

THE SKYLINE

Celebrating
55
Years of
Training
Excellence

Volume 54, Number 18

https://www.cnic.navy.mil/meridian ~ www.facebook.com/NASMeridian ~ Twitter: @nasmeridianms

September 1, 2016

On Base...

- ✓ **Storytime**
Wednesdays at 10 a.m. at the Andrew Triplett Library.
- ✓ **Family Movie Night**
Sept. 17 at Bernath Field. Gates open at 7 p.m.; show starts at dark. Free hot dogs and bottled water (while supplies last.)
- ✓ **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.
- ✓ **Trip to the Birmingham Zoon** Saturday, Sept. 10. Sign up at the Liberty Center; tickets are \$15.40 per person. Open to Liberty patrons only.

✓ **Camping 101** Sept. 15. From 4-5 p.m. at the Ponta Creek Rec Center. This is a free event. Learn how to pitch a tent, make a camp fire and more. For information, call 601-679-2526.

A Day in Naval History

Sept. 1
1800 - During the Quasi-War with France, the schooner, USS Experiment, commanded by Lt. Charles Stewart, captures the French privateer Deux Amix off Barbuda, West Indies.

1925 - Cmdr. John Rodgers and a crew of four in a PN-9 aircraft run out of fuel on the first San Francisco to Hawaii flight. Landing at sea, they rig a sail and set sail for Hawaii. On Sept. 10, they are rescued by the submarine USS R-4, 10 miles from Kauai, then Territory of Hawaii.

1942 - The United States Naval Air Force, Pacific Fleet is established. Vice Adm. Aubrey W. Fitch assumes duties of this administrative command that replaces the commands Carriers, Pacific Fleet and Patrol Wings, Pacific Fleet.

--www.history.navy.mil

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

The joy of flying - times two



Photo by MC2 Chris Liaghat

1st Lts. Andy and Matteo Occhipinti stand by a T-45C Goshawk parked on McCain Field at the NAS Meridian flight line.

By Adam Prince
NAS Meridian Public Affairs
and
Lt. j.g. Marissa
Tungjuntham
NAS Whiting Field Public Affairs

1st Lts. Matteo and Andy Occhipinti are not easy to tell apart, but it's easy to tell where they are headed – straight up!

The two fraternal twins checked on board Naval Air Station Meridian in June, after completing Primary Flight Training in the T-6B Texan II with Training Squadron Six based out of Training Air Wing Five at Naval Air Station Whiting Field in Florida. They are now attached to the "Eagles" of Training Squadron Seven (VT-7) based at Training Air Wing One, where they will train in the T-45C Goshawk.

"We both just completed ground school are working on our cockpit orientation simulators," Andy said. "We're also looking to trunk (riding as a passenger while a more experienced pilot flies) in the back seat to gain exposure and get a feel for the jet."

● **Twins, page 3**

Full-length photo no longer required for officer selection boards

The Navy announced recently in NAVADMIN 186/16 that officers' full-length photographs will no longer be displayed during promotion selection or administrative boards, starting with the Active-Duty O-8 selection board in the fall of 2016.

After a review, it was determined that removing photos, which do not provide significant value to the selection board process, will lessen an administrative burden. Officers will still be required to have a current full-length photo as part of their official personnel record.

"During selection boards, hundreds of records are reviewed in a short period

of time by board members," said Chief of Naval Personnel Vice Adm. Robert Burke. "By enacting this change, it is our belief that we will help selection board members more closely focus their attention on the entirety of Sailors' documented performance records."

Additionally, officers' records fully capture physical fitness assessment and body composition metrics.

More information on the full-length photograph requirement for officers can be found in NAVADMIN 103/07 and MIL-PERSMAN 1070-180.

--From Chief of Naval Personnel Public Affairs

From Naval Personnel Command

Full-length officer photos for selection boards are no longer required. According to Chief of Naval Personnel Vice Adm. Robert Burke, selection boards should focus entirely on Sailors' documented performance records.



Celebrating women's history of equality in the Navy

By Chief Jessica Myers
Office of Women's Policy

Commands celebrated women's history of equality in the Navy during Women's Equality Day Aug. 26.

This annual observance celebrates the contributions women have made throughout history working toward full equality in the United States.

Women's Equality Day was established by Congress in 1971 to commemorate the long struggle of generations of women to gain the right to vote. According to the National Women's History Project, while originally created to commemorate the passing of the 19th Amendment, the observance today recognizes the anniversary of women's suffrage and of the continued efforts toward equality.

When the United States was founded, female citizens were denied basic rights as compared to the nation's male citizens. Married women could not own property, women had no legal claim to any money they might earn, and women did not have the right to vote.

It was not until 1848 that the movement for women's rights was launched on a national level with a convention in Seneca Falls, New York.

Before narrowing their political focus to women's rights, abolitionists Elizabeth Cady Stanton and Lucretia Mott, known as "suffragists," along with Susan B. Anthony and other activists, formed organizations that raised public awareness and lobbied the government to grant voting rights to women.

● **Women, page 2**



Photo by MC2 Chris Liaghat

Enlisted, commissioned, and civilian women answer questions about women's rights and equal opportunity at an equality forum in the chapel on board NAS Meridian, Aug. 26. The forum was held in honor of the anniversary of the ratification of the 19th amendment to the U.S. Constitution.

Look Inside



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French aviator earns Golden Stick



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Mississippi native aims high in Rio



~ **Page 10** ~
Installation Training Team conducts aircraft exercise

Photo of Week



Photo by MC1 Arthurgwain L. Marquez

Secretary of the Navy (SECNAV) Ray Mabus, U.S. Navy Sailors assigned to Explosive Ordnance Disposal Mobile Unit (EODMU) 5, and Sri Lanka Navy personnel operate a SeaBotix remotely operated vehicle during Sri Lanka Humanitarian Mine Action (HMA), underwater Unexploded Ordnance (UXO) removal training program in Trincomalee, Sri Lanka.

Area Happenings

SEPTEMBER

2-3: The Marriage Conference “Connecting The Pieces” hosted by Agape Storehouse Marriage Enrichment Ministry and Pastor John & Linda Willis.

Sept. 2 at 7 p.m. and Sept. 3 from 9 a.m.-noon. At 4603 Hwy 39 North, Meridian. Cost: free. Friday speaker: Bishop Rick & First Lady Tammy August, Saturday Seminars by Pastor John & First Lady Linda Willis.

Audience: Married and Single individuals. For information, call 601-485-2870 Monday-Thursday.

3: 1st Annual “Meridian Day” Festival on the City Hall Lawn from 11 a.m. to 8 p.m. Free community event for the entire family. Meridian’s own Dancing Divas will be on stage, face painting, Luv Undercover Band, pony rides for the kids between 3-5 p.m., games, photo booth, beer tent, craft and food vendors and prizes to just name a few of the activities; more to be announced. For information, call 601-479-6841.

4: QV Sykes Labor Day Blues Festival at the QV Sykes Baseball Complex from noon to 10 p.m. Performing acts include: TK Soul, Bigg Robb, Omar Cunningham, King Russell, and Ms. Jody. Gates open at noon; show starts at 3 p.m. Tickets are \$20 in advance; \$30 at the gate. For information, call 662-701-9315.

7: Jamey Johnson live at the Temple Theater. Country music star and Grammy award winning singer will be in concert at 7 p.m. For information, call 601-693-5353. Tickets are \$20 and \$30.

8: Vince Gill live at 7:30 p.m. at the MSU Riley Center. Gill has sold more than 26 million albums, won 20 Grammy Awards, and picked up 18 Country Music Association awards. For information, call 601-696-2200.

17: Bill Bellamy at the Temple Theater at 8 p.m. Tickets starting at \$20; reserved seating. Call 601-693-5353 for more information.

23: 20th Annual EMBDC Golf Classic from 8 a.m.-5 p.m. at the Northwood Country Club. Registration is \$100. For information, call 601-693-1306.

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.

The Veterans of Foreign Wars Scholarship contest is open to all middle school and high school students. Themes this year are: Middle School “The America I Believe In” High School: “My Responsibility to America.” Deadline is Nov. 1. Contact VFW Post 12124 at 601-282-5866 for more information. Applications can be found at <http://www.vfw.org/Youth/>

• Women

Fighting for the right to vote became a centerpiece of the women’s rights movement.

Women’s official role in the Navy began in 1908, with the establishment of the Navy Nurse Corps. During World War I, the Naval Reserve Act of 1916 allowed for enlistment of qualified “persons.” A year later, the Navy authorized the enlistment of women, designated as “Yeoman (F),” unofficially known as “Yeomanettes.” Women serving in the Navy as Nurses and Yeomanettes served their nation before they had the right to vote.

It was not until 72 years after the suffrage movement began that these groups emerged victorious with the ratification of the 19th Amendment to the United States Constitution on August 18, 1920. On Election Day that same year, more than 8 million women across the United States voted for the first time.

Throughout the nation this past March, hundreds of college students and generations of women celebrated the centennial of the original Women’s Suffrage Procession in Washington, D.C., March 3, 1913. Women who sought the right to vote dressed in Greek-style costumes or academic robes with “Votes for Women” sashes proudly displayed. Thousands of women marched from the United States Capitol down Pennsylvania Avenue to the front of the White House, the day before President Woodrow Wilson’s inauguration. This event pushed women’s suffrage into the national spotlight.

This year also marked the 65th Anniversary of the Women’s Armed Services Integration Act, signed June 12, 1948, shortly after the end of World War II.

This Act provided women permanent status in the United States Armed Services, although women had been serving unofficially since the American Revolutionary War. Before the establishment of the Continental Navy, numerous women served in the states’ navies, including the galleys of the Pennsylvania Navy and as nurses in the Maryland Navy, laying the foundation for women’s service onboard ships during the Civil War and the Spanish-American War.

As women’s roles in the Navy continued to develop during the latter part of the 20th century, so did their progress toward equality. In 1973, the Navy au-

thorized aviation training for women. It was also this same year that the Supreme Court ruled that inequities in benefits for the dependents of military women were unconstitutional, abolishing pregnancy as a reason for mandatory separation. Before 1973, military women with dependents were not authorized housing, and their dependents were ineligible for the benefits and privileges afforded the dependents of male military members, such as medical, commissary and post exchange.

In 1975, Congress authorized admission of women to the military academies. Three years later, women were first assigned to supply and non-combatant ships. Women’s opportunities in the Navy significantly increased in 1993 following the repeal of the combat exclusion law, which allowed officer and enlisted women to serve on combatant ships and in combat aviation.

It was also during this same time period that the Navy conducted the first feasibility study on women entering submarine community. Seventeen years later, in 2010, Navy announced a policy change allowing female officers to serve on submarines.

On Jan. 24, 2013, the Secretary of Defense and Joint Chiefs of Staff announced immediate rescission of 1994 Direct Ground Combat Definition and Assignment Rule. In accordance with the Secretary’s guidance, Navy developed and submitted a plan to implement the rescission, through which Navy envisions no closed occupations, a very limited number of closed positions, and equal professional opportunity for females in every officer designator and enlisted rating in the Navy.

Today, over 67,000 women serve in the Navy in the active and Reserve components, comprising 18 percent of the Total Force. There are currently 38 female flag officers, two female Fleet Master Chiefs, and one female Force Master Chief in the Navy. Additionally, nearly 50,000 women serve across the Navy in a wide range of specialties as civilian employees, with 67 female senior executive service members.

All Navy commands are encouraged to reflect on and celebrate the accomplishments of women throughout the armed services during this observance.

NAS MERIDIAN NMCRS OFFICE IS OPEN

TUESDAYS FROM

8 A.M.-NOON & THURSDAYS

FROM 8:30 A.M.-1 P.M.

CALL 601-679-2504.

ADMINISTRATION BUILDING 255, SUITE 283

OPSEC

KNOW WHAT YOUR CRITICAL INFORMATION IS

Unclassified does NOT mean unimportant.

Critical information is information our adversaries collect and need to do us harm.

What may be seemingly harmless information today may be CRITICAL in the future.

It includes, but is not limited to, user names and passwords to accounts, and specifics on future operations, personally identifiable information and military plans.

Critical information can be COMBINED with other critical information.

Critical information changes as the mission changes.

Protection of critical information will help protect yourself, your shipmates and your family.

EVERY member should know their command’s critical information.

Every Command is required to have a Critical Information List (CIL).

INDICATORS point to critical information. For example, taking on large amounts of fresh fruits and vegetables (FFV) is a possible indicator the ship will be getting underway soon.

This CIL should be developed by the command OPSEC Officer and OPSEC working group members and signed by the Commanding Officer.

Not all indicators can be protected, but PROTECT the indicators that can be protected.

...AND PROTECT IT.

TALK TO YOUR COMMAND OPSEC OFFICER TO FIND OUT MORE.

The Skyline ~ Naval Air Station Meridian, Miss.

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Adam Prince
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MC2 Chris Liaghat

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Seven aviators earn 'Wings of Gold' in August pinning ceremony

There was a naval aviator designation ceremony Aug. 26 on board Naval Air Station Meridian.

Seven aviators received their "Wings of Gold" during the ceremony. The naval aviator designation ceremony is not prescribed specifically by U.S. Navy regulations, but has emerged as an honored product of the rich heritage of naval tradition.

It marks the culmination of nearly two years of specialized training, which has prepared these officers for the rigorous demands of aerial combat and carrier operations -- earning each the title of "Naval Aviator" and the right to wear the coveted "Wings of Gold."

● **Winging, page 8**



Adelus



Denis



Duparcq



Photo by MC2 Chris Liaghat

Mississippi Council of the Navy League member Arjen Legendijk, left, presents the Golden Stick award to French Student Aviator Lt. Jg. Thomas Pierre Michel Adelus during a winging ceremony at the chapel on board NAS Meridian. The award is presented to the student aviator from a graduating class with the highest composite score.



Houston



Keegan



Leili-Marrazzo



Moeller

● **Twins**

The next year of intensive training is just the sort of challenge Matteo likes.

"The most rewarding aspect has been building our relationships with our classmates and pushing each other to do better," Matteo said. "We're a pretty close nit group and love to rib each other whenever we make mistakes. In the end it makes each of us better. Mr. (Robert) Kay was our first instructor in ground school and we can tell he's a 'No BS' kind of guy who really cares and goes out of his way to help each of us be successful. Everything he says is like a little golden nugget of knowledge."

Even though the brothers aren't that far into training, they've gotten off to a good start.

"They're hard working and show a lot of initiative; they're here three to five days a week at 4 a.m. getting extra time

in the simulators -- only about 10 percent of our students go that extra mile," said Robert Kay, simulator instructor.

In between classes and simulator practices, the brothers are getting of taste of what the Meridian area has to offer.

"The aviation community, and the community itself -- here in Meridian -- has been awesome," Andy said. "We got a taste of the local area by volunteering at the Neshoba County Fair (on Meridian Day). We've also spent some time at the Lauderdale County shooting range. There's a great bunch of guys working in local law enforcement."

Matteo and Andy, 25, were born in Italy five minutes apart with Andy as the older of the two. Ever since they were young, aviation has influenced their lives. Matteo nostalgically recalled holding an F-14 Tomcat model while on their

flight to America. They worked hard on discovering programs that would give them the best grades and athleticism needed to be U.S. Marine Corps officers.

While both knew they wanted to be Marines, Andy and Matteo took separate paths after high school. Andy was accepted to the Naval Reserve Officer Training Corps (NROTC) Marine Option at the Illinois Institute of Technology, while Matteo went to the University of Illinois in Chicago where he spent the summer of his junior and senior years working on earning his commission through the Platoon Leaders Class (PLC). Matteo commissioned in September 2013 and Andy commissioned in May 2014.

Andy and Matteo spent nearly 100 hours in the practice T-6B simulators and doubled their hours in the simulator compared to the actual plane. The brothers are dedicated to their jobs as student

aviators, pushing each other to do the absolute best they could.

The brothers don't regret their adventure through flight school together, but they know a time will come when they must adventure off on their own.

"I know we'll be separated at some point when we get out to the fleet," Andy said, looking towards their future, "We've done the separation thing in college, so I know we'll be fine."

Their teamwork, effort, and determination paid off when the brothers were selected for jet training.

"The most rewarding part, for me, here in Meridian is the process of mastering a new jet -- and our first jet," Andy said. "It is a sincere honor that the Navy and Marine Corps not only trusts us with these jets, but teach us how to employ them as a weapon to do what the nation requires."

'Shot of Reality'



Photo by MC2 Chris Liaghat

Chad Reinhart, left, and Byron Kennerly perform "A Shot of Reality" produced by Mission IMPROVable for Sailors at the Navy Operational Support Center auditorium on board NAS Meridian. The performance used comedy and audience interaction to educate the view on the dangers of alcohol.

Farewell Cmdr. Michael; awards quarters



Photo by MC2 Chris Liaghat

NAS Meridian military and civilian employees received awards during the monthly command quarters at the Air Operations building on board NAS Meridian, Aug. 25. During the ceremony, Cmdr. Robert Michael II received a Meritorious Service Medal for outstanding meritorious service as NAS Meridian executive officer from May 2013 to Aug. 2016.

Mason reenlistment



Photo by MC2 Chris Liaghat

Air Traffic Controller 1st Class Anthony V. Mason, left, accepts his reenlistment certificate from Air Traffic Control Facility Officer Lt. Lance Breeding at a reenlistment ceremony in the Air Operations building on board NAS Meridian. Mason reenlisted for three years.

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

Navy joins the fight against mosquitos and Zika virus

By MC2 Charlotte C. Oliver
Defense Media Activity

Last year the Zika virus reared its ugly head in South America, making headline news around the globe.

In May 2015, the Pan American Health Organization issued an alert regarding the first confirmed case of local transmission in Brazil.

Just months later on Feb. 1, 2016, the World Health Organization declared a Public Health Emergency of International Concern given the possible link between Zika virus and microcephaly and other neurological disorders. Local transmission has now been reported in many other countries and territories in South America and other locations.

No vaccine or drug is currently available to prevent Zika virus infection, and there is currently no specific anti-viral treatment for the disease. The best way to prevent infection is to avoid mosquito bites while in areas of ongoing transmission. Mosquitoes that spread Zika virus bite mostly during the daytime, but bites should be avoided day and night.

Zika is now known for its potential to cause a serious birth defect called microcephaly, a defect where a baby's head is smaller than expected when compared to babies of the same age and gender, as well

as other severe fetal brain defects. Once a person has been infected, he or she is likely to be protected from future infections.

Zika virus is transmitted to humans by Aedes mosquitos and blood transfusions. An infected person can also pass the virus on to partners through unprotected sex.

According to the Centers for Disease Control and Prevention (CDC), 4 in 5 people infected do not develop symptoms of the virus. Symptoms include fever, rash, headaches, joint and muscle aches, and conjunctivitis.

The virus is named for the Zika Forest in Uganda where it was first discovered in 1947. The first human cases of Zika were reported in 1952 and since then, outbreaks of Zika have been reported in tropical Africa, Southeast Asia, and the Pacific Islands.

Prior to 2007, at least 14 cases of Zika had been documented worldwide, but there may have been more since the symptoms of Zika are similar to those of many other diseases.

Navy Medicine released Zika Virus Infection guidance in NAVADMIN 032/16, Feb. 10, communicating force health protection measures and travel precautions to Navy and Marine Corps personnel.

The Naval Health Research Center (NHRC) was cleared by the CDC to test clinical specimens for Zika virus in April.

NHRC is one of six laboratories in Cali-

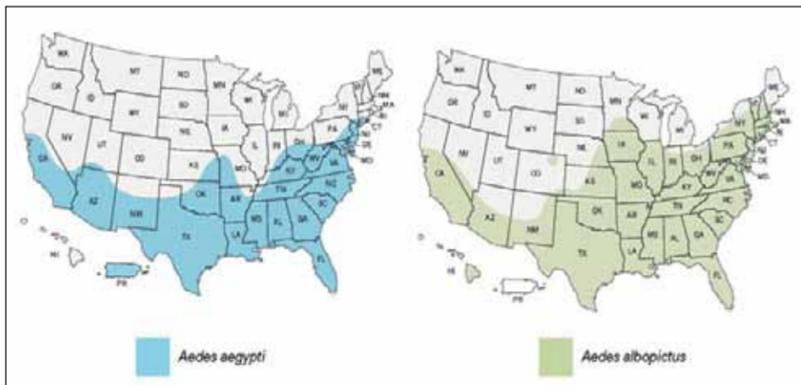


Photo from Centers for Disease Control

Mississippi is one of the states in U.S. that has both types of mosquitos capable of infecting people with the Zika virus.

fornia, three of which are located in Southern California, that are authorized at this time to use the Trioplex Real-time RT-PCR Assay, a new test developed by the CDC, to detect the virus.

"The Zika virus is one of many mosquito-borne diseases," said Lt. Ryan Aylsworth, an entomologist at the Navy Entomology Center of Excellence (NECE) in Jacksonville, Florida. "It's recently hit our radar due to concerns from the World Health Organization and the risk it poses to forces deployed around the globe."

Part of the NECE mission is to educate Sailors and Marines who may be deployed to areas where Zika has been found. Part of that education is to avoid and mitigate areas with standing or stagnant water, which is a known breeding ground for mosquitoes.

NECE recommends wearing insect repellent, rolling your sleeves down and using permethrin-treated uniforms to minimize possible exposure to the mosquitoes that can spread Zika.

● **Ziki, page 8**

Terminal leave dreams

Ever since my retired Navy husband, Francis, went on terminal leave, I've been having some pretty weird dreams.

Nowadays, some prefer to use the label "transition leave" because it sounds a little less like someone is about to die, but no matter whether one uses the ominous traditional term or the newfangled sugarcoated expression, both describe the same thing: the period of accrued leave (up to 75 days) that a serviceperson can take before his or her final separation from the military.

Some lucky military servicepersons line up good civilian jobs before their leave time begins, making leave a veritable vacation. Others sail through their leave without a care in the world knowing they can survive comfortably on their military retirement pay due to independent wealth, or a spouse with a wicked good job, or an absence of major bills like mortgages and college tuition.

But then there are people like us.

We have a dog scheduled for expensive knee surgery, two kids with private college tuition, one child who goes over the data limit on her phone every month, a minivan with 180,000 miles on it and a funny rattling noise in the wheel well, tired old furniture in desperate need of replacement, and an embarrassing amount of accumulated debt.

I could claim that my writing career will carry us, but then again, I could also declare that monkeys will fly out of my belly-button. So, it's a given: Francis has to get a new job before his terminal leave ends and he stops receiving a paycheck from Uncle Sam.

During this transition in our lives, we could either fight the psychosomatic effects of stress, or embrace them. Did you know that nail biting actually saves wear and tear on clippers? Facial ticks are a form of exercise. Wine actually tastes pretty good on Tuesday afternoons. Diarrhea can be quite cleansing. And terminal leave nightmares are kind of fun to interpret.

In this week's nightmare, I had a big, sprawling house with lots of rooms. And even though it was my house, I was surprised by several hidden hallways, staircases and bedrooms.

At some point, I became aware that I had houseguests. Dozens of them. The house suddenly looked cluttered and dirty. The dream turned chaotic, as I tried desperately to play hostess the hoard of guests.

I was frantic to find them all clean towels, bedrooms and baths in the complicated maze of my mysterious house. Just before I woke up, I discovered that the bathrooms were infested with gobs and gobs of slimy black mold.

I couldn't wait to ask Google what my bizarre nightmare was all about.

Apparently, "new room" dreams are actually quite common. According to www.DreamMoods.com and most other online dream interpretation sources, a house represents "self" or "inner psyche," and finding new rooms in that house can indicate that the dreamer is facing something new or unknown about himself or herself. Finding dirty or cluttered rooms implies that some aspect of the dreamer's life is in chaos. It can also mean that the dreamer is suffering from some emotional or psychological clutter, and needs to release these feelings in order to regain control.

What other common dreams may appear during stressful transitions in life?

Dreams of being naked in public can indicate shame, fear of exposure, and vulnerability. Being chased in a dream can represent fear that a secret, an addiction, or a debt may catch up with you.

But interestingly, flying often indicates that the dreamer is feeling empowered and optimistic.

So, for those who have recently retired from the military or are considering retirement, never fear. Even if you find yourself toothless on a date, naked in church, late for a Calculus exam, or being chased by wolverines, remember that it's only a dream. One day soon terminal leave will be over, and with any luck, you'll be flying high.

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.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

SHARE THE GOOD FORTUNE

Refer up to five eligible friends and family for Navy Federal membership during September, and when they join, you'll each get \$50.*



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Pvt. Dan Alex Alcalá
 MATSS-1 Student
 Hometown: Federal Way, Wash.

OOORAH!

Pvt. Ryan Karcher
 MATSS-1 Student
 Hometown: Pittsburg, Calif.

Dan Alex Alcalá enjoys basketball and video games for relaxation and a good way to pass the time.

Alcalá joined the Marine Corps Jan. 21 for his family. "I wanted to make them proud."

His most memorable experience was his final drill in boot camp. His platoon wasn't the best at doing drills initially, but during the final drill his senior drill instructors motivated them to win by half a point.

Alcalá would like to be stationed at Camp Pendleton because it's close to home. He looks forward to a better future, more responsibility and the chance to explore the world.

The person that inspires him the most was his father. "My father worked hard to get me and my mother here and provide for us," said Alcalá.



Pvt. Ryan Karcher enjoys shooting for relaxation and fishing because it helped him and his grandfather bond when he was growing up.

Karcher joined the Marine Corps Dec. 23, 2015. "I knew that delivering pizza or working on a ranch wasn't going to get me my dream job," said Karcher. "Plus it's a family thing that I always wanted to do."

Karcher is fourth generation service member. His father, grandfather, and great-grandfather all served in the military; his great-grandfather was an aviator stationed in Hawaii on Dec. 7, 1941.

Those men inspired him the most by teaching him to fight for what he wants. "If it wasn't for them I probably never would have joined the Marines," said Karcher.

Marine special operators to receive new breast insignia

Marines serving in the military occupational specialties of critical skills operators (0372) and special operations officers (0370), are now authorized to wear the newly created breast insignia.

This change will be reflected in updates to Marine Corps Orders 1200.17E and P1020.34G.

The new uniform item, now referred to as "Marine Special Operator Insignia," will be awarded to Marines at the completion of the Individual Training Course (ITC). ITC is an extensive five-phase training program that prepares selected Marines for global special operations duties, roles and responsibilities, for 196 days before heading to more specialized curriculums. In total, these Marines complete no less than 268 days of training before joining the operating forces.

"The individual MARSOC operator must be trained and educated to think critically and function in an increasingly complex operating environment -- to understand and interact in dynamic, dangerous and politically-sensitive battlefields," said Maj. Gen. Carl E. Mundy III, commander, U.S. Marine Corps Forces Special Operations Command. "Our rigorous training pipeline ensures

that a newly minted critical skills operator has developed the skills required for full spectrum special operations. This badge serves as a visual certification that they have trained and prepared to accept their new responsibilities."

The center of the 2" x 2.75" insignia consists of the bald eagle, representing the United States, with outstretched wings to symbolize the global reach of the U.S. Marine Corps. A dagger clutched by the eagle reflects the emblem of Marine Raider Battalions and the Marine Special Operations School. The Southern Cross constellation superimposed on the dagger represents the historic achievements of the Marines serving during the Pacific campaign of WWII, specifically those actions on Guadalcanal. The Southern Cross remains a part of the legacy of modern-day Marine Corps Raider units.

"It's a representation of the pride and legacy that dates back to the Marine Raiders of World War II. This badge will distinguish a SOF-qualified Marine, just as the combat crew wings distinguish an aviation crew chief or the jump wings and dive bubble distinguish a Recon Marine," said a critical skills operator.

The Latin phrase "Spiritus In-



Photo by Lance Cpl. Donato Maffin

The Latin phrase "Spiritus Invictus" is inscribed on the scroll above the eagle's head, translating to, "Unconquerable Spirit." Marines must demonstrate that spirit during their arduous curriculum in order to attain the MOS and be awarded the Marine Special Operator Insignia.

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For questions regarding the new insignia please contact 1st Lt. Danielle Phillips, the Plans, Policies and Operations Public Affairs Officer, at (703) 614-4309 or danielle.phillips@usmc.mil.

For questions regarding Marine Special Operations Com-

mand or the history and lineage of the unit, please contact Capt. Nicholas Mannweiler, MARSOC PAO, at Nicholas.Mannweiler@socom.mil.

-- From Marine Corps Forces Special Operations Command

FRONTIER GRIBEAUVAL, NEW CALEDONIA



Photo by Sgt. Carlos Cruz, Jr.

Lance Cpl. Jacob W. Anderson, a rifleman, and French Army Pfc. Maxime Cochonat, an infantryman, practice tactical close combat techniques during a French Armed Forces Nautical Commando Course. The course is a part of Exercise AmeriCal 16, a bilateral training exercise designed to enhance combat capabilities.

CAMP LEMONNIER, DJIBOUTI



Photo by Cpl. Chris Garcia

Marines with Battalion Landing Team 1st Battalion, 6th Marine Regiment, 22nd Marine Expeditionary Unit conduct amphibious raids and range operations to retain combat proficiency in Camp Lemonnier, Djibouti, Aug. 15, 2016. 22nd MEU, deployed with the Wasp Amphibious Ready Group, is maintaining regional security in the U.S.

Safety & Energy Efficiency is Our Duty

Turning pollution into power

"Can we turn CO2 into fuel, rather than a pollutant?"

A group of researchers asked that question and found a way to say yes. In a new study from the U.S. Department of Energy's Argonne National Laboratory and the University of Illinois at Chicago, researchers were able to convert carbon dioxide into a usable energy source using sunlight.

Their process is similar to how trees and other plants slowly capture carbon dioxide from the atmosphere.

One of the chief challenges of sequestering carbon dioxide is that it is relatively chemically unreactive. "On its own, it is quite difficult to convert carbon dioxide into something else," said Argonne chemist Larry Curtiss, an author of the study.

To make carbon dioxide into something that could be a usable fuel, Curtiss and his colleagues needed to find a catalyst -- a particular compound

that could make carbon dioxide react more readily.

When converting carbon dioxide from the atmosphere into a sugar, plants use an organic catalyst called an enzyme; the researchers used a metal compound called tungsten diselenide, which they fashioned into nanosized flakes to maximize the surface area and to expose its reactive edges.

Although the reaction to transform carbon dioxide into carbon monoxide is different from anything found in nature, it requires the same basic inputs as photosynthesis.

"We burn so many different kinds of hydrocarbons -- like coal, oil or gasoline -- that finding an economical way to make chemical fuels more reusable using sunlight might have a big impact," said Argonne physicist Peter Zapol, another author of the study.

--From Argonne National Laboratories

Portable generator safety

With the weather we have been having, power outages are a common occurrence.

Some people might use portable generators to help supply temporary electricity to their home or even use them as another source of power.

Portable generators can be very useful but they also can be a hazard we don't think of. Follow these tips below to ensure you and your family stays safe while using a portable generator.

- Generators should be used in well ventilated locations outside away from all doors, windows and vent openings.
- Never use a generator in an attached garage, even with the door open.
- Place generators so that the exhaust fumes can't enter the home through

windows, doors, or other openings in the building.

- Make sure to install Carbon Monoxide (CO) alarms in your home. Follow manufacturer's instructions for correct placement and mounting height.

• Turn off generators and let them cool down before refueling. NEVER refuel a generator while it is hot.

- Store fuel for the generator in a container that is intended for the purpose and is correctly labeled as such. Store containers outside of living areas.

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, September 1**
5pm, The Pirate Fairy, G
7pm, The Boss, R
- Friday, September 2**
5pm, The Little Mermaid, G
7pm, Criminal, R
- Saturday, September 3**
1pm, Tangled, PG
5pm, Big Fat Greek Wedding 2, PG13
7pm, Criminal, R
- Sunday, September 4**
1pm, The Pirate Fairy, G
5pm, The Boss, R
7pm, Big Fat Greek Wedding 2, PG13
- Monday, September 5**
5pm, Ratchet and Clank, PG
7pm, Keanu, R
- Tuesday, September 6**
4:50pm, Superman III, PG
7pm, The Nice Guys, R
- Wednesday, September 7**
5pm, The Angry Birds Movie, PG
7pm, Neighbors 2, R
- Thursday, September 8**
5pm, Ratchet and Clank, PG
7pm, Keanu, R
- Friday, September 9**
4:50pm, Superman III, PG
7pm, The Nice Guys, R
- Saturday, September 10**
1pm, The Angry Birds Movie, PG
5pm, Neighbors 2, R
7pm, The Nice Guys, R
- Sunday, September 11**
1pm, Ratchet and Clank, PG
5pm, Keanu, R
7pm, Neighbors 2, R
- Monday, September 12**
5pm, Thor, PG13
7pm, Batman Forever, PG13
- Tuesday, September 13**
4pm, X-Men: Apocalypse, PG13
6:30pm, Capt. America: Civil War, PG13
- Wednesday, September 14**
4:50pm, Iron Man 2, PG13
7pm, Green Lantern, PG13

The Liberty Center

- Thursday, September 1**
7pm, Criminal, R
- Friday, September 2**
7pm, Big Fat Greek Wedding 2, PG13
- Saturday, September 3**
1pm, The Boss, R
7pm, The Boss, R
- Sunday, September 4**
1pm, Criminal, R
7pm, Criminal, R
- Monday, September 5**
7pm, The Nice Guys, R
- Tuesday, September 6**
7pm, Neighbors 2, R
- Wednesday, September 7**
7pm, Keanu, R
- Thursday, September 8**
7pm, The Nice Guys, R
- Friday, September 9**
7pm, Neighbors 2, R
- Saturday, September 10**
1pm, Keanu, R
7pm, Keanu, R
- Sunday, September 11**
1pm, The Nice Guys, R
7pm, The Nice Guys, R
- Monday, September 12**
7pm, Capt. America: Civil War, PG13
- Tuesday, September 13**
7pm, Green Lantern, PG13
- Wednesday, September 14**
7pm, Batman Forever, PG13
- Movies shown at McCain Rec Center and the Liberty Center are shown FREE of charge.

Back 2 School Bash

September 15 • 5-7pm
At SAC in Base Housing

Join us for **FREE** food
(while supplies last),
prizes and family fun for kids of all ages!

Activities scheduled are Crafts, Face Painting, Minute-to-Win-It, Bean Bag Games, Bounce Houses, Races, and more!



For more info call
(601) 679-2473.



Find MWR on:



DJ Bosshogg Live at
Saturday, September 10

September is **Summer Smoothie Month**

Give Parents A Break & Parent's Night Out
September 8, 15, 22 & 30
at CDC & SAC
6pm-10pm \$4 per hour
Call (601) 679-2652 for info.

Hourly Child Care Available
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.

Iguana Awareness Day
Wednesday, Sept. 7, 10am - 11am

Make a Hat Day
Wednesday, Sept. 14, 10am - 11am

18 Hole • 4 Person
Scramble
Saturday, Sept. 3 • 9am
Ponta Creek Golf Course
\$100 per team - Cash & Gift Certificates will be awarded.
Sign-up by 12pm on Aug. 31. For more info call (601) 679-2526.

Camping 101
September 15, 2016
Ponta Creek Community Rec Complex
1600-1700 • Come learn how to set up a tent, start a fire and more! The event is FREE.
For more info call (601) 679-2526.

Trip to the Birmingham Zoo
Saturday, Sept. 10, 2016
Space is limited, sign up begins on 9/3/16 at the Liberty Center! Patrons are responsible for purchasing their own ticket at the door. Tickets are \$15.40
*Open to Liberty Patrons Only

The Sandtrap Weekly Specials

- Thursday, September 1**
Anthony's Fried Chicken
Macaroni & Cheese, Turnip Greens, Cornbread and Drink for only \$6.
- Tuesday, September 6**
Chicken Fried Steak
Mashed Potato with Gravy, Fried Okra, Cornbread and Drink for only \$6.
- Wednesday, September 7**
Pot Roast
Mashed Potato with Gravy, Squash, Roll and Drink for only \$6.
- Thursday, September 8**
Taco Salad
Don't miss the Sandtrap's famous Taco Salad. Served with a drink for \$6.
- Tuesday, September 13**
Meatloaf
Oven Potatoes, Green Beans, Roll and Drink for only \$6.
- Wednesday, September 14**
Smoked Sausage Dog
Chili, Potato Salad and Drink for only \$6.

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

MWR Sports

Naval Air Station Meridian

Captain's Cup Ultimate Frisbee
 Registration: Aug. 8 - Sept. 5
 Season Begins Sept. 13
 Matches will be played on Tuesdays
 Players need to register online @ www.navymwrmeridian.com

Captain's Cup Flag Football
 Registration: Aug. 30 - Sept. 28
 Season Begins Oct. 3
 Games will be played on Mondays & Thursdays
 Players need to register online @ www.navymwrmeridian.com

Get Prizes for doing cardio.
 100 miles T-Shirt
 500 miles Ball Cap
 1,000 miles Gym Bag
 Track your progress at the Fitness Center!

100 Mile Club
Are You A Member?

Captain's Cup Soccer Standings

	Total Wins	Total Losses	Total Draws
Field Support	4	8	1
Goslings	4	8	1
MATSS-1	8	3	1
Medical	0	13	0
NTTC	11	0	2
TW-1	8	3	1

Upcoming at The Fitness Center

To sign up for Captain's Cup sports, please go to navymwrmeridian.com.
 Under the Fitness tab, Click on:

- Intramural Sports then
- Click appropriate link, The Team Captain(s) will need to enter Names, emails and phone numbers for everyone on the team.

500 lb & 1,000 lb Club Begins Sept. 1, 2016

For info please see the fitness center or call (601) 679-2379

September 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™		

Never Forget Half Marathon
 Sept. 10, 2016
 7am at the Ponta Creek Community Rec Complex

Register Online at www.navymwrmeridian.com until September 9, 2016, 12:00pm

Register before Aug. 31, 2016 to be eligible for Race Participation Medal.

Find MWR on:   

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

Oxford native, Army reservist wins bronze in Rio

By Tim Hipps
 U.S. Army Installation Management Command

Army Reserve 2nd Lt. Sam Kendricks was content to walk away with the Olympic bronze medal following what he called "the most enjoyable pole vault competition of his life" on Monday, Aug. 15, at the Rio Olympic Games.

It took two Olympic records, set by the gold and silver medalists, to top Kendricks' vault of 19 feet 2 inches and push him to third place on a rainy Monday night at the Olympic Stadium. Brazil's Thiago Braz da Silva won the gold with an Olympic record vault of 19 feet, 9 inches. France's Renaud Lavillenie took the silver at 19 feet 7 inches.

"I know that the Olympics is like a high tide. It raises all boats," Kendricks said. "It brings the best out of all of us. I was so happy to watch my friend Thiago set his personal best, in his home country, in front of his home crowd."

Kendricks said he will be proud to take the bronze medal home to Mississippi from Rio de Janeiro.

"I did not set a personal best, but I attempted it, and I missed it very close three times, so I

cannot be ashamed of my effort," said Kendricks, 23, a University of Mississippi graduate from Oxford who has been pole vaulting for 10 years.

"All my unit is watching back home, the 655th Road Dogs."

He considers his competitors friends and knows them all by name. They have traveled together and competed many times, frequently trading victories.

"It didn't feel like the Olympic final while I was out there," Kendricks observed. "I know that's odd to say ... It felt more like friends jumping out there together."

The drama peaked as the clock approached midnight, partly because of rain delays, which made for a long night at the pole vault pit.

"I learned today that nobody pays attention to the weather in Brazil, because it can change so fast," Kendricks said. "We just had to adapt to that. Thiago fed off that, for sure."

After missing his third attempt at 5.93 meters or 19 feet 5 inches, Kendricks assumed the role of spectator.

"It was a beautiful moment to watch something completely unexpected happen," Kendricks said. "Renaud jumps an Olym-



Photo by Tim Hipps

U.S. Army Reserve 2nd Lt. Sam Kendricks of Oxford, Miss., wins the bronze medal in the men's pole vault with a mark of 5.85 meters at the 2016 Olympic Games in Rio de Janeiro. Brazil's Thiago Braz de Silva took the gold with an Olympic record mark of 6.03 meters. France's Renaud Lavillenie claimed the bronze at 5.98 meters.

pic record, and you think that's the end of it, and then Thiago passes [that height] and then comes up with another [Olympic record]. I thought I was in a movie."

He recalled track athletes back home say winning a medal would change your life; his Olympic experience has taught him that your life is changed along the way to winning a

medal. "With all the journeys and sacrifices that you make and all the training that you do, and the people you leave at home to watch, that is really the value of the medal," he said.

"I'm glad I have something tangible to bring home ... I know that everybody in Oxford, my hometown, will love to see it. But the journey, like my coach

says, is the goal, not necessarily the medal."

His future journey will include time serving as a second lieutenant in the Army Reserve. Besides that, he is keeping his options open.

"I would certainly love to compete for the United States Army in any capacity, like the World Military Games, especially," he said.

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.

1996 Ragin Cajun Bass Boat, 200hp Mariner, Loran depth finder and a GPS/depth finder dual livewells mortar guide trolling motor. Runs great and fast. \$4,500. Seats in good condition. Call Clint 601-479-7043.

2006 Fleetwood Discovery 39 ft. 3 slide, Cat Diesel, motor home. New tires & A/C, "fully equipped," original owners, non-smokers. Serious Inquiries Only. 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.

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: 3 BD/2BA 1800 sq. ft. 3205 10th Ave. 15 minutes from NAS Meridian. \$1,200 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

New! 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

Hunter education classes now available, required

One of the requirements to hunt on board NAS Meridian during the upcoming 2016-17 season is to show proof of having passed a state-approved hunter education class. It can be from any state, but is a requirement for hunters 12-years old and older.

If you don't have proof of having passed a state-approved class, enclosed is a schedule of classes being offered by the Mississippi Department of Wildlife, Fisheries, and Parks for Lauderdale and surrounding counties by following the links in the enclosure to ensure class availability.

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

If you have any other questions, please

call Chris Bucciantini (Station Wildlife Biologist) at 601-679-3539.

Lauderdale County: Sept. 24, Oct. 29, and Nov. 5 from 8 a.m.–6 p.m. at Mitchell Distributing, 100 49th Avenue, Meridian.

Students need to arrive on time. All materials will be provided. Students need to know their social security numbers. Lunch will not be provided. Online students need to arrive at 8 a.m.

To register for the class, use this link: <https://education.mdwfp.com/Web/Event/EventsByCounty?countyName=Lauderdale>

Kemper County: Oct. 8 and Dec. 10 from 8 a.m.–6 p.m. at Kemper Co. Sheriff's Office, 330 Stennis Industrial Park Rd, DeKalb, Miss.

All materials will be provided. Students need to know their social security numbers. Lunch will not be provided.

To register for the class, use this link: <https://education.mdwfp.com/Web/Event/EventsByCounty?countyName=Kemper>

Neshoba County: Aug. 20, Oct. 15, and Dec. 3 from 8 a.m.–6 p.m. at Neshoba County Justice Court, 200 Byrd Avenue, Philadelphia.

Online registration required. Students must know social security number. Lunch will not be provided. To register for the class, use this link: <https://education.mdwfp.com/Web/Event/EventsByCounty?countyName=Neshoba>

Newton County: Sept. 17, Oct. 22, and Nov. 12 from 8 a.m.–6 p.m. at MSU Coastal Plain Experiment Station, 51 Coastal Plain Road, Newton, Miss., 39345.

All materials will be provided. A one-hour lunch break will be given. Lunch is not provided.

To register for the class, use this link: <https://education.mdwfp.com/Web/Event/EventsByCounty?countyName=Newton>

Clarke County: Sept. 10 and Dec 17 from 8 a.m.–6 p.m. at Clarke County Multi-Purpose Building, 101 Westwood Ave., Quitman.



Photo by Mississippi Department of Wildlife

Students need to arrive on time. All materials will be provided. Students need to know their social security numbers. There will be an hour break for lunch that will not be provided. Online students need to arrive at 8 a.m.

To register for the class, use this link: <https://education.mdwfp.com/Web/Event/EventsByCounty?countyName=Clarke>

-- Submitted story

● **Winging**

Those earning their wings include:

✓ Lt. j.g. Thomas Pierre Michel Adelus, French Navy, was named to the Commodore's List during Primary Flight Training and earned three Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C aboard the USS George Washington (CVN 73) July 13. Adelus completed Advanced Jet Flight Training with Training Squadron (VT) Seven.

✓ Ensign Pierre Thomas Denis, French Navy, earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C aboard the USS George Washington (CVN 73) July 13. Ensign Denis completed Advanced Jet Flight Training with VT-7.

✓ Ensign Pierre Achille Duparcq, French Navy, earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C aboard the USS George Washington (CVN 73) July 14 and was named VT-7's "Top Hook" for that carrier qualification evolution. Duparcq completed Advanced Jet Flight Training with VT-7.

✓ Lt. j.g. Breyer Mark Houston, USN, earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C aboard the USS George Washington (CVN 73) July 14. Houston completed Advanced Jet Flight Training with VT-9.

✓ 1st Lt. Nathaniel Edward Keegan, USMC, was named to the Commodore's List during Primary Flight Training and earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C aboard the USS George Washington (CVN 73) July 14. Keegan completed Advanced Jet Flight Training with VT-9.

✓ 1st Lt. Robin Lawrence Leili-Marrazzo, USMC, earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C aboard the USS George Washington (CVN 73) July 13. Leili-Marrazzo completed Advanced Jet Flight Training with VT-7.

✓ 1st Lt. Mark Edward Moeller, USMC, earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training he. He carrier qualified in the T-45C aboard the USS George Washington (CVN 73) July 14. Moeller completed Advanced Jet Flight Training with VT-7.

--From NAS Meridian Public Affairs

Antioch Missionary Baptist Church
 10638 Antioch Rd • Daleville, MS 39326 | www.amb-church.net
APOSTLE CLEVELAND HAYES, SR., PASTOR
THEOLOGY SCHOOL CLASSES
 BIPT201 Preaching
Dr. Ronald E. Cottle • September 8-10 (Register by 9/1/16)
 BICC526 Raising A Righteous Generation
Rev. Scott & Cheryl Scheer • October 6-8 (Register by 9/23/16)
 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.

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

More Van Drivers Needed!

Driving Veterans to VA Hospital in Jackson, MS

WHEN: Leave Meridian at 8:00 a.m., Mondays through Thursdays
 WHERE: To the VA Hospital in Jackson, MS; Free Lunch; and Leave Jackson about 2:00 p.m. back to Meridian
 WHO: Licensed drivers who care about our Veterans
 PROVIDED at No Charge: Free Physical, Driving Orientation, VA Hospital Orientation and basic Background Check
 CONTACT: Ken Storms at 601-527-8885 or krstorm5496@gmail.com or Ricky Nelson at 601-917-1007 for details

Sponsored By

RSVP Retired and Senior Volunteer Program
 United Way United Way of East Mississippi

PREVENT ZIKA AFTER TRAVEL
 4 Ways to Stop the Spread

- 1 Use insect repellent.
- 2 Use condoms or don't have sex. (Especially if your partner is pregnant)
- 3 Watch for symptoms.
- 4 Talk to your doctor.

FOR MORE INFORMATION VISIT CDC.GOV/TRAVEL

Infographic from CDC.gov/travel

● **Zika**

The following steps are recommended for those traveling to an area with ongoing Zika virus transmission:

- ✓ Choose a hotel or lodging with air conditioning or with screens on windows and doors.
- ✓ Sleep under a mosquito net if you are outside or in a room that is not well screened.
- ✓ Cover exposed skin by wearing long-sleeved shirts and long pants.
- ✓ Use EPA-registered insect repellents containing DEET, picaridin, or IR3535. These are safe for pregnant women when used as directed.
- ✓ Use permethrin-treated clothing and equipment.
- ✓ Look for insect repellents that contain 20-35 percent DEET, the most common active ingredient in insect repellent, or 20 percent picaridin. Repellents containing permethrin can be used to treat clothing and are safe for pregnant or nursing mothers and their children. These repellents can be purchased through online retailers and local sporting goods stores.

"If you or someone you know develops sudden fever, rash, joint aches, or red, irritated eyes within two weeks of travelling to an area of ongoing Zika virus transmission, see your Navy Medicine health care provider immediately, and report your symptoms and travel history," said Cmdr. Eric Deussing, head of public health, emergency preparedness and response U.S. Navy Bureau of Medicine and Surgery (BUMED).

As a reminder protect yourself and your home by covering exposed skin or using insect repellent, keeping all areas surrounding your home free of standing water and checking your area for any scheduled fogging and mosquito control. Protection can be the best prevention.

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

Logos: WMDN 24, FOX 30, WGBCTV 30, B24 UNCE, COZI 24, THE MERIDIAN STAR, MERIDIAN COMMUNITY COLLEGE

Logos: EMEPA We Care, Citizens National Bank, MISSISSIPPI POWER, Woodstock FURNITURE, A D T E C H 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

IT'S YOUR TURN...

This week we asked, "Who's your favorite NFL team and what are you most excited about going into this season?"

By MC2 Chris Liaghat



Bogan Burnett
Galley assistant manager
"Dallas Cowboys, I can't wait until the Cowboys go to the Super Bowl."



PSSN Lorenzo Bonner
NTTC student
"Seattle Seahawks, I'm looking forward to seeing the Seahawks bring home the gold."



YNSA Andrae Virgil
NTTC student
"Green Bay Packers, excited about all the new players and for us cheeseheads to win the Super Bowl."



YNSN Jeff Nyanteng
NTTC student
"Baltimore Ravens, last year we had many injuries, so it's good to see us healthy this season."



LSSN Dejuana Dairsow
NTTC student
"Eagles, I'm ready to see my team kick some butt on the field! This season will be our best season of all time!"

Fleet & Family Support Center

Helping children learn

It's no surprise to anyone that children need time with their parents. And even though most parents are extremely busy, whether they work outside of the home or not, they find time to spend with their children. But they want that time to count in helping prepare their children for the world they will find outside the home.

What counts most is what we say and do at home, not how rich or poor we are or how many years of school we have finished. When children can count on getting attention at home, they have a greater sense of security and self-worth. This will help them do better not only in school, but also when they grow up.

Communicating is probably the most important activity we can do in our home, and it doesn't cost anything. Ask questions, listen for answers. These are no-cost, high-value things to do. Communication can happen any time, any place—in the car, on a bus, at mealtime, at bedtime. When our children enter and continue school with good habits of communication, they are in a position to succeed—to learn all that has to be learned, and to become confident students.

Here are some things you can do when your children are young:

- ▶ Let them see you read, and read to them and with them. Keep books, magazines, newspapers around the house.
- ▶ Keep pencils and paper, crayons and washable markers handy for notes, grocery lists and schoolwork. Writing takes practice, and it starts at home.
- ▶ Teach children to do things for themselves rather than do the work for them. Patience when children are young pays off later. Help children, when needed, to break a job down into small pieces, then do the job one step at a time. This works for everything—getting dressed, a job around the house, or a big homework assignment.
- ▶ Develop, with your child, a reasonable, consistent schedule of jobs around the house. List them on a calendar, day by day.
- ▶ Every home needs consistent rules children can depend on. Put a plan into action, and follow through.
- ▶ Give each child an easy-to-reach place in which to put things away.
- ▶ Set limits on TV viewing and video use so that everyone can get work done with less background noise. Watch TV with your children and talk about what you see.

These are the messages to get across to your children about homework:

- ▶ Education is important. Homework has to be done. Let children know that this is what you value. Try to have a special place where each child can study.
- ▶ Help your children plan how to do all the things they need to do—study, work around the house, play, etc.
- ▶ Let your children know that you have confidence in them. Remind them of specific successes they have had in the past perhaps in swimming, soccer, cooking or in doing a difficult homework assignment.
- ▶ Don't expect or demand perfection. When children ask you to look at what they've done—from skating a figure eight to a math assignment—show interest and praise them when they've done something well. If you have criticisms or suggestions, make them in a helpful way.

With our help, our children can become confident students, able to handle the challenges of school. This means:

- ▶ Talking with our children about the value of hard work and about the importance of education;
- ▶ Talking about what's happening in school;
- ▶ Reading report cards and messages that come from school;
- ▶ Going to school and meeting with teachers;
- ▶ Taking part in school events when you can; and
- ▶ Finding out about resources in the community.

Sometimes we think that all our children need to know to be ready to start school are the ABCs and how to count. The reality is that most children can learn these things pretty fast once they get to school. What they do need—and what you can give—is the message that education is valuable: through education, people can shape their own future.

So, talk about learning, share the fun and excitement of new skills. Show your children that you are always learning, too. Read aloud, play games, and talk about events around the block and around the world.

Children tend to follow the examples set for them. When we say one thing and do another, children watch and learn. When we practice what we preach, children watch and learn. The bottom line is that when we give our children the support and information they need, and expect them to do well, they do better in school and in life.

Children need active, even noisy, learning as well as quiet learning such as reading. Active learning includes asking and answering questions (and trying to get more than just "yes" or "no" answers); solving problems; and discussing a variety of topics.

Encourage active learning. What can we do? We can listen to our children's ideas and respond to them.

We can let them jump in with questions and opinions when reading books together. When this type of give-and-take between parent and child happens at home, a child's participation and interest in school increases.

Limit TV watching. We know that children who watch a lot of TV learn less and get lower grades than students who watch little TV. And in international comparisons, U.S. students rank high in watching TV, but are near the bottom in doing homework. The result is that U.S. students know less than those in other countries.

Three of the important messages our children need about success in school can be sent by:

- ▶ Sharing our own experiences and goals with our children, because children tend to adopt our ideals. They need to know how we feel about making an effort, working hard, and planning ahead.
- ▶ Establishing realistic, consistent family rules for work around the house so our children can develop schedules and stable routines. Children need limits set even though they will test these limits over and over again. Children need to know what they can depend on—and they need to be able to depend on the rules we make.
- ▶ Encouraging our children to think about the future. Our children need realistic, reasonable expectations, and they need the satisfaction of having some of these expectations met. They need to take part in making decisions (and to learn that sometimes this means sacrificing fun now for benefits later) and they need to find out what happens as a result of decisions they have made.

In summary, to help your children learn:

- ▶ Listen to them and pay attention to their problems.
- ▶ Read with them.
- ▶ Tell family stories.
- ▶ Limit their television watching.
- ▶ Have books and other reading materials in the house.
- ▶ Look up words in the dictionary with them.
- ▶ Share favorite poems and songs with them.
- ▶ Take them to the library—get them their own library cards.
- ▶ Take them to museums and historical sites.
- ▶ Discuss the daily news with them.
- ▶ Go exploring with them and learn about plants, animals and geography.
- ▶ Find a quiet place for them to study.
- ▶ Review their homework.
- ▶ Meet with their teachers.

-- 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

Welcome Aboard

Sept. 1 from 8 a.m.-2 p.m.

FFSC welcomes you to Meridian by providing current information and policies regarding NAS. Topics covered will include: Navy career choices, FFSC services, Medical, Dental, Exceptional Family Member (EFM) Program, TRICARE, vehicle registration, on- & off-base driving regulations, legal services, community services, Chapel & other religious services, MWR, things to do at NAS & in Meridian, and more!

Transition GPS Capstone

Sept. 6 from 9:30-10:30 a.m.

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

IA Spouse Discussion Group

Sept. 6 from 11 a.m.-noon

FFSC hosts this IA Spouse Discussion Group over coffee (or tea). Join other military spouses to talk about the challenges of IA deployment, share survival tips, discuss the impact of deployment on children, remind one another about the benefits of deployment, or just kick back & chat!

Suicide Prevention

Sept. 8 from 3:30-4:30 p.m., or Sept. 14 from 9-10 a.m.

Did you know that suicide has been the second or third leading cause of death among active duty Sailors and Marines for the past 10 years? September is National Suicide Prevention Month, and awareness about suicide can help prevent the number of men and women our military family loses to suicide each year. Topics of discussion will include: why people kill themselves, warning signs, what YOU can do, and places to get help. Don't miss this opportunity to gain information that might save a life!

Troops to Teachers: "Transition to Teaching" Seminar

Sept. 13 from 10:30 a.m.-noon.

This briefing will cover eligibility and registration for the DoD TTT program. It will address funding and counseling services given by TTT state offices. The need for public school teachers will be addressed. Considerations and individual preparations for becoming a public school teacher will be discussed in depth. It will include gaining teaching experience, requirements for teacher certification, and obtaining employment.

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

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

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

Prevention contact

1. Immediate emergency: 911
2. Branch Health Clinic: 601-679-2633
Monday-Friday 7 a.m.-4 p.m.,
after hours 601 481-4148.
Call to schedule emergency appointment if suicidal behavior appears evident.
3. Fleet and Family Support Center: 601-679-2360,
Monday-Friday 8 a.m.-4:30 p.m. Call to schedule an appointment if warning signs are present.

Installation Training Team conducts aircraft exercise



Photos by MC2 Chris Liaghat

Above: Emergency responders use an off-road vehicle to extract a simulated injured pilot from the woods near the flight line. These simulated events provide NAS Meridian emergency responders the opportunity to use an array of life-saving vehicles and equipment.

Left: Firefighters practice fighting an aviation fire on the MAFTD (mobile aircraft fire training device) during an installation training exercise Aug. 24. The seniro included a simulated T-45C crash and subsequent fuel spill. Personnel from fire, security, environmental, air traffic control and Training Wing One participated in the exercise.

NTTC's first GS2PS class graduates



The first class of Navy Pay and Personnel Support Command general schedule civilian employees and active-military Sailors completed Personnel Specialist "A" School at Naval Technical Training Center Meridian.

During their time in the Personnel Specialist "A" School, the students became familiar with enlisted service records, pay and personnel references, pay and personnel transactions, pay and allowances, computing taxes, permanent change of station (PCS) travel processing, reenlistments, extensions, separations, and creditable service calculations.

The 19-day intense training culminated in a course completion ceremony attended by Ann Stewart, Assistant Commander, Navy Personnel Command for Pay and Personnel Management (PERS-2) in Millington, Tenn., and Capt. Derric T. Turner, Commanding Officer for the Center for Service Support in Newport, Rhode Island.

Naval Technical Training Center Meridian is a training command comprised of military training instructors, DoD civilians, and contractor personnel responsible for providing technical training in the administrative and logistics ratings to more than 2,600 Sailors annually.

Photo by Tom Childress

'Be there' for your shipmates during Suicide Prevention Month 2016

By James Rosenfelder

U.S. Navy Bureau of Medicine and Surgery Public Affairs

Navy Medicine recognizes September as National Suicide Prevention Awareness Month, beginning Sept. 1. The theme for Suicide Prevention Month 2016 is "Be There."

Throughout the month, Navy Medicine will highlight the power of peer support and personal wellness, encouraging Sailors and Marines to be there for their shipmates.

"Action starts with prevention," said Vice Adm. Forrest Faison, Navy surgeon general and chief, Bureau of Medicine and Surgery (BUMED). "When a Sailor needs assistance, easy access to support resources and mental health treatment is essential, as is validation of help-seeking behaviors."

Suicide prevention is a yearlong effort. Suicide Prevention Month serves as a reminder that building resilience and preventing suicide requires all members of the Navy and Marine Corps community to work together. Every life lost to suicide is one too many.

"Take action if you notice anything out of the ordinary for a shipmate; reach out to them," Faison said. "If you are having difficulties, seek help if needed. Seeking help is a sign of strength. It's okay to speak up when you're down."

Everyday connections can make a big difference to someone feeling alone, in crisis or having thoughts of suicide. One small act can open the door for support by breaking the silence and facilitating early intervention.

Throughout the month, Navy Medicine will share resources to help Sailors, Marines and their families recognize the warning signs of suicide and what they can do to help.

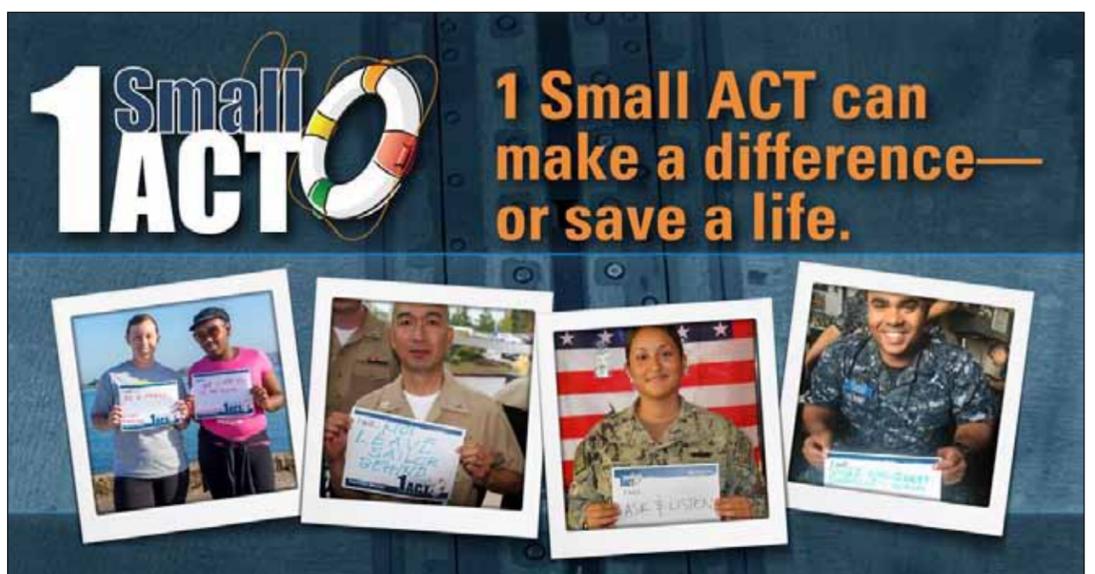


Photo illustration from public.navy.mil

"1 Small ACT" is the new message in the Every Sailor, Every Day campaign, and it's an opportunity to connect with Sailors. The Navy spends time and energy on our people. Our people are our greatest asset.

If you or someone you know is in immediate danger, call 911.

If you or someone you know is contemplating suicide, seek assistance immediately by contacting the Military Crisis Line by calling 1-800-273-8255, online at <http://www.militarycrisisline.net/> or sending a text message to 838255.

U.S. Navy Medicine is a global health care network of 63,000 Navy medical personnel around the world who provide high-quality health care to more than 1 million eligible beneficiaries. Navy Medicine personnel deploy with Sailors and Marines worldwide, providing critical mission support aboard ships, in the air, under the sea and on the battlefield.

OMBUDSMAN

Denika "Nikki" Thursby
NTTC Meridian Ombudsman
Call 601-479-8489 or
e-mail: nttcombudsman@gmail.com

Kathleen Fryar
NAS Meridian Ombudsman
Call 601-880-0933 or
e-mail: nasmeridianombudsman@gmail.com



Photos from National Parks Service archives