and Air Force airworthiness authorities approved the F-35's return to flight yesterday.

The return has a limited flight clearance that includes an engine inspection regimen and restricted flight rules, Kirby said, adding that the limits will remain in place until the root cause of the engine fire is identified and corrected.

While the investigation is not yet complete, "we haven't seen anything that points to a systemic issue across the fleet with respect to the engine," the admiral said.

Even with the return to flight, U.S. and British officials decided not to send Ma-

rine Corps and Royal Air Force F-35B aircraft across the Atlantic to participate in the Farnborough airshow. "This decision was reached after a consultation with senior leaders and airworthiness authorities, despite the decision by airworthiness authorities to clear the aircraft to return to limited flight," Kirby said.

"While we're disappointed that we're not going to be able to participate in the airshow," he added, "we remain fully committed to the program itself and look forward to future opportunities to showcase its capabilities to allies and to partners."

Under the rules of the flight resumption, the F-35s are limited to a maximum speed of Mach 0.9 and 18 degrees of angle of attack. They can go from minus 1 G to a 3 G's, the admiral said. After three hours of flight time, each front fan section of each engine has to be inspected with a borescope. "That was a pretty significant limitation in terms of being able to fly them across the Atlantic," he added.

This is not the first aircraft to have problems like this, Kirby noted, and it won't be the last. "New programs often go through these kinds of challenges," he said. "We're confident that we're going to get through this."

● Command

evidenced by the installation's awards, including Southeast Region's small installation nomination for the 2011 Installation Excellence Award, the Secretary of the Navy's Gold Energy Award, the National Weather Service's StormReady Community designation, three consecutive Ney Five Star Accreditations, the 2013 Retention Excellence Award, Southeast Region's 2013 Environmental Stewardship Community Service Flagship Award, and 2013 Chief of Naval Operations Installation Environmental Restoration Award.

Moore's next assignment will be commanding officer of the Naval Reserve Officer Training Corps at the University of Illinois.

Bunnay's Navy career has included assignments with the EA-6B Prowler Fleet Replacement Squadron, Electronic Attack Squadron 129 at NAS Whidbey Island, Wash., and with Electronic Attack Squadron 135 assigned to the "World Famous Black Ravens," where he deployed as part of Carrier Air Wing Eleven aboard USS Kitty Hawk (CV 63) supporting Operation Southern Watch and later aboard USS Carl Vinson

(CVN 70) in support of Operations Southern Watch and Desert Fox.

In May 1999, Capt. Bunnay reported to the Combined Air Operations Center of NATO's 5th Allied Tactical Air Force in Vicenza, Italy. He served as the electronic warfare coordination cell chief in support of Operation Allied Force. In November 1999, he reported to VAQ-129 as an instructor pilot and served as a familiarization and navigation instructor, safety officer and landing signal officer.

In May 2002, Capt. Bunnay was assigned to Electronic Attack Squadron 136 (VAQ-136), part of the Forward Deployed Naval Forces home ported in Atsugi, Japan, for his department head tour. As a "Gauntlet," he deployed in 2003, as part of Carrier Air Wing Five aboard USS Kitty Hawk (CV 63), supporting Operations Southern Watch and Iraqi Freedom. He served as the safety officer, administrative officer, electronic warfare officer, and operations officer while with VAQ-136.

In December 2004, Capt. Bunnay reported to The Joint Staff, Directorate for Command, Control, Communications, and Computer Systems. While

serving as an action officer, he earned a master's degree in the management of information technology from the University of Virginia. Following selection for aviation command, he reported to VAQ-129 as executive officer in June 2007.

In June 2008, he reported to Electronic Attack Squadron 132 as executive officer and assumed command of the "Scorpions" in April 2009. During his tenure, the squadron completed the first fleet transition from the EA-6B Prowler to the EA-18G Growler.

Following his operational command tour, Capt. Bunnay reported to the RAND Corporation in August 2010 as a federal executive fellow. In August 2011, he reported to the Office of the Deputy Assistant Secretary of Defense for Strategy.

NAS Meridian supports 24 tenant commands providing aviation and technical training. It accomplishes its mission of "Training the Warfighter" by providing timely, quality services and facilities in an environmentally safe, secure community. Departments working under the commanding officer form the backbone for the entire installation's functioning.

Navy News Briefs

Want to make your PCS move smoother? Help household goods with survey

AT SEA (NNS) -- The Navy's Household Goods (HHG) directorate at NAVSUP Global Logistics Support (GLS) launched an all-Navy customer survey in a continuing campaign to gauge the moving experience and provide a better quality household goods move in the future.

All service members and their spouses who moved recently, or within the last year, are encouraged to log on and take the short survey. The online survey is quick, easy and can be completed in less than 20 minutes.

The survey is located at: https://www.surveymonkey.com/s/dps_pcs_move

"If you've experienced a household goods move, this is the best opportunity to tell us -- the Navy -- how we are doing and what we can do to improve the process," said Deloma Miley, Household Goods Program Analyst. "Be honest, we can take it. More than that, the results will improve your move in the future and the moves of your friends and family who experience future PCS (Permanent Change of Station) moves."

By H. Sam Samuelson, NAVSUP Global Logistics Support San Diego

USS Ross begins first FDNF patrol

ROTA, Spain (NNS) -- The forward-deployed Arleigh Burke-class guided-missile destroyer USS Ross (DDG 71) departed Naval Station Rota, Spain, July 18, to conduct naval operations in support of security and stability in the U.S. 6th Fleet area of operations.

Ross is the second of four forward deployed naval ships to arrive in Rota. The ship will deploy in order to reassure and protect European allies, partners, U.S. forces in the region, and the U.S. homeland against current and emerging ballistic missile threats.

Forward Deployed Naval Forces (FDNF) in the European theater are part of the European Phased Adaptive Approach, which develops the capability to augment protection of the U.S. and offers regional allies more effective defenses.

While on patrol in the U.S. 6th Fleet area of operations, Ross will perform numerous missions including NATO missile defense, maritime security operations and bilateral and multilateral training exercises.

From U.S. Naval Forces Europe-Africa/
U.S. 6th Fleet Public Affairs

MCPON Visits USS Gridley

SAN DIEGO (NNS) -- Master Chief Petty Officer of the Navy (MCPON) Mike Stevens visited the Arleigh Burke class guided-missile destroyer USS Gridley (DDG 101) July 17 during a four-day trip to the Navy Region Southwest.

During an all-hands call with Sailors aboard Gridley, Stevens spoke about budget changes, Navy-wide morale, and the return of the Navy ball caps. He also held a question and answer session to receive feedback from the Sailors.

Stevens asked the Sailors to pull out their wheel books or notepads and write down his three rules to live by.

"No matter who you are, what rank you are, or what job you hold in the Navy, I say work hard, stay out of trouble, and be a good and decent person. That's what I call the 'Foundation of Success,'" said Stevens.

While in San Diego, Stevens not only visited Gridley, he also spent time on the Nimitz-class aircraft carrier USS Carl Vinson (CVN 70), the San Antonio-class amphibious transport dock USS Green Bay (LPD 20) and he made a trip to Marine Corps Base Camp Pendleton to visit with Sailors and Marines.

By MC2 (SW) Zachary Bell,
Naval Surface Force U.S. Pacific Fleet Public Affairs

America prepares to visit Colombia on maiden transit

CARIBBEAN SEA (NNS) -- The future amphibious assault ship USS America (LHA 6) will conduct a port visit to Cartagena, Colombia on July 17.

During the visit, the ship's military and civilian crew will have the opportunity to experience the rich culture of this host nation and serve as goodwill ambassadors.

Additionally many of America's Sailors and Marines will have the chance to volunteer for enhancement projects at local schools, orphanages and other facilities.

The ship will visit Colombia, Brazil, Chile, Peru as well as Naval Station Guantanamo Bay, Cuba while also conducting engagements with other valued partners in the area of responsibility. These nations are valued friends and partners and the visits to these ports will enhance these partnerships.

America is the first ship of its class, replacing the Tawara-class of amphibious assault ships. As the next generation "big-deck" amphibious ship, America is optimized for aviation, capable of supporting current and future aircraft such as the tilt-rotor MV-22 Osprey and F-35B Joint Strike Fighter. The ship is scheduled to be commissioned Oct. 11 in San Francisco.

From USS America Public Affairs

Miles of pulled cables help Ike prepare for return to sea

PORTSMOUTH, Va. (NNS) -- The anchors have been reinstalled, the "69" lights are up and running on the ship's superstructure, and various other teams remain busy with preservation, restoration and reinstallation of the systems that make the aircraft carrier USS Dwight D. Eisenhower (CVN 69) (Ike) run.

Among the ship's many docking planned incremental availability period (DPIA) projects, the ship's cableway improvement team's task of pulling miles and miles of cables throughout the ship reached its completion, June 16.

The cableway team removed 6,450 dead-end cables from the cableways throughout the ship, which is equivalent to 225,700 feet (48.4 miles) of cable. They pulled 188 of those cables to assist VT Milcom with the Consolidated Afloat Networks and Enterprise Services (CANES) installation. The cableway team completed all its DPIA jobs ahead of schedule and without any need for rework.

The team consisted of 30 Sailors from the ship's Combat Systems, Air and Engineering departments.

Dwight D. Eisenhower is scheduled to conclude her current DPIA shipyard period later this year.

By MC3 Jermaine M. Ralliford
USS Dwight D. Eisenhower Public Affairs

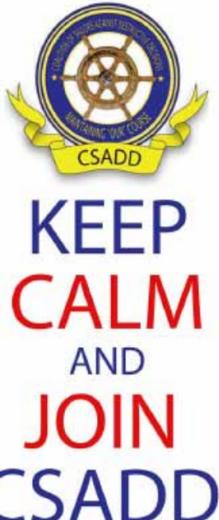
NIOC Pensacola holds change of command

PENSACOLA, Fla. (NNS) -- Navy Information Operations Command (NIOC) Pensacola held a change of command ceremony July 18 at the Mustin Club, Naval Air Station Pensacola.

Vice Adm. Jan E. Tighe, commander, U.S. Fleet Cyber Command/U.S. 10th Fleet (FCC/C10F), presided over the ceremony in which Cmdr. Joseph D. Sears relieved Cmdr. Patrick A. Count as commanding officer of NIOC Pensacola.

During the ceremony, Count thanked his Sailors for a rewarding tour and acknowledged the support his family has provided throughout the years.

Over the past two years, NIOC Pensacola's team has evolved from being focused solely on support to various National partner offices and their product lines to being positioned as a formidable member of U.S. Cyber Command's Cyber Mission Force (CMF).



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 discussed 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





IT'S YOUR TURN...

This week, Master Chief Petty Officer of the Navy (MCPON) Mike Stevens told a group of Sailors his three rules to live by so we asked these Marines and Sailors: "Do you have any rules you live by?"
By MC2 Casey H. Kyhl



Lance Cpl. Kenneth Kohl
MATSS-1 Administration

"Stand up for what you believe in and know why you are standing for it."



Staff Sgt. Josh Hitzing
MATSS-1 Personnel Chief

"Stop rowing and you will drift with the current. Keep rowing."



LS1 Mark Ramirez
NTTC Instructor

"On duty or off, always lead by example."



LS1 Jose Escobar
NTTC Instructor

"Honesty."



LSSR Jazmine Glenn
NTTC Student

"Motivate yourself and then motivate others."

Fleet & Family Support Center

Children and self-confidence

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

By raising self-confident children, parents are helping their kids see themselves as independent, responsible, and competent. This is very important to their successful growth and development. By taking the time to listen to children's feelings, by sharing your own personal feelings with them, and by allowing them opportunities to solve daily problems on their own, parents can produce self-reliant behavior in their children.

Here are some general guidelines to remember that will help you raise self-confident children:

- ✓ Respect all of your children – your respect lays the foundation for their self-respect.
- ✓ Be aware of and acknowledge any improvements in your children's performances, not just their "accomplishments".
- ✓ Accept your children unconditionally – your acceptance and love should not be dependent on their actions.
- ✓ Focus on the positive aspects of your children, not just the negative behaviors that attract attention.
- ✓ Set your expectations realistically – by expecting too much, parents only invite failure and discouragement from their children.
- ✓ Have faith in your kids – this will allow them to



believe in themselves. A lack of faith will create doubts and lead to an expectation of failure.

Displaying confidence in children's abilities provides a foundation that allows for healthy exploration and risk-taking. As parents show more and more confidence in their children's abilities, the children will be willing to work harder at demonstrating their strengths and talents. Parents can show confidence in several ways, such as:

- ✓ Promoting responsibility.
- ✓ Asking for advice and opinions – by asking children this, parents are stating that their children are valued people and that others can place confidence in what their children are saying.
- ✓ Avoiding the trap of rescuing – don't jump in too quickly! If rescuing happens too often and too quickly, children will be unable to tolerate any frustration (and this will lead to tantrums and feelings of worthlessness).

Remember, a crucial part of parenting is to help children grow as separate individuals who will one day function on their own, independent of their parents. Think of your children as unique persons with different personalities and dreams, not as carbon copies of yourselves!

If you would like more parenting help or information, call the FFSC at 601-679-2360.

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.

Boots 2 Business --Transition GPS Entrepreneurship Track: July 28-29 from 8 a.m.-4:30 p.m. This 2-day entrepreneurial class, taught by a SBA Representative/SBA Resource Partner will educate participants on business fundamentals and guide them through an initial feasibility analysis of their business concept.

Transition GPS Capstone: Aug. 6 from 9:30-10:30 a.m. Ninety days before their separation from military service, service members will participate in a CAPSTONE event, which will verify that transitioning service members completed the Transition GPS curriculum and achieved Career Readiness Standards. Service members who require additional assistance will be referred to supplemental training opportunities. In addition, through the CAPSTONE event, all service members will be offered a 'warm handover' to appropriate government agencies and organizations that will be able to provide them continued benefits, services, and support as veterans. See your Command Career Counselor for more information.

Welcome Aboard: Aug. 7 from 8 a.m.-2 p.m. FFSC welcomes you to Meridian by providing current information and policies regarding NAS. Topics covered will include: Navy career choices, FFSC services, suicide prevention, medical, dental, Exceptional Family Member Program, TRICARE, vehicle registration, on- and off-base driving regulations, legal services, community services, Chapel and other religious services, MWR, things to do at NAS and in Meridian, and more!

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!

DoD official provides consumer tips on avoiding scammers

By **Terri Moon Cronk**
DoD News Defense Media Activity

WASHINGTON (NNS) -- Service members and their families can be easy targets for scammers, and financial education is key to prevention, according to the deputy director of the Pentagon's office of family policy and children and youth.

In an interview with DoD News, Navy Cmdr. Peter Hoegel noted that July 16 is Military Consumer Protection Day.

The observance is part of the long-term Financial Readiness Campaign, in which DoD, the Federal Trade Commission and many other organizations highlight efforts to protect service members and their families.

"Military members are trustworthy and trusting members of society who work hard, have a regular income, and they want to be helpful and serve," Hoegel said. "Unfortunately, it makes them a target for unscrupulous people who are trying to get into their pockets." Other service member vulnerabilities include frequent relocation, separation from family and friends, and deployment stresses.

Identity theft is the No. 1 crime affecting service members and their

families, Hoegel said. "We want to make sure folks understand the scope of the problem and just how cunning some [scammers] are, trying to get their hands on personal and financial information," he added. "[Identity theft] can be a tremendous drain. You have to understand how scammers come at you and how to protect yourself."

Hoegel cited the following statistics from the Federal Trade Commission:

- In the past 12 months, 43 percent of service members or their spouses experienced a financial shortfall; this number was 51 percent in the E-1 to E-4 ranks;
- 21 percent of E-1s to E-4s have no emergency savings fund, and another 9 percent have less than \$100 in emergency savings;
- 33 percent of service members describe their financial condition as difficult, and 20 percent say their condition is worse than it was 12 months ago;
- A recent study shows financial education had positive results for service members' retirement savings and other financial issues; and
- In 2013, the Federal Trade Commission received nearly 73,000 complaints from military consumers. Identity theft topped the list

with 22,000 complaints, and others concerned debt collection, impostor scams, bank, lender and credit bureau issues, information furnishers and report users, and auto-related complaints.

"The Military Consumer website contains resources to raise awareness and explain the details of scams and other things service members and families can fall prey to, and how to avoid them," Hoegel said, noting that financial scammers can harm military families stateside and overseas, particularly where language and cultural barriers exist.

Financial stability is a DoD priority, he added, and leaders believe that a service member's sound financial readiness is critical to mission readiness. The department's financial readiness resources are available to help service members and families plan budgets, spend accordingly, save for retirement and emergencies, and "get ahead of the curve to give people the tools and knowledge they need before they're scammed or taken advantage of," Hoegel said.

"We want to make sure they're thinking ahead and getting their financial affairs in order before scamming becomes an issue," he added.

Allied Joint Force Command, Naples/U.S. Naval Forces Europe-Africa bids farewell to outgoing commander, welcomes new leader

NAPLES, Italy (NNS) -- U.S. Navy Adm. Mark Ferguson assumed command as Commander Allied Joint Force Command (JFC) Naples/Commander, U.S. Naval Forces Europe-Africa, relieving Adm. Bruce W. Clingan in a ceremony, July 22.

U.S. Chief of Naval Operations, Adm. Jonathan Greenert, presided over the change of command ceremony. Gen. Philip Breedlove, Supreme Allied Commander, Europe/Commander, U.S. European Command and Gen. David Rodriguez, Commander, U.S. Africa Command, also participated in the event.

Greenert praised Clingan for his leadership and performance while in command.

"Bruce has been the right leader, in the right place, at the right time. The Clingans have provided us an

enduring contribution both to the Navy, to NATO and to Naval Forces Europe-Africa. Our Navy, our nation and all the international partners here and around the NATO area very much thank you," remarked Greenert.

During the ceremony, Greenert also presented Clingan with the Defense Distinguished Service Medal. Clingan expressed his gratitude to the men and women serving under him and with him at NATO and U.S. Naval Forces Europe-Africa.

"I am proud of you, all of you in both staffs, that you had the courage to act; the creativity to turn im-



Ferguson

pediments into opportunities; and the integrity to make good on our solemn promise to be able to defend our nations," said Clingan.

Clingan also commented on the dedication of the military and civilian personnel from 20 different countries who work at JFC.

"Each of the nations represented owe an immense debt of gratitude to these consummate professionals, who ultimately form the foundation of our collective military strength," said Clingan. "Their exceptional contributions have inspired me every day."

Clingan will retire this fall after 37 years of naval service.

Ferguson, who previously served as Vice Chief of Naval Operations in Wash. D.C., addressed his and NATO's continued commitment to the alliance.



