

# THE SKYLINE



Volume 54, Number 6

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March 17, 2016

## On Base...

### Give Parents A Break & Parent's Night Out

March 25 at CDC and SAC from 6-10 p.m. Call 601-679-2652 to register.

### Plant a Flower Day at the Library

March 23 from 4:30-5:30 p.m. All children are welcome to get their fingers dirty planting flowers!

### Military Teens: Globally Connected

Join us at the Fitness Center from 7 p.m. on April 29 to 7 a.m. on April 30 for "Familiar Faces in Different Places." Register by calling Erica White at 601-679-2652.

### 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.

### SAC Summer Camp

10-week program for youth during summer break. Starts May 23. Call 601-679-2652 or 601-679-5252 to register.

## A Day in Naval History

**March 17 1959:** USS Skate (SSN-578) becomes the first submarine to surface at the North Pole, traveling 3,000 miles in and under Arctic ice for more than a month.

**March 19 1918:** Ensign Stephen Potter is the first American to shoot down an enemy seaplane, a German plane off the German coast during World War I.

**March 20 2003:** Operation Iraqi Freedom begins after USS Bunker Hill (CG 52) is among the first to launch tomahawk missiles on Iraq, along with other Navy ships in the Red Sea and Persian Gulf.

**March 21 1917:** Loretta Walsh becomes the first woman Navy petty officer when sworn in as chief yeoman.

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

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

## DoD: 'Integrate women into combat roles'

By Karen Parrish  
DoD News, Defense Media Activity

WASHINGTON, D.C. -- After "exceptionally thorough work" by all of the services, the U.S. military is authorized to begin integrating women across all occupations and specialties immediately, according to a Defense Department statement released March 10.

Pentagon Press Secretary Peter Cook briefed reporters on Defense Secretary Ash Carter's decision and the accompanying statement.

Carter "formally approved the final implementation plans prepared by the military services and U.S. Special Operations Command to integrate women into all combat roles," Cook said.

### Managing change 'The right way'

In the statement, Carter said the department must handle the change "the right way, because the combat



Carter

effectiveness of the world's finest fighting force is paramount."

Cook noted that Deputy Defense Secretary Bob Work and Vice Chairman of the Joint Chiefs of Staff Air Force Gen. Paul J. Selva co-chaired an implementation group tasked with a detailed review of the plans.

The review was the culmination of years of studies and reports going back to 2011, when then-Defense Secretary Leon E. Panetta ordered an examination of all laws and policies governing the assignment of women in the armed forces.

● **Women, page 7**

## MM2 Rieber earns AC2 Whitney Powell Memorial Military Citizen of the Year

By Penny Randall  
Public Affairs Officer



Eddie Kelly, left, president of the Mississippi Council of the Navy League, presents the AC2 Whitney Powell Memorial Military Citizen of the Year award to MM2 Neil Rieber as Command Master Chief Jonas Carter looks on.

Machinist's Mate Second Class (SS) Neil B. Rieber was honored with the AC2 Whitney Powell Memorial Military Citizen of the Year award during a luncheon March 3.

Rieber was both surprised and humbled by the announcement.

"The true winner of this award is the city of Meridian and the state of Mississippi," said Rieber, who is a military standards division supervisor at Naval Technical Training Center Meridian. "No one gets to a position like I received without a great foundation and a great staff."

Rieber would credit his wife with encouraging him.

"My wife has definitely been by my side through a lot of my time in the Navy. Her knowledge of the working of this organization, because of her eight years of service, has been a great help for me when I need a path to vent or someone to celebrate accomplishments with."

Rieber also credits his fellow Sailors and staff at NTTC Meridian.

"Chief Denne has been an

● **Rieber, page 10**

## Sailors, civilians revitalize IFLOLS Lens; project saves thousands

From Staff Reports

Naval Air Station Meridian's Field Support and Ground Electronics Divisions, within the Air Operations Department, joined forces to complete an essential overhaul of the base's three Improved Fresnel Lens Optical Landing Systems (IFLOLS).

Commonly known to naval aviators as the "Meat Ball" or just "Ball," the IFLOLS Lens gives pilots a reference on final approach, used along with angle of attack and lineup, so that they can land aboard an aircraft carrier both during the day and at night. This sophisticated piece of equipment

● **Project, page 8**



Photo by MC2 Casey H. Kyhl

Members of Field Support and Ground Electronics Divisions are pictured with one of three IFLOLS Lenses that the group refurbished. The cost to repair the lens, using the skills of these Sailors and civilians, was only \$2,000 compared to \$250,000 to have the work done by an outside agency. Additionally, CNIC representatives asked to use Meridian's method as a "best practice" for other bases to follow suit.

## 'Welcome Home Vietnam Veterans'

Veterans of Foreign Wars Post 12124 along with several community sponsors will host "Welcome Home Vietnam Veterans" Saturday, April 2 at the Frank Cochran Center in Highland Park. The Veterans Affairs Mobile Unit will be on site for veterans to sign up for services. Veterans should bring their DD-214 or other proof of eligibility. Sign up for other military organizations will include The Military Order of the Purple Heart, American Legion, Fleet Reserve Association, Disabled American Veterans or the Veterans of Foreign Wars. Doors will open for registration at 9 a.m. Parade of Veterans is at 11 a.m. with lunch and special guest speakers to follow. Pre-register is required for preparation of food. Lunch for Vietnam and Vietnam-era veterans is free. All others are \$7 per person. Register by calling 601-282-5866 or e-mail: [meridianvfw@comcast.net](mailto:meridianvfw@comcast.net)

## Look Inside

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"Friends of Bill" AA meetings held every Wednesday at Chapel



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F-35B Lightning II performs vertical landing at Marine Corps Air Station Beaufort



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Financial planning for your families future





## Photo of Week



Photo by MC3 Wesley J. Breedlove

The aircraft carrier USS John C. Stennis (CVN 74) arrives at Commander, Republic of Korea Fleet base in Busan, the new home for the U.S. Navy in Korea. John C. Stennis is operating as part of the Great Green Fleet and is visiting Busan as part of a scheduled port visit.

# Thousands of Sailors board-eligible for chief

By Ed Barker

Naval Education and Training Professional Development and Technology Center Public Affairs

PENSACOLA, Fla. (NNS) -- From the pool of approximately 33,000 first class petty officers who took the chief's test, 19,170 Sailors are now selection-board eligible for the fiscal year 2017 active duty and full time support Chief Petty Officer Selection Boards, officials announced March 11.

Sailors who took the cycle 230 E7 exam can find out if they made the board by checking their profile sheets via the Navy Advancement Center (NAC) portal on Navy Knowledge Online (NKO). Reserve component answer sheets for cycle 098 are currently being processed by NAC and those selection board eligibility results should be out in early April.

"The process to identify which Sailors are selection board eligible starts with the Final Multiple Score (FMS), which consists of only two factors for chief candidates -- eval performance mark average and exam standard score," said Master Chief Electronics Technician Nuclear Power (SS) James Berhalter, command master chief for the Naval Education and Training Professional Development and Technology Center. "Once the FMS is calculated for each candidate, the Advancement Center rank orders Sailors in each rating."

The FMS performance factor is calculated using the Sailor's advancement recommendations within the time period specified for that cycle. The FMS exam standard score is a numerical representation of rating knowledge compared to peers taking the same exam. Only the advancement candidates that fall in the top 60 percent of each rating, plus selection board waivers, are considered by the chief selection board.

There are 461 selection board waivers for cycle 230, which include candidates who serve in a Congressionally-designated combat zone.

According to Navy Personnel Command (NPC) Force Master Chief (SW/AW) Tuck Williams, making board is a significant accomplishment, but there are additional steps to the process to earn those anchors.

"These board-eligible Sailors now

have an opportunity to ensure their Official Military Personnel File (OMPF) is correct and up to date with their latest evaluations, awards and other appropriate information," said Williams. "The selection board reviews this information so it benefits the Sailor for it to be correct."

Sailors can review their OMPF online by selecting the "OMPF - My Record" link under the BUPERS Online (BOL) Application Menu Log available at [www.bol.navy.mil](http://www.bol.navy.mil).

The selection board will also review each candidate's personnel summary record (PSR) parts I, II and III. Sailors can view their PSR by logging into BOL using the link above.

Sailors may provide new information to the board that is not currently in the OMPF. Instructions on how to submit a letter to the board can be found on [www.npc.navy.mil](http://www.npc.navy.mil) under boards/active duty enlisted/general information.

Letters to the board must be received at NPC by April 25 for the Reserve component board and May 31 for the active-component board. Specific details, including mailing addresses for letters to the board, timelines and additional information can be found in NAVADMIN 014/16 and under the selection board tab available at [www.npc.navy.mil](http://www.npc.navy.mil).

The FTS and Reserve component Selection Boards are scheduled to convene May 16 and the active-component selection board is scheduled to convene June 20.

The active-component Chief Petty Officer Board is the largest selection board conducted in the Navy and typically lasts four weeks. After the selection board reviews the records of all eligible candidates and selects the best and fully-qualified Sailors based on the precept, the results are forwarded to the Chief of Naval Personnel for final approval.

For more information on the Navy Advancement Center and the Naval Education and Training Professional Development and Technology Center, visit: <https://www.netc.navy.mil/netc/netpdtc/Default.htm>.

Get the latest information on Navy enlisted advancement by visiting the Navy Advancement Center on Facebook: <https://www.facebook.com/Navy-Advancement-Center-213190711299>.

## Area Happenings

### MARCH

**19: Community Bank 3rd Annual 5K & Fun Run** at Bonita Lakes at 8 a.m. Entry Fee 5K Run/Walk: \$20 per person and \$25 day of race (this includes a race t-shirt while supplies last). Entry Fee Fun Run (ages 12 & Under): \$10 and \$15 day of race (this includes a race t-shirt while supplies last). Call 601-693-0200.

**19, 25-26: Easter Eggstravaganza at Lazy Acres Plantation** from 10 a.m.-4 p.m. Are you up to the challenge of a REAL Easter egg hunt? Our hunt works a little different than most. It's much more fun than an old fashioned hunt that releases a mass chaos of children all at once. Lazy Acres scavenger egg hunt provides a fun egg hunting experience for the whole family but especially children ages 3-10. Find 12 eggs and turn them in to the Easter Bunny to win a prize pack. After your hunt, enjoy playing on our jumping pillow, 100' slide, and see the farm animals. Admissions: \$8 for children 3-10; \$6 for adults. For information, call 601-655-8264 or go to: <http://www.lazy-acres.com/easter.html>

**19: Agape Storehouse Women of Wisdom in partnership with LFW Ministries presents Health Forum 2016** from 10 a.m.-1 p.m. at Agape Storehouse Church Family Life Center, 4603 Highway 39 North, Meridian. Facilitators include Dr. Kimberly Burns, eye care; Mia McCoy, RN, foot and dental care; Linda Warren, RN, mammogram training; Linda F. Willis, young living representative natural health; and Dr. Otis Gowdy Jr., blood pressure management, diabetes, nephrology and primary care. For information, call 601-485-2870.

**20: MCC Community Band concert at Meridian Community College**, McCain Theater at 2 p.m. The Meridian Community College Community Band was organized in January of 1981, under the direction of Carey Smith. This ensemble is comprised of college and high school players, and members of the community at large. The season for the band runs from January to April. The Community Band is now under the direction of first year band director Jon Romero. The band's repertoire consists of marches, Broadway songs, novelty pieces, and orchestral transcriptions of overtures. Do not miss this opportunity to see a Meridian treasure in its inaugural season with its new director. This performance is suitable for audiences of all ages. Admission is free. For more information go to: <http://www.mcc.ms.us/institutional-advancement/arts-and-letters/index>

**26: City of Meridian Easter Egg Hunt** at Highland Park from 10-11 a.m. Join the City of Meridian Parks & Recreation Department and Eastend Temple Lodge #476 for lots of fun and prizes for children. Event is free and open to public. For information, call 601-485-1802.

**26: Meridian Symphony League 33rd Annual Crawfish Boil** at Frank Cochran Center at 6 p.m. Music provided by Second Chance. Only "all you can eat" Crawfish Boil in Meridian!! Tickets are \$30 and there is a limited amount. Tickets can be purchased from any Symphony League member, Belle G, Harry Mayer or Cater's Market.

### APRIL

**23: Agape Storehouse Apostolic Church presents "Testimonial Interview Outreach Day"** -- help for men and women with drug addiction, sexual addiction, fornication, stealing, gambling, child abuse as well as physical and mental abuse. Free hot dogs and drinks from 10 a.m.- 1 p.m. at Frank Berry Courts, Meridian. For information, call 601-485-1802.

**23-24: The Meridian Little Theatre Guild will be holding its annual Spring Variety Sale** on April 23 from 9 a.m.-3 p.m. and April 24 from 1-4 p.m. at the Meridian Little Theatre on Hwy 39 North, Meridian. Items for sale include ladies, men's and children's clothing, purses, shoes, linens, kitchen items, knick-knacks, home decorations, toys, books, magazines, and many other items. We also have a special boutique area with name brand items at slightly higher prices and several beautiful wedding gowns and evening wear. Sunday most items, except boutique, will be 1/2 price. For more information call the box office at (601) 482-6371 or (601) 679-7671.

### ONGOING

**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. Fees: Free for first meeting, only \$50 a year to become a member. Military discounts available.

• • • • •

• **"Give Parents a Break"** •

• **"Parents Night Out"** •

• **March 25, April 7, 14, 21 and 29** •

• **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, call 601-679-2652** •

• • • • •

## Save your smile, your health and your money: Enroll in the TRICARE Retiree Dental Program

Do you see your dentist at least twice a year for regular checkups? If so, you have an excellent chance of keeping your teeth and gums healthy for a very long time. Because your mouth is the gateway to the rest of your body, maintaining good oral health is important—but even routine dental care can be costly, sometimes averaging several hundred dollars each year.

Fortunately, the TRICARE Retiree Dental Program (TRDP) can keep you smiling and help you maintain your overall health, all at an affordable cost.

Here are just some of the many reasons why more than 1.5 million current enrollees find the TRDP to be such a good value:

- You get your routine annual services—two cleanings (or three with diagnosed Type 1/Type 2 diabetes), two exams and an x-ray—with no cost share when you see a TRDP network dentist. And, these services don't count towards your annual maximum or deductible!
- Seeing a network dentist network helps you save an average of 22 percent on your covered dental care. With the TRDP, there is a large nationwide network of dentists from which to choose. To find a network dentist near you, use the "Find a Dentist" link at [trdp.org](http://trdp.org).
- Network dentists accept the

TRDP allowed fee for covered services, so there are no surprise costs beyond your expected cost share and deductible, where applicable.

• Each enrollee gets a generous \$1,300 annual maximum, a \$1,200 annual dental accident maximum and a \$1,750 lifetime orthodontic maximum.

• The TRDP coordinates benefits with other dental plans, allowing you to maximize your coverage under both plans.

To enroll in the TRDP, visit [trdp.org](http://trdp.org) and choose the method that works best for you. Enrolling online using the Quick Link to the Beneficiary Web Enrollment (BWE) site is quickest, or you can print an application from the TRDP website and mail it to Delta Dental along with your prepayment amount.

After enrolling, you're encouraged to register for the online Consumer Toolkit®, where you can verify your program eligibility; review your benefits, coverage levels and remaining maximums and deductibles; check on the status of your processed claims and claim payments; and sign up for paperless (electronic) Explanation of Benefits statements.

Don't wait to improve your oral health and your quality of life. Enroll in the TRDP today!



Kids back to school and do you want to fill your time?

Help other military families!

**VOLUNTEER**

Navy-Marine Corps Relief Society covers the cost of childcare while you are volunteering and provides monthly/quarterly mileage reimbursement.



Call NMCRS Meridian at 601-679-2504 or email [alice.huffman@nmcrs.org](mailto:alice.huffman@nmcrs.org) to learn more about how you can help.

Volunteer staff our office two days a week. Tues/Thurs 0830 - 1300

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

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### 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  
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 NMCRS Duty Cell: 601-604-2206  
 EEO (NAF): 866-295-0328  
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# Congratulations NAS Sailors, civilians of the quarter



**ABH1 Andrew Thomas**  
Senior Sailor of the Quarter



**ABE2 Gabriel Cooper**  
Junior Sailor of the Quarter



**AC3 Nathan Hession**  
Blue Jacket of the Quarter



**Jonathan Cole**  
Senior Civilian of the Quarter



**Donald Rawson**  
Junior Civilian of the Quarter

## Reenlistments



Photo by MC2 Casey H. Kyhl

**AC2 Rachelle Feurer** accepts her reenlistment certificate from Lt. Lance Breeding during a ceremony March 3. Feurer reenlisted for six years.



Photo by MC2 Casey H. Kyhl

**AC3 Ivana Johnson** takes the reenlistment oath from Lt. Lance Breeding during a ceremony March 4. Johnson reenlisted for four years.

## How the NMCRS helped me...



**YN3 Sean Pearson**  
"The first I heard of the relief society was from my chain of command aboard my first ship, during my first deployment. I haven't used the service myself but I have friends who do, and I know it's a good source to have for emergencies. I highly recommend NMCRS."

**YNSN Aaron Lewis**  
"The senior leadership at basic training first told me about the NMCRS. The first time I used it was as an E-1; I came back from leave with no money and found my car with four flat tires. NMCRS helped me out! At some point in your life you might need help too."

**YN2 Sean Evans**  
"I learned of the NMCRS when I arrived at "A" school in Great Lakes. I used the service multiple times over the years when I was in a jam to pay for auto parts or catch up on bills. It's an excellent program, and I recommend any Sailor to utilize it. You help them, they help you."



### Friends of Bill Meeting

(Open Meeting)

**EVERY Wednesday**  
**Base Chapel @ 1900**  
Anyone with base access is welcome to attend.

You are welcome to bring a friend too.

For questions call  
**601-679-3635 or 601-679-2209**



## Command Belt Buckles



Gold: \$30  
Silver \$25

On sale at  
PAO office, Building 255, Suite 163 - See MC2 Kyhl  
or at Air Operations see ABH1 Thomas, ABH1 Demeterio or AC1 McKernan





# Great Green Fleet visits Korea

By MGSN Dakota Rayburn  
USS John C. Stennis (CVN 74)

BUSAN, South Korea (NNS) -- John C. Stennis Strike Group (JCSSG), the centerpiece of the U.S. Navy's Great Green Fleet (GGF) initiative, arrived in the Republic of Korea (ROK) for a scheduled port visit March 13.

USS John C. Stennis (CVN 74) and the guided-missile destroyers USS Stockdale (DDG 106) and USS Chung-Hoon (DDG 93) moored in Busan. The guided-missile cruiser USS Mobile Bay (CG 53) settled in Mokpo and the guided-missile destroyer USS William P. Lawrence (DDG 110) is in Donghae.

Local children welcomed the strike group with a ceremonial gift exchange in Busan, followed by a press conference with Commander, John C. Stennis Strike Group Rear Adm. Ron Boxall and Commander, Naval Forces Korea Rear Adm. Bill Byrne. Stennis will host guided tours for more than 1,200 locals while in port to enhance partnerships, develop goodwill and create friendships in the area.

Coordination for this port visit has been in the works for a long time, highlighting the close relationship enjoyed by the U.S. and ROK navies.

Korea is a major fuel hub for U.S. Navy vessels in 7th Fleet area of operations. JCSSG has spent the first two months of its deployment using an alternative fuel blend consisting of 10 percent biofuel manufactured from animal fat mixed with standard petroleum-based fuel. The ships are also using operational procedures and energy conservation measures to increase capability and adaptability.

"By transforming energy use and awareness, we become a more flexible fighting force—whether in the waters around Korea or in the waters we sail around the globe," said Boxall.

During their time in Korea, JCSSG Sailors had the opportunity to explore the region, participate in community relations (COMREL) events and morale, welfare and recreation (MWR) tours. Whatever they decide to do, Sailors will have the chance to learn more about the culture and practices of one of the U.S.'s' greatest allies in the Indo-Asia-Pacific.

"I'm looking forward to the trip to the [Demilitarized Zone] DMZ," said Hospital Corpsman 2nd class Alex Perez, from Mayaguez, Puerto Rico. "I never thought I'd ever make it over to Korea, but I'm happy that I finally will."

While some Sailors are excited for exploring the nearby areas, other Sailors are excited for the native cuisine.

"I can't wait to try the food," said Engineer Fireman Steven Bressler, from Ft. Lauderdale, Florida. "I've never had Korean food before so this is going to be a pretty exciting experience."

JCSSG will participate with the ROK navy in exercise Foal Eagle, an annual training exercise that incorporates scenarios such as gunnery exercises, communication drills, dynamic ship maneuvers, logistical rehearsals, salvage training and liaison officer exchanges between the two navies.

The strike group is comprised of Stennis with Carrier Air Wing (CVW) 9 and Destroyer Squadron (DESRON) 21 embarked Chung-Hoon, Stockdale, William P. Lawrence and Mobile Bay.

CVW-9 consists of Helicopter Maritime Strike Squadron (HSM) 71, Helicopter Sea Combat Squadron (HSC) 14, Airborne Early Warning Squadron (VAW) 112, Electronic Attack Squadron (VAQ) 133 and Strike Fighter Squadrons (VFA) 151, 97, 41 and 14.

Providing a ready force supporting security and stability in the Indo-Asia-Pacific, Stennis is operating as part of the Great Green Fleet on a regularly scheduled 7th Fleet deployment.

# USS William P. Lawrence wraps up OMSI, rejoins Great Green Fleet

By MC3 Emiline L. M. Senn  
USS William P. Lawrence Public Affairs

WATERS TO THE EAST OF THE KOREAN PENINSULA (NNS) -- Guided-missile destroyer USS William P. Lawrence (DDG 110) rejoined the John C. Stennis Carrier Strike Group (JCSSG) March 11, upon completion of her Oceania Maritime Security Initiative (OMSI) tasking in the Western Pacific.

The JCSSG is the centerpiece of the U.S. Navy's Great Green Fleet, a yearlong initiative highlighting efforts to reshape energy use to increase operational capability and flexibility.

Despite her disaggregation from the JCSSG, Lawrence has continued to play her part as an integral asset of the Great Green Fleet. During the first two months of her deployment Lawrence used a blend of alternative biofuel and adopted additional fuel conservation procedures.

The result: sustained and independent operations at sea.

"By transforming energy use and awareness, we become a more flexible fighting force -- whether in the waters of the Western Pacific or in the waters we sail closer to home," said Rear Adm. Ron Boxall, Commander, John C. Stennis Strike Group. "That flexibility becomes more operational time on station, more time to build partnerships, and more time to promote peace and stability in the region."

During OMSI tasking, Lawrence burned an average of 20,159 gallons of fuel per day -- 4.4 percent of her total fuel capacity, which is 40 percent less than her average fuel burn rate in 2015.

"In conducting the OMSI mission, fuel conservation is an absolute must," said Lt. Quinn Matt, chief engineer aboard Lawrence. "Due to the geography of the region and the tyranny of distance, logistical support is in short supply over large swathes of the Pacific, especially for ships operating alone. By adhering to our fuel conservation measures, we were able to meet all our mission requirements and prolong operational endurance."

In support of the OMSI mission, an embarked law enforcement detachment from U.S. Coast Guard Tactical Law Enforcement Team South worked with Lawrence's Visit, Board, Search and Seizure (VBSS) team and embarked Air Department from Helicopter Maritime Strike Squadron (HSM) 71. Together, they conducted eight boardings in support of U.S. and Pacific Island Nations (PIN) fisheries laws.

"OMSI was a great opportunity to engage with PIN in an enhanced capacity and to continue building our relationships and partnerships in the region," said Cmdr. Walter C. Mainor, commanding officer. "It was a privilege to be 3rd Fleet's OMSI platform and operate forward in the region."

# St. Patrick's Day cuisine not so lucky

Sure, there will be parades, funny hats, green decorations, and parties during the week of March 17th. But what really makes or breaks holidays and special occasions?

Let's face it — it's all about the food.

Halloween, Valentine's Day and Easter are lucky enough to have chocolate as their traditional treat. Thanksgiving hit the luck jackpot with succulent roasted turkeys, mouth-watering dressings, tartly sweet cranberry sauce, and pies loaded with whipped cream. And who doesn't love Christmas and Hanukah foods like cookies, doughnuts, prime rib, latkes, hot cocoa, brisket, and gingerbread? With the luck of the Irish on it's side, you'd think that St. Patty's Day would be associated with delectable culinary delights.

But corned beef and cabbage?

First of all, what is "corned" beef anyway? Does the corning process make an otherwise inedible piece of meat safe for human consumption? Is it one of those cuts of meat that grandfathers like to hang from rafters in basement corners, smelling like sweaty feet for 9 months at a

time? Is the term "beef" just a genteelism for "pickled squirrel meat my Paw-Paw shot in the backyard"?

Corned beef is undeniably delicious in a grilled reuben sandwich, but when boiled with cabbage, it can become a smelly, stringy affair. I have enjoyed corned beef and cabbage on a few occasions; however, those were the times that, by sheer happenstance, the cooking time was precisely correct for that particular size cabbage, acidity, elevation, boiling point, and tilt of the Earth's axis.

What average cooks don't realize is that, within mere seconds, the otherwise crispy, sweet vegetable can become an overcooked ball of sulphur-gas-emitting mush that will stink up the house for at least a week. Corned beef and cabbage cannot just be tossed into a Crockpot. Cooking this finicky

dish properly requires knowledge of chemistry, catlike senses, and a precision timing device. But who wants to stand around on St. Patrick's Day watching cabbage steam for precisely six minutes and 39 seconds? There's green beer to drink!

Speaking of which, green beer is festive and all, but let's not kid ourselves. Order a green beer in any pub on St. Patrick's Day and it's likely to be the most tasteless brew on tap. Why? The rich gold, amber and brown tones of the better beers turn an unappetizing hue of olive drab when mixed with green food coloring. It's the watery, faintly yellow beers that make the prettiest kelly-green tones, but beware that the appetizing color is masking a gut-rot swill that will stain your tongue and leave your head throbbing in the morning.

To make matters worse, my Irish mother-in-law, Alice Murphy, bakes a loaf of Irish Soda Bread every year around this time, and the whole family raves. But the dry, bland loaf has always confused me. It's not sweet enough to eat like coffee cake or dessert, but it's too

sweet to use as a pusher for the corned beef and cabbage.

"It's good with butter," my mother-in-law would say. But doesn't everything taste good with a thick slab of butter?

There is one saving grace of St. Patrick's Day cuisine. That sweet frozen delight with a creamy hint of something reminiscently herbal like mint (or is it parsley?) that tingles the senses and cools the cabbage-scalded tongue. Whether eaten at 2:00 am with a Supersize Fry and Filet-o-fish after guzzling green beer, or sipped solitarily from the Drive-thru window on the way home from work, The Shamrock Shake mercifully delivers us from culinary evil.

When it all boils down to it, eating lousy food on St. Patrick's Day isn't so bad, as long as you're lucky enough to share it with friends and family.

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.themelandpotatoesofflife.com](http://www.themelandpotatoesofflife.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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**NAS Meridian CSADD chapter meets every Thursday of the month at 2:15 p.m. in the Air Operations conference room. CSADD is the Coalition of Sailors Against Destructive Decisions. It is for the Sailors by the Sailors. Topics discussed include drug abuse, suicide prevention, drinking and driving, and much more. CSADD is open to all E5 and below.**

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**Pvt. Dean Semper**  
MATSS-1 Student  
Hometown: Brooklyn, N.Y.

# OOORAH!

**Pvt. Rahimah Alipowell**  
MATSS-1 Student  
Hometown: New York

Pvt. Dean Semper joined the Marine Corps Oct. 26, 2015, to provide for himself and his family and be able to give back to his community.

He is currently enrolled in the Aviation Operations Specialist course at Marine Aviation Training Support Squadron One.

Semper enjoys listening to music, going to the gym and watching anime.

Still at the beginning of his military career, Semper's most memorable moments have come when he was put into situations he wouldn't naturally be in which him to be more independent.



Pvt. Rahimah Alipowell became a Marine April 3, 2015, because she knew it would make her a better person, mentally and physically, and because she likes to shoot things.

When she isn't playing video games, drawing, writing or watching Netflix, Alipowell is busy becoming an Aviation Operations Specialist at Marine Aviation Training Support Squadron One.

Basic training changed Alipowell's outlook on life, but she is looking forward to being on her own, being an adult and taking care of her own responsibilities.

Alipowell admires her boot camp first sergeant because of how professional and squared away she was.

## Policy will change face of Marine Corps

By Sgt. Melissa Karnath  
Defense Media Activity

FORT GEORGE G. MEADE, Maryland -- Secretary of Defense Ash Carter approved the Marine Corps' Force Integration Implementation Plan, which systematically opens all military occupational specialties, March 10.

The Marine Corps utilized the time afforded to the services and United States Special Operations Command to develop a comprehensive plan to fully implement the policy of the Secretary of Defense. As a result of the research, the Marine Corps instituted clearly defined gender neutral, operationally relevant, individual performance standards across the spectrum of Marine training and military occupation specialties, which facilitates the matching of Marines to jobs for which they are best qualified.

This systematic plan is conditions-based and event-driven, with many actions occurring in the first 12 months.

"The implementation plan was deliberately and thoughtfully designed to ensure that the Marine Corps takes advantage of this opportunity to maximize the talent and skills of all its Marines and to make sure we sustain the most combat effective force," said Maj. Misty Posey, plans officer for Manpower Plans Integration.

A large subject of controversy is the idea that the Marine Corps will lower physical standards because of this change.

"That's absolutely not the case; that's never been part of the plan," said Posey. "In most cases, when we codified our standard, they actually are higher than what they were before."

The implementation process can be broken down into four broad sections: screening, classification, qualification and continuation.

### Screening

When an applicant applies for a ground combat arms military occupation specialty they are required to meet the screening standard before leaving for recruit training.

To meet the screening standard, the applicant must complete a ground combat arms initial strength test. This test is very similar to the current IST. They will execute pull-ups, crunches and a 1.5-mile run, with the addition of ammo can lifts. Both men and women will need to get a minimum of three pull-ups.

"As you travel through the entry-level pipeline, the test gets a little bit harder and a little bit more direct," said Posey.

### Classification

While in recruit training, the recruit must meet a specific score on both the physical fitness test and the combat fitness test to attend a ground combat arms MOS school after graduating. This time around, both men and women must get a minimum of 6 pull-ups on the PFT in addition to a



Photo by Lance Cpl. Erasmo Cortez III

**Secretary of Defense Ash Carter approved the Marine Corps' Force Integration Implementation Plan, which systematically opens all military occupational specialties, March 10. This systematic plan is conditions-based and event-driven, with many actions occurring in the first 12 months.**

specific score or higher.

If a recruit does not pass the classification standard they will be put into another MOS they are physically qualified for.

"When a recruit passes an MOS classification standard, which consists of PFT and CFT events, that tells the Marine Corps that they have the minimum level of physical prowess to begin their MOS school,"

said Posey. "It doesn't guarantee that they will pass it."

### Qualification

During a ground combat arms MOS school, both men and women must pass the MOS specific physical standard.

These standards are not as straight for  
● Marine, page 7

## MARINE CORPS AIR STATION BEAUFORT, S.C.



Photo by Cpl. Jonah Lovy

An F-35B Lightning II performs a vertical landing aboard Marine Corps Air Station Beaufort. The F-35B is the short takeoff and vertical landing variant of the jet which uses a jet propulsion system to execute the landing. The aircraft is with Marine Fighter Attack Training Squadron 501.

## POHANG, SOUTH KOREA



Photo by Lance Cpl. Kelsey Dornfeld

Marines provide security as amphibious assault vehicles come ashore during Exercise Ssang Yong 16, March 12. Ssang Yong 16 is a biennial combined amphibious exercise conducted by forward-deployed U.S. forces with the Republic of Korea Navy and Marine Corps, Australian Army and Royal New Zealand Army Forces in order to strengthen our interoperability and working relationships across a wide range of military operations - from disaster relief to complex expeditionary operations. Hill is part of 5th Naval Air Liaison Company.

# Safety & Energy Efficiency is Our Duty

## Saving Energy in Every Room

**Attic**  
If you see attic ceiling joints, add insulation. Additional \$124 can cut heating costs by 20% and cooling costs by 10% (Department of Energy).

**Home Office**  
Plug multiple electronics into a smart power strip with programmable timer or motion detector.

**Bedroom**  
Set ceiling fan direction to clockwise in winter to draw up cold air, counter-clockwise in warm months.

**Bathroom**  
Switch to 10-minute showers and change to a low-flow showerhead of ~2.5 gallons per minute.

**Garage**  
Install weatherstripping around the garage door, attach fiberglass duct wrap or foamed insulation panels inside.

**Living Room**  
Use a programmable thermostat to adjust temps 10-15 degrees while you are away or sleeping.

**Kitchen**  
Move oven rack closer to heating unit to cut cooking time up to 20%. Get new seal on refrigerator door.

**Basement**  
Seal small gaps with caulk, fill holes with spray foam, and cover large holes with spray foam and foamboard.

www.easynersavingtips.com

## Time to change smoke alarm batteries

In the years since battery-powered smoke alarms hit the market in the 1970s, an estimated 94 percent of American homes have at least one of the devices. Most states have passed laws requiring them in houses and apartments, and most hotels have installed them in guest rooms, as well.

According to the NFPA, half of the people who die in home fires were in the 6 percent of the homes that lack smoke alarms.

In about thirty percent of the fires in homes that have smoke alarms, the devices did not work--usually because the batteries are dead, missing or not connected.

To be fully prepared when your smoke alarm starts to shriek, you must have a plan for escaping the fire. Your family should know the plan, and you should have all practiced it.

You should have at least one smoke alarm on every floor of your home (including the basement). Experts recommend an alarm outside each bedroom, as well.

Because smoke rises, mount your

alarm near the top of the wall (about a foot from the ceiling) or on the ceiling (at least four inches from the nearest wall).

Don't put a smoke alarm near windows, doors or forced-air outlets. Drafts can make smoke alarms less effective.

If you are hard of hearing, you can buy smoke alarms with extra-loud alarms and strobe lights.

If you install hard-wired alarms rather than battery-powered ones, have an electrician do the job.

Test your smoke alarms at least once a month.

Change the batteries in your smoke alarms at least once a year, even if they aren't chirping at you to warn you that the battery is getting low.

Don't borrow the batteries out of your smoke alarms. If smoke from a kitchen or steam from a shower is setting off an alarm, try moving the alarm to a new location.

If you have any questions, please contact the NAS Meridian Fire Prevention Office at 679-3866.





# NAS Meridian, MS • Morale, Welfare and Recreation

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

## Facility Phone Numbers

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



## Coming Attractions

### McCain Rec Center

- Thursday, March 17**  
5pm, Rocky IV, PG  
7pm, Rocky V, PG13
- Friday, March 18**  
5pm, Rocky Balboa, PG  
7pm, Jersey Boys, R
- Saturday, March 19**  
1pm, When the Game Stands Tall, PG  
4:50pm, Thelma and Louise, R  
7pm, Jersey Boys, R
- Sunday, March 20**  
1pm, Rocky IV, PG  
5pm, Rocky V, PG13  
7pm, Thelma and Louise, R
- Monday, March 21**  
4:50pm, The Walk, PG  
7pm, Boyz N the Hood, R
- Tuesday, March 22**  
5pm, Goosebumps, PG  
7pm, The Full Monty, R
- Wednesday, March 23**  
5pm, Up, PG  
7pm, Step Up All In, PG13
- Thursday, March 24**  
4:50pm, The Walk, PG  
7pm, Boyz N the Hood, R
- Friday, March 25**  
5pm, Goosebumps, PG  
7pm, The Full Monty, R
- Saturday, March 26**  
1pm, Up, PG  
5pm, Step Up All In, PG13  
7pm, The Full Monty, R
- Sunday, March 27**  
1pm, The Walk, PG  
5pm, Boyz N the Hood, R  
7pm, Step Up All In, PG13
- Monday, March 28**  
5pm, The LEGO Movie, PG  
7pm, Bedazzled, PG13
- Tuesday, March 29**  
5pm, Breakfast at Tiffany's  
7pm, About Last Night, R
- Wednesday, March 30**  
5pm, Rush Hour, PG13  
7pm, Paranormal Activity, R

### The Liberty Center

- Thursday, March 17**  
7pm, Jersey Boys, R
- Friday, March 18**  
7pm, Thelma & Louise, R
- Saturday, March 19**  
1pm, Rocky V, PG13  
7pm, Rocky V, PG13
- Sunday, March 20**  
1pm, Jersey Boys, R  
7pm, Jersey Boys, R
- Monday, March 21**  
7pm, The Full Monty, R Tuesday,
- March 22**  
7pm, Step Up All In, PG13
- Wednesday, March 23**  
7pm, Boyz N the Hood, R
- Thursday, March 24**  
7pm, The Full Monty, R
- Friday, March 25**  
7pm, Step Up All In, PG13
- Saturday, March 26**  
1pm, Boyz N the Hood, R  
7pm, Boyz N the Hood, R
- Sunday, March 27**  
1pm, The Full Monty, R  
7pm, The Full Monty, R
- Monday, March 28**  
7pm, About Last Night, R
- Tuesday, March 29**  
7pm, Paranormal Activity, R
- Wednesday, March 30**  
7pm, Bedazzled, PG13

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

## Easter Egg Hunt at NAS Meridian

MWR is excited to be hosting the 2nd Annual Easter Egg Hunt. This event will take place on Saturday, March 26, 2016 from 12pm to 3pm at the Ponta Creek Community Recreation Complex. Patrons can enjoy FREE food and drinks (while they last). There will be a photographer on site as well as bounce houses and face painting for the kids to enjoy! The Easter Bunny will also make an appearance.

## Library Happenings

The Dr. Seuss birthday celebration was a huge success. Thank you all for your attendance and participation. Next event planned at the library is Plant a Flower Day. This event, held March 23 from 4:30pm to 5:30pm is open to children of all ages! Two programs coming in April are Rubber Eraser Day on April 12 and World Penguin Day on April 25. You will not want to miss these!

Our new magazine subscriptions are finally arriving. First in the Children's Department is Highlights for Kids and in the adult reading area is People, GQ, Glamour and Outdoor Life. Expect new magazines to arrive daily.

## Weekly Events



Get your Rudders T-Shirt! Only \$12 per shirt, sizes M-XL

## The Sandtrap Weekly Specials

- Thursday, March 17**  
**Taco Salad**  
Don't miss the Sandtrap's famous Taco Salad. Served with a drink for \$6.
- Tuesday, March 22**  
**Meatloaf**  
Meatloaf, Baked Potato Casserole, Green Beans, Roll and Drink for only \$6.
- Wednesday, March 23**  
**Spaghetti**  
Spaghetti, Garden Salad, Garlic Bread and Drink for only \$6.
- Thursday, March 24**  
**Fried Chicken**  
Fried Chicken, Macaroni & Cheese, Black-eyed Peas, Cornbread and Drink for only \$6.
- Tuesday, March 29**  
**BBQ Pork on Bun**  
BBQ Pork on Bun, Baked Beans, Cole Slaw and Drink for only \$6.
- Wednesday, March 30**  
**Pork Chops**  
Pork Chops, Rice w/ Gravy, Turnip Greens, Cornbread and Drink for only \$6.



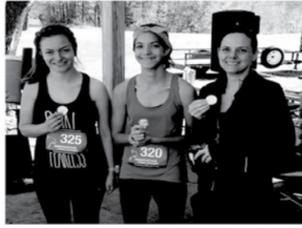
# MWR Sports

Naval Air Station Meridian

## St. Patrick's Day 5K

March 17, 2016  
4:30pm at the Ponta Creek  
Community Recreation Complex  
Register Online at [www.navymwrmeridian.com](http://www.navymwrmeridian.com)  
until March 16, 2016, 12:00pm

## Honor the Fallen 5k Winners



Female Division  
1st - T. Golan  
2nd - G. Perez  
3rd - A. Smith



Male Division  
1st - A. Athminan  
2nd - C. Jacobson  
3rd - J. Smith



## March Group Exercise Schedule

All Group Exercise Classes are held in the Multi-Use room of the Fitness Center and are FREE to all authorized patrons.

| Time       | Monday              | Tuesday             | Wednesday               | Thursday                | Friday             |
|------------|---------------------|---------------------|-------------------------|-------------------------|--------------------|
| 6am-7am    | Fusion Wellbeats™   | Kinetics Wellbeats™ | Stomp Wellbeats™        | Fit for Duty Wellbeats™ | REV Wellbeats™     |
| 7am-8am    | Kinetics Wellbeats™ | Stomp Wellbeats™    | Fit for Duty Wellbeats™ | REV Wellbeats™          | Fusion Wellbeats™  |
| 4:15pm-5pm | Couch to 5k Evelyn  | Couch to 5k Evelyn  | Couch to 5k Evelyn      | Couch to 5k Evelyn      | Couch to 5k Evelyn |
| 6:30pm-7pm | TRX Evelyn          | Butts & Guts Evelyn | TRX Evelyn              | Butts & Guts Evelyn     | TRX Evelyn         |
| 8pm-9pm    | Stomp Wellbeats™    | Vibe Wellbeats™     | TKO Wellbeats™          | Fusion Wellbeats™       | REV Wellbeats™     |

## Upcoming at The Fitness Center

To sign up for Captain's Cup sports, please go to [navymwrmeridian.com](http://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.

## Disc Golf

- Sign up deadline - Mar. 28, 2016
- League Meeting - Tuesday, Mar. 29 - 5pm

## Softball

- Sign up deadline - Mar. 30, 2016
- League Meeting - Thursday, Mar. 31 - 5pm

## Badminton Singles

- Sign up deadline - Mar. 28, 2016
- League Meeting - Tuesday, Mar. 29 - 5pm

## Mission Nutrition

- Thursday, Apr. 7 - 1pm - 5pm

## NOFFS

- Thursday, Apr. 14 - 7am - 11am

## Captain's Cup Basketball Results

- 1st Place - NAS Marine Warrior
- 2nd Place - NTTC Blue
- 3rd Place - Field Support

### Women

Carter's seven "guiding principles" for integration shaped the implementation group's review of the services and Socom's final plans: transparent standards, population size, physical demands and physiological differences, conduct and culture, talent management, operating abroad, and assessment and adjustment.

### Not 'The way we've always done' things

Carter wrote a Medium post published today detailing his views on the implementation plans. It can be read here.

In the post, the secretary gave some behind-the-scenes details on what the studies and reviews turned up.

"We found over the last few years that in some cases we were doing things because that's the way we've always done them," Carter wrote. For example, he said, the 35-pound weight carried by marchers in their rucksacks during the Army's Expert Infantry Badge qualification was based on a World War II-era airborne study.

"It was the minimum weight required to prevent the rucksack from getting tangled in a jumper's static line, and had nothing to do with the equipment required for paratroopers to fight with once they landed -- let alone the modern equipment that in-

fantry soldiers need to carry today," Carter noted.

The study and work that has gone into opening all military jobs to women "drove us to take a closer look at our training, too," the secretary wrote.

### Equal opportunity, merit-based advancement

Carter wrote that the department's performance standards are now informed by real-world operational requirements and the experiences gained in Iraq and Afghanistan. "As a result, our military will be even better at finding and training not only the most-qualified women, but also the most-qualified men, for all military specialties," he wrote.

Carter has said throughout his tenure that the integration process will mean equal opportunity for, not equal participation by, women service members.

"Integration provides equal opportunity for men and women who can perform the tasks required; it does not guarantee women will be promoted at any specific number or at any set rate, as adherence to a merit-based system must continue to be paramount," the secretary wrote.

Carter noted, "We have to remember that it takes decades to grow a general or flag officer, so it will take time to see these results."

### Marine

ward as getting a particular score on the PFT and CFT because they vary depending on the MOS and fall in line with the existing tests of the school.

"If you must hike under load over a certain distance carrying a certain weight to be in that MOS, well that's exactly what you are going to do," said Posey.

### Continuation

Once a Marine has passed a ground combat arms MOS school they will finally be sent to their new unit, but the evaluation of their physical performance does not stop.

"Once you get the MOS and you're in the operating forces, to keep that MOS you have to continually prove that you have the physical prowess to serve in that MOS," said Posey.

Proving a Marine who is still physically capable and proficient at their respective MOS will be up to the units' commanding officers. The evaluations will vary and can be done as a unit during an exercise or training event.

"We want to make sure the standards provide reasonable assurance that a

Marine can physically perform and even excel in their MOS," said Posey. "But we want to also make sure that the physical standards are not unnecessarily high because then you exclude qualified women and men."

### Unit assignment criteria

Marines directly in a ground combat arms MOS are not the only ones affected by the integration.

A load-bearing unit is any ground combat arms unit that is the most physically demanding for support MOS Marines. These include units such as infantry, reconnaissance, light-armored reconnaissance and more.

For support MOS Marines to be assigned to such units they must meet the unit assignment criteria, which is having a high first-class annual PFT and CFT.

"So Marines take their PFT and CFT, their scores are reported and when monitors are making assignments to units, they will simply look at the scores to determine who is eligible for assignment to a load-bearing, ground combat arms unit and who is not," said Posey.

To help prevent these load-bearing units of having institutional biases toward

women, each one will have a few senior enlisted female Marines. These Marines will be there to perform their duties while helping male Marines get used to having women around and can also act as mentors to both male and female junior Marines.

These senior enlisted Marines will need to meet all of the same standards in order to be assigned to these units.

Posey believes that integration and this plan will only strengthen the Marine Corps as a whole.

More people competing for the same jobs and assignments will help create a definitive standard across the board.

"When you broaden the population from which you select your best and most fully qualified Marines, you're opening up to more competition and competition tends to drive up performance," said Posey. "If I have ten applicants for a job and I only have room for five, why not interview all ten because then I will probably get the best five."

This plan will allow for the best and brightest, regardless of gender, to have the opportunity to prove their talents and skills while truly being part of the team.

## 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 duel 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.

### HOUSEHOLD ITEMS

**Crate and barrel glider and ottoman**, pillow included, cover on both are machine washable. Slip cover can be ordered through crate and barrel with item code located on the bottom of the glider. Original price \$900. Very good condition, moving and don't need anymore, great for new moms! Asking \$150. **Computer or office desk**, great condition. Has

four USB locations in the desk and room for computer cords to be hidden. Asking \$40. **King (horizontal) or full/twin (vertical) headboard**. Squares can be easily removed and reupholstered. Real wood frame. Newly reupholstered. Asking \$50. **Kids train table**, good condition. Asking \$40. All items are negotiated. Call or text for photos 812-219-9376.

### MOTORCYCLES/GEAR/ATV

**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.

**2005 Yamaha V-Star 1100** \$2900, 9K Miles, new rear tire, new battery. Has crash bars, saddle bags,issy bar, new handlebar grips. Garage kept. Text for pictures or call: 321-480-6824

**2007 Suzuki GSXR 1000**, less than 7,000 mile garage kept. Orange and Black, no damage, \$7500 (601) 462-

1043.

**2012 Kawasaki 900 Vulcan Custom Classic motorcycle**; 550 miles. Asking \$6400 pay-off. Call 601-527-5717.

### AUTOMOBILES, ETC.

**NEW! 1999 BMW 328i** less than 100k miles, runs great, silver with black top (top must be lowered manually). Asking \$4800 which is less than NADA book value. Call Billy at 601-479-4162.

**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/overdrive. If you want some serious off-road ability in a small SUV, look no further. \$13,000, negotiable. Available July 2015. Call 434-604-0428. Text for photos or Carfax report.

### HOMES/APARTMENTS

**NEW! For Sale:** 4BR/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. Available in March. 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. Lots 53 and 54 for sale also. Perfect location with a great view of Dalewood Lake. Located at 3678 North Lake Dr. across from Little Beach. Call 870-223-3197.

**For Rent:** 1 BR/1 BA, furnished apartment in quiet neighborhood in North Meridian, 20 minutes from NAS, convenient to North Hills shopping area and Meridian Community College. \$650 per month, all utilities paid including Directv and high-speed internet. \$100 security deposit required. Contact Phil at 601-479-7962 or on base at 601-679-2485.

**For Sell 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 Rent:** 2708 Russell Camp Road, Meridian, 1131 square foot, 2 BD/1 BA with two-car gar-age. Available now: \$675 per month and deposit \$675. Proof of military service receives one week off first month's rent. Can be seen on [www.militarybyowner.com](http://www.militarybyowner.com) or call G. Barrett at 850-855-8304. Seen by appointment only.

**For Sale:** Lovely home 3 BD/2BA, move in ready at 2110 43rd St, Meridian. Poplar Springs School, lots of updates. Drive your golf cart to Northwood Country Club, convenient to NAS Meridian. Asking \$150,000. Call Alex 601-479-1311 or [www.zillow](http://www.zillow) for pics and details.

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

**For Rent:** Newly remodeled large 3BR/1.5 BA home on Hwy 45 North ONLY 4 MILES to NAS

Meridian. Large bedrooms with huge closets, separate dining room, spacious kitchen and laundry room, with massive covered deck for entertaining. Home also has attached covered parking/breezeway connecting a workshop with 800 sq ft. Home sits on a wooded lot of over 1 acre for much privacy. Home can come furnished. Asking \$1050 a month. Call 205-454-8649.

### MISCELLANEOUS

**Remington Model 700 CDL 300 Win Mag** with leupold scope mounts and 1 inch rings. With 12.5 boxes of ammo (worth \$600) \$1000 firm. Call 601-880-3237.

### WANTED

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

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

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 Jennifer.





# 770 miles: Group marches nonstop to honor fallen Marines

By Katie Lange  
Defense Media Activity

riously – just think about what 110 miles will do to your feet.

### How They'll Get Through It

But as Marines always do, they've come prepared. Nathan Harris, the founder and director of the Marine Raider Memorial March, said he has been walking 20 miles to and from work each day, losing toenails in the process but also working out pacing and recovery times. Others, like Kemp's close friend, Marine Corps Staff Sgt. Justin Bentley, and Flynn's widow, Destiny Flynn, have been doing their own mini-rucks as a warm-up.

"It was just trying to get emotionally ready for it [that was the hardest]," said Flynn, who was nervous but excited to be part of something so special. "I just really want to finish it and be able to walk after the 10 days."

"The act of pushing through the pain – that's the biggest mental hurdle we'll be overcoming," Harris said. "Our feet will literally be bleeding. We'll be putting our boots on with bandages over our feet continuing to walk."

But it's a small sacrifice compared to what the Raider 7 gave, and the ruckers know that.

"I'm just really glad I have the chance to do this – to be here for the guys and for the families and the community. It's a tremendous honor," said a rucker named Daniel who had done tours overseas with the Raider 7. "They were the ultimate professionals. They were the ones that everyone looked to. They made us realize that maybe we should try a little harder."

"Kerry [Kemp] was definitely a man's man," Bentley remembered of his friend. "He was one of the few guys you would consider a perfect Marine. Anything he set his mind to, he absolutely accomplished."



Photo by Katie Lange

**Fifteen Marines and three civilians start a 770-mile ruck from Navarre, Florida, to Marine Corps Base Camp Lejeune, North Carolina to honor 11 service members who died in a helicopter crash one year ago. For the next 10 days, the ruckers will walk in seven teams and trade off every 10-11 miles, about 110 miles each, until they get there.**

### An Outpouring of Support

The outpouring of love from the Navarre and military community has astounded many of the ruckers.

"It's completely overwhelming – seeing what the community has done as far as donating, helping and supporting. We've got family members who are letting us stay in their houses, cooking us breakfast. It's just absolutely phenomenal," Bentley said.

While the focus might be on the ruckers this week, they want the real focus to be on the families of the 11 men who died – many of whom have little ones that will need the reminder of who their daddies

were when they grow up.

"The sting does not go away. Every time they hear a helicopter or see a guy in uniform, something will trigger that feeling of loss, and I want people to remember that has forever changed these families," Staff Sgt. Harris said.

"I'm hoping along the way that we rally a lot of the community, and they see what the Raiders were all about and that the Raider 7 is not forgotten," Bentley said.

When they reach Camp Lejeune on March 21, the ruckers will present a paddle recovered in the crash to the 2nd Marine Raider Battalion – a name recently designated

to them that was revived from a Marine command created during World War II.

It's going to be a long couple of days of back pain, foot sores, marching and reflection, but the ruckers will get there, and they'll do it with their loved ones smiling down on them.

"Oh, most definitely. He's here with us now," Flynn said of her husband, smiling herself.

We'll be following them throughout the journey, so check back with us to see how they're doing. And if you're along their route and see them coming, be sure to show your support!

## New designator name honors heritage and looks to future

FORT MEADE, Md. (NNS) -- Those information warfare community naval officers principally responsible for executing signals intelligence, cyberspace operations and electronic warfare operations will be renamed cryptologic warfare officers to reflect their evolving mission.

Vice Adm. Jan E. Tighe, commander of U.S. Fleet Cyber Command and U.S. 10th Fleet (FCC and C10F), who also serves as the Navy's cryptologic community leader, announced today the change applies to officers with the 181X, 681X and 781X designators, formerly known as information warfare officers.

Cryptologic warfare officers are just one part of the larger information warfare community, including meteorology/oceanography officers, information professionals,

intelligence officers and space cadre, along with their enlisted and civilian counterparts.

"This choice honors our cryptologic heritage, reflects the military effects we deliver in the converged domain and more closely ties our officers with our enlisted and civilian force counterparts," said Tighe.

Navy cryptology was officially established 81 years ago with the stand-up of the Communication Security Group.

In a letter to the community, Tighe wrote, "A great deal of our heritage can be traced to the Naval Security Group and our collective identification as Navy cryptologists."

The transition of the Information Dominance Corps to the information warfare community and the CNO's Design for Mari-

time Superiority served as an opportunity to evolve and examine the community's identity.

"Whether we are executing mission under joint commanders, fleet commanders, National Security Agency, U.S. Cyber Command--and whether significant portions of our missions are organized under Communications Security Group, Naval Security Group, Naval Network Warfare Command or today's FCC/C10F--we have our own enduring identity, culture and ethos," said Tighe.

The Navy cryptologic community encompasses signals intelligence, cyberspace operations and electronic warfare operations in order to deliver effects through sea, air, land, space and cyber domains at all levels of war. The Navy Cryptologic Community is

an element of the larger information warfare community, which collectively delivers assured command and control, battlespace awareness and integrated fires for joint and maritime commanders.

U.S. Fleet Cyber Command serves as the Navy component command to U.S. Strategic Command and U.S. Cyber Command, and the Navy's service cryptologic component commander under the National Security Agency/Central Security Service. Fleet Cyber Command also reports directly to the chief of naval operations as an echelon II command.

U.S. 10th Fleet is the operational arm of Fleet Cyber Command and executes its mission through a task force structure.

From Commander, U.S. Fleet Cyber Command/U.S. 10th Fleet Public Affairs

### • Project

shines very thin light wedges toward approaching aircraft to give pilots information about the glideslope or angle they are approaching the ground.

Student aviators use this piece of equipment as a reference for their numerous landings at the airfield before even attempting their first landing aboard a carrier, and almost every landing made at NAS Meridian in the T-45C Goshawk, by students and instructor pilots alike, uses this system to land accurately and safely.

IFLOLS Lenses sit at the end of each runway all day and night; and in any weather condition -- rain or shine.

"Because of this, the abuse from the elements is brutal on them, and in addition to the normal 3M maintenance system, there has been talk for several years of refurbishment projects to help with the corrosion and fading brought on by the elements to the entire system," said Air Operations Officer Cmdr. Patrick Honeck. "Unfortunately the refurbishment project estimates were coming in at over \$250,000 and there was no clear guidance on how to do the refurbishment in house until just recently."

With guidance finally on hand and just \$2,000 in materials, Meridian Sailors and civilians began the task of a complete overhaul of the IFLOLS systems at the Lens Repair Facility (LRF) at McCain Field.

"After a few months working through the challenges of gathering the materials necessary, they went to work, and the results are simply amazing," Honeck added. "The learning curve was steep on the first one, but after just a few short weeks they are well within reach of having complete refurbishment of all three of the lenses with zero impact to field operations. The outstanding job by the workforce at NAS Meridian's Air Operations not only saved the Navy hundreds of thousands of dollars, but was recently noticed by CNIC inspectors during the airfield inspection who asked to use NAS Meridian's effort on IFLOLS refurbishment as a 'Best Practice' for other airfields to follow throughout the fleet."

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## 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**









**T & D Furniture\* LaBiche Jewelers \*John O'Neil Johnson Toyota  
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Meridian Coca-Cola Bottling Company**

**To nominate a teacher, log on to [wmdn.net](http://wmdn.net), [wgbctv.com](http://wgbctv.com), [goldenappleawards.com](http://goldenappleawards.com) or [meridianstar.com](http://meridianstar.com)**







# New logo, theme announced for Seabees 75th anniversary in 2017

**By Lt. Cmdr. Jennifer Cragg**  
Navy Expeditionary Combat Command  
Public Affairs

WASHINGTON (NNS) -- The logo and theme chosen in honor of the 75th anniversary of the Seabees in 2017 was unveiled at the Seabee Ball in Washington, D.C., and Norfolk, March 5.

The logo and theme were selected by a diverse panel representing the Navy, Naval Facilities Engineering Command (NAVFAC) and the Naval Construction Force.

In December 2015, NAVFAC launched the logo and theme contest encouraging active duty, Reserve components, retirees, civilians and everyone else who supports the "Can-Do" attitude of the Seabee Force to enter the contest to show pride for the Seabees.

More than 70 different entries for both the logo and the theme were submitted to NAVFAC. Artists from around the world participated in this once-in-a-lifetime opportunity to pay homage to the rich history and heritage of the Seabees.

In the end, a logo and theme designed by a retired Air Force

master sergeant and a chief musician were selected by the panel.

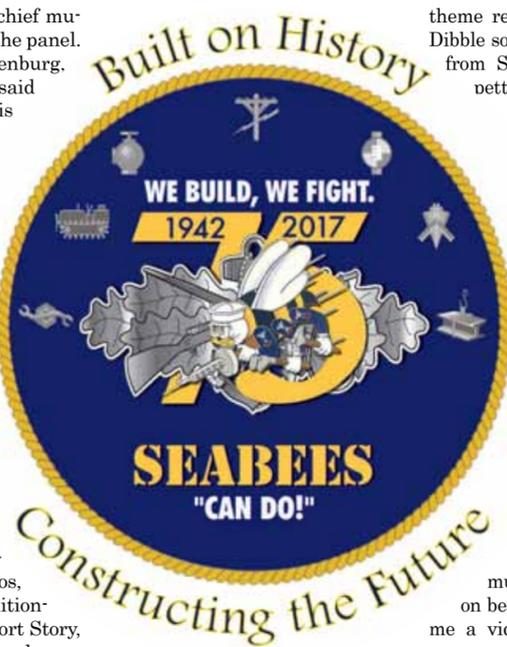
Rear Adm. Bret Muilenburg, commander, NAVFAC, said he was impressed by this "joint" venture.

"Our Seabees are known for their ability to operate in joint environments," said Muilenburg. "I'm thankful to the winners for their recognition of our proud Seabee history. I am glad to now have them as a part of that rich history."

"I couldn't believe it and I am still in disbelief," said Chief Musician Jeremy Bustillos, assigned to Joint Expeditionary Base Little Creek-Fort Story, who designed the winning logo.

The winner of the theme contest was in equal disbelief that his entry won.

"I am still in shock that my theme was actually selected," said retired Master Sgt. John



Dibble, who served in the Air Force for 22 years. "It is an enormous honor and a privilege that my words will represent this historical event." While designing the logo and

theme respectively, Bustillos and Dibble sought creative inspiration from Seabee history and chief petty officers.

"Built on history, constructing the future was an idea that just came to me and stuck," said Dibble. "It takes cues from the Seabee spirit of building bridges and paving runways or roadways. I really admire what these Sailors have done over the years and continue to do today."

"My inspiration came from a chief who is a Seabee that had so much pride and tradition on being a Seabee and showed me a video of how the Seabees were created and I found that was inspirational in itself," said Bustillos, who added throughout his naval career and friendships with Seabees he has the utmost respect for the service they provide to our nation and our allied partners 365

days a year.

Even though the selection part is over, Bustillos is humbled that his logo was selected and looks forward to being recognized at the March 5 Seabee ball in Norfolk.

"It truly is an honor to have competed against so many talented people and to tell you the truth it still hasn't hit me yet and I am still in disbelief," said Bustillos. "Until I see it on something other than my computer screen, I will believe it."

For nearly 74 years the Seabees have repeatedly demonstrated their skills as fighters and builders and while doing so they have built and fought for freedom both in peace and in war time. The men and women of the Seabees have been engaged globally in support of every combatant command worldwide constructing bases, building airfields, roads, bridges and other support facilities, as well as below the world's oceans and waterways conducting underwater construction.

For more information about the Seabees, past and present, please visit <http://www.navy.mil/local/nec> or <http://seabeeemagazine.navylive.dodlive.mil>.

# NAVSCIATTS graduates 60 international students representing 21 partner nations

**By Glenn Sircy**  
Naval Small Craft Instruction and Technical Training  
School Public Affairs

DIAMONDHEAD, Miss. (NNS) -- Naval Small Craft Instruction and Technical Training School (NAVSCIATTS) graduated Class 16-2 comprised of 60 international students representing 21 partner nations the evening of March 10, at the Diamondhead Country Club.

Lieutenant Hammadi Jlassi of Tunisia was class 16-2's class leader of the international students representing the countries of Belize, Barbados, Botswana, Grenada, Haiti, Hungary, Jamaica, Kenya, Latvia, Lebanon, Madagascar, Nepal, Nigeria, Philippines, Poland, Suriname, Singapore, Timor-Leste, Trinidad-Tobago, Tunisia, and Uganda.

"One can only say that a global experience such as this strengthens an individual and expands his knowledge," said Jlassi. "Although NAVSCIATTS' courses last a few numbered weeks, participants learn skills and build global friendships that will stay with them the rest of the lives."

The 60 international students graduated from seven separate NAVSCIATTS' courses of instruction that encompassed the International Tactical Communications Course, Patrol Craft Officer Coastal Course, Patrol Craft Officer Riverine Course, International Small Arms Maintenance Course, Diesel Systems Overhaul and Maintenance Course, Technical Welding and Applied Repairs Course, and Outboard Motor and Maintenance Overhaul Course.

Cmdr. Clay Pendergrass, command-

ing officer of NAVSCIATTS, shared that the graduating students represent the best of their countries, and he congratulated them for their hard work and professionalism.

"Your graduation from each of the courses of instruction will certainly bring better security and stability to your countries and the world," said Pendergrass. "However, that is not the most valuable thing you will bring back to your countries. The most important reason you came here was to interact, communicate, understand and earn the trust and respect of each other so that we can all build, shape and maintain stronger strategic relationships with our diverse partner forces."

The guest speaker for the ceremony was Brig. Gen. Efrén Perez, director of the Maritime Group, Philippine National Police.

"We are truly grateful and appreciative of the fact that NAVSCIATTS trains and educates foreign security forces and other international students, molding them into competent officers and leaders while enhancing their abilities and skills," said Perez. "The courses offered and global partnerships forged at NAVSCIATTS helps all partner nations enforce the law, prevent and control crimes, maintain peace and order, and ensure public safety and internal security around the world," NAVSCIATTS is a Department of the Navy schoolhouse operating under the United States Special Operations Command. NAVSCIATTS trains and educates Partner Nation Security Forces (PNSF) on a wide range of topics including small craft strategy, operations, com-



Photo by Glenn Sircy

**Cmdr. Clay Pendergrass, commanding officer, Naval Small Craft Instruction and Technical Training School (NAVSCIATTS), delivers opening remarks as Brig. Gen. Efrén Perez, director of the Maritime Group, Philippine National Police, listens during NAVSCIATTS' Class 16-2 graduation ceremony in Diamondhead, Miss., March 12. Class 16-2 was comprised of 60 international students from 21 partner nations. NAVSCIATTS is U.S. Special Operations Command's International Center specializing in mobile and in-resident training across the tactical, operational, and strategic spectrums strengthening partner nation capabilities and capacity.**

munications, weapons, maintenance and instructor development.

NAVSCIATTS currently offers 20 courses with an average of nearly 1,000 personnel graduating from in-resident and mobile training events annually. Since 1963, over 11,000 students from 107 partner nations have graduated

from NAVSCIATTS. Courses are offered in English and Spanish or in other languages through the use of translators.

For more news from Naval Small Craft Instruction and Technical Training School, visit [www.navy.mil/local/navsciatts](http://www.navy.mil/local/navsciatts)

**• Rieber**  
amazing mentor for me. Many others have also helped guide me throughout the two years I have been here and my time on the USS Rhode Island as well but it would take forever to name them all. I have volunteered in the community with great staff members including Chief Kobler, Chief Escobar, YN1 Sanchez, HT1 Crawford, AZ2 Lee and BM1 Kelsaw to name just a few."

Rieber adds that NTTC fosters an environment of volunteering and mentorship that he is proud to be able to represent.

Rieber is the recipient of the Military Outstanding Volunteer Service Medal in September 2015. His volunteer work includes volunteering at the Carver Middle School, NJROTC drill meet at Neshoba High School and Pearl High School and Earth's Bounty Farmer's Market. He serves as a coach for Mississippi Youth Soccer Organization Girls Under 10 team.

"They really drill into our heads that the best way to get acclimated is to get involved in the community," he said.

The annual award is sponsored by the Mississippi Council of the Navy League and East Mississippi Business Development Corporation to honor military members, E1-EG, who dedicate much of their personal time to community service.

In 2013, the award was named in the honor of Powell, a well-known Sailor who was extremely active in the community. Powell died in a car accident Feb. 7, 2013.

This year's other nominees included: Logistics Specialist Second Class (SW) Byron Aceituno, Naval Operational Support Center; Aviation Boatswain's Mate (Equipment) Second Class (AW/SW) Gabriel A. Cooper, Naval Air Station; Sgt. Anthony T. Prasad, Marine Aviation Training Support Squadron One; and Hospital Corpsman Erik St. Jean, Naval Branch Health Clinic.

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**2<sup>nd</sup> Annual Easter Egg Hunt**

**Saturday, March 26, 2016**

**12pm - 3pm**

**at the Ponta Creek Community Rec Complex**

**Enjoy Free Food (while supplies last), a Photographer & Inflatables!**

**3 Egg Hunts:**

**Ages 3 & Under: 12:30pm; Ages 4 - 6: 1pm; Ages 7 - 12: 1:30pm**

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

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