

# THE SKYLINE



Volume 54, Number 23

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November 10, 2016

## On Base...

✓ **Turkey Toss**  
Nov. 15 at 6:30 p.m.  
at McCain Rec.  
Prizes awarded to  
winners. Call  
601-679-2379.

✓ **LaughCatcher**  
Nov. 19. at 7 p.m.  
at Rudders. Free to  
base personnel.  
Show contains  
adult  
content.

✓ **Thanksgiving  
Break Camp**  
Nov. 21-23 from  
5 a.m.-7 p.m. For  
ages 5-12. Call  
601-679-2652.

✓ **Trivia Night**  
Nov. 22 at 6 p.m. at  
Rudders. Individuals  
and teams welcome.  
Prizes awarded. Call  
601-679-2636.

✓ **Parent's Night  
Out**  
The CDC offers a  
Parent's Night Out  
program for eligible  
parents to take  
a night off. For  
information, call  
601-679-2652.

## A Day in Naval History

**Nov. 10**  
1775 - Congress votes to  
raise two battalions of  
Continental Marines,  
establishing the Marine  
Corps.

**1863** - During the Civil  
War, CSS Alabama cap-  
tures and burns clipper  
ship Winged Racer carry-  
ing a cargo of sugar, hides,  
and jute in the Straits of  
Sunda off Java.

**1943** - PB4Y-1 patrol  
bombers from VB-103,  
VB-105, and VB-110, along  
with British aircraft, sink  
the German submarine  
U-966 in the Bay of Biscay  
off northwest Spain. Span-  
ish fishing trawlers rescue  
the survivors.

**1959** - USS Triton (SSRN  
586) is commissioned as  
a nuclear-powered radar  
picket submarine.

**1975** - The Navy enlisted  
rating of Intelligence Spe-  
cialist (IS) is established.  
Intelligence Specialists an-  
alyze intelligence informa-  
tion, present intelligence  
briefings, prepare planning  
materials for photographic  
reconnaissance missions,  
and maintain intelligence  
libraries and files amongst  
their many duties.

--www.history.navy.mil

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Media Award  
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# Veterans Day proclamation

America has long stood as a beacon of hope and opportunity, and few embody that spirit here at home and beyond our borders more than the members of our Armed Forces. Soldiers, Sailors, Airmen, Marines, and Coast Guardsmen are part of an unbroken chain of brave patriots who have served our country with honor and made tremendous sacrifices so that we may live free.

On Veterans Day, we salute the women and men who have proudly worn the uniform of the United States of America and the families who have served alongside them, and we affirm our sacred duty as citizens to express our enduring gratitude, both in words and in actions, for their service.

Our country has the best-trained and best-equipped military force in the world, and we need to make sure we have the most supported and respected veterans in the world. We are a nation that leaves no one behind, and my administration has made historic investments to provide veterans access to the resources and education they need to share in our nation's promise when they return home.

Partnering with community leaders across America, First Lady Michelle Obama and Dr. Jill Biden's Joining Forces initiative works to ensure our country's heroes can thrive by combatting veteran homelessness, promoting their emotional well-being, and advancing employ-

ment training and placement -- and we have made great progress.

Today, the unemployment rate for veterans is lower than the national average, and veteran homelessness has been nearly cut in half since 2010. We also recognize that some of these courageous men and women have faced and overcome profound challenges, both physically and emotionally, in defense of our freedom. We must continue to provide high quality health care to our veterans and make sure they have the support they have earned and deserve.

The example our nation's veterans set throughout their lives is a testament to the drive and perseverance that define the American

character. Let us uphold our obligations to these heroic individuals and never forget those who paid the ultimate price for our liberty. On this day and throughout the year, may we sustain their lasting contributions to our nation's progress and carry forward their legacy by building a future that is stronger, safer, and freer for all.

With respect for, and in recognition of, the contributions our service members have made to the cause of peace and freedom around the world, the Congress has provided (5 U.S.C. 6103(a)) that November 11 of each year shall be set aside as a legal public holiday to honor our nation's veterans.

--Office of the President of the United States

# Motivated!!



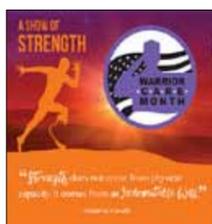
Photos by PO2 Chris Liaghat

Above: Pfc. Tristan Astbury crawls through a mud pit with his weapon, one of several challenges during a motivational competition hosted by Marine Aviation Training Support Squadron One (MATSS-1), Oct. 28.  
Left: MATSS-1 Instructor Sgt. Carolyn Meece climbs a rope on the obstacle course to motivate participants.  
Below: Marines crawl through a mud pit while competing in a motivational competition.



## Look Inside

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Marine Force  
Fitness Course



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Wounded  
Warrior  
Care



~ Page 9 ~  
Navy College  
website a hit  
with Sailors



## Photo of Week



Photo by PO1 Larry S. Carlson

**Petty Officer 2nd Class Blake Kelly is lowered from an MH-60 Sea Hawk helicopter as he attempts to board the vessel of a missing Chinese mariner during a search and rescue operation in the western Pacific Ocean. Kelly is from Twin Lake, Mich. and is assigned to Helicopter Sea Combat Squadron (HSC) 21 which is embarked aboard the amphibious assault ship USS Makin Island (LHD 8).**

## Area Happenings

### NOVEMBER

**11: Veteran's Day Ceremony** at 10:30 a.m. at the Doughboy Monument in downtown Meridian at 6th Street & 23rd Avenue. For information, call 601-681-8060.

**11: Veteran's Day Parade** honoring our veterans will be held at 3 p.m. through downtown Meridian. Parade route starts at 9th Street & 25th Avenue. For information, call 601-693-4422.

**11-12: NorthPark Church Youth's Rummage sale** both days from 7 a.m.-noon. Clean out those homes...All donations are being accepted! If you need assistance in picking up furniture items or large quantity items please contact Sherry Temple at 601-479-7079. All proceeds support the youth group for IYC and camp.

**17: Rick Springfield** at 7:30 p.m. at the MSU Riley Center. Rick Springfield has never settled for doing just one thing. That's probably why he remains so active, still performing 100 concerts a year and still writing new songs (he just released his 18th studio album, Rocket Science). Springfield first hit the charts with the Grammy Award-winning number one hit "Jessie's Girl" in 1981. Tickets \$58; for information call 601-696-2200.

**17: Travis Tritt** at 7:30 p.m. at the Meridian Temple Theatre. Tickets on sale online at <http://www.etix.com/ticket/p/5793311/travis-tritt-meridian-temple-theatre-big-spring-entertainment> and at the door night of show. All seats reserved. Also performing, "Muscadine Bloodline". Doors open at 6:30 p.m. For ticket information, call 601-693-5353.

**22: Great Russian Nutcracker Ballet** at 7 p.m. at the Meridian Temple Theatre. Tickets go on sale Oct. 24, at the Temple Theatre lobby weekdays from 10 a.m.-2 p.m. Reserved seating: \$30 & \$20; general admission: \$10; for telephone orders or information, call 601-693-5353.

**29: Meridian Christmas Tree Lighting Ceremony** from 5:30-6:30 p.m. on the City Hall Lawn. Local choirs will be singing Christmas Carols. For more information, contact City of Meridian Cultural Affairs at 601-485-1944. This event is open to the public.

### DECEMBER

**1-6: It's a Wonderful Life** at 7:30 p.m. at the Meridian Little Theatre. This stage adaptation of the classic film It's A Wonderful Life is not only a joyous Christmas tale, it's also a beautiful love story of George and Mary Bailey; a story of a man's descent into his darkest hour where he is trapped by circumstances beyond his control. For information, call MLT box office at 601-482-6371.

**2: Santa's Christmas Factory** from 4-8 p.m. at the Soule' Steam Works at 808 4th Street. Santa's Christmas Factory returns to the Mississippi Industrial Heritage Museum! Snow flurries fly in Steam Alley and historic Soule' Steam Works transforms into an amazing Christmas workshop complete with Santa and his elves. This family-friendly, holiday event features decorations, music, lights, snow-covered play area (so realistic you think it is real snow) and a Christmas train ride for the kids. Admission is \$5 per person, \$25 family maximum. Proceeds go to the operation and restoration of the museum. For information, call 601-693-9905.

**8: Mississippi Arts and Entertainment Wine Down** from 6-9 p.m. at the Elegance Ballroom 2208 Front St, Meridian. The Wine Down is a team event with three or less people. On the night of the competition the teams will check in and two of their bottles are anonymously bagged and given a team number, the third is placed in "the pot". Each team will be provided with a score card as well as our complementary wine glass. The tasting contest begins and individuals taste and score each wine. Snacks and entertainment will be provided during the competition. For information, call Erin Lewis at 601-581-1550.

## NAVY NEWS BRIEFS

### Navy increases reenlistment opportunities

Today, the Navy announced that it is increasing reenlistment opportunities for Sailors in over manned active component occupation to apply for reenlistment into the same reserve component Full Time Support rating, according to NAVADMIN 243/16.

"This policy change will give Sailors increased opportunity to move from one component to the other and we believe this will help talent retention within our force," said Capt. Scott Lyons, Head, Enlisted Community Manager (BUPERS 32). "We have been working hard on ways to improve permeability and flexibility in the Navy and this is an important step in that process."

Active duty Sailors can now choose to request reenlistment after 24 months on station in order to move into the same FTS occupation, if that rating is balanced or open, even if they are outside their C-Way reenlistment window.

The NAVADMIN also provides clarification on the process to apply for component change for Sailors to move from FTS to active duty and helps smooth the process for Sailors to move from one component to another while also providing an increased pool of Sailors to fill certain occupations.

—From Chief of Naval Personnel Public Affairs

### The Navy begins six-month LiveSafe app pilot program

United States Fleet Forces Command began a six-month pilot program Oct. 29 with the pre-launch of the Navy's newest tool to counter destructive decisions, the LiveSafe smartphone application.

The pilot program will allow Sailors and their families assigned to Hampton Roads, Virginia and Rota, Spain a chance to download and interact with the application prior to its release.

The LiveSafe app, developed in the wake of the Virginia Polytechnic Institute and State University shooting in April 2007, provides Sailors with consolidated resources in easy to use formats. The application also enables two-way communications between Sailors and their family or friends, along with emergency services and command services to improve their safety and security.

The application will provide region-specific maps displaying locations and hours for emergency services, Fleet and

Family Support Centers, sexual assault response coordinators, medical services, victim legal counsel, chaplains, Naval Criminal Investigation Services, legal services, housing offices, and off-limits locations.

"The basic concept was to design a mobile app to help Sailors with prevention by providing a one-stop shop for all of their needs," said Capt. Charles Marks, U.S. Fleet Forces sexual assault prevention and response officer.

The app will also feature links to simplified program information associated with a variety of Navy programs to include sexual assault prevention and response, family advocacy, suicide prevention, drug and alcohol abuse prevention, and the latest updates and policy changes for each of the programs. Content will be available even when Wi-Fi or cell phone signal is not.

—U.S. Fleet Forces Command Public Affairs

### Exam reviews remain critical to advancement process

Active-duty Navy chief petty officers (E7-E9) interested in shaping the future of the fleet are encouraged to participate as subject matter experts for upcoming Advancement Examination Readiness Reviews (AERRs).

AERR participants serve as fleet SMEs for their respective ratings and develop E4-E7 rating advancement exams for future cycles.

Rear Adm. Mike White, commander of the Naval Education and Training Command, stressed the importance of the advancement exam process during the Navy

Rating Modernization.

"Advancement exams will continue during the development of new processes for the rating modernization," said White. "Fleet SMEs are essential to the AERR process so that we can produce accurate and relevant exams under the existing rating structure."

The two-week exam readiness reviews are held throughout the year with each specific rating being reviewed about every two years.

—From Naval Education and Training Public Affairs

### Will ice melt heat up naval operations in Arctic Ocean?

As diminishing sea ice in the Arctic Ocean expands navigable waters, scientists sponsored by the Office of Naval Research have traveled to the region to study the changing environment and provide new tools to help the U.S. Navy operate in a once-inaccessible area.

"This changing environment is opening the Arctic for expanded maritime and naval activity," said Rear Adm. Mat Winter, chief of naval research. "Developing a deeper understanding and knowledge of this environment is essential for reliable weather and ice predictions to ensure the safety of future scientific and operational activities in the region."

A recent announcement from the National Snow and Ice Data Center revealed 2016's sea ice minimum -- the annual measurement of when sea ice hits its lowest

point -- tied with 2007 for the second-lowest ice minimum since satellite monitoring began in the 1970s. The lowest minimum ever occurred in 2012.

ONR sponsored its scientific research through two initiatives within its Arctic and Global Prediction Program-Marginal Ice Zone and Waves and Sea State. Additional research involved the program's Canada Basin Acoustic Propagation Experiment (CANAPE) initiative.

Scientists measured the strength and intensity of waves and swells moving through the weakened Arctic sea ice. The accumulated data will be used to develop more accurate computer models and prediction methods to forecast ice, ocean, and weather conditions.

—From Office of Naval Research

## Change to NEX layaway policy

The NEX has made a change to its popular layaway policy. The amount of time clothing and shoes may be put on layaway has increased from 45 to 90 days. The policy still requires equal payments to be made every 15 days. Customers may take their layaway purchase home once the items are paid in full.

A minimum deposit of 10 percent of the purchase price plus a \$5 non-refundable layaway fee is required when merchandise is put on layaway. Layaway cancellations will incur an additional charge of \$5. Some NEXs must limit the type or number of items permitted on layaway due to space constraints.

General merchandise may be put on layaway up to 90 days with equal payments required every 15 days. Jewelry and watches with a single item retail price of \$500 or more may be put on layaway for up to 180 days with equal payments required every 15 days. Computers, tablets, monitors, digital cameras, peripheral computer equipment, software and video games are not permitted on layaway. Clothing on clearance with prices ending in .96 is not authorized for layaway. However, sale priced clothing ending in .97 is permitted on layaway.

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

**Command Staff**  
 Commanding Officer ~  
 Capt. Scott Bunney  
 Executive Officer ~  
 Cmdr. Matthew McGuire  
 Command Master Chief ~  
 CMDCM Jonas Carter

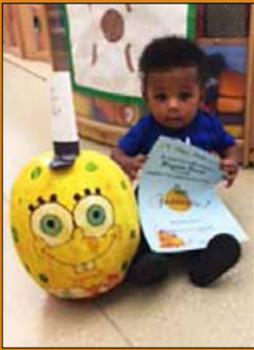
**Editorial Staff**  
 Public Affairs Officer ~  
 Penny Randall  
 Public Affairs Specialist~  
 Adam Prince  
 Staff Writer/Photographer ~  
 PO2 Chris Liaghat

### Hotlines & Helpful Numbers

SAPR Victim Assistance: 601-604-3037  
 SAPR Civilian Victim Assistance: 601-486-3122  
 SARC: 601-481-4274  
 SAFE Helpline: 877-995-5247  
 Suicide Hotline: 800-273-8255  
 Military OneSource: 800-342-9647  
 CEAP (DoN Civilian): 844-366-2327  
 EAP (NAF Civilian): 800-932-0034  
 FFSC Meridian: 601-679-2360  
 Chaplain: 601-604-2015  
 NMCRS Duty Cell: 601-604-2206  
 EEO (NAF): 866-295-0328  
 EEO (GS): 904-542-2802

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## Cartoon Pumpkin Contest



The second annual Cartoon Character Pumpkin Decorating Contest recently took place at the Child Development Center.

Parents and their children were invited to decorate, not carve, a pumpkin to put on display at the CDC.

"Parents really enjoyed it last year," said Deidra Elkins, child development center director. "We wanted to give them the opportunity to participate again this year."

Participants for this year were:

- ✓ The Harden Family (Garfield Pumpkin)
- ✓ The Everett Family (Spongebob Pumpkin)
- ✓ The Wilceynski Family (Paw Patrol).

The Cartoon Character Contest was awarded to Alina Wilceynski and her family.



Submitted photos

## PET-FRIENDLY

### HALLOWEEN IN NAS HOUSING



Submitted photos

Winners in the Balfour Beatty Halloween Pet Parade contest were "Chip," owned by Bobbi Coleman-Johnson dressed as a Sailor; and "Snowball," a miniature pony dressed as Rudolf the Red Nose Reindeer with Jordan Shields. Congrats!

## Health & Safety Fair



Photo by PO2 Chris Liaghat

Pam Mirabuena, left, and Hanah Little, students enrolled in a West Lauderdale High School Health Science class, check the blood pressure of Chief David Perez at the Health & Safety Fair in front of the Navy Exchange on board NAS Meridian.

## Separation Anxiety

### COLUMN

Of all places, I was in the veterinarian's office with our dog, Moby, when I started feeling differently about veterans.

It wasn't the smell of disinfectant, the hiss of the cat Moby was sniffing, or the yapping of a dog in the treatment room that got my wheels spinning.

It was the sight of my shiny, brand new DOD identification card. I was digging it out of my wallet to take advantage of the vet's 15% military discount, when I remembered that it was November 1st, my husband's first day as a separated military retiree.

"Oh, sorry, I forgot," I said sheepishly to the office assistant, "my husband just retired from active duty."

"It's okay, your husband's a veteran, right? You're still good," he said, scribbling a lower total on my invoice. I paid the bill, tugged Moby's leash, and rushed to our minivan. My wheels peeled out of the parking lot, and as I careened down Route 138, I felt like I'd just gotten away with something.

I took another look at my new ID card. It clearly indicated that I was now merely a dependent of a sponsor who is "USN/RET." All the retirement paperwork undoubtedly stated that we were officially civilians now. Although I knew Francis was a veteran, we didn't feel entitled to special treatment anymore.

Moby's hot breath further dampened the minivan's dank atmosphere. Approaching a red light, I cracked a window, and glanced over at the driver in the Honda Pilot coasting to a stop beside me. She was wearing huge sunglasses, was holding a fancy water bottle, and had a dolphin-shaped air freshener dangling from her rear view mirror.

I saw stick figure decals on her back window, indicting that she had a husband, two kids, and a cat, all wearing Mickey Mouse ears. And a bumper sticker that read, "This Car Climbed Mt. Washington."

In a melancholy state, I declared, "I guess that's who I am now, just another average civilian."

On the opposite corner, a bank marquis' glowed 10:32 am, 61 degrees, and "Honor All US Veterans."

I remembered Veteran's Day 2015, when Francis, then active duty, was invited to speak at a gathering in front of City Hall. I was so proud of my uniformed husband as he spoke of the sacrifices of all the veterans who had come to commemorate that special day. We lingered after his speech, and listened to the stories told by vets who had braved Vietnam, WWII, the Korean War. It was such an incredible honor to be with such heroes - they were the real McCoys - true military veterans.

But the sign said, "Honor All US Veterans." I wondered, are all veterans deserving of honor?

I'd heard the statistics. Less than one half of 1 percent of the U.S. population volunteers for military service today - the lowest rate since WWII. And of those select few, roughly 80 percent come from a family in which a parent or sibling served. Our recent wars have been authorized by a U.S. Congress with the lowest rate of military service in history, and the last three commanders-in-chief never served on active duty. Moreover, due to the military-civilian divide, today's military community is increasingly separated from the public it protects.

I realized that those few who volunteer to serve their country deserve recognition.

A car horn blast from behind prompted me to quit daydreaming, because the light had turned green.

Later that day, I was back in the minivan, this time with my husband Francis in the driver's seat. We were inching our way up to the guard shack at Gate 1, so we could drive onto the Navy base to run some errands. Like I had done earlier that day, Francis pulled out his shiny new ID card, looked at it uncomfortably, and handed it to the gate guard.

Much to our surprise, the guard saluted and said, "Good afternoon, Captain."

"Wow," Francis said as we drove away, "I didn't realize they still did that after you retire."

"You're a veteran, honey," I reminded him. "You've earned it."

A 21-year Navy spouse, Lisa Smith Molinari and her family are currently stationed in Newport, R.I. Her self-syndicated columns appear on her blog, [www.themeadandpotatoesoflife.com](http://www.themeadandpotatoesoflife.com) and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life* Follow [Lisa@MolinariWrites](https://www.facebook.com/LisaMolinariWrites).

## Thank You

To all who served our nation in uniform, we offer our heartfelt thanks. And we promise those who made the ultimate sacrifice to keep us free, we will never forget.

**Veterans Day**

Friday, November 11

  
Mississippi Power  
[mississippipower.com](http://mississippipower.com)

## OMBUDSMAN

Denika "Nikki" Thursby  
NTTC Meridian Ombudsman

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**Pfc. Dawson Hertel**  
MATSS-1 Student  
Hometown: Huntington, Ind.

# OOORAH!

**Pvt. Selena Mendez Michaca**  
MATSS-1 Student  
Hometown: New York

Pfc. Dawson Hertel enjoys long boarding in his free time. "I enjoy building boards for other people too," said Hertel. "I ride downhill. My highest speed is 40 miles per hour. For me it's all about going fast."

His most memorable experience since joining was being dismissed by his senior drill instructor on graduation day of boot camp.

After school Hertel would like to be stationed in Florida to be close to his extended family. In his career he is looking forward to becoming proficient in his MOS and seeking further education and training.

Hertel admires his great uncle. "I admire him for serving during a time when conditions were much worse than now," said Hertel. "He had a more dangerous era to serve in and received a Purple Heart for wounds in combat."



Pvt. Selena Mendez Michaca enjoys badminton in her free time. "It's one of the fastest sports and it keeps me constantly moving," she said.

Her most memorable experience since joining was being called "Mendez" by her drill instructor. "My whole life I've gone by 'Mendez', but in boot camp everyone called me 'Michaca'", she said.

"On our final combat fitness test I was slowing down and felt like I couldn't go faster. My drill instructor caught up to me and said, 'Come on Mendez, you're a warrior. We don't give up!' It was the first time she said my name right."

After school Mendez Michaca would like to go overseas because she wants to learn about different cultures. "I want to see what else is out there in the world."

## Marine fitness course shapes new perspective on training

By Sgt. Terry Brady  
Defense Media Activity

The Marine Corps' first Force Fitness Instructor (FFI) Course began Oct. 3 at Marine Corps Base Quantico, Virginia.

Marine Administration 460/16 was released in September outlining the guidance and end state of the FFI program, which was implemented to improve overall unit fitness and health. Fifty students from across the Marine Corps were selected to participate in the initial five-week course.

"The FFI course is the Commandant's answer to fitness for the Marine Corps," said Gunnery Sgt. Dimyas Perdue, the chief instructor of the FFI Course. "It is designed to help Marines understand fitness in a better way."

Daily operations during the course include physical training in the morning, followed by classes and practical application for the rest of the day. Students study

and avidly practice various fitness practices that test strength, endurance and agility, according to Arron Prowett, the strength and conditioning specialist for the course.

"They will do performance tests, and then we'll briefly give them a class on not only the framework, but also how to administer, record and score it," said Prowett. "We test lower body strength, lower body power, agility and anaerobic conditioning to see where they're at and give insight on how fit or athletic a Marine is."

The students learn about the seven foundational movements of fitness, which are pull, push, hinge, plank, lunge, squat and rotate. The course is also designed to augment other existing training programs in the Marine Corps.

"The program is very scalable and inclusive," said Gregg. "We are not trying to get in the way of what the Marine Corps has all ready

done. We wanted something that can leverage all of the resources that we have and apply them for the maximum potential they have for each Marine."

An FFI is educated on different elements of overall health and fitness for Marines, and that includes nutrition. The course is working to break that mentality that any mix of diet and exercise is beneficial, according to Perdue. The instructors emphasize heavily that "nutrition is key". They teach how nutrients work in the body, and how it can help Marines better train.

Marines that are interested in the program should check to see if they meet the prerequisites according to MARADMIN 460/16 and conduct adequate research before applying to attend the course, Perdue added.

"Prepare as if you were going to give your first class for fitness. Start looking at the information for physical fitness, but more importantly, live it."



Photo by Sgt. Melissa Marnell

**A Force Fitness Instructor (FFI) Trainer coaches an FFI student during the physical training portion of the course at Marine Corps Base Quantico, Va. The FFI course is made up of physical training, classroom instruction and practical application to provide the students with a holistic approach to fitness. Upon completion, the Marines will serve as unit FFIs, capable of designing individual and unit-level holistic fitness programs.**

### HASHEMITE, JORDAN



Photo by Cpl. Trever Statz

**A U.S. Marine with weapons platoon, Company F, 2nd Battalion, 7th Marine Regiment, Special Purpose Marine Air - Ground Task Force - Crisis Response - Central Command, shoots his M16 rifle during a live - fire range during Mission Rehearsal Exercise 2016 near the southern border of the Hashemite Kingdom of Jordan.**

### MARINE CORPS BASE CAMP LEJEUNE, N.C.



Photo by Lance Cpl. Miranda Faughn

**Marines with 2nd Reconnaissance Battalion emerge from the surf after dropping from a CH-53E Super Stallion and swimming ashore as part of a scout swimmer fin insertion during a helocasting exercise at Camp Lejeune, N.C. During the exercise the Marines also practiced dropping with a zodiac boat, also known as soft-ducking, a means of insertion for sea to shore reconnaissance operations.**

## Safety & Energy Efficiency is Our Duty

### Holiday Travel Safety

The holiday season is fast approaching and people are beginning to plan trips to celebrate with friends and families. To ensure everyone gets to their destination safely, follow these tips and have a great holiday season:

- Service your vehicle before travelling
- Wear seatbelts; ensure children are properly restrained
- Ensure you stay rested and take breaks when travelling
- Be flexible with your travel plans

**DON'T TEXT AND DRIVE**



# NAS Meridian, MS • Morale, Welfare and Recreation

On the Web: [www.navymwrmeridian.com](http://www.navymwrmeridian.com) Facebook: [www.Facebook.com/MWRMeridian](http://www.Facebook.com/MWRMeridian)

## Facility Phone Numbers

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



## Coming Attractions

### McCain Rec Center

**Thursday, November 10**  
5pm, Ice Age: Collision Course, PG  
7pm, The Hunger Games, PG13

**Friday, November 11**  
5pm, The Secret life of Pets, PG  
7pm, The Infiltrator, R

**Saturday, November 12**  
1pm, Midway, PG  
5pm, Bad Moms, R  
7pm, The Infiltrator, R

**Sunday, November 13**  
1pm, Ice Age: Collision Course, PG  
4:30pm, The Hunger Games, PG13  
7pm, Bad Moms, R

**Monday, November 14**  
5pm, Ghostbusters (2016), PG13  
7pm, Nerve, PG13

**Tuesday, November 15**  
5pm, Tangled, PG  
7pm, The Shallows, PG13

**Wednesday, November 16**  
5pm, The Good Dinosaur, PG  
7pm, Lights Out, PG13

**Thursday, November 17**  
5pm, Ghostbusters (2016), PG13  
7pm, Nerve, PG13

**Friday, November 18**  
5pm, Tangled, PG  
7pm, The Shallows, PG13

**Saturday, November 19**  
1pm, The Good Dinosaur, PG  
5pm, Lights Out, PG13  
7pm, The Shallows, PG13

**Sunday, November 20**  
1pm, Ghostbusters (2016), PG13  
5pm, Nerve, PG13  
7pm, Lights Out, PG13

**Monday, November 21**  
5pm, Up, PG  
7pm, The November Man, R

**Tuesday, November 22**  
4pm, Zootopia, PG  
6pm, The Green Mile, R

**Wednesday, November 23**  
5pm, Wreck It Ralph, PG  
7pm, Creed, PG13

### The Liberty Center

**Thursday, November 10**  
7pm, The Infiltrator, R

**Friday, November 11**  
7pm, Bad Moms, R

**Saturday, November 12**  
1pm, Hunger Games, PG13  
7pm, Hunger Games, PG13

**Sunday, November 13**  
1pm, The Infiltrator, R  
7pm, The Infiltrator, R

**Monday, November 14**  
7pm, The Shallows, PG13

**Tuesday, November 15**  
7pm, Lights Out, PG13

**Wednesday, November 16**  
7pm, Nerve, PG13

**Thursday, November 17**  
7pm, The Shallows, PG13

**Friday, November 18**  
7pm, Lights Out, PG13

**Saturday, November 19**  
1pm, Nerve, PG13  
7pm, Nerve, PG13

**Sunday, November 20**  
1pm, The Shallows, PG13  
7pm, The Shallows, PG13

**Monday, November 21**  
7pm, The Green Mile, R

**Tuesday, November 22**  
7pm, Creed, PG13

**Wednesday, November 23**  
7pm, The November Man, R

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

## Education 101

Please join us on November 10, 2016 for an educational opportunity. Education 101 is designed to assist parents with navigating the local educational process. For additional info, please call 601-679-2473.

**Education 101 - Kindergarten to College**  
Thur., Nov. 10 • 8am - 4pm  
Admin Building #255, room 265  
You may attend any session.  
No pre-registration required.  
Refreshments will be provided (while supplies last).

**Sessions:**  
8am: The Formula for Success in School  
9am: Assessment & Support Services for Students with Exceptionalities such as Giftedness & Special Needs  
10am: Bully Prevention Strategies that Work  
11am: Test Anxiety & School Stressors  
12pm: High School Credits & Graduation Options in MS  
1pm: Dual Credit vs AP Courses & GPA Computation  
2pm: Preparing for College - Facts & Figures  
3pm: Question/Answer Session Regarding Mississippi's Public, Private & Home-School Options

For additional info please call (601) 679-2473

**MWR THANKSGIVING DINNER AT THE SANDTRAP**  
THURSDAY, NOVEMBER 10TH 9:30AM-1PM

**TURKEY, HAM, SWEET POTATO CASSEROLE, MASHED POTATO WITH GRAVY, GREEN BEANS, CORN, CORNBREAD DRESSING, ROLL, DESSERT & DRINK FOR ONLY \$8**

**LaughCatcher**  
Saturday, Nov. 19 at Rudder's

Please join us for the LaughCatcher Comedy Tour. The show starts at 7pm and is FREE of charge!  
\*This show may contain adult content

**Thanksgiving Break Camp**  
November 21-23 • 5am - 7pm  
Available for ages 5 -12  
Call 601-679-2652 for info

**National Homemade Bread Day**  
Thursday, Nov. 17 4:30pm - 5:30pm

Mmmm.... doesn't National Homemade Bread Day sound delicious? Well, come and find out how delicious it really is! We'll have an awesome craft (think bread art), some stories, and some delicious homemade bread snacks! See you at the library!

**MWR Website!**

- Facility and program information right at your fingertips
- Find out everything about MWR Meridian
- Current Events; dates, time and locations
- Local MWR Job Announcements

[www.navymwrmeridian.com](http://www.navymwrmeridian.com)



**Tuesday Night Trivia, 11/22**  
Come in and test your knowledge.  
• Individual and teams welcome  
• Prizes will be awarded to the winners

**DJ Leflore Live at Rudder's**  
Friday, November 18  
Doors open at 5pm; the fun starts at 8pm

### The Sandtrap Weekly Specials

**Thursday, November 10**  
MWR Thanksgiving Dinner  
Join us for Turkey, Ham and all the fixings!

**Tuesday, November 15**  
Pork Chops  
Oven Potatoes, English Peas, Roll and a Drink for only \$6.

**Wednesday, November 16**  
Pot Roast  
Mashed Potato with Gravy, California Blend, Roll and Drink for only \$6.

**Thursday, November 17**  
Taco Salad  
Don't miss the Sandtrap's famous Taco Salad. Served with a Drink for \$6.

**Tuesday, November 22**  
Beef Tips over Rice  
Broccoli with Cheese, Squash, Roll and a Drink for only \$6.

**Wednesday, November 23**  
Lasagna  
Garden Salad, Garlic Bread and a Drink for only \$6.

**Give Parents A Break & Parent's Night Out**  
November 3, 10, 17 & 18  
at CDC & SAC  
6pm-10pm \$4 per hour  
Call (601) 679-2652 for info.

**Hourly Child Care Available**  
NAVY CYP  
Child and Youth Programs  
Hour care is available for ages 6 weeks to 12 years of age. For information stop by CDC or call 601.679.2652.

**Openings at CDC & SAC**  
The Child Development Center currently has openings for ages Pre-Toddler through Pre-School.  
The School Age Care Center currently has openings available for ages 5-12.

**Button Day**  
Wednesday, November 16 10am - 11am  
It's Button Day at the Andrew Triplett Library! You know what that means, right? We'll craft something with buttons... all kinds of buttons... and we'll read stories about buttons and even teach you about buttons! Please join us for some button-ticious fun!

**National Eat a Cranberry Day**  
Wednesday, Nov. 23 10am - 11am  
It's National Eat a Cranberry Day at the library. Since it's the day before Thanksgiving, I thought we would celebrate turkeys as well. Turkey and cranberry crafts, stories and snacks will be offered on this very special day! Join us for some Thanksgiving fun!



# Sports

## Upcoming at The Fitness Center

### Lift the Gym

1 Nov. - 31 Dec

THE GYM = approx. 21,000 POUNDS

- Participants must log their pounds lifted on the Daily Log Sheet each day and submit them to the Trainer on staff or Front Desk Lead. Totals must be logged on the day of completion to count. Only max weight lifted for each exercise will be recorded.
- One log entry (gym visit) per person per day. The Trainers will tally the total pounds and maintain individual log sheets for each participant. Weekly Totals will be posted on Fridays at the Trainer's desk.
- Participants who reach 10,000 lbs will receive an MWR Lunch bag. Finishers will receive an "I Lifted the Gym" T-Shirt. (T-shirts will be ordered Nov 15.)

### Haloween 5k Winners



1st - C. Castro

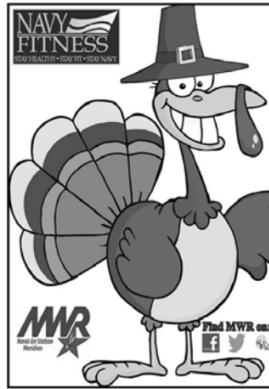
1st - F. Castro Sr.

2nd - G. Perez

2nd - F. Castro Jr.

3rd - T. Perez

3rd - T. Griffin



### Turkey Toss 2016

Tuesday, Nov. 15 • 6:30pm

Adults compete to see who can toss a 10-15 lbs turkey the farthest. Kids (16 & under) will attempt to toss a "little" turkey. Prizes will be awarded to the winners. For more info call (601) 679-2379

### 500 lb & 1,000 lb Club

Come test your strength and get your picture up on the wall. For info please see the fitness center or call (601) 679-2379

### Get Prizes for doing cardio.

- 100 miles
- 500 miles
- 1,000 miles

### 100 Mile Club

- T-Shirt
- Ball Cap
- Gym Bag

Are You A Member?

Track your progress at the Fitness Center!

## November Group Exercise Schedule

All Group Exercise Classes are held in the Multi-Use room of the Fitness Center and is first-come, first-serve, with no registration required. FREE to all authorized patrons. For info call 601.679.2379

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6am-7am	Fusion Wellbeats™	Stomp Wellbeats™	Fit 4 Duty Wellbeats™	Stomp Wellbeats™	Fusion Wellbeats™
7:30-8:30am	Stomp Wellbeats™	REV Wellbeats™	Vibe Wellbeats™	REV Wellbeats™	Stomp Wellbeats™
9am-10am	Anything Goes Erin	Anything Goes Erin	Anything Goes Erin	Anything Goes Erin	Anything Goes Erin
11am-12pm	HIIT Erin	HIIT Erin	HIIT Erin	HIIT Erin	HIIT Erin
11am-12pm	REV Wellbeats™	REV Wellbeats™	REV Wellbeats™	REV Wellbeats™	REV Wellbeats™
4:45pm-5:45pm	Bootcamp Alex	Bootcamp Alex	Bootcamp Alex	Bootcamp Alex	Bootcamp Alex
6:30pm-7:30pm	Funct. Fitness Alex	Funct. Fitness Alex	Funct. Fitness Alex	Funct. Fitness Alex	Funct. Fitness Alex
8pm-9pm	REV Wellbeats™	REV Wellbeats™	REV Wellbeats™	REV Wellbeats™	REV Wellbeats™

## Navy provides a show of strength for Warrior Care Month

November is designated as Warrior Care Month, a time to honor the courage, resilience and accomplishments of wounded, ill and injured service members, their families and their caregivers. The Navy is participating in activities to increase awareness of warrior care issues.

Warrior Care Month, which is commemorated across all branches of military service, was established a decade ago when former Secretary of Defense Robert F. Gates declared it would be a Department of Defense effort aimed at increasing awareness of programs and resources available to wounded, ill and injured

service members, their families, and those who care for them.

The theme for Warrior Care Month is "A Show of Strength." It celebrates the fortitude that wounded warriors - and their families - exhibit during their journey toward recovery.

Navy Wounded Warrior - Safe Harbor is the Navy's lead organization for coordinating the non-medical care of seriously wounded, ill and injured Sailors and Coast Guardsmen, and providing resources and support to their families.

Through proactive leadership, the program provides individually-tailored assistance designed

to optimize the success of the wounded warriors' recovery, rehabilitation and reintegration activities.

During recovery and rehabilitation, wounded warriors can experience heightened stress and a range of challenges because of changes to their physical or psychological condition.

These issues can impact the rate of wounded warriors' recovery and healing. To promote healing and an acceptance of change, the Navy encourages regular contact with wounded warriors and their families to provide information on available resources.

-From CNRSE Public Affairs

**A SHOW OF STRENGTH**

NOVEMBER IS WARRIOR CARE MONTH

NAVY WOUNDED WARRIOR - SAFE HARBOR

1-855-NAVY WWP (1-855-628-9997) safeharbor.navy.mil

## Sale... Or

### BOATS/CAMPERS/TRAILERS

**1983 McGregor Sailboat**, 22', 10 HP outboard, all rigging and hardware, custom built trailer. \$4,000. Call 601-513-6374.

**2006 Fleetwood Discovery 39 ft. 3 slide, Cat Diesel, motor home.** New tires & A/C, "fully equipped," original owners, non-smokers. Serious Inquiries Only. Will e-mail pictures, full information or set appointment to see RV call 601-479-6145.

### MOTORCYCLES/GEAR/ATV

**1994 Honda Goldwing** \$3,200. Call Greg at 601-490-3835.

**2010 Honda Sabre** very direct drive, less than 10k miles. Sale includes trailer ready cover and two sets of keys. Asking \$8K (negotiable). Serious inquiries only. Call 301-919-7972.

**2004 Honda TRX450R** four wheeler \$2600, **2005 Honda TRX250EX** four wheeler \$1600, **2002 Yamaha TTR-125L** dirt bike \$800, and **2006 KTM 250SX-F** dirt bike \$2200. All in good shape ready to go. Overseas move forcing sale. Make offer ready to deal! Call Ben at 843-597-4221.

### AUTOMOBILES, ETC.

**New! 2015 Toyota Tacoma PreRunner**, 29k miles, TRD Sports Package, automatic, double cab, tow package, bed cover, and premium running boards, lots of extras, 4x2, 4.0L DOHC V6, excellent condition. Asking \$27,500. Call or text 601-723-0741.

**2009 Chevy Traverse LS** Seats 7-8, Rear AC, PW, PL. Asking \$5K. Call 601-616-0947.

**1996 Chevy Suburban 2500** 4x4, 7.4L, PW, PL, rear AC. Black/Grey interior; very clean. \$6,200 OBO. Call 601-616-0947

**2006 Corvette** 52k miles unique color and accessories. Asking \$23,000. Call 850-797-9462.

**2006 Saturn Ion** 52k miles looks great drives like new 5,000. Call Greg at 601-490-3835.

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

**2008 Jeep Liberty**, 75k miles, 4-wheel drive, automatic, has a roof rack and a tow hitch, as well as skylight. V6, 3.7 liter, 4-spd w/over-drive. \$13,000, negotiable.

Call 434-604-0428. Text for photos or Carfax report.

### HOMES/APARTMENTS

**New! For Rent:** 2BD/1BA home located at 2026 31st Street, Meridian. \$800 deposit; \$800/mo rent. One year minimum lease; pet deposit required and nonrefundable if you have animals. NO HUD, appliances available, has basement and attic, nice backyard and sunroom with brand new carpet, covered carport; central air and heat; nice neighborhood. Call Candice at 601-527-6381.

**For Rent:** 3BD/1BA house with central heat and air, large yard, on tree lined street. Indoor storage includes each bedroom having four large drawers and a linen cabinet built in. Outdoor storage includes an 8 x 10 storage building. \$750 per month. Call 601-934-4006 or 601-616-5245.

**For Sale:** 3BD/2BA in Poplar Spring school district. 1600+ sq ft, large, fenced-in backyard. Asking \$128K. Call 601-513-2577.

**For Rent:** 4BD/3BA available as unfurnished, fenced-in backyard; pets welcome. All appliances supplied; washer and dryer negotiable. \$1,200 per month/\$600 de-

posit. Call 601-513-7111.

**For Rent:** 2BD/1BA furnished, washer/dryer, water, garbage pick up, and yard maintenance included. Country feel in the city, safe and quiet. \$700 per month/\$300 deposit. Call Allison at 601-462-6672.

**For Rent:** 3 BD/2BA 1800 sq. ft. 3205 10th Ave. 15 minutes from NAS Meridian. \$1200 per month; \$500 refundable deposit; pet deposit required. Call Ralph at 702-769-9121.

**For Rent:** 3 BD/2BA home located in military-friendly neighborhood only 15 minutes from NAS. Nice fenced yard, non-smoker and no pets. Home available Sept. 1. Asking \$1,200 per month; \$1,000 refundable deposits. Call 601-227-1493.

**For Rent:** 2BD/1BA mobile home at Dalewood. Very peaceful and quiet; 100 ft. of water frontage. Call 601-683-6038.

**For Sale:** 4BD/4BA home -- includes guest house. 2017 sq. ft. remodeled (interior/main home) in 2010. Poplar Springs School District -- currently rents for \$550/month. 2714 45th Street, Meridian. Asking \$196,000. Call Matt at 601-527-2741

**For Rent:** 4BD/2BA in

West Lauderdale school district. All New paint, all new carpet & tile flooring. Brand new farmhouse style kitchen with open floor plan. Call 601-934-9161.

**For Sale:** Home in the Meridian downtown area, 2 story, approximately 2800 sf, 3 BD/2 BA. Call John at 228-380-1139.

**For Sale:** 4BD/2 full BA, very quiet settled neighborhood, Poplar Springs School District - Meridian. Asking \$90,000 as is and will accept serious offers. Contact Bettyalford@outlook.com or 601-527-5244.

**For Sale:** 3 BD/2 BA, 1500 sq. ft. brick home with carport and outbuildings. Additional carport and plenty of room to build on adjacent lot. Located at 3678 North Lake Dr. across from Little Beach. Call 870-223-3197.

**For Sale:** 3 BD ranch-style home on 1.3 acres, finished basement. Lots of room to roam. \$89,000 Call Bill at 601-681-6609 or 601-481-5124.

### MISCELLANEOUS

**New! Patio table** glass top with four chairs. Asking \$100. **Two shop work benches** Wood top 25" x 36" x 27" with metal locking cabinets under-

neath. Asking \$50 for each. **Lift Chair** Electric; six months old; asking \$450. **Free Couch** 3-cushion; 8 foot with beige tweed. Call 601-679-9935.

**New! Two gas weed eaters** fixable but being sold as parts only \$8 ea. **Two boys' 20 in. BMX Bikes**, fixable but in need of repair, being sold as parts only \$10 ea. **Basket Ball Hoop** Yard or drive way - Needs new net - \$20.00. If interested, call 601-616-9251.

**Leather and micro-fiber brown swivel chair:** great condition. \$50. Call Miranda at 601-986-8378.

**Frigidaire Washer.** Front loading; super capacity, tumble-action Washer for \$50. Will deliver; call Matt at 812-216-9588.

**AKC Lab puppies for sale.** They are up to date on shots and wormer. Two males left with great bloodlines; asking \$200 each. Call Brandon at 601-934-1016.

To submit an item to the "Sale...Or" column, e-mail adam.prince@navy.mil. Deadline is the Thursday prior to publication.

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

# SECNAV makes final tour of Ingalls to say thanks to shipbuilders

By Warren Kulo  
The Mississippi Press

As part of what he acknowledged is his farewell tour, U.S. Secretary of the Navy Ray Mabus took a whirlwind tour of Ingalls Shipbuilding Nov. 4, meeting with company officials, a group of shipbuilders and visiting the ship for which his wife is serving a ship sponsor.

"I'm going around thanking the people who have done the work," Mabus said "who have built these great warships, who have given our Sailors and Marines the tools they need."

Mabus was appointed Navy Secretary by President Barack Obama in 2009. He noted he has served in the post longer than anyone since World War I.

"What I'm so proud of are the decisions and actions have substantially changed the Navy and Marine Corps, but they've also strengthened our Navy and Marine Corps. Our Navy and Marine Corps are stronger than they were eight years ago."

A native of Ackerman, Miss., Mabus served in the U.S. Navy from 1970-72 as a Surface Warfare Officer aboard the cruiser USS Little Rock, holding the rank of lieutenant.

Mabus was elected the 60th Governor of Mississippi in 1987, serving one term, after previously serving as State Auditor. He also served as U.S. Ambassador to Saudi Arabia from 1994-96.

"I've had two great honors in my life -- being elected Governor of the State of Mississippi and serving as Secretary of the Navy," he said.

Mabus spoke standing in the shadow of LHA 7 -- the amphibious assault ship Tripoli, currently under construction. Mabus' wife, Lynne, is the ship sponsor for the Tripoli.

Mabus noted that during the eight years prior to his appointment, the Navy Department put 41 ships under contract.

"That wasn't enough to keep our fleet from declining," he said.



Photo by Warren Kulo

**U.S. Secretary of the Navy Ray Mabus (left) visits with 25-year Ingalls Shipbuilding employee Byron King of Biloxi during Mabus' tour of the Pascagoula shipyard Nov. 4.**

"Nor was it enough to keep our shipyards in business or busy."

During his tenure, 86 ships have been put under contract for the Navy and Mabus said at the current rate the fleet will be back to "where we need to be" by 2021.

"It takes a long time to build a ship, a long time to rebuild a fleet," Mabus said. "That's why, going forward, the next administration has got to keep this building pace up, or we will see our fleet begin to shrink again."

"They've got a great base to start with now, because we're building about as many ships as we can build every year right now." Mabus told a group of about 250 Ingalls employees from across the

spectrum of departments, as well as the media, that the skill and dedication of shipbuilders has allowed ships to be built faster and better.

"Their skill, their talent, their dedication is the reason we've been able to build so many ships," he said. "We've driven down the cost of every single ship. The destroyers being built here are \$300 million less than they were when I came in."

"That's because they're doing it better, doing it faster, and their skill level is so great. They're coming in ahead of schedule and on budget. That's a great deal not only for the American taxpayer, but for the security of America."

Mabus said he will be "looking for work" once his tenure as Navy Secretary ends in January, noting he has three children still in school.

"So I've got to keep working for a while," he said, smiling. As for his as-yet unknown successor, Mabus offered this advice.

"Keep tight with the American people," he said. "The Navy and Marine Corps are America's away team. When they're doing their job, people don't see how good they are or how hard the jobs are we ask them to do."

"The next administration needs to keep the connection between those doing the protecting and those being protected."

Mabus was accompanied on his

Ingalls tour by U.S. Rep. Steven Palazzo, a member of the House Appropriations Committee, and Ingalls president Brian Cuccias.

"Ingalls is pleased to have had the opportunity to host Secretary Mabus, a native Mississippian, today as he spoke to our workforce about the important role they play in America's national security," Cuccias said. "Building four classes of ships simultaneously takes skill, experience and dedication. Our shipbuilders are committed to providing our military with the most technologically advanced warships in the world."

"Secretary Mabus' visit to Ingalls validates that they are doing exactly that."

**Antioch Missionary Baptist Church**  
10638 Antioch Rd • Daleville, MS 39326 | www.amb-church.net  
**APOSTLE CLEVELAND HAYES, SR., PASTOR**  
Sun, 11/13 Blood Pressure Screen after Worship (Fellowship Hall)  
Sun, 11/20 Thanksgiving Dinner Fellowship (after morning worship)  
Sat, 12/3 8AM • Laymen & Missionaries Prayer Breakfast  
Sun, 12/11 3PM • Pastor & Wife Anniversary  
**Fri, Nov. 11th 6PM FREE Theology Class**  
"Godly Communication for Everyday Life"  
Dr. Dot Stamps, Academic Dean 601-480-5417; 483-7535  
Office Administrator: Mrs. Redia Cannon, 601-917-1368  
**Directions from I-20/59 & Meridian:** Take exit 154 off I-20/59, then Hwy 39 N for approx. 20 miles, turn right on Hickory Grove Rd, continue 1.2 miles, turn left on Antioch Rd. The Church is on the right. 120001014011079

**Saint Patrick Catholic School** est. 1873  
www.stpatrickcatholicsschool.org  
2700 Davis Street, Meridian  
601-482-6044 127905074

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

WHDN 24 FOX 30 WGBCTV 30 B24 UNCE MERIDIAN COZI 24 Meridian THE MERIDIAN STAR Your Star, Your World

**MERIDIAN COMMUNITY COLLEGE**

**Honoring Outstanding Teachers and Educators in East Mississippi and West Alabama**

Do you have a teacher who has made an impact on you or your child's life?  
Do you have a teaching colleague whose style you admire?  
Nominate them for the Golden Apple Award! Then, encourage others to do the same!  
Nominations may be submitted by students, parents, faculty, or community members.

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

EMSPA We Care A Southern Energy Cooperative  
Citizens National Bank The Power of Local Member FDIC  
MISSISSIPPI POWER A SOUTHERN COMPANY  
Woodstock FURNITURE A DTECH COMPUTERS  
RICHARD SCHWARTZ & ASSOCIATES, P.A. ATTORNEYS AT LAW

LaBiche Jewelers \* John O'Neil Johnson Toyota  
Southern Pipe and Supply \* Meridian Coca-Cola Bottling Company  
To nominate a teacher, log on to wmdn.net, wgbctv.com, goldenappleawards.com or meridianstar.com 120001151308869

Our site is loaded with local news, sports and entertainment.  
**A Site Just for You**  
MeridianStar.com

# IT'S YOUR TURN...

This week we asked, "What does Veterans Day mean to you and why?"

By PO2 Chris Liaghat



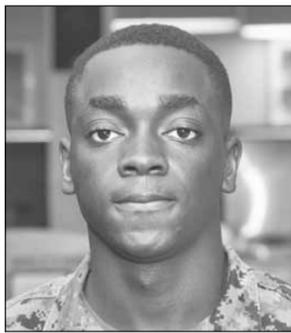
**Pfc. Julia Shartzter**  
MATSS-1 Student

"Recognizing those who served selflessly, their families, and who sacrificed their freedoms for complete strangers."



**PO2 Matt Pitre**  
NBHC Meridian Staff

"It's a day to give thanks and praise to the ones who paved the way for our present day fighting force."



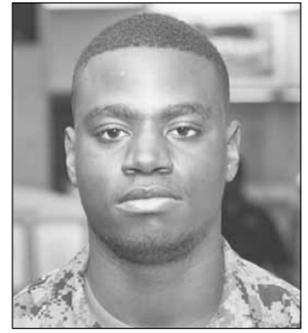
**Lance Cpl. Rodrigue Durand**  
MATSS-1 Student

"Veterans Day is the day to remember the ones who gave their blood, sweat and tears to our beloved country."



**SA Ariel Thompson**  
NTTC Student

"I'm reminded to keep pushing forward and to make those who have gone before me proud."



**Pvt. Brenshaw Gaines**  
MATSS-1 Student

"To me Veterans Day is the day when you honor those who have gone before you to defend this great county."

## Fleet & Family Support Center

### Military Family Appreciation Month

This is the month recognized as Military Family Appreciation Month, and the Fleet and Family Support Center (FFSC) extends a special salute to military families for your daily sacrifice for our nation.

As President Obama said so well, "Just as our troops embody the courage and character that make America's military the finest in the world, their family members embody the resilience and generosity that make our communities strong. They serve with heroism in their homes and neighborhoods while they are without the comfort of having loved ones nearby. Day after day, week after week, spouses resolutely accomplish the work of two parents, sons and daughters diligently keep up with homework and activities, and parents and grandparents patiently wait for news of their child and grandchild's safe return. To these families, and to those whose service members never come home, we bear a debt that can never be fully repaid."

Healthy, loving, well-supported families are essential to the health and readiness of the mission of our armed forces.

There is an old Chinese proverb that summarizes all families: "Nobody's family can hang out the sign, 'Nothing the matter here.'" However healthy families develop positive strategies to deal with issues in a constructive way. This article addresses a few of the strategies of successful and strong families.

A number of traits have been found to be common to strong, healthy families. One trait is that they keep open channels of communication. Talking and listening without judging or criticizing is the key to family success.

This process allows each member to feel appreciated and worthwhile. Another trait is good health. Healthy lifestyles help to reduce both stress and tension and thus increase the potential for flexibility.

Good health not only includes physical aspects such as recreation and exercise; mental and spiritual health

are equally important. Community and unit loyalty are also important and, like loyalty to our family, has a tendency to strengthen all of us. The last trait discussed here is family readiness. We've all heard the term "military readiness."

Well, like military readiness, family readiness is also important. It means being prepared for expected and unexpected future events.

Now, let's examine a few red flags that families need to be aware of to ensure that their chances for success are not sabotaged: Unhealthy lifestyles make up one of the biggest mine fields. Behaviors such as abuse of alcohol, compulsive gambling, family violence, etc. are obvious dangers and habits that are easy to fall into if we're not careful. Ignoring the family's money situation can also do major damage to a family, and finally reluctance to ask for help is a common problem among families who are not doing well.

Remember the old Chinese proverb mentioned earlier? Every family needs help at some time or other. Strong military families know it is a sign of strength, not weakness, to ask for help when it is needed.

Your FFSC staff, like military leaders, knows that if families are coping well, service members can more effectively focus on their jobs and do them well. The bottom line is that to have a successful family means that you must take the time to plan and prepare. It means taking advantage of the resources available to assist in your preparation. "A journey of a thousand miles begins with a single step."

We extend a thank you to all military families for standing by your service members. Thank you for your gracious support. And, service members, remember to express your gratitude to your families. Take time out of your busy days to recognize everything families do to make what you do possible.

-- From FFSC Staff

## FFSC Briefs

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

### Stress Management

Nov. 16 from 9-10 a.m. or  
Nov. 30 from 3:30-4:30 p.m.

Everyone experiences stress in normal day-to-day life, and your reactions to stress can be difficult to control. Some stress can be helpful because it spurs you to meet life's challenges, but too much stress (or poor stress management skills) can affect your mental & physical health and damage your relationships. If you feel that you're just not handling stress well, come to this workshop to learn about your stress triggers and what you can do to manage your stress better.

### Relationship Enrichment

Nov. 22 from 5-6 p.m.

Would you like to learn techniques to help you & your significant other communicate more effectively, solve problems, and maintain the fun, friendship, and intimacy in your relationship? If so, join other couples in this FFSC seminar to explore specific skills to help you reduce the risk of relationship failure and preserve a lasting commitment and love.

### Thanksgiving Crafts and Movie Time

Nov. 22 from 9-11 a.m.

All children, ages 6-12, are invited to the FFSC to create cool Thanksgiving/Fall crafts and join us for a holiday movie! Registration is required for preparation of materials! Refreshments will be served.

### Higher Education: Transition GPS Optional Track

Nov. 28-29 from 8 a.m.-3:30 p.m.

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

## CYP Resource Room

The CYP Parent Resource Room is open for business. Parents will find free CD's, DVD's brochures and booklets for the taking. There are also reference books and other materials for in-office review. Pick up a college preparation checklist or learn about Tutor.com, a free online tutoring service for children of active duty service members and deployed government civilian employees. Gather information about the Exceptional Family Member Program and the Interstate Compact on Educational Opportunities for Military Children. Find out how to borrow, read, and return audio books, e-books, and videos over the Internet with the MWR E-Library. The Parent Resource Room is an extension of the School Liaison's office; these offices are located in the Administrative Bldg. 255, rooms 171 and 173. For more information, call Anita Lee, NAS Meridian school liaison officer, at 601-679-2473.

## New Navy College website a hit with Sailors

By Ed Barker

Naval Education and Training Professional Development Center

The redesign of the Navy College website has proven an immediate hit with Sailors, and feedback about virtual capabilities, response times, and improved access has been overwhelmingly positive.

According to Ernest D'Antonio, Navy Voluntary Education (VOLED) director, the new virtual features are helping his team to meet their key goal of improving customer service.

"The chat feature is extremely popular, primarily due to a current average pick-up time of only one minute," said D'Antonio. "For simple or quick questions, no one wants a long wait, and adding chat to the website and Virtual Education Center's toolkit was a great solution."

Petty Officer 1st Class Karen Collings, career counselor for the Naval Operation Support Center in Denver, said since the "Mile High" Reserve Navy is distant from the fleet's resources, the new website is very helpful.

"It's great to see a VOLED product that gives equal access for the Reserves," said Collings. "As a command career counselor, I absolutely love the website and its 24/7 availability. The hardest part for a Sailor is always 'Where do I start?' and the new website is excellent for that."

For Sue Sutter, VEC supervisor, the new technologies have made participating in VOLED significantly more efficient for their customers.

"One example of the technologies working together is that when a Sailor takes the WebTA training while in the MyEducation/WebTA portal, it automatically populates

into the Sailor's record in the Navy College Management Information System," said Sutter. "There's no waiting for someone to manually enter it into their record -- it's now instantly recorded and that shortens the initial TA qualification and application process significantly."

According to Sutter, all requests for assistance or action through the Navy College Program website are assigned an "E-ticket" and can be tracked for follow-up and research. Instead of sending an email, service members submit a Help Request E-Ticket through the Assistance Center on the website.

The member can also upload documents for VOLED personnel to review through the Help Request feature. The VOLED Process section of the website provides step-by-step instructions on what is required as well as tools to assist with education options. There is also a VOLED Wizard on the website which can guide members through the process according to their responses to specific questions.

"Another website addition that is saving Sailors a lot of time is the counseling self-service scheduling tool," said D'Antonio. "The tool allows a Sailor to sign-up for a counseling appointment conducted virtually by a VEC counselor, or a Sailor may self-schedule a counseling appointment through the CONUS Navy College Offices."

"We are constantly refining our system and it's working better every day," added D'Antonio. "Last week there was a Navy-Marine Corps Internet outage at our Dam Neck, Virginia. VEC location, but we were able to continue to help Sailors through the call center and by VOLED personnel in the field. To help improve service even more, we are also in the process of increasing our VEC staff."

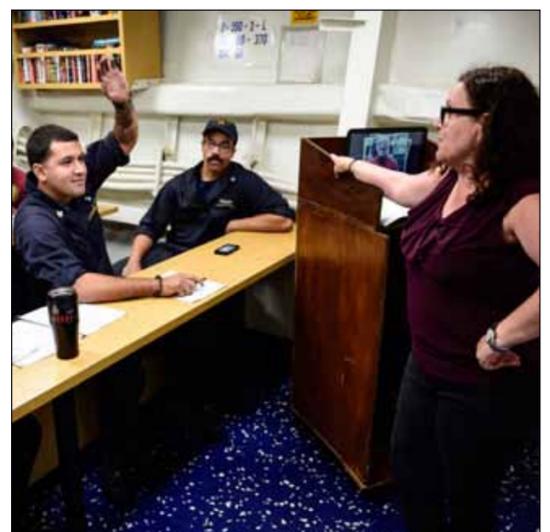


Photo by PO1 Theron J. Godbold

Patti Delesante, a professor for Central Texas College gives a public speaking course aboard USS Ross (DDG 71). Ross, an Arleigh Burke-class guided-missile destroyer, forward-deployed to Rota, Spain, is providing multi-warfare defense support to Charles de Gaulle carrier-based operations in the Eastern Mediterranean against identified ISIL positions in support of Operation Inherent Resolve.

# THANK YOU ISN'T ENOUGH.



Thank you is what we say. But we mean so much more. We mean how can we help?  
What can we do? To serve them. For all they've done to serve us.

 **BOEING**