

THE SKYLINE



Volume 54, Number 21

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October 13, 2016

HAPPY 241ST BIRTHDAY United States Navy

On Base...

✓ AutumnFest

Oct. 22 at Rudders from 11 a.m.-2 p.m. Food and drink available. Pony rides, bouncy house, and a petting zoo. No pets allowed. For information, call 601-679-2608.

✓ Friends of Bill AA Meeting will occur every Wednesday at the NAS Meridian Chapel at 7 p.m. These are "open" meetings and available to anyone with base access. For information, contact the Chapel at 601-679-3635 or HM1 Bobbi Coleman-Johnson at 601-679-2209.

✓ Parent's Night Out

The CDC offers a Parent's Night Out program for eligible parents to take a night off. For information, call 601-679-2625.

A Day in Naval History

Oct. 13 1775 - The Continental Congress votes for two vessels to be fitted out and armed with 10 carriage guns, a proportional number of swivel guns, and crews of 80 then sent out on a cruise of three months to intercept transports carrying munitions and stores to the British army in America. This legislation, out of which the Continental Navy grew, constitutes the birth of the U.S. Navy.

1864 - Union bark *Braziliera* and screw-steamer *Mary Sanford*, both with the South Atlantic Blockading Squadron, send out a boat expedition that frees a number of slaves from a plantation on White Oak Creek, Ga.

1952 - USS *Lewis* (DE 535) takes fire from a radar-controlled enemy gun battery in the vicinity of Hungnam, North Korea. Eighty-four rounds from probable radar controlled guns cause no personnel casualties or damage. *Lewis* counters with 214 rounds and observes one direct hit followed by smoke and fire. The batteries were silenced.

--www.history.navy.mil

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

Navy announces modernization plan

Following the completion of its review earlier this year, the Navy announced Sept. 29, it will modernize all rating titles for Sailors with the establishment of a new classification system that will move towards occupational specialty codes similar to how the other services categorize skill sets.

"In modernizing our enlisted rating system we are not only giving our Sailors increased opportunities within the Navy, such as a higher level of flexibility in training and detailing, but also increasing their opportunities when they transition out of the service.

In aligning the descriptions of the work our Sailors do with their counterparts in the civilian world, we more closely reflect the nation we protect while also making it easier for our Sailors to obtain the credentials they'll need to be successful in the private sector," said Secretary of the Navy, Ray Mabus.

Chief of Personnel Vice Adm. Robert Burke emphasized, "We believe that opening enlisted career paths will enhance our ability to optimize talent in our enlisted workforce. This change is the first step of a multi-phased approach to help us do just that."

Former Master Chief Petty Officer of the Navy Michael Stevens led the review earlier this year for the Secretary of the Navy on behalf of Chief of Naval Operations, Adm. John Richardson.

"We are all Sailors and changing our rating titles does not affect that," said current Master Chief Petty Officer of the Navy, Steven S. Giordano, who relieved Stevens Sept. 2. "While we certainly understand that this represents a significant cultural shift for the Navy and will take time to become fully adapted throughout the Fleet, this is about giving Sailors more choice and flexibility and ultimately providing the Navy opportunities to get the right Sailors with the right training and experience in the right billets."

Giordano described how this change will work. "Sailors would no longer be called, 'yeoman second class' or YN2, for example," he said. "Instead they will be 'second class petty officer, or 'petty officer.' However, Sailors' rates will not change: an E-7 will remain a Chief Petty Officer and an E-3 will remain a seaman. Additionally, there will no longer be a distinction between 'airman, fireman and seaman."

This change will also allow the Navy to more accurately identify Sailors' skills by creating "Navy Occupational Specialty" (NOS) codes that allow greater assignment flexibility for Sailors throughout their career.

● **Modernization, page 2**

DoD graphic by Nathan Quinn

NAS welcomes new XO

Cmdr. Matt "Spider" McGuire assumed duties as NAS Meridian executive office in August; when he relieved Cmdr. Robert J. Michael.

Cmdr. McGuire received his commission in January 1997 from Officer Candidate School in Pensacola, Florida after graduating from the University of Massachusetts with a Bachelor of Science in Exercise Science.

He was designated Naval Aviator in May 1998, and went on to fly the SH-60B during two deployments in the HSL community until 2002. He then transitioned to the VFA community and completed five more deployments.

He is a graduate of Air Command and Staff College (ACSC) in Montgomery, Alabama, where he earned his Master's Degree in Military Operational Art and Science.

He has completed two tours on Admiral's staff, first at Commander, Strike Force



Cmdr. Matt McGuire

Training Atlantic (CSFTL) where he remained on sea duty and continued to operate in the carrier environment as an evaluator and staff officer, and then at Commander, Strike Fighter Wing Atlantic as the Training and Readiness Officer where he coordinated other East Coast VFA community concerns regarding war-fighting readiness and Joint Strike Fighter Integration challenges on the horizon.

--NAS Public Affairs

MATSS-1 welcomes XO

Capt. Marvin Diaz assumed the position of executive officer of Marine Aviation Training Support Squadron One recently.

In January 2000, Pfc. Diaz attended the Supply Administration Clerk Military Occupational School (MOS) School in Camp Johnson, North Carolina and was later stationed in Okinawa, Japan with Headquarters and Service Company, 3rd Marine Headquarters Group (MHG). While at 3rd MHG, Pfc. Diaz performed the duties as a range coach. During this tour, Diaz was meritoriously promoted to lance corporal.

In 2001, Lance Cpl. Diaz executed orders to 9th Communication Battalion (Comm Bn), Camp Pendleton, Calif.. While with 9th Comm Bn. During this period Diaz was promoted to corporal and deployed to Camp Com-

mando, Kuwait for four months in support of Operation Iraqi Freedom.

In 2003, Corporal Diaz executed orders to 5th Battalion, 14 Marine Regiment where he served as the fiscal non-commissioned Officer.

While with 5th Battalion, he achieved the rank of staff sergeant. In 2007, he was accepted to the Marine Corps Enlisted Commissioning Education Program (MECEP).

Staff Sgt. Diaz completed the 2009 summer session of Officer Candidate School and then transferred to the University of California Los Angeles (UCLA). He was commissioned Dec. 15, 2011, and attended The Basic School in June 2012.

In January 2013, 2nd Lt. Diaz attended the Basic Qualification Course for Supply Officers in New Port, Rhode Island, successfully earning the



Capt. Marvin Diaz

6602 MOS.

In June 2013, Diaz executed orders to Marine Aviation Logistics Squadron 36 for duty and was assigned as the Supply Accounting Division (SAD), Supply Response Division, Marine Expeditionary Unit OIC and Assistant Operations Officer in Charge. Diaz was promoted to first lieutenant in December 2013, and Captain in August 2016.

--NAS Public Affairs

Look Inside

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Navy COOL offering civilian credentialing options



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CDC releases information for upcoming flu season

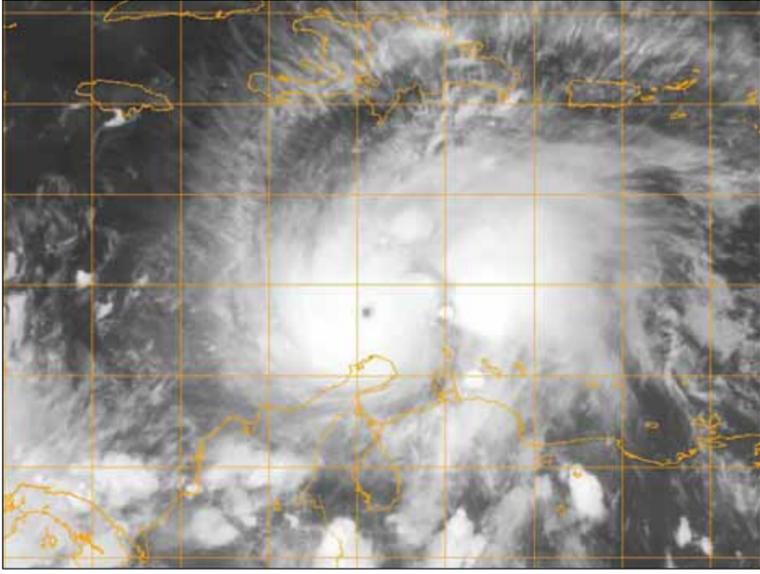


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Navy to increase self service educational options



Photo of Week



U.S. Navy Photo

A GOES-13 satellite image from the Navy Research Laboratory Monterey Marine Meteorology division of Hurricane Matthew in the Caribbean Sea on Sept. 30. The storm has well-defined eye and was located near latitude 13.5 North, longitude 72.0 West. Data from an Air Force Hurricane Hunter aircraft indicate that maximum sustained winds have increased to near 150 mph (240 km/h) with higher gusts. Matthew is a category 4 hurricane on the Saffir-Simpson Hurricane Wind Scale. Some fluctuations in intensity are possible this weekend, but Matthew is expected to remain a powerful hurricane through Sunday.

Area Happenings

OCTOBER

15: 2nd Annual Meridian Craft Beer Festival from 1-7 p.m. at the Brickhaus Brewtique 2206 Front St. Meridian.

15: Disney Character Breakfast from 7:30-9:30 a.m. at Meridian Applebee's 106 Hwy 11 & 80 Meridian. Come eat breakfast with Mickey, Minnie and some of their friends. Costumes are welcome! Tickets are \$15. Seating is limited. One ticket includes: two pancakes, two sausage links, & choice of drink. Everyone (with the exception of children one or younger) must have a ticket for entry. All proceeds benefit the American Cancer Society's Relay for Life of Lauderdale County. Call 601-562-4830 for more information. You can purchase tickets online at www.relayforlife.org/disneycharacterbreakfast.

21: Keb'Mo' at the MSU Riley Center. Show starts at 7:30 p.m. Mo' has won three Grammy Awards and 11 Blues Foundation Awards. He received additional mainstream recognition when the TV comedy series Mike & Molly used his "I See Love" as its theme song. For information, call 601-696-2200.

22: Boo Run 5K-State Games of Mississippi from 8:30-10:30 a.m. at Bonita Lakes Park. Zombies will chase flagged humans, who have a 90 second head start. Lose your flag, you're a zombie! Top three racers in age categories will receive medals. Zombie with the most flags and the fastest human who still has a flag are winners. Racers encouraged to dress the part, with prizes for best costume. Fun for all ages!!! Registration info online at www.stategamesofms.org.

25: Meridian Candy Crawl from 4:30-6:30 p.m. on the City Hall lawn. Join us for a "kid friendly downtown festival" featuring pony rides, a petting zoo, pirate ship, arts & crafts, costume contest, downtown scavenger hunt, trick or treating and much more! The event is open to children ages 12 & under who are accompanied by a parent or guardian. For information, call 601-485-1944.

27: Melissa Etheridge at the MSU Riley Center. Show starts at 7:30 p.m. Known for her confessional lyrics and raspy, smoky vocals, Melissa Etheridge has remained one of America's favorite female singer-songwriters for more than two decades. She has won Grammy Awards for "Ain't It Heavy" and "Come to My Window" and an Academy Award for "I Need to Wake Up." For information, call 601-696-2200.

ONGOING

Earth's Bounty is held the first Saturday of the month from 7 a.m.-1 p.m. at Singing Brakeman Park until November.

Farmers Market held every third Saturday of the month from 7 a.m.-1 p.m. at Singing Brakeman Park until November. Don't miss the free samples and fresh fruits and vegetables from the vendors. For information, call Ronnie at 601-604-2892.

MOPS (Mothers of Preschoolers) group provides emotional, spiritual and practical support to mothers of preschoolers. Expectant mothers and mothers of preschoolers are invited to the meetings on the second and fourth Thursdays of the month from 9:30-11:30 a.m., at Fifteenth Avenue Baptist Church. Child care provided for ages newborn to five. Visit us on Facebook at Fifteenth Avenue MOPS for meeting details or call 757-574-2557.

Modernization

These changes will be matched with similar civilian occupations to enable the Navy to identify credentials and certifications recognized and valued within the civilian workforce. For example, a petty officer who used to be identified as a corpsman will now have a NOS matched as a medical technician. Medical technician better reflects the work and responsibilities of someone in that position and is better aligned with the civilian medical profession.

Sailors will be able to hold more than one NOS, which will give them a broader range of professional experience and expertise and will be grouped under career fields that will enable flexibility to move between occupational specialties within the fields and will be tied to training and qualifications.

As the Navy transforms its training to a mobile, modular and more frequent system called Ready Relevant Learning, combined with recent creation of the Billet-Based Distribution system that provides a more comprehensive picture of billet requirements fleetwide, this

enlisted rating modernization plan will provide the ability to much more closely track a Sailor's training and professional development and match it to billets.

Going forward, this transformation will occur in phases over a multi-year period.

A working group was formed in July to identify personnel policies, management programs and information technology systems that may require modifications over the years and months ahead--including changes to recruiting, detailing, advancements, training and personnel and pay processes.

Any follow-on changes that are made will proceed in a deliberate process that will enable transitions to occur seamlessly and transparently.

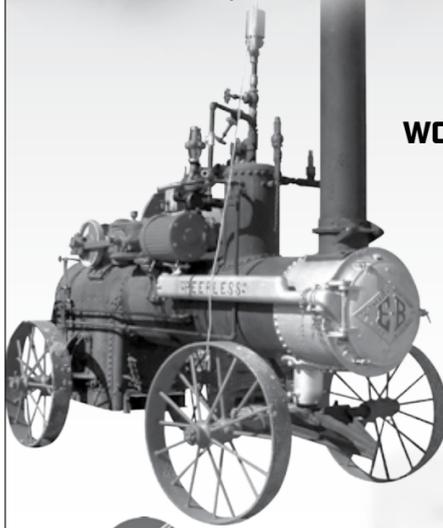
Fleet involvement and feedback will be solicited during each phase of the transformation and we will carefully consider all aspects of enlisted force management as we move forward.

The chief of naval personnel/N1 will lead the Navy's implementation efforts.

--From Chief of Naval Personnel

NAS Meridian NMCRS Office
is open on Tuesdays from
8 a.m.-noon & Thursdays from
8:30 a.m.-1 p.m.
Call 601-679-2504.
Administration Building 255,
Suite 283

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The Skyline ~ Naval Air Station Meridian, Miss.

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Command Master Chief ~ CMDM Jonas Carter	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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Auxillary Security Force training



Photo by MC2 Chris Liaghat

Petty Officer 1st Class Marqurell Harris, left, sprays Petty Officer 3rd Class Courtland Morris with oleoresin capsicum (OC) spray during a security training evolution on board NAS Meridian. After receiving an OC spray, Sailors were required to demonstrate force compliance techniques at five stations to successfully complete Auxillary Security Force training.

Confined space training

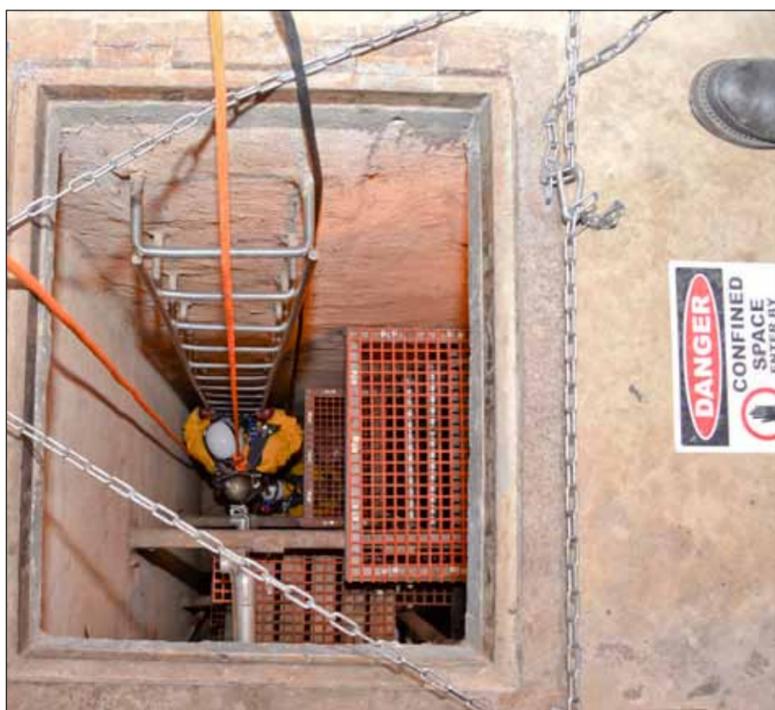


Photo by MC2 Chris Liaghat

Firefighter Tommy Dullaney descends down a narrow ladder well to retrieve a training manikin during a confined space training evolution at the McCain Field on board NAS Meridian.

Fire Prevention Week



Photo by MC2 Chris Liaghat

Fire Inspector Jacob Johnson, center, teaches children about fire safety at an emergency preparedness table in front of the Navy Exchange on board NAS Meridian, Sept. 30. The table was manned by multiple departments including the Fleet and Family Support Center, Emergency Operations Center and Fire Department.

Congratulations



Photo by Penny Randall

Rebecca Jean Bryant was recently named Mrs. Meridian in a preliminary pageant to the Magnolia State pageant. She will compete for a state title in November 2017. Rebecca is the wife of Petty Officer 2nd Class Orrin Bryant who is a religious program specialist at the NAS Meridian Chapel. Congratulations Rebecca!

Navy News Briefs

Hardship Duty Pay: Tempo reauthorized for Sailors

The Navy announced a reauthorization of Hardship Duty Pay - Tempo (HDP-T) to help compensate Sailors for extended deployments and longer periods away from their homeport of more than 220 consecutive days.

The Department of the Navy's HDP-T reauthorization proposal was approved by the Department of Defense for one year through Sept. 30, 2017. The pay was first authorized in Sept. 2014, for a two year period.

"The Navy is in high demand and is present where and when it matters," said

Vice Adm. Robert Burke, Chief of Naval Personnel. "Hardship Duty Pay - Tempo is designed to compensate Sailors for the important roles they continue to play in keeping our nation safe during extended deployments around the globe."

Sailors will receive HDP-T on a prorated basis of \$16.50 per day, not to exceed a monthly rate of \$495, when they are operationally deployed beyond 220 consecutive days. There will be no differentiation in rates of HDP-T by paygrade or Active/ Reserve Component status.

--From Chief of Naval Personnel Public Affairs

NWU Type III transition begins: 5 Things You Should Know

Earlier this month, the Navy began its transition from the Navy Working Uniform Type (NWU) I to the NWU Type III as its primary shore working uniform. Here are five things to know about the uniform switch:

1. Sailors can wear either the NWU Type I or III right now, but effective Oct. 1, 2019, all Sailors will be expected to wear the NWU Type III as their primary working uniform when ashore or in port.

2. Until further policy guidance is issued, black boots will be the standard boot worn in the United States and its territories with the NWU Type III, but units can set a command-wide policy authorizing use of the tan boot. In addition to black boots, the black fleece is authorized for wear with the NWU Type III. Expeditionary forces in the United States or any forward deployed forces may wear the desert tan or coyote brown boots at the discretion of the unit commanding officer with the NWU Type III.

3. As announced this past August, Sailors will be able to purchase NWU Type III components for personal wear through Navy Exchange uniform stores and call centers once there is sufficient inventory on hand. NEXCOM expects to have Type

III uniforms in select uniform stores next fall and will expand sales based upon inventory availability. While the Navy is developing an incremental regional fielding plan for the NWU Type III, this transition period will give Sailors time to prepare for the change and allow them to get maximum wear out of recently purchased NWU Type I uniforms.

4. This change is the first step in a multi-phased process that will streamline and consolidate the Navy's uniform requirements, and ultimately improve uniformity across the force. The Navy has listened to Sailors' feedback and is incorporating their desires to have a working uniform that is better fitting, more breathable and lighter weight.

5. Enlisted clothing replacement allowance will be adjusted to cover costs of these uniform changes and requirements. By law, commissioned officers pay for their uniforms with personal funds.

Officers are currently entitled to a one-time uniform stipend (\$400), paid at the beginning of their careers. An additional stipend cannot be granted without a change in law.

--From Chief of Naval Personnel Public Affairs

DID YOU KNOW?

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

www.nadap.navy.mil

KEEP WHAT YOU'VE EARNED

Navy COOL unveils new credentialing program for DON civilians

By PO3 Taylor L. Jackson
Center for Information Warfare
Training Public Affairs

Department of the Navy (DON) Credentialing Opportunities On-Line (COOL) launched a new website aimed at providing certification opportunities for DON civilian employees, Oct. 3.

Just like Navy COOL for Sailors, DON Civilian COOL is a resource tool, mapping certifications and licensure based on formal training and on-the-job experience. The DON COOL website portal at <http://www.cool.navy.mil/> now has a site specifically for civilians that is searchable by federal occupation code or title.

“Our intention, since Navy COOL’s inception, has always been to eventually include DON civilians,” said Michael Talley, assistant program director for Navy COOL. Navy COOL has helped more than 52,000 Sailors obtain civilian credentialing, which can contribute to career development while

on active duty and when a Sailor joins the civilian workforce, possibly even as a federal employee.

DON Civilian COOL was developed in partnership with U.S. Fleet Forces Command and is the first of its kind for DOD civilians.

The initial group of 37 federal civilian occupations includes fields such as information technology, human resources, administrative, financial, engineering, education, legal, supply and security careers. It also has information for the cyber security workforce.

Keith Boring, program director for Navy COOL, said his team plans to continue connecting credentialing prospects for more DON civilian occupations by updating the program at regular intervals.

“Civilian COOL provides an expanded opportunity for DON personnel to pursue personal and professional development,” said Boring. “This program sets the foundation for all the other branches of service to

offer credential opportunities for their civilian employees.”

Navy employees will find explanations for the different types of credentials and the four-step credentialing process, including costs and possible avenues for funding. DON Civilian COOL does not provide funding for costs associated with initial credential attainment and maintaining and renewing the credential.

Navy COOL may only fund application fees, exam fees and annual maintenance fees for DON civilians in the Navy’s Cyber-space Information Technology/Cyber Security Workforce. For most employees, some costs may be funded by the Navy if an employee’s command approves and budgets for it. In other cases, veterans eligible for the GI Bill may tap into that resource.

The DON COOL program is part of a joint-service initiative to promote civilian credentialing opportunities for military service members and civilian employees. DON COOL reflects the Navy’s ongoing commit-



Department of the Navy graphic

ment to Sailors, Marines and civilians in providing world-class training, experience and opportunities that will serve them well, whether during active-duty, federal service or post-service civilian careers.

How you play the game

In the fall, a whiff of fallen leaves evokes echoes of marching bands and whistles blown.

We feel the cold aluminum bleacher seats and the prickle of wool scarves. Like Pavlov’s dog, our mouths water, imagining hot coffee at 8 am soccer games and chili dogs at football halftime.

As soon as our kids show any interest in athletics, we put them on teams, so we can experience the sights, sounds and smells of the fall sports season. We justify our pushy behavior by telling ourselves that our kids will benefit from learning about teamwork.

But do they?

Over a decade ago, our family was stationed in Norfolk, Virginia, and our son, Hayden, was a squishy little 10-year-old who preferred piano to athletic pursuits.

Early in the fall of his 5th grade year, Hayden showed an inkling of interest in football. As visions of tailgate parties danced in our heads, we jumped on the opportunity and contacted the local flag football league.

“Sorry ma’am, the teams are full . . . now, if your husband would be willing to coach, your son could play this season.”

Although my husband, Francis, had never coached sports before and was completely ignorant of the league team selection process, he agreed, because he was between deployments and it was a rare chance to spend some quality time with Hayden.

We received a roster of 15 kids -- Hayden and 14 others -- who transferred from overcrowded teams. What we didn’t know, was that the other coaches had been asked to give up a couple of kids each, and of course, they picked their worst players.

Oblivious, we showed up for our first practice ready to access the boys’ talents. The lineup was not what we had expected.

None of the boys knew a thing about football. A few were skinny. Most were small. Three had learning disabilities. But they were all excited to play.

We called ourselves “The Sharks” and accepted the rejected purple league jerseys without complaint. Practices were

dicey. The plays looked more like people running from a fire, but we were hopeful that it would all come together on game day.

As self-appointed team mom, I went overboard. I ordered the “Jaws” soundtrack. I made up cheers. I bought sweatshirts and little purple towels.

Game day finally arrived, and we were ready. Parents donned their Sharks wear, swung their purple towels and cheered. Players gathered around Coach Francis for a pre-game pep talk.

“Listen boys, I want you all to go out there today and show ‘em what you’re made of! Let’s tell everybody, if you swim with the Sharks, you’re gonna get bit!”

Both players and parents alike exploded into simultaneous applause and woo-hoos.

A half-hour later, we were down by three touchdowns, and our blissful ignorance of the corrupt team-selection process came to an abrupt end.

“Listen up, Sharks,” Francis barked during half-time, “don’t let the numbers on that scoreboard get you down! We’re the Sharks! Win or lose, we’re gonna fight and fight hard! Now go out there, boys, and give ‘em all you got!”

At the end of the third quarter, the ref called the game because they were beating us 40 to zilch.

The rest of the season was more of the same, and it wasn’t easy to keep up the morale of our little Sharks. But we persisted. Instead of emphasizing winning, we became determined to surprise the other team with our undying spirit.

At every game, we waved our purple towels, blared the “Jaws” theme song, and shouted our original Sharks cheers. At halftime, we threw candy footballs and the refs danced to our music. It became known in the league that, no matter the odds against the our team, the Sharks played every game to win.

Despite it all, we never scored one point.

The following year, I ran into a former Sharks mom at a local grocery store. She mentioned that, even though her son was placed on a winning team that fall, he confessed, “Mom, I wish this team was more like the Sharks.”

At that moment, I realized . . . despite a losing season, the Sharks were winners after all.

A 21-year Navy spouse, Lisa Smith Molinari and her family are currently stationed in Newport, R.I. Her self-indicated columns appear on her blog, www.themeatandpotatoesoflife.com and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life*. Follow Lisa@MolinariWrites.

COLUMN



Lisa Smith Molinari

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COMMANDER NAVY REGION SOUTHEAST
2016 Navy Domestic Violence Awareness Month PROCLAMATION

WHEREAS, domestic violence is a serious crime that affects people of all races, ages, gender, income levels, rates and ranks; and

WHEREAS, domestic violence is widespread and affects over four million Americans each year, both civilian and military; and

WHEREAS, one in three Americans have witnessed an incident of domestic violence; and

WHEREAS, children who grow up in violent homes are believed to be abused and neglected at a rate higher than the national average; and

WHEREAS, domestic violence costs the nation billions of dollars annually in medical expenses, police and court costs, shelters, foster care, sick leave, absenteeism, and lost productivity; and

WHEREAS, only a coordinated community effort will put a stop to this serious crime and demonstrate that we can all speak up against domestic violence; and

WHEREAS, Domestic Violence Awareness Month provides an excellent opportunity for our military members and their families to learn more about preventing domestic violence and to show support for the numerous organizations and individuals who provide critical advocacy, services, and assistance to victims.

Now, therefore, be it known that I, **Rear Admiral Mary M. Jackson, Commander, Navy Region Southeast**, do hereby proclaim **October 2016** as

DOMESTIC VIOLENCE AWARENESS MONTH IN THE SOUTHEAST REGION

and join Navy Leadership in honoring their service to the Navy and the United States Of America.

M. M. JACKSON, RDML

“Give Parents a Break”
“Parents Night Out”
Oct 20 & 28
Times: 6-10 p.m.

“Give Parents a Break” is a free program for military families!

“Parents Night Out” is for others, such as DoD civilians, and is \$16 per child.

Registration is required, please call 601-679-2652 for details.

Pvt. Zacharus Sessoms
MATSS-1 Student
Hometown: Wilson, N.C.

Sessoms joined the Marine Corps May 23, for a better future. "I wanted to get away from my hometown," said Sessoms.

Sessoms enjoys basketball, shooting rifles and playing drums. He learned to play the drums from attending church as a child.

His most memorable experience so far was buddy rushing during Basic Warrior Training on the day movement course.

After school he is looking forward to going on deployment and seeing the world. He would like to be stationed in Miramar, Calif. "I've always wanted to visit the West Coast," said Sessoms.

Sessoms admires his cousin, Corneilius Boone. "He was a lieutenant in the Army," said Sessoms. "He always showed me that I could be whatever I want to be and be a great person."

OOORAH!



Pfc. Dollen Hunter
MATSS-1 Student
Hometown: Harrison, Mich.

Hunter joined the Marine Corps May 23, to better himself and travel the world. "There's always room for improvement and the Marine Corps helped make me better," said Hunter.

Hunter enjoys weight lifting to improve his body and snowboarding for the rush.

His most memorable experience so far in his career in the Marine Corps was going up the reaper. "It pushed me physically and mentally," said Hunter. "It earned me the title Marine."

Hunter would like to be stationed in Miramar, Calif., because he loves the weather in California and likes to travel to new places.

Hunter admires his brother, Jordan Dollen. "He is in the military and has always given me good advice and has always been there for me," said Hunter.

Jungle warfare training center prepares Marines for operations in Asia-Pacific

By Cpl. Janessa Pon
3rd Marine Expeditionary Force

Since 1958, the Jungle Warfare Training Center has provided terrain and climate-specific training to units serving across the Asia-Pacific region.

This training area made up more than 17,000 acres of mountains and jungle, is the only one of its kind in the entire Department of Defense.

"JWTC is a unique and vital asset to the Marine Corps that allows Marines to train in a jungle environment," said Cpl. Matthew R. Byrd, an instructor with JWTC. "Marines who come out here get the chance to rappel the cliffs, patrol the jungle as well as get a feel for the tactical considerations of jungle operations."

For the past decade, we have been operating primarily in desert climates and terrains, so this is the place Marines train in the jungle so we can operate efficiently in the Asia-Pacific region."

Throughout the vast expanse of the training area, Marines in training must trek through miles of steep hills, muddy slopes and flooded trenches.

"The terrain here is harsh," said Byrd, a Raleigh, North Carolina, native. "When Marines train here, they have to break through a lot of mental barriers."

The initial shock of getting here and realizing just how much harder simple things like patrolling in the jungle are is a huge jump into the reality of combat operations out here in the Pacific."

The instructors of JWTC ensure Marines demonstrate proficiency in an array of tactical procedures, such as land navigation, patrolling and field medical care.

"JWTC is designed to carry out every stage of training from classroom instruction to practical application," said Petty Officer 2nd Class Gilbert Corpuz, an independent duty corpsman assigned to the JWTC.

"One of the courses covered here is the Jungle Medicine Course, which reinforces Marines' field medical care skills and highlights some of the potential hazards that are common in jungle operations."

At the end of each course on JWTC, units in training must complete an endurance course which stretches over three miles of precipitous hills and trenches, along which Marines must overcome 31 obstacles.

"As Marines, we train how we fight," said Byrd. "When we see a problem, we adapt and overcome. On training day one, we introduce the units to the new environment and we give them the tools they need to adapt to it. Throughout the course, they must overcome mental and physical obstacles. When they complete the culminating event, we know that we have helped them become stronger, more adaptive warriors. Hard training makes hard Marines. It's a great feeling knowing that they left with more than they came with."



Photo by Cpl. Janessa Pon

Marines hasty rappel down a steep hill aboard the Jungle Warfare Training Center on Okinawa, Japan. Hasty rappelling is one of the many skills Marines must develop while training at JWTC. The training area stretches across more than 17,000 acres and is home to several rigorous courses through which Marines must navigate harsh terrain and climate-specific training in preparation for operations in the Asia-Pacific region.

BABADAG TRAINING AREA, ROMANIA



Photo by Sgt. Kirstin Merrimarahajara

An M240B machine gun points down range during Exercise Platinum Lynx at Babadag Training Area, Romania. Romania invited several countries from across Eastern Europe, and the United States, to participate in the training evolution, encouraging learning and fostering of relationships.

SOUTHWEST ASIA



Photo by Cpl. Trevor Statz

A simulated casualty with Special Purpose Marine Air-Ground Task Force - Crisis Response - Central Command, signals for rescue with a chemlight during a Tactical Recovery of Aircraft and Personnel exercise

Safety & Energy Efficiency is Our Duty

Residential energy efficiency tax credit

Previously expired at the end of 2014, the efficiency tax credit has now been retroactively renewed from Jan. 1, 2015, through Dec. 31, 2016. If you made energy efficient home improvements last year (or plan to this year), use the list below to find out if your project could save you money.

The following products are eligible for tax credits:

- ✓ Building envelope improvements
- ✓ Insulation materials and systems
- ✓ Exterior doors and windows, including skylights
- ✓ Roofs—pigmented roofs designed to reduce heat gain, and asphalt roofs with cooling granules
- ✓ Heating, cooling, and water heating equipment
- ✓ Advanced main air circulating fan
- ✓ Natural gas, propane, or oil furnace or hot water boiler
- ✓ Electric heat pump water heater
- ✓ Electric heat pump
- ✓ Central air conditioner
- ✓ Natural gas, propane, or oil water heater
- ✓ Biomass stoves

The history of Fire Prevention Week

"The Great Chicago Fire"

On the night of Oct. 8 1871, it is thought that a cow on Mrs. O'leary's farm knocked over a lantern sitting on a hay bale and sparked the fire which burned through Oct. 10 doing most of the damage on Oct. 9 (Chicago Fire of 1871). Even though the cause of the fire was never proven, it still left a tragic ripple effect throughout the city of Chicago and the way we look at Fire Prevention today.

In 1922, Fire Prevention Week was born and is observed every year from Sunday to Saturday in which Oct. 9 falls (About Fire Prevention Week).

Every year the National Fire protection Association (NFPA) comes up with a theme for Fire Prevention week.

The theme this year is "HEAR THE BEEP, WHERE YOU SLEEP". The theme is to educate everyone on how to help keep you and your families safe.

es department would like everyone to follow these easy steps:

- Ensure there is a working smoke detector in every bedroom or sleeping area and at least on every floor of your home.
- Check and ensure the detectors are working monthly by pushing the test button on the detector.
- Make sure the detectors are clean and have no buildup of dust
- Change the batteries out at least every six months and never borrow batteries from the smoke detector.
- Replace your smoke detectors every ten years.
- Ensure your smoke detectors are mounted high on the wall (about a foot from the ceiling) or on the ceiling (at least four inches from the nearest wall).



If you have any questions, please contact the NAS Meridian Fire Department at 601-679-2589.



NAS Meridian, MS • Morale, Welfare and Recreation

On the Web: www.navymwrmeridian.com

Facebook: www.Facebook.com/MWRMeridian

Facility Phone Numbers

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



Coming Attractions

McCain Rec Center

- Thursday, October 13**
4:30pm, Goosebumps, PG
6:30pm, Superman Returns, PG13
- Friday, October 14**
4:30pm, Ghostbusters, PG
6:30pm, Independence Day, PG13
- Saturday, October 15**
1pm, Ghostbusters 2, PG
5pm, TMNT: Out of the Shadows, PG13
7pm, Independence Day, PG13
- Sunday, October 16**
1pm, Goosebumps, PG
4:20pm, Superman Returns, PG13
7pm, TMNT: Out of the Shadows, PG13
- Monday, October 17**
4:30pm, Frankenweenie, PG
6pm, The Dark Knight Rises, PG13
- Tuesday, October 18**
4:50pm, Ghost, PG13
7pm, Popstar: Never Stop Never Stopping, R
- Wednesday, October 19**
5pm, Hocus Pocus, PG
7pm, The Conjuring 2, R
- Thursday, October 20**
4:30pm, Frankenweenie, PG
6pm, The Dark Knight Rises, PG13
- Friday, October 21**
4:50pm, Ghost, PG13
7pm, Popstar: Never Stop Never Stopping, R
- Saturday, October 22**
1pm, Hocus Pocus, PG
5pm, The Conjuring 2, R
7:30pm, Popstar: Never Stop Never Stopping, R
- Sunday, October 23**
1pm, Frankenweenie, PG
4pm, The Dark Knight Rises, PG13
6:50pm, The Conjuring 2, R
- Monday, October 24**
4:50pm, Jurassic Park, PG13
7pm, Central Intelligence, PG13
- Tuesday, October 25**
4:30pm, Poltergeist, R
6:30pm, Marvel's The Avengers, PG13
- Wednesday, October 26**
5pm, Poltergeist 2015, PG13
7pm, Now You See Me 2, PG13

The Liberty Center

- Thursday, October 13**
7pm, Independence Day, PG13
- Friday, October 14**
7pm, TMNT, PG13
- Saturday, October 15**
1pm, Superman Returns, PG13
7pm, Superman Returns, PG13
- Sunday, October 16**
1pm, Independence Day, PG13
7pm, Independence Day, PG13
- Monday, October 17**
7pm, Popstar, R
- Tuesday, October 18**
7pm, The Conjuring 2, R
- Wednesday, October 19**
7pm, Dark Knight Rises, PG13
- Thursday, October 20**
7pm, Popstar, R
- Friday, October 21**
7pm, The Conjuring 2, R
- Saturday, October 22**
1pm, Dark Knight Rises, PG13
7pm, Dark Knight Rises, PG13
- Sunday, October 23**
1pm, Popstar, R
7pm, Popstar, R
- Monday, October 24**
7pm, The Avengers, PG13
- Tuesday, October 25**
7pm, Now You See Me 2, PG13
- Wednesday, October 26**
7pm, Central Intelligence, PG13
- Movies shown at McCain Rec Center and the Liberty Center are shown FREE of charge.

AutumnFest

October 22, 2016

11am - 2pm

at Rudders Community Center

The event is FREE and open to all eligible MWR patrons and will feature a petting zoo, pony rides, inflatables and extreme rides for all to enjoy. Food and Drinks will be available for a nominal fee (while supplies last).

***Pets are not permitted for this event**

Sponsored by:



*The Department of the Navy does not endorse any company, sponsor or their products or services.



The Sandtrap Weekly Specials

- Thursday, October 13**
Anthony's Fried Chicken
Macaroni and Cheese, Turnip Greens, Cornbread and a Drink for only \$6.
- Tuesday, October 18**
Pork Chops
Oven Potatoes, English Peas, Roll and a Drink for only \$6.
- Wednesday, October 19**
Ham & Potato Casserole
Green Beans, Corn, Roll and a Drink for only \$6..
- Thursday, October 20**
Taco Salad
Don't miss the Sandtrap's famous Taco Salad. Served with a Drink for \$6.
- Tuesday, October 25**
Lasagna
Garden Salad, Garlic Bread and a Drink for only \$6.
- Wednesday, October 26**
Smothered Hamburger
Mashed Potato with Gravy, Peas and Carrots, Roll and a Drink for only \$6.

Proud to now offer Lunch & FREE Base-wide Delivery

Call (601) 679-2345 to place an order *\$9 minimum order for free base-wide delivery

Hours of Operation
Mon-Thur: 1030-1400 & 1700-2200
Fri: 1030-1400 & 1700-0000
Sat: 1700-0000
Sun: 1700-2200

Cash Tournament Series

9 Hole • Individual Stroke Play (100% Handicap)
Saturday, October 15 • 9am
\$25 per person
Sign-up by October 12, 2016
*Must have established USGA Handicap to receive strokes
For more info call (601) 679-2526

Intro to FlingGolf

October 25
1600-1700

Come learn how to play a new and exciting variation to golf. We will teach you about rules, equipment and even flinging techniques. Register by calling Ponta Creek Community Rec at (601) 679-2526

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

Give Parents A Break & Parent's Night Out

October 6, 13, 20 & 28
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.

National Chocolate Cupcake Day

Wednesday, October 19
10am - 11am
National Chocolate Cupcake Day is certainly a day to celebrate! Come to the Andree Triplett Library and enjoy fun crafts, fun food, fun stories and fun times! Here we have another way to celebrate chocolate!

National Pretzel Month

Thursday, October 20 - 4:30pm - 5:30pm
It's time again for our late afternoon program and what could be better than spending time together celebrating National Pretzel Month. Come quickly do not create something perfect wonderful with pretzels eat some fun crafts and listen to a few stories. See you there!

Howl at the Moon Day

Wednesday, October 26 - 10am - 11am
What a wonderful day to celebrate! Maybe you've heard of the legend of the werewolf. Well, maybe you can become one! Join us at the Andree Triplett Library for some fun crafts, fun stories and fun times! Here we have another way to celebrate Halloween!



Sports

Congratulations to these base winners...

Captain's Cup Soccer



Regular Season
1st - NTTC (Pictured left)
2nd - TW-1
3rd - MATSS-1



EOS Tournament
1st - TW-1 (Pictured left)
2nd - NTTC
3rd - Goslings

Never Forget Half Marathon



Male Division
1st - B. Maxwell (Middle)
2nd - C. Linzey (Left)
3rd - M. Fuller
Female Division
1st - S. Bosma
2nd - C. Castro (Right)
3rd - G. Lammers

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

Upcoming at The Fitness Center



November 9, 2016
11:30 at Fitness

Sign up beginning 24 Oct.

Get Prizes for doing cardio. **100 Mile Club**

100 miles T-Shirt
500 miles Ball Cap
1,000 miles Gym Bag

Track your progress at the Fitness Center! **Are You A Member?**

October 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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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™	
12pm-1pm	Rev Wellbeats™						Stomp Wellbeats™
1pm-2pm		TKO Wellbeats™	Vibe Wellbeats™	TKO Wellbeats™	Vibe Wellbeats™	TKO Wellbeats™	
3pm-4pm	Fusion Wellbeats™						REV Wellbeats™
8pm-9pm		REV Wellbeats™	REV Wellbeats™		REV Wellbeats™		

Fright Night Halloween 5K & 1 Mile Fun Run/Walk

October 29, 2016
9am at the Ponta Creek Community Rec Complex

Register Online at www.navy.mw.meridian.com until October 23, 2016, 12:00pm

Come in costume... if you dare!

NAVY FITNESS
STAY HEALTHY • STAY FIT • STAY NAVY

TRICARE retail pharmacy network to change Dec. 1

Change is coming Dec. 1 to the TRICARE Retail Pharmacy network, and Naval Hospital Bremerton (NHB) can help if needed.

The TRICARE pharmacy contractor, Express Scripts Inc. (ESI), will implement a change by adding all Walgreens pharmacies to the network and removing all CVS pharmacies, including those in Target stores. Beneficiaries who continue to fill a prescription at CVS after the change will pay the full cost of their prescription up-front, and will then need to file a claim for partial reimbursement as from any other non-network pharmacy.

There are several key points behind this decision. The network change will mean there is now more than 57,000 retail pharmacies in the U.S., including other pharmacy chains, such as Rite Aid, Walmart and supermarkets that will remain in the TRICARE retail pharmacy network. The change will also expand access to 24-hour, drive-through pharmacies, with an estimated 98 percent of beneficiaries having a network pharmacy within 5 miles of their homes.

Additionally, NHB pharmacies at the main facility, NHB Refill Annex, Branch Health Clinic (BHC) Bangor, BHC Everett, BHC Puget Sound Naval Shipyard, and the TRICARE Pharmacy Home Delivery program are lower-cost pharmacy options still available to beneficiaries.

Lt. Cdr. Eric Parsons, NHB Pharmacy Department head, cited Naval Hospital Bremerton Pharmacy and the TRICARE Pharmacy Home Delivery are both excellent, money-saving alternatives for beneficiaries. "We've been advocating the Home Delivery option

for several years; it offers our TRICARE beneficiaries excellent care and service in addition to lower out-of-pocket costs when compared to obtaining chronic maintenance medications from the retail network," said Parsons.

Parsons attested Naval Hospital Bremerton has an extensive formulary of medications available for beneficiaries, and Home Delivery provides an accommodating option for TRICARE beneficiaries to get their maintenance medications, especially for those who live farther away from a military pharmacy.

"These choices are both less expensive than using the TRICARE retail network," said Parsons. "Home Delivery can offer the convenience of having maintenance medications delivered directly to your home. A beneficiary will pay more to get their prescription filled at a non-network pharmacy, and they very well might need to pay up front and then file a claim for reimbursement."

Parsons added if someone decides to try the Naval Hospital Bremerton or BHC Everett pharmacy, they can call ahead for a new prescription at 360-475-4425 to make sure their medication is available.

Home Delivery is the most convenient and cost-saving way to refill a prescription. There are no shipping fees for up to a 90-day supply of medication to any address in the U.S. or overseas duty stations. For TRICARE Home Delivery, there are no out-of-pocket costs for up to a 90-day supply of generic medication, versus \$8-47 co-pay for up to a 30-day supply from a TRICARE retail pharmacy. Home Delivery can also provide automatic prescription refills so a beneficiary does not have



Photo by Douglas H. Stutz

Petty Officer 1st Class Vincent Kucera, lead nuclear medicine technician at the Naval Hospital Bremerton Radiology Department, explains the state of the art equipment in nuclear medicine that combines single photon emission computer tomography (SPECT), computer tomography (CT) and an independent fully diagnostic CT scanner.

to worry about last minute phone calls or dashes to the pharmacy.

NHB offers several convenient ways to refill prescriptions: online, by phone, or in person - There are the five locations mentioned above where a patient may pick up a refilled prescription.

"We are available to assist," Parsons stressed. --From Naval Hospital Bremerton Public Affairs

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! 2010 Toyota Highlander 80k miles, AWD, automatic, leather, third row seating, roof rack and running boards, lots of extras, 3.5L V6, great condition. Asking \$15,500. Call or text 601-723-0741.

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

New! 1996 Chevy Suburban 1996 4x4, 7.4L, PW, PL, rear AC. Black/Grey interior; very clean. \$6,200 OBO. Call 601-917-9181.

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, auto-

matic, has a roof rack and a tow hitch, as well as skylight. V6, 3.7 liter, 4-spd w/overdrive. \$13,000, negotiable. Call 434-604-0428. Text for photos or Carfax report.

HOMES/APARTMENTS

New! 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 back yard. 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 deposit. 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: Country wood frame studio home 15 minutes from NAS. Open floor plan, stainless appliances - including washer and dryer and gas fire place. \$570 per month/\$350 deposit; includes water, garbage and yard work. Seeking long-term tenant; no pets; no smoking. Available Oct. 1. Call 601-575-5062 or 601-527-2587.

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 Rent: 4 BD/3 BA located home on Windmill Drive about 10 minutes from NAS. Split bedroom plan with two master bedrooms. \$1300 a month/\$1300 deposit. Call 601-227-1493. Family or multiple single individuals will be accepted.

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 by Owner: 3 BD/2 BA, 2100 square feet living area, 900 square feet basement. 3 acres of land. Call 601-490-0692 before 7 p.m. for details.

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

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

CDC releases new information for flu season

Getting an annual flu vaccine is the first and best way to protect yourself and your family from the flu. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations. The more people who get vaccinated, the more people will be protected from flu, including older people, very young children, pregnant women and people with certain health conditions who are more vulnerable to serious flu complications.

A few things are new this season:

- Only injectable flu shots are recommended for use this season.
 - Flu vaccines have been updated to better match circulating viruses.
 - There will be some new vaccines on the market this season.
 - The recommendations for vaccination of people with egg allergies have changed.
- Live attenuated influenza vaccine (LAIV) – or the nasal spray vaccine – is not recommended for use during the 2016-2017 season because of concerns about its effectiveness.

For 2016-2017, three-component vaccines are recommended to contain:

- A/California/7/2009 (H1N1) pdm09-like virus,
- A/Hong Kong/4801/2014 (H3N2)-like virus and a
- B/Brisbane/60/2008-like virus (B/Victoria lineage). Four component vaccines are recommended to include the same three viruses above, plus an additional B virus called B/Phuket/3073/2013-like virus.

Everyone six months and older should get a flu vaccine every year by the end of October, if possible. However, getting vaccinated later is OK. Vaccination should continue throughout the flu season, even in January or later.

Some children who have received flu vaccine previously and children who have only received one dose in their lifetime, may need two doses of flu vaccine. A health care provider can advise on how many doses a child should get.

The recommendations for people with egg allergies have been updated for this season:

- People who have experienced

only hives after exposure to egg can get any licensed flu vaccine that is otherwise appropriate for their age and health.

- People who have symptoms other than hives after exposure to eggs, such as angioedema, respiratory distress, lightheadedness, or recurrent emesis; or who have needed epinephrine or another emergency medical intervention, also can get any licensed flu vaccine that is otherwise appropriate for their age and health, but the vaccine should be given in a medical setting and be supervised by a health care provider who is able to recognize and manage severe allergic conditions. (Settings include hospitals, clinics, health departments, and physician offices). People with egg allergies no longer have to wait 30 minutes after receiving their vaccine.

It's not possible to predict what this flu season will be like. While flu spreads every year, the timing, severity, and length of the season varies from one year to another.

The United States experiences epidemics of seasonal flu each year. This time of year is called "flu season." In the United States, flu viruses are most common during the fall and winter months. Influenza activity often begins to increase in October and November. Most of the time flu activity peaks between December and March and can last as late as May.

CDC monitors certain key flu indicators (for example, outpatient visits of influenza-like illness (ILI), the results of laboratory testing and flu hospitalization and deaths). When these indicators rise and remain elevated for a number of consecutive weeks, flu season is said to have begun. Usually ILI increases first, followed by an increase in flu-associated hospitalizations, which is then followed by increases in flu-associated deaths.

The timing of flu is very unpredictable and can vary in different parts of the country and from season to season. Seasonal flu viruses can be detected year-round, however, seasonal flu activity can begin as early as October and continue to occur as late as May. Flu activity most commonly peaks in the United States between December and March.

Some children six months

the benefits of flu vaccination

<p>The estimated number of influenza-associated illnesses prevented by flu vaccination during the 2012-2013 season:</p> <h2 style="font-size: 2em;">6.6 million</h2> <p>or the population of the state of Arizona</p>	<p>The estimated number of flu-associated medical visits prevented by vaccination during the 2012-2013 season:</p> <h2 style="font-size: 2em;">3.2 million</h2> <p>or the passengers of 1,067 mega cruise ships</p>	<p>The estimated number of flu hospitalizations prevented during the 2012-2013 season:</p> <h2 style="font-size: 2em;">79,000</h2> <p>or all the fans in a FULL NFL stadium</p>
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get vaccinated

Centers for Disease Control graphic

Everyone six months and older should get a flu vaccine every year by the end of October, if possible. However, getting vaccinated later is OK. Vaccination should continue throughout the flu season.

through eight years of age will require two doses of flu vaccine for adequate protection from flu. Children in this age group who are getting vaccinated for the first time will need two doses of flu vaccine, spaced at least 28 days apart. Some children who have received flu vaccine previously and children who have only received one dose in their lifetime also may need two doses.

Children younger than six months are at higher risk of serious flu complications, but are too young to get a flu vaccine. Because of this, safeguarding them from flu is especially important. If you live with or care for an infant younger than six months of age, you should get a flu vaccine to help protect them from flu. Also, studies have shown that getting the flu vaccine during pregnancy can protect the baby after birth for several months.

Vaccine and Vaccination

Flu vaccine is produced by private manufacturers, so supply depends on manufacturers. For the 2016-2017 season, manufacturers projected they would provide between 157 million and 168 million doses of injectable vaccine for the U.S. market. (Projections may change as the season progresses.)

Getting vaccinated before flu activity begins helps protect you once the flu season starts in your community. It takes about two weeks after vaccination for

the body's immune response to fully respond and for you to be protected so make plans to get vaccinated.

CDC recommends that people get a flu vaccine by the end of October, if possible. However, getting vaccinated later can still be beneficial. CDC recommends ongoing flu vaccination as long as influenza viruses are circulating, even into January or later.

For everyone, getting vaccinated each year provides the best protection against influenza throughout flu season. It's important to get a flu vaccine every season, even if you got vaccinated the season before and the viruses in the vaccine have not changed for the current season.

Unfortunately, some people can become infected with a flu virus the flu vaccine is designed to protect against, despite getting vaccinated. Protection provided by flu vaccination can vary widely, based in part on health and age factors of the person getting vaccinated.

In general, the flu vaccine works best among healthy younger adults and older children. Some older people and people with certain chronic illnesses may develop less immunity after vaccination. Flu vaccination is not a perfect tool, but it is the best way to protect against flu infection.

Antiviral drugs are prescription drugs that can be used to treat flu illness. People at high risk (such as children younger

than five years, adults 65 years of age and older, pregnant women, people with certain medical conditions, and residents of nursing homes and other long-term care facilities) and people who are very sick with flu (such as those hospitalized because of flu) should get antiviral drugs.

Some other people can be treated with antivirals at their health care professional's discretion. Treating high risk people or people who are very sick with flu with antiviral drugs is very important.

Studies show that prompt treatment with antiviral drugs can prevent serious flu complications. Prompt treatment can mean the difference between having a milder illness versus very serious illness that could result in a hospital stay.

Treatment with antivirals works best when begun within 48 hours of getting sick, but can still be beneficial when given later in the course of illness. Antiviral drugs are effective across all age and risk groups.

Studies show that antiviral drugs are under-prescribed for people who are at high risk of complications who get flu.

Three FDA-approved antiviral medications are recommended for use during the 2016-2017 flu season: oseltamivir (Tamiflu®), zanamivir (Relenza®), and peramivir (Rapivab®). More information about antiviral drugs can be found at Treatment - Antiviral Drugs.

—From Centers for Disease Control

Saint Patrick
Catholic School est. 1873

www.stpatrickcatholicschool.org

2700 Davis Street, Meridian
601-482-6044

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

APOSTLE CLEVELAND HAYES, SR., PASTOR

THEOLOGY SCHOOL CLASSES

BICC560 Godly Communication Everyday Life
Michael Sedler

Class: November 10-12,
Registration & Fee Deadline: October 23

Dot Stamps, Academic Dean 601-480-5417
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.

Off limits establishments in Meridian:

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

Honoring Outstanding Teachers and Educators in East Mississippi and West Alabama

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

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.

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

IT'S YOUR TURN...

This week we asked, "What would you be doing if you hadn't joined the Navy?"

By MC2 Chris Liaghat



Seaman Ryan Angel
NTTC Student
"I would be working too long, too hard, for too little money."



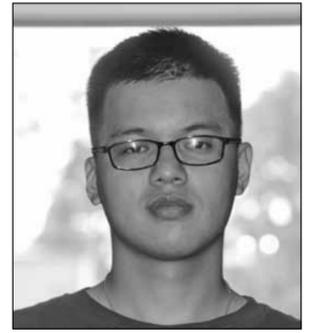
Seaman Kayla Chepley
NTTC Student
"I would be in nursing school to become a registered nurse."



Seaman David Ridgell Jr.
NTTC student
"I would be working in retail."



Seaman Michael Shaddy
NTTC student
"Working at Safeway as a courtesy clerk."



Seaman Daniel Chang
NTTC student
"Working the line at a Formosa plastics industrial plant."

Fleet & Family Support Center**Domestic violence and children**

Domestic violence affects every member of the family, including the children. Family violence creates a home environment where children live in constant fear. Children who witness family violence are affected in ways similar to children who are physically abused.

They are often unable to establish nurturing bonds with either parent. Children are at greater risk for abuse and neglect if they live in a violent home. Statistics show that over 3 million children witness violence in their home each year. Those who see and hear violence in the home suffer physically and emotionally.

Children react to their environment in different ways, and reactions can vary depending on the child's gender and age. Children exposed to family violence are more likely to develop social, emotional, psychological and or behavioral problems than those who are not.

Recent research indicates that children who witness domestic violence show more anxiety, low self-esteem, depression, anger and temperament problems than children who do not witness violence in the home. The trauma they experience can show up in emotional, behavioral, social and physical disturbances that effect their development and can continue into adulthood.

A child's exposure to the father abusing the mother is the strongest risk fact for transmitting violent behavior from one generation to the next. Male children who witness the abuse of mothers by fathers are more likely to become men who batter in adulthood than those male children from homes free of violence.

Some potential effects include:

- ✓ Emotional: Shame, guilt, and self-blame; confusion about conflicting feelings toward parents; fear of abandonment, or expressing emotions, the unknown or personal injury; anger; depression and feelings of helplessness and powerlessness; embarrassment.
- ✓ Behavioral: Acting out or withdrawing; aggressive or passive behavior; refusing to go to school; care taking; acting as a parent substitute; lying to avoid confrontation; rigid defenses; excessive attention seeking; bedwetting and nightmares; out of control behavior; reduced intellectual competency; manipulation, dependency, mood swings.
- ✓ Social: Isolation from friends and relatives; stormy relationships; difficulty in trusting, especially adults; poor anger management and problem solving skills;

excessive social involvement to avoid home. Passivity with peers or bullying; engaged in exploitative relationships as perpetrator or victim.

- ✓ Physical: Somatic complaints, headaches and stomachaches; nervous, anxious, short attention span; tired and lethargic; frequently ill; poor personal hygiene; regression in development; high risk play and self-abuse.

Nurturing children from abusive homes can bring healing to their lives. In giving needed love and care to children, it is important for a parent to reflect these essentials:

- ✓ Trust and Respect: Acknowledge children's right to have their own feelings, friends, activities and opinions. Promote independence, allow for privacy and respect their feelings for the other parent. Believe in them.
- ✓ Provide Emotional Security: Talk and act so children feel safe and comfortable expressing themselves. Be gentle. Be dependable.
- ✓ Provide Physical Security: Provide healthy food, safe shelter and appropriate clothing. Teach personal hygiene and nutrition. Monitor safety. Maintain a family routine. Attend to wounds.
- ✓ Provide Discipline: Be consistent; ensure that rules are appropriate to age and development of the child.
- ✓ Be clear about limits and expectations. Use discipline to give instruction, not to punish.
- ✓ Give Time: Participate in your children's lives, in their activities, school, sports, special events, celebrations and friends. Include your children in your activities. Reveal who you are to your children.
- ✓ Encourage and Support: Be affirming. Encourage children to follow their interests. Let children disagree with you. Recognize improvement. Teach new skills. Let them make mistakes.
- ✓ Give Affection: Express verbal and physical affection. Be affectionate when your children are physically or emotionally hurt.
- ✓ Care for Yourself: Give yourself personal time. Keep yourself healthy. Maintain friendships. Accept love.

FFSC services are available to help parents improve their parenting, marital, communication and other coping skills. Call us at 679-2360 for an appointment, and get started on building a healthier, happier, safer and more secure family environment.

-- 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

Effects of Domestic Violence on Children

Oct. 18 from 10-11 a.m. or 5-6 p.m.

Family violence is not a topic people generally like to discuss; however, since October is Domestic Violence Awareness Month, FFSC is offering this workshop to explore the impact of family violence on children. Topics will include: tips on understanding the damage caused by family violence, how to recognize the warning signs of domestic violence, and how to offer support efforts to help end family violence.

Ombudsman Basic Training

Oct. 24-26 from 8:30 a.m.-2 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.

Halloween Crafts

Oct. 27 from 3:45 p.m.-4:30 p.m. (ages 5-10)

Oct. 28 from 9:30 a.m.-10:15 a.m. (ages 3-5)

All children are invited to the FFSC to create spooky Halloween crafts! Registration is required for preparation of materials!

Navy moves to increase self service education options

The Navy's Voluntary Education (VOLED) and Navy College Program will undergo a transformation as outlined in NAVADMIN 219/16 beginning Oct. 1, as they begin increasing self service options and providing additional online support for Sailors.

As of Oct 1, Sailors are required to only use the Navy's VOLED services.

Here are the eight things you need to know to continue to receiving the support for all your education needs:

- 1 16 Navy College Offices (NCO) in the continental United States will transition to a new construct and close. The Navy will keep four NCOs open for an additional year in the fleet concentration areas of Norfolk, San Diego, Jacksonville, Florida, and Kitsap, Washington. They will be open until Sept. 30, 2017.
- 2 The following NCOs will close: Bethesda, Maryland; New London, Connecticut; Little Creek, Virginia; Pensacola; Charleston, South Carolina; Gulfport, Mississippi; Kings Bay, Georgia; Ventura County, California; Coronado, California; Lemoore, California; Fallon, Nevada; Whidbey Island, Washington; Everett, Washington; Great Lakes; Millington, Tennessee; Corpus Christi, Texas.
- 3 There will be no effect on the 11 overseas NCOs in Atsugi, Japan; Guam; Misawa, Japan; Sasebo, Japan; Yokosuka, Japan; Bahrain; Guantanamo Bay, Cuba; Rota, Spain; Sigonella, Sicily; Naples, Italy; and Pearl Harbor.
- 4 The Virtual Education Center (VEC) will continue to provide education counseling and information. The hours have been expanded to 6 a.m. - 9 p.m. EST. Sailors can utilize the VEC by phone (877) 838-1659 or DSN 492-4684, text messaging and web-chat at www.navycollege.navy.mil.

- 5 The College Level Exam Program (CLEP) and DSST exams will continue to be offered onboard installations. For information, funding and reimbursement options Sailors should contact Defense Activity for Non-Traditional Education Services (DANTES) at www.dantes.dod.mil/examinations.

- 6 Foreign language testing Defense Language Aptitude Battery (DLAB) and Defense Language Proficiency (DLP) will continue to be offered at Norfolk, San Diego, and Jacksonville, Florida NCOs through the end of FY7. Sailors may request foreign language testing with other services as necessary.

- 7 Tuition Assistance (TA) will continue to be fully funded. TA request will need to be submitted no later than 14 days prior to the term start date.

Additionally, all Sailors receiving TA or Navy College Program for Afloat College Education (NCPACE) for the first time need to complete the following:

- a. DOD Higher Education Preparation Training Course (jko.jten.mil)
- b. WebTa Training or NCPACE crew brief training (navycollege.navy.mil)
- c. Submit the above training completion certificates to navycollege@livehelpnow.net
- d. Receive education counseling from a NCO or VEC certified counselor.

- 8 Navy region advisors have been established at Navy Regions Mid-Atlantic, Southeast, Southwest and Northwest to support and advise installation commanding officers, and facilitate access for academic institutions to operate on base.

Information on the Navy College Program can be found at: <http://www.navycollege.navy.mil> and the Navy Voluntary Education Facebook page: <https://www.facebook.com/NavyVoluntaryEducation/>

--from Naval Education and Training Command

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. Flip through the pages of Students at the Center, a book developed by the U.S. Department of Education Activity (DoDEA) to help military parents discover how to effectively manage their children's academic careers. 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.

DoD's dedication to diversity provides best people

By Terri Moon Cronk
Defense Media Activity

The Defense Department's enduring commitment to diversity and inclusion is significant to giving the nation the finest fighting force the world has ever known, Defense Secretary Ash Carter said here.

The secretary kicked off National Disability Employment Awareness Month with a Pentagon awards ceremony in which he honored 18 outstanding service members and civilians for their contributions to DoD's missions.

Additionally, four components and military departments were recognized for their efforts to advance a diverse and inclusive workforce.

Thirty years ago, then-Defense Secretary Caspar Weinberger pledged to increase the number of DoD employees with significant disabilities to two percent across the department, Carter noted. "While we still have work to do to meet that pledge," he said, "our honorees and all our components and military departments have made real progress in hiring and making our workplaces more accessible to those with disabilities."

From budgets to logistics, management to intelligence, and more, these men and women help de-



Defense Secretary Ash Carter shows respect during the opening presentation for the Department of Defense Disability Awards ceremony at the Pentagon.

Photo by Air Force Tech. Sgt. Brigitte N. Brantley

fer our great country and make a better world for our children."

As exceedingly valuable members of the DoD team, "you make us smarter and stronger every day by what you do for our mission," Carter said. "You help keep our people and nation safe, and what nobler mission in life can there be? I'm proud to

have you in the DoD family, and I'm proud to call you colleagues," the secretary added.

Carter said his first priority is the department's people -- its military and civilian workforce.

"We're recognizing that the thing that matters most about each person is what they can contribute to our great and noble mis-

sion," the secretary said. "That's a necessary perspective in an all-volunteer force. We have to start from a position of inclusivity and not exclusivity, because we depend on the most qualified [people]. We need a department where everyone who can serve and wants to serve has a full and equal opportunity to do so. Anything less isn't

just plain wrong; it's bad defense policy and puts our future strength at risk."

The secretary said the honorees keep the U.S. military's edge sharp in its work to meet five immediate and evolving major challenges that DoD faces.

Carter said international challenges comprise countering the prospect of Russian aggression and co-

ercion, managing historic change in the Asia-Pacific region, strengthening the nation's deterrent and defense forces in the face of North Korea's continued nuclear and missile provocations, checking Iranian aggression and malign influence in the Gulf while protecting friends and allies in the Middle East, and accelerating certain defeat of the Islamic State of Iraq and the Levant in its parent tumor in Iraq and Syria and in the U.S. homeland.

As National Disability Employment Awareness Month's awareness campaign begins, Carter said, "We're reminded of our commitment to live the values we defend to make the Defense Department more open and accessible to all who can make a contribution to our mission."

Carter said he encourages all DoD components and military departments to renew their commitment to increase the employment of individuals with disabilities.

"Together, we will make our workplaces more accessible to all," the secretary said. "We will meet the five challenges we face. And we will continue to keep America safe long into the future by harnessing the talents, skills, and perspectives of 100 percent of America's population."



A Site Just for You

Our site is loaded with local news, sports and entertainment.

MeridianStar.com

A-OK student rewards program

The NEX has begun its annual A-OK student reward program and students can now sign up to receive prizes for earning good grades.

Most students have received their first progress reports of the new school year from teachers. For some, it was a happy occasion filled with phrases like "good job, way to go and we knew you could do it." Now, there are new phrases that students from the NAS Meridian population could here like, "Here is a free soda, you've been entered into a drawing to win up a savings bond up to \$2,500."

The program, which has been around since 1997, has rewarded more than half a million dollars in EE type savings bonds and other monetary awards to students who have shown academic excellence.

According to a published memo by the NEXCOM operations group, the program prizes are broken into two major categories. The first category of prizes is monetary, which are given out each quarter. More than \$22,000 each year is given out nationwide.

The second category of prizes are coupons on a punch card booklet. The Punch card coupons can be redeemed at the customer service counter at the NEX.

Items range from freebies of soda and potato chips to discounts on larger items. All students who qualify and enroll in the program will automatically be enrolled in the quarterly monetary drawing. The four awards are: \$2,500, \$1,500, \$1,000 and \$500 savings bonds.

To qualify for eligibility, students must hold a "B" average or equivalent. Once the students show their progress reports or report cards to the customer service staff at the NEX for verification, they will be enrolled in the program. Every time a student gets a new report card, they get a new punch card.

MERIDIAN'S MOST TALENTED COMPETITION

a family fun tradition

Queen City FAIR

MERIDIAN, MISSISSIPPI

Thursday, Oct. 13 - \$15 Hand Stamp*
Meridian's Most Talented Contest at 6 pm
5-10pm Mississippi Music presents
Meridian's Most Talented

Friday, Oct. 14 - Midnight Ride Madness
\$25 Hand Stamp*
Military Discount: \$5 gate admission with valid military ID
5pm-Midnight

Saturday, Oct. 15 - Saturday Night Fever
1pm-Midnight *Little Miss Queen City Fair Pageant at 3pm*
Early Bird Discount: \$20 Hand Stamp* from 1-5pm
\$25 Hand Stamp* from 5pm to midnight
\$30 All-Day Hand Stamp* from 1pm to midnight

Sunday, Oct. 16 - Comcast Spotlight presents Family Fun Day
\$5 Gate Admission • Noon-8pm: \$15 Hand Stamp*

Please see: <http://queencityfair.net/schedule>

GATE Admission
\$7 • Kids 5 & under FREE
Parking \$2.00

Send Fair Selfies to the Queen City Fair Facebook page for a chance to win VIP tickets to the QCF! (submit by Thurs, 10/13)

Oct. 10-16
Lauderdale County
Agri-Center
1030 Hwy 19 S.

601-934-4867

CONTACT Military 24/7 OneSource

Stateside: 1-800-342-9647
Overseas: 00-800-3429-6477
Overseas Collect: 1-484-530-5908