



THE SKYLINE



Volume 54, Number 5

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March 3, 2016

On Base...

Give Parents A Break & Parent's Night Out

March 10, 17 & 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!

St. Patrick's Day 5K Run

March 17 at 4:30 p.m. at the Ponta Creek Community Recreation Complex. Register online at www.navymwrmeridian.com

Spring Break Camp

Registration is underway for SAC Spring Break Camp March 7-11 from 6 a.m.-6 p.m. Children ages 5-12 must pre-register by March 6. Call 601-679-2652 or 601-679-5252.

Friends of Bill AA Meeting will occur

every Wednesday at the NAS Meridian Chapel at 5 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.

A Day in Naval History

March 4 1991: Iraq releases 10 Desert Storm prisoners of war (six Americans, three of whom were designated MIA), including Navy Lt. Jeffrey Zaun, Lt. Robert Wetzel, and Lt. Lawrence Slade.

March 5 1942: The "Seabees" name and insignia are officially authorized. Rear Adm. Ben Moreell personally furnishes them with their official motto: *Construimus, Batuimus -- "We Build, We Fight."*

March 6 1991: President George H. W. Bush addresses a joint session of Congress and states, "I can report to the nation: Aggression is defeated. The war is over."
2010: USS Dewey (DDG 105) is commissioned at Seal Beach, Calif. The Arleigh Burke-class guided-missile destroyer is named after former Adm. of the Navy George Dewey, hero of the Battle of Manila Bay during the Spanish-American War of 1899.
www.history.navy.mil

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

Longest-serving SECNAV since World War I to retire

By Hope Hode Seck
Military.com

The secretary of the Navy will retire within the next year after nearly eight years in office, he confirmed Tuesday to a congressional panel.

Addressing the House Appropriations Committee's subcommittee on defense for an annual hearing on the sea service budget, Navy Secretary Ray Mabus said the hearing would be his eighth and last before the committee.

Mabus, 67, has held the office since

May 19, 2009 - serving 2,478 days in office under four different defense secretaries. He did not say during the hearing when exactly he planned to step down.

The last Navy secretary to serve as long as Mabus was Josephus Daniels, who served 2,922 days under President Woodrow Wilson from 1913 to 1921.



Mabus

"For me, leading the Department of the Navy is the greatest honor of my life," Mabus said.

"I couldn't be more proud of our sailors, our Marines and our civilians. I'm also proud of the many steps we've taken and the changes we've made to try to ensure ... the Navy and the Marine Corps in the future remains the greatest expeditionary fighting force the world has ever known."

The former Democratic governor of Mississippi, Mabus forged a reputation in the Navy as a maverick who prioritized social

● Mabus, page 10

Skys (not) the limit for aviator

Pankhurst reaches 4,000 hours in T-45

By Ensign Lauren Hill
Contributing Writer

Terry "Spanky" Pankhurst became the first pilot to reach 4,000 flight hours in the T-45C Goshawk Feb. 25 during a flight from Norfolk to Naval Air Station Meridian. For those trying to do the math, that equates flying 24 hours a day for 167 days.

Pankhurst logged his first hours in a T-45 as a student naval aviator in 1994 at NAS Meridian.

"I didn't earn these hours in a short amount of time by flying a tremendous amount at once," Pankhurst said. "They were spread out over many, many years, but even then it's rare to log that many hours in the military, especially at a training command."

Although he retired from active duty May 31, 2012, as an instructor pilot, Pankhurst has continued to contribute as an integral member of Training Air Wing One as a functional test flight (FCF)

● Pankhurst, page 4



Photo by MC2 Casey H. Kyhl

Terry Pankhurst, retired U.S. Navy commander, who is currently a functional test flight pilot for L-3 on board Naval Air Station Meridian is the first aviator to achieve 4,000 hours in the T-45C Goshawk. Pankhurst was recognized for the achievement Feb. 25 after his flight.

NAS Meridian refuge for Longleaf Pine

From Staff Reports

Naval Air Station Meridian hosted a group of six agronomy students and their instructor Dr. William Kingery from Mississippi State University, Feb. 25.

The purpose of the visit was for students to learn more about Longleaf Pine and the soil it is planted in near NAS Meridian.

The installation's Community, Planning and Liaison Officer Jim Copeland, a forester himself, joined Kelvin Jackson and Joxelle Valazquez of the USDA Natural Resources Conservation Service to conduct the site visit.

Valazquez emphasized the importance of soil type and the USDA assistance in planting of Longleaf Pine.

Jackson explained that Longleaf Pine once covered 90 million acres, Texas to Virginia and Florida to the mountains of Alabama, forming a vast ecosystem. Over 900 plants and numerous animals thrived in the grassy forest floor. The long fallen needles actually encouraged frequent fire that created the perfect ecosystem, while the green needles and rocket growth protected the buds of seedlings from the heat of fire.



Today only 3 percent remains, making the Longleaf ecosystem rarer than tropical rainforest (43 percent remains). Twenty-nine species found in Longleaf are now threatened or endangered, including gopher tortoise, red-cockaded woodpecker, and pine snake.

"Native Americans used fire to maintain hunting ground, farmland, and defensive perimeters around villages. When Hernando DeSoto led an expedition from Florida to Louisiana in 1540, he brought with him diseases that killed millions of Indians and hogs that escaped, multiplied, and fed upon the succulent taproots of Longleaf seedlings," said Jackson.

After the Civil War, steam power enabled lumbermen to

● Pine, page 2



Photos by MC2 Casey H. Kyhl

NAS Meridian Community, Planning and Liaison Officer Jim Copeland, finds a sample of Longleaf Pine in fields on board NAS Meridian. Longleaf Pine once covered 90 million acres. Today, only 3 percent of the Longleaf pine remain in the South.

Look Inside



~ Page 2 ~
Financial Peace University begins March 14 at Chapel



~ Page 3 ~
'Military Saves Week' Chili Cook-off



~ Page 8 ~
VFA-113, NAS Lemoore say goodbye to F/A-18C Hornet



Photo of Week



Photo by MC1 Ace Rheume

Seabees assigned to Naval Mobile Construction Battalion (NMCB) 133 embark equipment aboard the Military Sealift Command large, medium-speed roll-on/roll-off ship USNS Soderman (T-AKR 317) at Naval Base Guam Feb. 24

The Chapel will host Financial Peace University, a 9-week course on personal finance developed by Dave Ramsey. The first class is March 14.



Lessons include: Super Saving, Cash Flow Planning, Dumping Debt, and Relating With Money. Space is limited. Classes will be on Monday nights from 6:30-8 p.m. Sign up at the chapel or call 679-3635.

Area Happenings

MARCH

10: Sandi Patty Forever Grateful Tour makes a stop at the MSU Riley Center in downtown Meridian. Concert begins at 7:30 p.m. Patty is using her farewell tour to pass the torch to a new generation. Four of her children will perform with her. Patty's wide-ranging, expressive voice has won her five Grammy Awards and 38 Dove Awards. She promises fresh songs from her new upcoming Forever Grateful album plus "a walk down memory lane" to revisit as many of her past hits as she can squeeze in. Tickets are \$55, \$49. Go to: <http://www.msurileycenter.com>

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>

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 are on sale soon from any Symphony League member, Belle G, Harry Mayer or Cater's Market.

APRIL

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.

Commissary value brands offer patrons extra savings

By **Kevin L. Robinson**
DeCA Public Affairs Specialist

FORT LEE, Va. – Since the introduction of Commissary Value Brands in November 2014, patrons like retired Army Master Sgt. James Camm are seeing "orange" when it comes to the program's signature "Value" sign.

"As you look around, the 'Value' stickers letting you know that here, here's your best value for what you can get out of that product," said Camm, while shopping at the Fort Lee, Virginia, Commissary. "Every time I come there's quality and there's good variety, and I love that."

Quality at a low price is the hallmark of Commissary Value Brands, the Defense Commissary Agency program designed to provide savings on national name brand items comparable to low-cost store brand or private label items in commercial stores.

Through the end of 2015, sales of the products in the value brand line-up have increased 7 percent for more than \$120 million. On average, these products save patrons about 23 percent when compared to the commercial retail stores' brand and private label items and about 38 percent against national brands.

Over the past 14 months, DeCA's Value Brands lineup has expanded from 300 products and 33 categories to nearly 500 items and 55 categories. Orange-tabbed products include beverages such as coffee, soft drinks and juices; dairy products including several cheeses, butter, canned and powdered milk; lunch meats, canned tuna and salmon; canned and frozen vegetables; canned fruit and soup; hot and cold cereals; bread; dry pasta and rice; pizza and entrees; peanut butter, jelly, honey and condiments; ice cream; cleaning supplies, disposable bags, laundry bleach and paper towels;

pet foods; batteries; health and beauty care and more.

To achieve these savings DeCA works with its industry partners every six months to choose products under Value Brands umbrella that are consistently equal to or lower than comparable store brand and private label products downtown. Products are subtracted or added under the "Value" sign based on price, sales performance and market changes. The current six-month phase began in January 2016.

"We use [Value Brands] – it's good stuff," said Army Maj. Richard Crocker, visiting Fort Lee for a training course. "I found that it compares to higher-priced, name brand stuff."

A list of Value Brands items is on the DeCA website, commissaries.com. Shoppers can simply click on the Value Brands webpage at <http://www.commissaries.com/shopping/value-brands.cfm>. Frequently asked questions and a video of the program are also there. The agency's social media outlets, especially Facebook and Twitter, also identify Value Brand deals.

Both Camm and Crocker agree that Value Brands and other commissary savings programs like Commissary Rewards Cards help maximize their commissary benefit, and they try to spread the word to those who may not know.

"I would tell people who aren't using the benefit that they're cheating themselves," Camm said. "When you have earned the right [to use commissaries], you should always take advantage of it."

"Those guys who aren't shopping the commissary, I call them knuckleheads," Crocker added. "I tell them they need to go to the commissary, especially if they have kids and a big family. You are wasting your time and money by not going to the commissary."

● Pine

strip the South of Longleaf. Hogs ate the Longleaf that reseeded. Instead of Longleaf, foresters chose other trees, Loblolly and Slash Pine, for the Civilian Conservation Corps to replant the stripped land. To protect the new trees that could not tolerate fire, the government embarked on a nationwide campaign to prevent forest fires with Smokey Bear as its mascot. The lack of fire nearly sealed the doom of

Longleaf and so many of Smokey's friends.

"Military installations throughout the South became refuges for wildlife that depended on Longleaf. Military training maintained the fire that favored Longleaf over other trees," Copeland said. "NAS Meridian is home of 20 acres of Longleaf along the fence north of the small arms range, the remnant farthest north in Mississippi on government property."

MCC offers classes

Dates: **March 14-May 12**
✓ EPY 2513 HUMAN GROWTH AND DEVELOPMENT
✓ SOC 2143 MARRIAGE AND FAMILY

Location: NAS Meridian, Admin Bldg 255
Days: Tuesdays/Thursdays
Format: 8 weeks HYBRID 50 percent in-class; 50 percent online

Dates: **March 14-May 5**
ONLINE CLASSES
✓ BAD 1113 INTRODUCTION TO BUSINESS
✓ CRJ 1313 INTRO TO CRIMINAL JUSTICE
Format: 8 weeks online only

To register contact: Tabitha Jones, MCC Military and Veterans Services Coordinator
Office hours in Adm Bldg 255: Wednesdays 08:00 – 16:30 or by Appointment.
Phone: 601.679.2450 (NAS Office)
All other days and times at MCC Admissions Office, Ivy Hall 601.553.3468 (MCC Office) E-mail: tjones57@meridiancc.edu

EMCC offers classes

Starting March 3, the following courses will be taught in Admin Building 255:

✓ ENG 1123: English Comp II-Hybrid from 4:15-7 p.m.

✓ MAT1313: College Algebra from 7-9:45 p.m.

Additionally, second intensive online courses starts March 14.

If you are interested in starting or continuing your education, please stop by Building 255 and visit with James Rush on Monday's from 10 a.m.-4:15 p.m. E-mail: jrush@eastms.edu or call 662-476-5386



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@nmcrcs.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
Chaplain: 601-604-2015
NMCRS Duty Cell: 601-604-2206
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EEO (GS): 904-542-2802

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13 aviators earn 'Wings of Gold' in February ceremony

There was a naval aviator designation ceremony Feb. 26 in the Chapel on board NAS Meridian.

Ten U.S. Navy and three Marine Corps 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."

The speaker was Cmdr. John Saccomando, commanding officer of Training Air Wing One Reserve Component. Saccomando earned his Wings of Gold in May 1997. He has flown with the Fighter Squadron 101 and Blacklions of VF-213. He flew more than 50 combat missions in support of Operations Desert Fox, Southern Watch and Enduring Freedom.

In 2003, he was selected to the Blue Angels as the right wing (#2) in the F/A-18 Hornet flying airshows in 72 cities in front of 20 million spectators. During his tour, he was the focus of the Discovery Channel's four-hour miniseries, "Blue Angels: A Year in the Life."

In 2012, Saccomando reported to the VR-56 "Globemasters" as the



Boone



Brennan



Grimm



Heeren



Johnson



Kunkle



O'Driscoll



Ogier



Perry



Southerland



Tallarita

executive officer and assumed command in September 2013. His squad-



Wagner

ron received the coveted 2014 Battle "E" and was also awarded the 2014



Ybarra

Command Naval Air Force Reserve Squadron of the Year. He took command of



Photo by MC2 Casey H. Kyhl

Arjen Legendijk, left, past president of the Mississippi Council of the Navy League, presents 1st Lt. Wilson Thomas Southerland with the Golden Stick Award, designating him as the top graduate of the winging class.

Reenlistments



Photo by Tom Childress

Cmdr. Michael Moran, left, administers the reenlistment oath to HT1(SW) Matt Crawford who reenlisted for two years.



Photo by Tom Childress

YN1(SW) Robert Gabel takes the reenlistment oath from Lt. Cmdr. John Williams. Gabel reenlisted for six years.



Photo by MC2 Casey H. Kyhl

ABHC Joe Zavala presents ABE2 Jonathan Giguere with his reenlistment certificate during a ceremony Feb. 19. Giguere reenlisted for four years.

CONTACT Military 24/7 OneSource

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visit militaryonesource.com

'Military Saves' Chili Cook-off



Overall Winner
Angela Boykin

Left: Pam Litton, work and family life educator at Fleet and Family Support Center, serves NAS Command Master Chief Jonas Carter a bowl of chili during the annual "Military Saves Week" Chili Cook-off Feb. 25. Out of the 18 very competitive entries Angela Boykin's "Boykinson Chili" prevailed as the supreme winner. CMDCM Carter's "Twin Screws" chili was a very close second. Thank you to all who participated and contributed to this year's cook-off.

Black History Month



Photo by Penny Randall

Yeoman Seaman Apprentice Jalen Harris shares the story of a famous African American during the Black History Month Program at the Roy W. Wheat Galley Feb. 19. Nearly a dozen military members shared stories of other prominent African Americans who made contributions to society.



SECNAV releases updated Diversity, Inclusion Policy Statement

WASHINGTON (NNS) -- Secretary of the Navy (SECNAV) Ray Mabus issued an updated Department of the Navy Diversity and Inclusion Policy statement, Feb. 25, and met with several key military service organizations, veterans service organizations, and stakeholders at the Pentagon to discuss the topic.

The meeting was the first in a planned series of engagements during which Mabus will discuss Navy and Marine Corps issues with leaders in the civilian and military communities.

Mabus also released a short video underscoring the Navy and Marine Corps are stronger, more effective, and innovative when our workforce reflects the nation we serve.

"To recruit the people we need, to keep the people we need, we've got to draw from the biggest pool we can," Mabus said in the video released today. "The United States Navy and United States Marine Corps are the most formidable expeditionary fighting force the world has ever known. To keep that, we've got to reach out to the most diverse population we can to recruit and retain these top people."

The Department of the Navy last updated its Di-

"Our nation always faces new challenges and threats in an increasingly complex world."

Ray Mabus, Secretary of the Navy

versity and Inclusion Policy statement in 2010, and since then, the Department of Defense has made significant personnel policy changes including the repeal of "Don't Ask, Don't Tell," and rescinding the

direct ground combat exclusion policy, which now allows women to serve in military occupational specialties that were previously closed to them.

"Our nation always faces new challenges and threats in an increasingly complex world," said Mabus as part of the updated statement. "Recruiting, retaining, and promoting top performers is a readiness imperative. Organizations that embrace myriad backgrounds and perspectives will attract the best talent and remain ready."

Mabus said the importance of having a workforce comprised of those who think differently, and have varied backgrounds cannot be overstated.

"We don't want everyone coming into the Navy or Marine Corps thinking exactly the same way," he said. "It's important that when such a small number of Americans are serving in uniform, that the force be representative of the people they're protecting. A more diverse force is a stronger force and we've proven that over and over and over again."

To view the Navy's Department of the Navy Diversity and Inclusion Policy statement and Secretary of the Navy Mabus' video, please visit: <http://navylive.dodlive.mil/?p=35571>

Sound Off: Should military spouses speak out on politics?

On bases around the US, military officials have released guidance on what military folks can and cannot do during this primary election season, citing the laws restricting partisan activity and giving special instructions on social media.

Embarrassed at my ignorance after 22 years as a military spouse, I wondered, "What are the applicable laws anyway? Do any of them apply to me? Did I break any rules when I sheepishly placed that bumper sticker in my minivan window back in 2012?"

I knew some research was in order.

Thomas Jefferson led the first effort to prohibit federal employees from influencing the votes of others, but it wasn't until The Hatch Act was passed in 1939 that such restrictions were made law. Although the act doesn't specifically apply to military personnel, Department of Defense Directive 1344.10 governs "Political Activities by Members of the Armed Forces," and states that active duty military members may not run for office, participate in partisan political campaigns or speeches, serve as officers in political groups or clubs, march in partisan parades, promote political fundraising events, attend partisan events as representatives of the Armed Forces, or post large political signs or banners in yards or on cars.

Although, small bum-

per stickers are permitted ... whew!

Furthermore, the directive also prohibits posting, liking, or sharing of partisan information on social media without an appropriate disclaimer in the post stating that "the views expressed are not those of the DoD." And no matter the venue, if commissioned officers use "contemptuous words" against the President, Vice President, Congress, the Secretary of State or other political leaders, they are subject to court martial under 10 USC Section 888.

While none of these legal restrictions apply to military spouses, I still wondered, "Do military spouses have an unwritten moral or ethical duty to limit political expression?"

I posted the question on social media and got mixed responses. Several military spouses stated that they chose to keep their political opinions to themselves, but attributed their privacy to good taste rather than any obligation to their active duty spouse.

"We are each entitled to our opinions," one spouse commented, "but, we are not entitled to act like jerks."

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COLUMN



Lisa Smith Molinari

"Decorum and free thought are not mutually exclusive," another spouse responded.

While another commented that "rarely does respectful dialogue marry with social media," she also acknowledged that military spouses are impacted by legislation regarding pay, benefits, and troop movements; and "... having the spouse stand up to speak in their husband's or wife's stead is only a natural inclination."

One military spouse thickened the plot by asking whether ethics gets "a little tricky" when a military spouse publicly opposes an operation his or her spouse is currently engaged in such as the US missions in Vietnam and Iraq.

Jeremy Hilton, a military spouse, veteran, and military families advocate added his two cents, referring us to a 2013 piece he wrote for Spousebuzz.com about military spouse advocacy: "While it's always important to pick your battles, I for one have no intention of taking a bite out of a crap sandwich just because DoD tells me it tastes good."

With the discussion's ante upped, Navy spouse Lori Volkman blew us away with an inspiring story.

Practicing attorney, founder of Military Spouse JD Network, and co-organizer of the military spouse political advocacy training group Homefront Rising, Volkman told us of 12 military spouses (includ-

ing Hilton, above) who took action in December 2013 against deep military benefits cuts in the Bipartisan Budget Act. The grass-roots movement known as #KeepYourPromise, went viral, garnering 16 million Twitter views, 100,000 Facebook fans, mainstream media coverage, and celebrity support.

As a result of those 12 military spouses speaking up when their service members couldn't, legislators repealed the military pension cuts in the Bipartisan Budget Act and #KeepYourPromise has become a legislative watchdog for military families.

"The moral of the story is this: If we had not spoken, who would have?" Volkman commented, and, ironically, we all took a collective moment of social media silence.

But don't expect military spouses to be quiet for long.

Whether written in polite letters to congressional leaders, blasted in all caps over social media, or communicated in the powerful silence of the voting booths, the voices of military spouses will ring through, loud and clear.

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.themelandpotatoesoflife.com and she recently co-authored Stories Around the Table: Laughter, Wisdom, and Strength in Military Life. Follow Lisa@MolinariWrites.

● Pankhurst

pilot with L3 as well as a simulator instructor with Cubic.

"I have known Terry for more than 20 years, and it's not surprising that he has achieved the 4,000 hour milestone in the T-45," said Capt. Paul Carelli, commodore of Training Air Wing One. "Terry and I went through the FRS in the S-3 together and our families were close. Terry has always had a passion for flying and teaching, and I know for a fact that he is adored by his students. As an example, when Terry was an instructor here in Meridian, his students got together and braved snake infested waters to retrieve a part of an old plane that would become the centerpiece for a going-away gift. Terry proudly displays that gift on his wall today."

The camaraderie between pilots such as Pankhurst and L3 is evident.

"I don't consider there to be an 'us' or 'them,' they (functional check flight pilots) are part of the team," said Randall Davis, maintenance control coordinator.

In his current role as a FCF pilot, Pankhurst is considered a subject matter expert. Instructor pilots from both training squadrons often use him as a sounding board for any non-standard operating characteristics experienced during a flight in the T-45.

Davis added that as a collaborative effort, functional check flight pilots are the quality assurance personnel, ensuring the proper function and safe operation of T-45's that have previously undergone maintenance. Although there are advantages of having a single airframe for training future naval aviators, the recent decline in the availability of parts has placed a hindrance on mission capability. Despite these struggles, healthy working relationships such as that between L3 and FCF pilots facilitate Training Air Wing One's mission which is "provide newly designated aviators to the fleet for further training in operational combat aircraft."

Pankhurst also has logged more than 1,300 hours in the S-3 Viking, but the vast majority of his time in the air has been in a T-45.

"I love the little thing," Pankhurst said. "It could use a bigger engine and I would love to be able to take it to a higher altitude, but all in all the T-45 is a lot of fun."

Since its introduction in 1991 and upgrade to a glass cockpit design in 1997, the T-45A/C Goshawk has replaced the T-2 Buckeye and TA-4 Skyhawk airframes, effectively streamlining the Navy and Marine Corps' intermediate and advanced jet syllabus. The T-45's broad variety has the capability to support beginning students learning the very basic of instrument flights as well as allow advanced students to complete their carrier qualification, due to the Goshawk's tailhook.

Pankhurst said he will continue to fly the Goshawk as long as he can - striving for 5,000 hours and doing it the same way he reached 4,000 -- one hour at a time and "just never going away."

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

Antioch Missionary Baptist Church
 1900 Antioch Rd • Durham, NC 27605 | www.amb-church.net
AMUSILE CLEVELAND HAYES, EdD, PASTOR
THEOLOGY SCHOOL CLASSES
 BIPT335 Experiencing & Encountering Holy Spirit
 Dr. Larry Keefauver March 10-12 (Register by 3/1/16)
 BIPT403 The Theology of Relationship
 Dr. Gary Stewart April 7-9 (Register by 4/1/16)
 Dot Stamps, Academic Dean 601-480-5417; 601-483-7535
 Office Administrator: Mrs. Redia Cannon 601-917-1368

AH .mil

HONOR **COURAGE**
COMMITMENT



Pfc. Darryl Evans
MATSS-1 Student
Hometown: Baltimore

OOORAH!

Pfc. Leroy Campbell
MATSS-1 Student
Hometown: Baltimore

Pfc. Darryl Evans joined the Marine Corps in August 2015 to improve his lifestyle. He is currently enrolled in the Aviation Supply Specialist course at Marine Aviation Training Support Squadron One.

In his spare time he enjoys playing video games, making skate videos and going places with his girlfriend.

Evans is looking forward to becoming the best and highest-ranking Marine he can be and recalls boot camp as his most memorable moment in the Marine Corps.

"I was never exposed to anything like basic training in my normal life," Evans said.

He admires Bandon Myers because he is "a prime example of hard work paying off."



Before moving on to Joint Air Force Base McGuire, Pfc. Leroy Campbell must complete the Aviation Administration course at Marine Aviation Training Support Squadron One.

"An opportunity like the Marine Corps only comes around once in a lifetime," Campbell said. "It's a chance for me to find my hidden potential and expand it by helping others. I could only achieve that by joining the world's greatest fighting force."

Campbell's most memorable experiences in the Marine Corps all stem from the people he has met during his career.

He truly admires his father because he came from Jamaica with nothing and gained everything he has through hard work and following strong ethics.

Former Marine astronaut leading flight plans for NASA's mission

By Sgt. Melissa Karnath
Defense Media Activity

WASHINGTON -- Though a great and many challenges tried his determination, Charles "Charlie" Bolden, the 12th and current Administrator of NASA, rose among the few and proud to become one of the most successful Marines in modern history.

Since seventh grade, Bolden aspired to attend the U.S. Naval Academy.

"I saw a program on television called 'Men of Annapolis' in seventh grade and I fell in love with the uniform watching the movie," said Bolden. "After watching the movie, I decided I wanted to go to the U.S. Naval Academy."

Bolden grew up in Columbia, South Carolina, knowing very little about the Marine Corps or the military despite his father and uncles serving in the U.S. Army during World War II. Bolden would routinely see Marines from Parris Island, South Carolina in his hometown.

"The Marines were crazy, really rambunctious in the city park," said Bolden. "I decided there was one thing I would never do and that was be a Marine."

After being accepted to the U.S. Naval Academy and starting school, Bolden believed he made a mistake. The surrounding community of Annapolis, Maryland

was still segregated at the time and the academy had very few black people and no women.

"There were a lot of reasons to be very uncomfortable," said Bolden. "I called my mom and dad every weekend and said, 'I made a mistake and I want to come home.' My dad would tell me to stay one more week, and he did that for 52 weeks."

Bolden persevered through his first year, which seemed like a long boot camp to him. His parents taught him that anything was possible if he just set his mind to it.

"I think the thing that saved me were two Midshipmen who were juniors in my company," said Bolden. "They paid me a visit one day and said, 'You know you're not going to graduate.' I asked, 'What makes you think that?' They said, 'We are going to make it so hard on you and run you out.' I said 'Okay, good luck with that.'"

"Right at that moment I determined, 'I don't give a crap what this place is like. I'm not going home.' Who knows what would have happened if that particular incident had not come up."

During his four years at the Naval Academy, Bolden evaluated what service he wanted to join upon graduating. He remembered his company officer during his first year at the academy, who was a Marine.



Courtesy Photo

Charles "Charlie" Bolden, the 12th Administrator of the National Aeronautics and Space Administration talks during a meeting at an unknown location and date. Bolden served 34 years on active duty in the Marines as a Naval aviator, spent 14 years as a member of NASA's Astronaut Office and retired at the rank of major general.

"He was an infantry officer, a Vietnam veteran and had impressed me," said Bolden. "He was like my dad, firm but fair. I decided I wanted to be like him."

Bolden graduated the Academy in 1968 with a degree in electrical science and was commissioned as a Marine Corps 2nd lieutenant. Three days after graduating, Bolden married his wife, Alexis "Jackie" Walk-

er, whom he had grown up with in South Carolina since they were three years old.

"She was at my graduation and commissioning," said Bolden. "When we got married we made several promises to each other. We agreed we would stay around [in the Marine Corps] as long as we were having fun."

● Marine, page 9

MARINE CORPS BASE CAMP PENDELTON, CALIF.



Photo by Lance Cpl. Ryan Kierkegaard

Japanese soldiers with the Japan Ground Self-Defense Force push the F470 Combat Rubber Raiding Craft into position during a beach raid as part of training for Exercise Iron Fist 2016, at Marine Corps Base Camp Pendleton, Feb. 24. Iron Fist is a five-week-long exercise focusing on advanced marksmanship, amphibious reconnaissance, fire and maneuver assaults, staff planning, logistical support, medical knowledge sharing, fire support operations, including mortars, artillery and close air support, and amphibious landing operations.

RENA, NORWAY



Photo by Lance Cpl. Brianna Gaudi

Marines with Combined Arms Company, step back as an M777 Howitzer fires a round during a live-fire shoot in Rena, Norway, Feb. 23, in preparation for Exercise Cold Response 16. The exercise will include 12 NATO allies and partner nations, and approximately 16,000 troops. The Marines will provide indirect fire support for infantry units during the exercise.

Safety & Energy Efficiency is Our Duty

JMSDF, US Navy Grow Green Partnership

By MC2 Susan Damman
Carrier Strike Group 3 (CSG-3)
and
USS John C. Stennis
(CVN 74) Public Affairs

PHILIPPINE SEA (NNS) -- Japan Maritime Self Defense Force (JMSDF) naval liaison officers (LNOs) visited USS John C. Stennis (CVN 74), Feb. 22.

The LNOs helped coordinate and communicate with Murasame-class destroyer JDS Samidare (DD-106) as it received an advanced biofuel mixture from the Great Green Fleet.

"The primary purpose [of our visit] is to deepen the mutual understanding and the interoperability with the U.S. Navy and JMSDF, particularly focusing on our tactical skills through

bilateral operation with John C. Stennis Strike Group," said Capt. Atsushi Minami, commander, Escort Division 4.

JMSDF offered to support the John C. Stennis Carrier Strike Group (JCSG) as it transits the Indo-Asia-Pacific.

"[Japan is] one of our strongest allies," said Lt. Michelle Calarasu, an operations officer for Destroyer Squadron (DESRON) 21. "The U.S. is willing and able to seamlessly integrate with our allies and provide a strong presence within this area of operations."

Samidare received more than 62,000 gallons of the advanced biofuel mixture during the refueling-at-sea (RAS)

with fast combat support ship USNS Rainier (T-AOE 7).

"Due to the budget crunch, JMSDF has become interested in the fuel economy," said Minami. "So the Japanese government is considering using biofuel more actively."

JCSSG is using biofuels throughout its deployment as part of the Navy's yearlong initiative to highlight efforts to transform its energy use and increase operational flexibility. The blended biofuel contains alternative fuel made from waste beef fat. The advanced biofuel blend is a 'drop-in' alternative, requiring no equipment, engine, or procedural modifications.

Clothes Dryer Safety

Doing laundry is most likely part of your everyday routine. Do you know how important it is to take care of your dryer to ensure the safety of you, your family, and your home? With a few simple safety tips, you can prevent your clothes dryer from catching fire.

- Have your dryer installed and serviced by a professional.
- Do not use your dryer without a lint filter.
- Make sure you clean the lint filter before or after each load of laundry. Remove the lint that collected around the drum.
- Rigid or flexible metal venting materials should be used to sustain proper air flow and drying time.
- Make sure the air exhaust vent pipe is not restricted and the outdoor vent flap will open when

the dryer is operating. Once a year, or more if you notice that it is taking longer than normal to dry clothes, clean lint out of the vent pipe or have a dryer lint removal service do it for you.

- Keep dryers in good condition. Gas dryers should be inspected by a qualified professional to make sure the gas line and connection are intact and free of leaks.
- Make sure the right plug and outlet are used and the dryer is connected properly.
- Follow the manufacturer's operating instructions and don't overload your dryer.
- Turn the dryer off if you leave home or go to bed.



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





MWR Sports

Captain's Cup Basketball Standings

	Total Wins	Total Losses	Total Forfeits
AirOps	0	6	0
ANG	3	2	0
Army Nat. Guard	2	3	1
Field Support	4	1	1
MATSS-1	1	5	0
NAS Marine Warriors	6	0	0
NTTC Blue	5	1	0
NTTC Gold	3	3	0
VT-9	2	3	0

Honor the Fallen 5K

March 5, 2016
9am at the Ponta Creek Community Recreation Complex

Register Online at www.navy.mwrmeridian.com until March 4, 2016, 12:00pm

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.

NOFFS

o Sign up deadline - Mar. 9, 2016
o Class on Thursday, Mar. 10 - 4:30pm

First Friday

11:30am - 12pm High Individual Intensity Training (HITT). Circuit and Strength Work

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™

St. Patrick's Day 5K

March 17, 2016
4:30pm at the Ponta Creek Community Recreation Complex

Register Online at www.navy.mwrmeridian.com until March 16, 2016, 12:00pm

Navy updates maternity leave policy

WASHINGTON (NNS) -- Following the Jan. 28 announcement by Secretary of Defense Ash Carter establishing a Department of Defense-wide 12-week maternity leave policy, the Navy released its guidance today in NAVADMIN 046/16.

This new policy applies to all Sailors in the active duty component, and those Reserve component members serving on mobilization orders for a continuous period of at least 12 months.

Since the Navy had previously implemented an 18-week maternity leave policy in 2015, Sailors who are pregnant or give birth on or before March 3, 2016, will be granted up to 18 weeks of maternity leave. The date of pregnancy will be determined by a privileged medical care provider.

Those who become pregnant after March 3, will be entitled 12 weeks of non-chargeable maternity leave. Sailors must take this leave consecutively and immediately following a child's birth, or release from hospitalization (whichever is later).

As always, unit commanders and medical providers may continue to grant convalescent leave based on the individual Sailors' fitness for duty; meaning, this policy does not constrict convalescent leave in excess of 12 weeks, where a health professional/medical authority deems that such leave is warranted.

Besides the changes to maternity leave, DoD is working to expand both paternity leave and adoptive leave for service members.

It will ask for legislation from Congress to expand the current 10-day paternity leave offered to service members to a 14-day, continuous leave.

Authority will also be sought from Congress to change the current three week leave policy for adoptive leave for one parent to include both parents of a dual military couple by authorizing the second military parent two weeks of leave.

NAVADMIN 046/16 can be found at www.npc.navy.mil.

From Chief of Naval Personnel Public Affairs

Navy announces 2016 Navy Week schedule

By MC3 Jamal McNeill
Navy Office of Community Outreach

MILLINGTON, Tenn. (NNS) -- From Phoenix to Baton Rouge, America's Navy will come home to 15 cities across the country in 2016 as part of the Navy Week program.

Navy Weeks, coordinated by the Navy Office of Community Outreach (NAVCO), are designed to give Americans the opportunity to learn about the Navy, its people and its importance to national security and prosperity.

Since 2005, the Navy Week program has served as the Navy's flagship outreach effort into areas of the country without a significant Navy presence, with 181 Navy Weeks being held in 68 different U.S. cities.

"Navy Weeks are designed to help Americans understand that their Navy protects and defends America on the world's oceans, that their Navy is deployed around the world around the clock, and is ready to defend America at all times," said John Wallach, NAVCO's deputy director. "Because the Navy is concentrated primarily on both coasts, we're challenged to communicate our mission away from fleet concentration areas. The Navy Week program helps us do that."

The 2016 Navy Week cities are:

- Phoenix, March 21-27
- Knoxville, Tennessee, April 11-17
- San Antonio, April 18-24
- St. Louis, May 9-15
- Roanoke, Virginia, May 16-22
- Syracuse, New York, June 6-12
- Dayton, Ohio, June 13-19
- Milwaukee, July 4-10
- Sioux Falls, South Dakota, July 18-24
- Des Moines, Iowa, Aug. 15-21
- Boise, Idaho, Aug. 22-28

- Albuquerque, New Mexico, Sept. 12-18
- Sacramento, California, Sept. 26-Oct. 2
- Houston, Oct. 17-23
- Baton Rouge, Louisiana, Oct. 31-Nov. 6.

Navy Weeks bring a variety of events, equipment and personnel to a single city for a weeklong series of engagements with the public, key influencers and organizations representing all sectors of the community.

"During a Navy Week, 75-100 outreach events are coordinated with corporate, civic, government, education, media, veterans, community service and diversity organizations in the city," said Lt. Cmdr. Brett Dawson, NAVCO's event planning department head. "We bring in as much of the Navy as we can. The Blue Angels, the Navy Parachute Team, bands, divers, Seabees, EOD teams, crews of ships and submarines that are named after a city or state or have a tie to the area, hometown Sailors, medical personnel, environmental displays, USS Constitution Sailors and equipment, and Navy recruiting assets all have participated in the Navy Week program."

Navy Week cities are chosen based on a variety of factors, including Gallup data on Navy knowledge and awareness, Navy recruiting data, demographic information, namesake ties of ships and submarines, past outreach history in the market and geography, to ensure events are dispersed across the country.

Last year's Navy Week program helped commemorate the Navy Reserve Centennial. There were 12 Navy Weeks across America that reached nearly 100 million Americans through more than 1,500 individual outreach events.

For more information on the Navy Week program, visit <http://www.outreach.navy.mil>.

Sale... Or

BOATS/CAMPERS/TRAILERS

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

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

NEW 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, mov-

ing 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, sissy 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.

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, all look no further. \$13,000, negotiable. Available July 2015. Call 434-604-0428. Text for photos or Carfax report.

HOMES/APARTMENTS

NEW! 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.

NEW! 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 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. Popular 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 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, sep-

arate 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 le-upold 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. 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.





Sailors, Coast Guardsmen gather at 2016 Wounded Warrior Pacific Trials

By Shannon Leonard

Special to Navy Installations Command Public Affairs

PEARL HARBOR (NNS) -- The 2016 Wounded Warrior Pacific Trials brought together 50 seriously ill and injured Sailors and Coast Guardsmen, from all over the United States, for competitive adaptive sports and recreation, Feb. 20, in Pearl Harbor.

The trials are hosted by Commander, Navy Region Hawaii and Navy Wounded Warrior-Safe Harbor (NWW) - a Navy Installations Command-supported program.

The Honorable Franklin Parker, assistant secretary of the Navy for Manpower and Reserve Affairs, visited the athletes Feb. 21 for some active interaction.

"I loved every minute of it," said Parker. "I had a good chance to connect with them, and we were really a team. I really appreciated them letting me share that time with them, and really bring down their curve because I was definitely the worst on the team."

Parker participated in wheelchair basketball and sitting volleyball alongside the wounded warrior athletes and also spent time with their families.

"I really appreciate their patience, their team spirit, their heart, their goodwill; they were just amazing and I loved it," said Parker. "I would still be there if I hadn't been dragged off the court."

The wounded warriors are preparing for the formal trials competition, which is set to begin with swimming, Feb. 24.

"This year's trials is our fourth event on the beautiful island of Hawaii and we are excited to be here with our athletes supporting them as they compete for a spot on Team Navy," said NWW Adaptive Sports and Recreation Lead Megan Haydel. "This event helps wounded warriors with their recovery and rehabilitation, and nearly 20 of our athletes are brand new to the adaptive sports program. Watching them try these events for the first time is very exciting and inspirational."

NWW coordinates the non-medical care of seriously wounded, ill and injured Sail-

ors and Coast Guardsmen, and provides resources and support to their families. NWW offers individually-tailored assistance to ensure enrollees' successful recovery, rehabilitation and reintegration.

Adaptive sports -- athletic activities that are modified to meet abilities of injured or ill individuals -- are an essential component of their recovery and rehabilitation plans, according to Haydel. In addition to the many new faces at the event, this year's competition includes 15 female wounded warrior athletes, which is more than ever before.

"This is my third trial, and it is going great," said retired Navy Hospital Corpsman 2nd Class Roel Espino, who suffered a traumatic brain injury during a motorcycle accident, and is currently based in Hawaii. "I started with shooting today and I am trying to move on to the next level, Olympic-style competition shooting. One of the benefits to attending the trials is being around people I can relate to. I find it very therapeutic and rewarding."

The wounded warrior athletes will spend the first few days of the competition practicing their chosen sports, which may include swimming, track and field, wheelchair basketball, sitting volleyball, shooting, archery, and cycling.

Each athlete is vying for a slot on the Team Navy roster and advancement to the annual joint-service Department of Defense (DoD) Warrior Games. This year's DoD Warrior Games will take place June 14-22 at the U.S. Military Academy in West Point, New York.

Hundreds of local spectators are expected to attend the Wounded Warrior Pacific Trials, which are taking place at Joint Base Pearl Harbor-Hickam and Iolani School in Honolulu.

"I am hoping to make the team and head to West Point to participate in the Warrior Games," said Navy Machinist's Mate 1st Class Michael Dayton, who was injured on deployment in 2007 when he sustained burns while fixing a pump in an engine room. "This is my extended family and it is great to see so many new and young NWW



Photo by MC2 Jon Dasbach

Wounded Warrior participants start the 800-meter dash during the track and field trials as part of the first ever Wounded Warrior Pacific Trials at the Iolani School Kozuk Stadium in Honolulu, Nov. 15, 2012. Nearly 50 seriously wounded ill and injured sailors and Coast Guardsmen from across the country are competing for a place on the 2013 Warrior Games Navy-Coast Guard team.

enrollees. This means the word is getting out about the program and all the support they provide to wounded warriors.

"Adaptive sports is great for physical rehabilitation, however it is not just about the sports," he said. "It is also a form of therapy. I find it relaxing to talk about my disability with fellow enrollees who are going through similar situations. I don't feel judged. I feel like people understand me here."

The wounded warrior athletes at the trials are active-duty and retired service members with upper-body, lower-body and spinal-cord injuries; serious illnesses; traumatic brain injuries; visual impairment; and post-traumatic stress.

"This is my first trials competition and I am really enjoying myself," said Retired Navy Fire Controlman 3rd Class Jason Reyes, who suffered serious injuries in a

motorcycle accident four years ago. "I feel motivated to try my best. My favorite part about today was seeing everyone come together during the wheelchair basketball practice and just have fun despite their injury or illness."

For the latest news about the trials, follow NWW on Facebook (<http://www.facebook.com/navywoundedwarrior>), Twitter (@navywounded) and Instagram (Navy Wounded Warrior). Visit <http://www.safe-harbor.navy.mil> or call 855-628-9997 to learn more about NWW and the benefits of adaptive sports.

Navy Installations Command is comprised of approximately 52,000 military and civilian personnel worldwide responsible for the operations, maintenance and quality of life programs to support the Navy's fleet, Sailors and their families.

VFA-113, NAS Lemoore say goodbye to F/A-18C Hornet

By Ensign Timothy Cole
Strike Fighter Squadron 113
Public Affairs Officer

LEMOORE, Calif. (NNS) -- The "Stingers" of Strike Fighter Squadron (VFA) 113 conducted the last flight of a fleet F/A-18C Hornet based at Naval Air Station (NAS) Lemoore Feb. 17.

The flight was conducted by VFA-113's Maintenance Officer Lt. Cmdr. Kristen "Dragon" Hansen.

VFA-113 completed the transition from the A-7E Corsair II to the F/A-18A Hornet Dec. 14, 1983, making the Stinger's the Navy's first fleet operational combat ready strike fighter squadron, and establishing the squadron motto of "First and Finest." In 1989, VFA-113 accepted delivery of the upgraded F/A-18C hornet. In March, VFA-113 will begin transitioning to the F/A-18E Super Hornet.

In August 2014, the squadron embarked on its final combat deployment with the F/A-18C and Carrier Air Wing (CVW) 17 aboard USS Carl Vinson (CVN 70). The Stingers performed exceptionally on deployment, flying 367 combat missions in support of Operation Inherent Resolve.

"The legacy F/A-18 has served the Navy brilliantly as a supersonic fighter for over 30 years," said Cmdr. Eric C. Doyle, the commanding officer of the Stingers. "While we remain proud of all the good work we have done with the F/A-18C, we are excited to begin transitioning to some brand new F/A-18E super hornets."

"It has been an honor and a privilege to fly the F/A-18C Hornet across the Lemoore flight line for the last 10 years," said Hansen. "Although I am excited about receiving our new jets, the 'Charlie' has served me and the

majority of the Lemoore Hornet community well over the course of our careers. Our maintainers have done a spectacular job of keeping these aging aircraft combat ready despite the many challenges associated with high-flight hour jets. I'll appreciate the extra gas, but admit that I'll be a little sad when I have to say 'Rhino Ball' vice 'Hornet Ball' behind the boat!"

After the completion of carrier qualifications for the pilots of VFA-113, the final step in the transition process to the F/A-18E being certified as "Safe-for-Flight." Part of that process involves the loading and delivery of live ordnance. Strike Fighter Weapons School Pacific will conduct the Conventional Weapons Technical Proficiency Inspection (CWTPD) for VFA-113 at the beginning of June. Following the completion of CWTPD, the Stingers will become the newest member of the Super Hornet community, making NAS Lemoore an all super hornet flight line.

Aviation Electrician's Mate Second Class David Shimizu is looking forward to the benefits of the transition as well.

"As we think of the word 'transition,' we think of strenuous and difficult times, but in reality, it is our opportunity to purge and rethink our priorities and be intentional about new habits," said Shimizu. "As individuals we set out new goals to be our personal best whether if it is in the work environment, or life in general. We as a team have always pushed ourselves to strive to be the best at any task put forth. Now as we close one chapter of our lives and open a new one, we have the opportunity to make our new normal anything we want."



Official U.S. Navy file photo.

MERIDIAN COMMUNITY COLLEGE

Honoring Outstanding Teachers and Educators in East Mississippi and West Alabama

Do you have a teacher who has made an impact on you or your child's life?

Do you have a teaching colleague whose style you admire?

Nominate them for the Golden Apple Award! Then, encourage others to do the same!

Nominations may be submitted by students, parents, faculty, or community members.

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

T & D Furniture* LaBiche Jewelers* John O'Neil Johnson Toyota

Southern Pipe and Supply* Newsell Paper Company* EBCO Cooperation

Meridian Coca-Cola Bottling Company

To nominate a teacher, log on to wmdn.net, wgbctv.com, goldenappleawards.com or meridianstar.com

HOUSING ASSISTANCE CONTACT INFORMATION

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





IT'S YOUR TURN...

Just for fun this week we asked, "What's your favorite book?"

From Staff Reports



NC1 Jennifer Ringle
Command Career
Counselor

"My favorite book is *Faerie Tale* by Raymond E. Feist. Great fantasy



LS1 Trillshun Bacon
Galley

"*The Bible* is my favorite book -- basic instructions before leaving earth."



RP3 Sarah Morales
Chapel

"*Pride and Prejudice* is a great book by Jane Austin."



MC2 Casey Kyhl
PAO Office

"*East of Eden* by John Steinbeck is a way of life."



LSSN Edythe Anderson
ADMIN

"*Thirst* by Christopher Pike is my favorite book. Adventures of the last vampire girl on Earth."

Fleet & Family Support Center

Building your child's self-esteem

Parents are the single greatest influence on their children's self-esteem. As kids grow and change, it's natural for their self-esteem to take a few ups and downs.

Toddlers tend to have a lot of self-confidence; they're eager, curious. School-age children are often times unsure. They may doubt their abilities as they learn to do things on their own. Pre-adolescents may feel embarrassed and sensitive about their bodies. They are likely to feel confident one minute, insecure the next. High school kids feel challenged to be independent. They often feel a need to stand apart from their parents and other adults. For them, peer acceptance becomes an important confidence builder. Self-esteem grows and changes throughout life...

Love is the cornerstone of self-esteem, no matter what stage your children are going through. Be sure to:

- ▶ Show your affection with smiles, touches and hugs. It makes them feel wanted and appreciated. Love without conditions. Send the message "I love you" even if your child doesn't make the team, isn't as good at math as other kids. Let your children know it is normal not to be great at everything. Don't assume your children know how you feel. Show your love every day.
- ▶ Offer plenty of praise and encouragement. Comment on each child's unique abilities and talents. "You're a good dancer." "I like the way you draw." Show your appreciation for small favors they do such as helping around the house, folding clothes, completing a big school project. Compliment positive actions specifically: "You did a great job at..." Be careful with criticism; put downs are never okay.
- ▶ Teach responsibility. It will help your children feel capable. Assign chores to help your children

learn to be part of a team. Make sure the tasks fit the child's age level. Set firm, but fair rules for behavior. Let your child know positive and negative actions have consequences. Be a good role model; teach responsibility by practicing it yourself. Take care of your health; follow through on promises; show respect for all people; show you care about learning; speak positively about school.



▶ Really listen to your children. Self-esteem is built on good relationships; good relationships are built on communication. Children know when you're not paying attention; they are hard to fool. Show interest; ask questions about things that concern your children. Don't rush them or interrupt them as they tell you about their day. Include your children in family discussions. Spend time alone with each of your children every day—even if it's only for 15 or 20 minutes. Focus on issues and events in their lives, not yours. Use "I" messages to express anger: "I feel upset when you leave a mess in the kitchen," rather than "You're so messy. You're so sloppy."

▶ Show respect for your children. Honor their choices, opinions, possessions.

▶ Teach your children to set goals. Identify goals that are reach-

able and challenging. Break tasks into smaller steps; check progress. Talk about what happened: Was the goal reached; what was easy or what was hard about the project? How could things have been done differently? But, don't get so involved that you end up doing the work for them.

▶ Help your children handle stress—by supporting their ability to welcome challenge and change.

Encourage your children to get involved in a variety of activities. Set up new experiences that allow them to meet reasonable challenges, reasonable so that they feel in control rather than helpless. Don't demand perfection. Praise the efforts regardless of the outcome. Encourage your children to work out solutions to problems rather than doing it for them. Tackle tough decisions rather than putting them off—this prevents stress from building up.

▶ Don't compare your children to others. Don't smother your children. Teach ethnic and cultural pride by sharing the family history. Teach and role model good values, such as success through hard work, honesty, the importance of exercise and eating right, taking responsibility for actions.

▶ Discuss the facts about tobacco, alcohol, and other drugs. Talk straight and set a good example.

Parents: We have the initial responsibility of helping children build their self-esteem. If we do this lovingly and consistently, children will indeed take responsibility for their own self-esteem. This is how we can give our children one of life's greatest gifts.

-- 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.

Troops to Teachers: "Transition to Teaching" Seminar: March 8 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.

Transition GPS Seminar: March 21-25 from 8 a.m.-4:30 p.m. Military personnel who are voluntarily or involuntarily separating or retiring and are within 180 days of separating are required to attend this seminar, held at the FFSC. It is highly recommended that spouses attend. You may also attend if you're up to 24 months away from your separation or retirement date. The following topics will be covered: résumés, job search skills, job interviewing, employment (state and federal), veterans' benefits, pay and travel, movement of household goods, TRICARE, emotional transition to separation, financial planning, forms and documents, benefits and services, military obligations, and more. You must see your command career counselor or admin officer before attending Transition GPS to obtain several documents that are required for the seminar.

10 Steps to a Federal Job: March 23 from 4-6 p.m. The government is hiring! But if you want to be successful in landing a federal job, you need to understand the government's unique and complex application process. This workshop, based on the writings and training of federal job search guru, Kathryn Troutman, will walk you through the 10 steps to finding and applying for a federal job. We'll cover: finding and analyzing federal job announcements; crafting a federal-style résumé and an electronic résumé; interpreting the cryptic language of federal hiring process ("core competencies", etc.); the incredible importance of including "keywords" in your application; addressing "KSAs"; and much more!

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

Transition GPS Optional Track: Accessing Higher Education: March 30-31 from 8 a.m.-4:30 p.m. The purpose of the Higher Education Track of the Transition GPS program is to guide individuals through the variety of decisions involved in choosing a degree completion program, college institution, and funding. It also is designed to assist individuals in completing the admissions process, in order to facilitate creation of a customized plan for a successful transition to a higher education institution. Open to spouses.

● Marine

Bolden attended The Basic School at Marine Corps Base Quantico, Virginia, in November with the goal of serving his five-year commitment to the Marines then go back to school to earn a master's degree in electrical science. "About half way through The Basic School, I started having second thoughts about being an infantry officer," said Bolden. "It was freezing cold with snow and ice on the ground. I volunteered for every fire watch during our three-day war, so I wouldn't have to sleep. I was convinced if I fell asleep laid out on the ground I would die. It was so cold."

After graduating The Basic School, Bolden told his wife he would like to do something else instead of being an infantry officer.

"My wife said, 'Why don't we go to Pensacola [and become a pilot],'" said Bolden. "I had told myself coming out of high school was that I would never fly air planes because that was inherently dangerous, but as usual my wife was right."

"I had an aviation option out of the academy, so I went to Pensacola. The very first time I got in an

airplane and lifted off I fell in love with it."

One of Bolden's instructors at flight school was a Marine test pilot. After talking often about the job and duties of a test pilot and earning his Naval Aviator Insignia in 1970, Bolden started to apply for test pilot school. Bolden applied over and over for test pilot school while he and Jackie started a family.

"Our son was born when we were at my first duty station at Marine Corps Air Station Cherry Point, North Carolina and right after his first birthday I went to Vietnam and lived in Thailand for a year," said Bolden. "Back then we communicated by letter. There weren't many phone calls. There were weeks between communication, but I was able to get my wife and son moved to [South Carolina] so my parents and her mom were able to look after them."

While in Thailand, Bolden flew more than 100 combat missions in Vietnam, Cambodia and Laos. After his tour, Bolden returned to the U.S. and moved his family near Los Angeles where he worked on recruiting duty.

"There were lots of ac-

tivities and things to do in the area, it was a great environment for our son," said Bolden. "Our daughter was born and after about six years I was accepted to the Navy's test pilot school. We picked up the family and moved to Patuxent River, Maryland."

Bolden completed his test pilot training in 1979 and applied for the space program.

"When I finally decided to apply for the space program, something else I never dreamed of, I was selected," said Bolden.

Bolden spent 14 years in Houston, Texas as a NASA astronaut. He flew on the space shuttle four times and served as a commander for two missions and a pilot for two missions.

"Every time I flew there was no question that I was a Marine," said Bolden. "Traditionally astronauts wear a blue and gold name tape. We insisted on a scarlet and gold name tape, a Marine Corps name tape, that we wore with our Naval Aviator Insignia of gold. That started a fad, and the Army and Air Force guys wanted name tapes for their service."

"We felt it was very important to emphasize

the service that we represented. Anytime I went anywhere if it was possible I would wear my uniform so people would know that I was a Marine, and the Marine Corps was making a contribution to the space program."

While in Houston, Bolden worked at the Johnson Space Center, which provided a lot of stability for his family. After completing his service with NASA, Bolden returned to the Naval Academy where he served as the Deputy Commandant of Midshipmen, then in 1997 served as the deputy commanding general of I Marine Expeditionary Force. During this time, Bolden also served as the commanding general of I MEF Forward in support of Operation Desert Thunder in Kuwait in 1998.

After being promoted to his final rank of major general later in 1998, Bolden assumed duties as the deputy commander of U.S. Forces Japan. He continued his career at 3rd Marine Aircraft Wing Miramar, California.

"Among my proudest accomplishments was serving successfully as the commanding general of 3rd Marine Aircraft Wing



President presents Medal of Honor to Navy SEAL

By April Grant
Navy Office of Information

WASHINGTON (NNS) -- On Feb. 29, Senior Chief Special Warfare Operator (SEAL) Edward C. Byers Jr. became the sixth Navy SEAL in U.S. history to receive the Medal of Honor.

President Barack Obama presented Byers with the medal during a White House ceremony for his heroic gallantry as an assault team member attached to a Joint Task Force in support of Operation Enduring Freedom Dec. 8, 2012.

During the ceremony, Obama praised Byers' dedication to duty.

"Like so many of our special operators, Ed is defined by a deep sense of humility. He doesn't seek the spotlight. In fact, he shuns it. He's the consummate quiet professional," said Obama.

The president welcomed members of Byers' family, including wife Madison, daughter Hannah, and mother Peggy. The crowd laughed as Obama recounted Peggy's question upon hearing the news of her son's award, "Do you think I can come?"

Obama called Byers "a special breed of warrior," part of a select few who serve the American people in the shadows with honor and sacrifice.

"Our special operations forces are a strategic national asset. They teach us that humans are more important than hardware," said Obama. "Today is a reminder that our nation has to keep investing in this irreplaceable asset; deploying our special operators wisely, preserving force and family, making sure these incredible Americans stay strong in body, mind and spirit.

The American people may not always see them. We may not always hear of their success. But they're there in the thick of the fight, in the dark of the night, achieving the mission. And we thank God they're there," added Obama.

Byers spoke at a press conference following the ceremony.

"The important thing I want to say here is that everything we do is as a team: if it wasn't for that team I wouldn't be standing here today. Specifically for me, my teammate, friend and brother Nick Checque," he said, referring to fallen team member Petty Officer 1st Class Nicolas Checque. "The award is truly his. He was an American hero and he was the hero of that operation.

Today has been a very memorable day in my life surrounded by friends and family and it is truly something I'll never forget. We're gonna celebrate Nick's life and celebrate the

lives of the brothers that have fallen protecting our freedoms so that we can sleep peacefully in our beds at night," added Byers.

In December 2012, Byers, along with other members of his team, was tasked with a mission to rescue Dr. Dilip Joseph, an American citizen being detained by the Taliban in a mountainous region in the Qarghah'i District of Laghman Province. Byers was the second assaulter on the approach toward the building identified as containing the hostage.

While Byers tried to rip down blankets that served as the door to the building, the first assaulter pushed his way through the doorway and was immediately shot by enemy AK-47 fire. Byers, fully aware of the hostile threat inside the room, boldly entered and immediately engaged a guard pointing an AK-47 towards him. As he was engaging that guard, another adult male darted towards the corner of the room. Byers could not distinguish if the person may have been the hostage scrambling away or a guard attempting to arm himself with an AK-47 that lay in the corner, so he tackled the unknown male and seized control of him. While in hand-to-hand combat, Byers maintained control of the unknown male with one hand, while adjusting the focus of his night vision goggles (NVGs) with his other. Once his NVGs were focused, he recognized that the male was not the hostage and engaged the struggling armed guard.

By now, other team members had entered the room and were calling to Joseph to identify himself. Byers heard an unknown voice speak English from his right side. He immediately leaped across the room and selflessly flung his body on top of the American hostage, shielding him from the continued rounds being fired across the room. Almost simultaneously, Byers identified an additional enemy fighter directly behind Joseph. While covering the hostage with his body, Byers was able to pin the enemy combatant to the wall with his hand around the enemy's throat. Unable to fire any effective rounds into the enemy, Byers was able to restrain the combatant enough to enable his teammate to fire precision shots, eliminating the final threat within the room.

Byers quickly talked to Joseph and, after confirming that he was able to move, extracted him to the helicopter-landing zone. Byers, a certified paramedic and 18D medic, subsequently assisted with the rendering of medical aid to the first assaulter. Byers and others performed CPR during the flight to Bagram Airfield where his teammate was declared deceased.



Photo by Oscar Sosa

President Barack Obama presents the Medal of Honor to Senior Chief Special Warfare Operator (SEAL) Edward C. Byers Jr. during a ceremony Feb. 29 at the White House. Byers received the Medal of Honor for his actions during a hostage rescue operation in December 2012.

In a U.S. Navy video, Byers recalled the moment the president called to say he would receive the Medal of Honor. "I felt very honored and very humbled because now I'm gonna be a representative for the Navy and the Navy Special Warfare community and there's a weight that that carries with it," he said. "And that weight is the sacrifice that everybody has made within this community...it's an affirmation of the job that we do and an appreciation for the job that we do."

The Medal of Honor is the nation's highest award given to members of the Armed Forces for gallantry in action. Byers is the first living active duty member of the U.S. Navy to receive the Medal of Honor since Apr. 6, 1976. He is the first living active duty enlisted member of the U.S. Navy to receive the Medal of Honor since Petty Officer Michael Thornton (also a SEAL) was awarded the Medal of Honor by President Richard Nixon Oct., 15 1973.

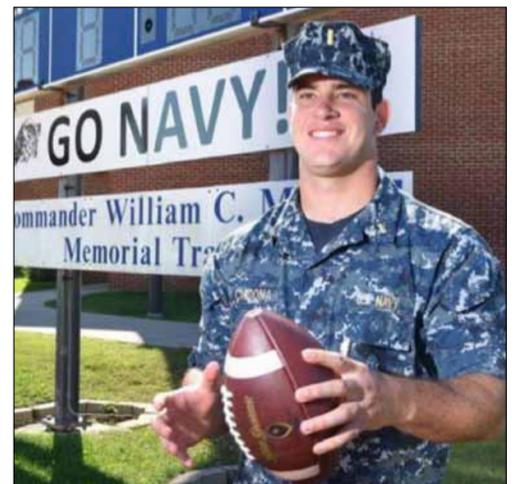
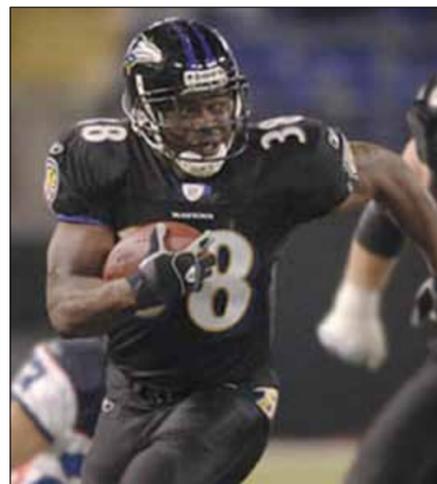
A husband and father to one daughter, Byers was born in Toledo, Ohio, and began his naval career in 1998 as a hospital corps-

man. The following year, he was assigned to Great Lakes Naval Hospital and later served with 2nd Battalion, 2nd Marines, in Camp Lejeune, North Carolina. While on deployment with the 26th Marine Expeditionary Unit aboard USS Austin (LPD 4), Byers earned the Enlisted Surface Warfare Specialist (ESWS) badge and Fleet Marine Force (FMF) warfare device.

After graduation, he attended the Special Operations Combat Medic (SOCM) course and was subsequently assigned to East Coast SEAL Teams. He has deployed overseas 11 times with nine combat tours. Byers was promoted to the rank of senior chief petty officer in January 2016.

In addition to the Medal of Honor, Byers personal decorations include the Bronze Star with Valor (five awards), the Purple Heart (two awards), the Joint Service Commendation Medal with Valor, the Navy Commendation Medal (three awards, one with Valor), the Combat Action ribbon (two awards) and the Good Conduct Medal (five awards).

Football players who happen to also serve in Navy, Marine Corps



When people argue over the best quarterbacks to ever play, a name that most likely pops into the conversation is Roger Staubach. After winning the Heisman Trophy and becoming the only midshipman to win the Naval Academy's Thompson Trophy Cup three years in a row, Staubach went on to serve four years on active duty in the Navy, including a tour of Vietnam in 1969. When his service concluded, he entered the NFL, playing his entire 11-season career with the Dallas Cowboys. Staubach was a six-time Pro-Bowler and led his team to four Super Bowls – two of which he won (VI and XII). In 1985, he was a first-ballot Hall of Famer.

Football was not something Mike Anderson grew up with, but a desire to serve was. Right out of high school, Anderson signed with the U.S. Marine Corps and became a communicator in an artillery battery. His military career included peacekeeping missions in Somalia and Kenya. It was when he was serving that Anderson's football prowess developed. He played a lot of rec football during his days in the Marines, and after his four year commitment was up, he was recruited to play in college, eventually become a star at the University of Utah. Anderson was drafted by the Denver Broncos in 2000, where he had an amazing first season – he even set an NFL rookie rushing record with 251 yards against New Orleans. Anderson went on to play five more years with the Broncos and two with the Baltimore Ravens before he retired in 2007.

Considering he just spent his rookie season with Tom Brady's New England Patriots, chances are good that you're going to hear Joe Cardona's name more often. You might also recognize him from his time at the U.S. Naval Academy. Since the Patriots narrowly missed out on the Super Bowl this year, his football job is done for the moment – but his Navy career isn't. Cardona, who was commissioned as a naval officer in May 2014, still has four more years of a five-year military commitment remaining, so he's making both work. The Navy allowed him to split his time with the NFL this past season, working one day a week at the Naval Academy Preparatory School in Rhode Island. According to reports, he's now in Norfolk, Virginia, getting more training before he serves his duties on the USS Zumwalt. If all goes well, we'll see him on the field again next year.

Segments from DoD News, Defense Media Activity

● Mabus

changes and environmental issues and did not shy away from unilateral actions, controversial decisions and conflict with service counterparts.

Soon after assuming his current post, Mabus announced the creation of a "Great Green Fleet" as part of a series of ambitious energy-saving initiatives for the Marine Corps and the Navy that included the goal to get the department to source half of its energy from alternative sources by 2020.

A 2012 debut of the concept at the Rim of the Pacific exercise stoked furor in Congress when it was discovered that the Navy had spent \$12 million for biofuels that cost around \$26 per gallon. The exercise resulted in new legislation requiring that bulk purchases of alternative fuels be competitively priced. This year, the Great Green Fleet finally launched on a beef-fat fuel blend that cost \$2.05 per gallon.

Mabus also made waves with a series of moves aimed at tearing down gender barriers within the Navy and Marine Corps.

He spearheaded a number of controversial uniform changes aimed at making male and female sailors look as similar as possible. Last October, the Navy rolled out a sweeping list of phased uniform updates that included unisex dress covers, female "crackerjack" dress blues, and a new women's version of the dress whites uniform. This year, the Naval Academy will do away with women's skirts for graduation in favor of pants uniforms.

The Marine Corps is also adopting a gender-neutral version of its dress blues uniform.

"In the Navy and in the Marine Corps, we are moving towards uniforms that don't divide us as male or female, but rather unite us as sailors or Marines," Mabus said, according to Navy Times reports from the time.

In recent months, the issue of women serving in combat has highlighted a widening rift between Mabus and Marine Corps leadership. The Marines were the only service to request an exception to a Pentagon-wide mandate opening previously closed combat jobs to women, citing a Marine Corps study that showed teams and squads with women were more injury-prone and performed slower and less accurately than all-male teams.

Mabus publicly disparaged the study, accusing the Marine Corps of presupposing a negative outcome for women and of failing to recruit physically capable women to participate in the research.

Later, he ordered the Marine Corps to make job titles gender-neutral and train genders together in boot camp, sounding a warning note to Marine Corps Commandant Gen. Robert Neller not to "unreasonably delay or prevent the execution of a policy imperative."

The memo reportedly sparked a heated conflict between the two men. Ultimately, Neller presented Mabus with a brief on how the Marines were currently training recruits, rather than a plan to further gender-integrate training, according to congressional testimony and sources with knowledge of the briefing.

The drawbacks of Mabus' tendency to effect unilateral change without coordinating with other military leaders can

best be seen, perhaps, in the series of evolutions that have taken place regarding maternity leave for Marines and sailors.

Last July, Mabus announced he was tripling maternity leave for the department of the Navy from six weeks to 18, citing a desire to retain more female service members and acknowledge the needs of military families.

But at the end of January, Defense Secretary Ash Carter announced he was implementing a 12-week maternity leave policy for all the services - a six-week increase for the Army and the Air Force, but a six-week cut for the Navy and Marine Corps, except for currently pregnant sailors and Marines, who will be honored under the old policy.

In testimony Tuesday, Mabus declined to criticize the Pentagon and its rebuff to his policy change, but maintained his support for an 18-week maternity leave offering.

"We lose twice as many women as men between about the six-year mark to the 12-year mark in both services. In a dual-military couple, almost always, it's the women that leave," he said. "If we keep that nine-year sailor, we don't have to replace that sailor with a brand-new recruit."

Amid controversy and conflict, Mabus has many supporters in Congress who approve of his progressive policies and ability to affect change.

At the hearing, Defense Subcommittee Chairman Rep. Rodney Frelinghuysen, a Republican from New Jersey, saluted Mabus for his years at the helm of the Navy.

"There's a cake in your future ... celebrating your eight years of service and dedication to our nation," he said.