

# THE SKYLINE

Celebrating  
**55**  
Years of  
Training  
Excellence

Volume 54, Number 17

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

August 18, 2016

## On Base...

### ✓ Family Movie Night

Aug. 20 at Bernath Field. Gates open at 7 p.m.; show starts at dark. Free hot dogs and bottled water (while supplies last.)

### ✓ Parent's Night Out

Aug. 26 from 6-10 p.m. at CDC and SAC. Call 601-679-2625.

### ✓ 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.

### ✓ Smoking Cessation

Do you or someone you know use cigarettes, tobacco, E-Cigs, Vaps, or any type of tobacco or nicotine product? Interested in quitting? There are many options to help you kick the habit. New classes starting. For more information contact HM3 Jair Chavez at 601-679-2243/2244 or HM1 Bobbi Coleman-Johnson at 601-679-2209

## A Day in Naval History

### Aug. 18

**1908** - The first Navy Nurse Corps superintendent, Esther Voorhees Hasson, is appointed. Under her leadership, 19 additional nurses are recruited and trained for naval service during 1908.

**1966** - The first ship-to-shore satellite radio message is sent from USS Annapolis (AGMR 1) in the South China Sea to Pacific Fleet Headquarters at Pearl Harbor.

**1995** - USS Tucson (SSN 770) is commissioned at Naval Station Norfolk. Forced to sortie on its scheduled commissioning date to avoid Hurricane Felix, the Los Angeles-class fast attack submarines commissioning was rescheduled Sept. 19, but prior to the ceremony, the boats commanding officer decreed it was Aug. 18 for the 2-hour ceremony

--www.history.navy.mil

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

# Another first for NAS air traffic control

## From Staff Reports

NAS Meridian air operations assumed control of additional air space surrounding the installation from the Federal Aviation Administration July 24.

These new procedures greatly increase the workload of base air traffic controllers, which include military and civilian personnel. This transition increases NAS Meridian's airspace by 5,247 square miles covering East Mississippi and West Alabama.

NAS Meridian was classified as a Class IIIA facility providing both airport traffic control and final approach course services. After assuming the approach control services, NAS is now classified as a Class IVB facility providing airport traffic control and terminal area control services.

"An evolution of this magnitude has not occurred in more than 35 years in the Navy," said Lt. Lance Breeding, NAS Merid-

ian's air traffic control officer. "Approach control is the most demanding, challenging and sought out air traffic control positions. This qualification is only achieved by 10 percent of all controllers military and civilian throughout the fleet. Now that NAS Meridian is a TRACON, we are now a desired duty station for Navy controllers. There are only 10 all-Navy approach control facilities."

Before the turnover, air traffic control at NAS Meridian was a dual staffed facility: an FAA side and an NAS Meridian side.

"I am very proud of the professional team of Sailors and Navy civilians whose hard work over many years resulted in our designation as a Terminal Radar Approach Control Facility," said Capt. Scott Bunnay, NAS Meridian commanding officer. "We are dedicated to continuing the FAA's legacy of outstanding service provided to all users of the NAS Meridian approach airspace."

• Air Traffic, page 3



File photo

**AC1 Damon Haney is one of 58 military and civilian air traffic controllers at Naval Air Station Meridian who now oversee airport traffic control and terminal area control services for the airfield. NAS took over approach control from the Federal Aviation Administration July 24.**

## Congratulations Chief Selects



Photo by MC2 Chris Liaghat

**Congratulations to the 2016 Chief Selects from various commands on board NAS Meridian. From left, YNC(Sel) Dimo Sanchez, NTTC; YNC (Sel) Teddie Robert Urey II, NTTC Flag Writer School graduate transferred to next duty station; HMC(Sel) Stanyelle Billie, NOSC Meridian; ACC(Sel) Devon McKernan, NAS; PSC(Sel) Shanita Jackson, NTTC; FCC(Sel) Joseph Falls, NOSC Meridian; and LSC(Sel)**

## Louisiana flooding: Worst disaster since Superstorm Sandy

### From American Red Cross

The American Red Cross is helping thousands of people in Louisiana affected by devastating flooding, likely the worst natural disaster since Superstorm Sandy in 2012.

"Relief efforts in Louisiana are challenging with life-threatening floods and road closures making conditions dangerous," said Brad Kieserman, vice president, Disaster Services Operations and Logistics for the Red Cross. "We are mobilizing a massive relief effort with volunteers providing shelter, food and comfort right now. The Red Cross is also sending in additional relief supplies and volunteers to expand our response in the coming days."

"The Red Cross depends on the generosity of the public to support our work," continued Kieserman. "We urgently need people to join us in supporting Louisiana by making a financial do-

nation today, as well as to consider volunteering to help us provide relief on the ground."

On Sunday night, more than 10,600 people sought refuge in nearly 50 Red Cross and community shelters in Louisiana. Many local Red Cross volunteers have also been affected by the flooding and hundreds of community members are being trained right now to support their neighbors. An additional 500 Red Cross disaster volunteers from all over the country are on their way to help in Louisiana. The Red Cross has also mobilized 60 disaster response vehicles, 40,000 ready-to-eat meals and more than two dozen trailer loads of shelter and kitchen supplies. See more about the Red Cross response here.

Preliminary estimates indicate that Red Cross response efforts could cost more than \$10 million. This prediction could change as

more information becomes available. Local officials are reporting that 10,000 homes have been damaged. Many areas are still inaccessible and more rain is predicted which could lead to additional flooding. The Red Cross urgently needs the public to join in supporting Louisiana by making a financial donation today.

People can donate by visiting redcross.org, calling 1-800-RED CROSS or texting the word LAFLOODS to 90999 to make a \$10 donation. Donations enable the Red Cross to prepare for, respond to and help people recovery from these disasters.

People can also visit www.redcross.org/safeandwell to register on the Red Cross Safe and Well website, a secure and private way that friends and family connect.

The Red Cross is working closely with the entire response community – federal, state, county and local



Photo by Master Sgt. Dan Farrell

**Members of the 159th Fighter Wing, Louisiana Air National Guard transport flood evacuee and World War II veteran, Mr. Willis Woods from the Celtic Media Centre shelter to a special needs facility near the Louisiana State University campus on Aug. 15.**

agencies, other non-profit organizations, churches, area businesses and others – to coordinate relief efforts and deliver help quickly and efficiently, keeping in mind the diverse needs of the community.

The American Red Cross

shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides disaster relief; and supports military members and their families.

## Look Inside

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History made twice in one race at summer olympics



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OBLISERV requirements updated



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Navy saying goodbye to blue NWU's



## Photo of Week



Photo by MCSN Brianna Bowens

Sailors conduct an aqueous film forming foam (AFFF) system test in the hangar bay of the aircraft carrier USS George H.W. Bush (CVN 77). George H.W. Bush is conducting sea trials to complete a planned incremental availability. After completion she will begin a training and qualification cycle in preparation for a 2017 deployment.

## Navy medical researchers develop virus-based therapy to overcome antibiotic-resistant combat infections

By Doris Ryan  
U.S. Naval Medical Research Center Public Affairs

In a proof-of-concept study, a team from the Naval Medical Research Center (NMRC), in collaboration with the Walter Reed Army Institute of Research (WRAIR), reported success in combating an antibiotic-resistant infection in a laboratory model using bacteriophage therapy.

The results will be published in the October issue of the journal, "Antimicrobial Agents and Chemotherapy." The paper, "Personalized Therapeutic Cocktail of Wild Environmental Phages Rescues Mice From *A. baumannii* Wound Infections," is available online on the American Society for Microbiology website <http://aac.asm.org/content/early/2016/07/13/AAC.02877-15.full.pdf+html>.

*Acinetobacter baumannii* is recognized as one of the most difficult antimicrobial-resistant gram-negative infections to treat. Combat-related injuries are at high risk for serious infections. Infections have occurred in up to 35 percent of service members who have had combat-related injuries during Operations Iraqi and Enduring Freedom. Those infections are often very hard to treat because of multidrug antibiotic resistance in the bacteria present in the wound.

NMRC worked in collaboration with Navy Medicine's overseas laboratories to collect phages from environmental sources around the world. Using the collection of phages, referred to as a phage library, personalized phage cocktails could be made by selecting multiple individual phages from the phage library to create phage mixes customized to the needs of each patient.

NMRC also worked closely with WRAIR's Wound Infections Department to test the phage cocktails in wound infection models and demonstrate that personalized phage cocktails can treat infections.

"Bacteriophages, commonly known as phages, are viruses found in the environment, and are known for their activity against bacteria; this is why they have therapeutic potential, and may be able to

treat bacterial infections even when antibiotics fail," said Cmdr. Michael Stockelman, deputy director of the NMRC Infectious Diseases Directorate. "In this study we showed that a phage cocktail can be designed and used to target an infection caused by antibiotic-resistant bacteria in a wound infection experimental model."

Phages have an entirely different way of attacking bacteria compared to the mechanism of action for conventional antibiotics. Phages invade the bacterial cells, replicate in the cells, and destroy the cells when they rupture and release more phages into the body. Because phages multiply when they kill the disease-causing bacteria, the phage treatment actually gets stronger where it is needed most, at the infection site. In addition, phages do not affect bacteria that are not being targeted.

"Our bodies have many different kinds of bacteria that normally live on or in us, and they help our bodies work," said Stockelman. "When we take antibiotics, we impact the whole system, killing good bacteria along with the bad bacteria. Phages will not damage that community of bacteria called the microbiome the way antibiotics do."

Stockelman explained phage therapy could allow physicians to treat and manage wound infections in combat casualties who would otherwise need repeated surgeries or other extreme measures, including limb amputations, to control the infections. Successful phage therapy would greatly improve the quality of life for wounded warriors and make it more likely wound infections would not prevent a warfighter's ability to return to duty.

The next step for the team is to plan for clinical trials testing phage cocktails in human volunteers. Initial studies will confirm phage is safe in humans. For future clinical trials, researchers hope to work with treating physicians to eventually make personalized phage cocktails for patients with otherwise untreatable infections, to test the ability of phage therapy to overcome antibiotic resistance in a medical setting, outside the laboratory.

## Area Happenings

### AUGUST

**20: An Evening of Southern Gospel Music** featuring the New Dove Brothers, 2nd Mile and the Bible Tones at the Temple Theater. For information, call FM productions at 601-416-1630. Tickets not available at the Temple Theater.

**21: Silent Movie Sunday** at the Temple Theater at 2 p.m. Buster Keaton's "Cops" and "A Trip to the Moon." Guest artist Dolton McAlpin will accompany the films on the house organ. Silent Movie Sunday is free and open to the public.

**27-28: "Those Magnificent Men in Their Flying Machines"** - also known as "How I Flew from London to Paris in 25 Hours 11 Minutes." Movie will run at Temple Theater Aug. 27 at 7 p.m. and Aug. 28 at 2 p.m. Admission \$5 per person; all ages. For information, call 601-693-5353.

### SEPTEMBER

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

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

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

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

### ONGOING

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

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

**MOPS (Mothers of Preschoolers)** group provides emotional, spiritual and practical support to mothers of preschoolers. Expectant mothers and mothers of preschoolers are invited to the meetings on the second and fourth Thursdays of the month from 9:30-11:30 a.m., at Fifteenth Avenue Baptist Church. Child care provided for ages newborn to five. Visit us on Facebook at Fifteenth Avenue MOPS for meeting details or call 757-574-2557. Fees: Free for first meeting, only \$50 a year to become a member. Military discounts available.

# TRIPS

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**FROM 8:30 A.M.-1 P.M.**  
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**ADMINISTRATION BUILDING**  
**255, SUITE 283**

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

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 FFSC Meridian: 601-679-2360  
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 NMCRS Duty Cell: 601-604-2206  
 EEO (NAF): 866-295-0328  
 EEO (GS): 904-542-2802

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## Rear Adm. Bull visits



Photo by MC2 Chris Liaghat

Chief of Naval Air Training Rear Adm. Dell Bull, left, shakes hands with Capt. Scott Bunney, Naval Air Station Meridian commanding officer. Bull visited NAS Meridian as part of a routine Bureau of Naval Personnel site visit to Training Air Wing One.

## Anniversary Celebration



Submitted photo

Lt. Chris Linzey, right, and his wife, Tene, celebrate Lt. Linzey's one-year anniversary as the Protestant chaplain at the chapel on board NAS Meridian Aug. 7.

### ● Air Traffic

The FAA side provided approach control services, while the NAS side provided departure services.

"It gives NAS Meridian more responsibilities, increases our airspace, allows controllers to receive more experience on more technical and challenging control positions, and increases civilian controllers pay," Breeding said.

Many facilities have a radar control facility that is associated with the airport that is referred to as a TRACON (Terminal Radar Approach Control). While every airport varies, terminal controllers usually handle traffic in a 30-50 nautical-mile (56 to 93 km) radius from the airport.

Where there are many busy airports close together, one consolidated Terminal Control Center may service all the airports. The airspace boundaries and altitudes assigned to a Terminal Control Center, which vary widely from airport to airport, are based on factors such as traffic flows, neighboring airports and terrain.

Air traffic controllers are responsible for providing all air traffic control services within their airspace.

"Traffic flow is broadly divided into departures, arrivals, and overflights," Breeding said. "As aircraft move in and out of the terminal airspace, they are handed off to the next appropriate control facility -- a control tower, an en-route control facility, or a bordering terminal or approach control. Terminal control is responsible for ensuring that aircraft are at an appropriate altitude when they are handed off and aircraft arrive at a suitable rate for landing."

The primary method of controlling the immediate airport environment is visual observation from the airport control tower. Air traffic controllers are responsible for the separation and efficient movement of aircraft and vehicles operating on the taxiways and runways of the airport itself, and aircraft in the air near the airport, generally out to five nautical miles.

Over the last year, the FAA controllers trained the military air traffic controllers, as well as assisted in converting all of the administrative requirements from a Class IIIA facility to a Class IVB. Air traffic control personnel had to pass an inspection/certification administered by officials from Commander, Naval Air Forces-Atlantic. Additionally the air traffic control division coordinated with all activities concerned and produced new letters of agreements on procedures and services provided.

## Summer Drive Safety



Submitted photo

Chiefs on board NAS Meridian are sponsoring the Navy's Summer Drive Safety Program by placing a wrecked car at the intersection of Rosenbaum Avenue and Fuller Road to raise awareness of texting and driving, drunk driving and distracted driving.

## Gas station changes



Submitted photo

Chris Neese, Public Works employee, flattens dirt at the NEX gas station on base. Public Works is installing a new lift station at this location.

## Mobile gaming apps demand caution

There are mobile gaming applications, such as the new Pokémon Go, that put players into virtual worlds of game play. In these games players can catch digital creatures, help them evolve and take them to battle, all while leveling up themselves.

These creatures are dispersed around a player's current location using GPS data, and the player must use a mobile device to locate them. If you see zombie-like people walking down the street, holding their arms straight out in front of them and waving their phones like a searchlight, chances are they are playing one of these new games.

There have been alarming reports of people walking into walls, getting robbed and falling into ditches -- all while game playing. It is just a matter of time before the first incident occurs of a person walking in front of moving cars. Even more frightening are reports of people who are playing these games while driving.

We know this because they are Tweeting about it also while driving. Most states are pushing tougher distracted driving laws and raising public awareness on this issue. Currently, only Montana and Arizona do not ban texting and driving.

According to the national website for distracted driving, distraction.gov, in 2014 alone, 3,179 people were killed nationwide and another 431,000 people were injured in vehicle crashes involving distracted drivers.

Be mindful of what is safe and what is legal. Have fun with these games, but remember these apps do not give you a free pass to be unsafe or violate laws. While playing it is important to remember the following: pay attention to your surroundings when playing; do not trespass on private property or in restricted areas; if you are playing at night, be sure to be visible; be cautious of strangers; and do not play while driving.

-- From Naval Safety Center

### DID YOU KNOW?

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

www.nadap.navy.mil

DRINK RESPONSIBLY  
KEEP WHAT YOU'VE EARNED

# Remember the Maine! historic ship's gun on road to conservation

By MC1 Eric Lockwood  
Naval History and Heritage Command  
Outreach Division

A century-old, 6-inch, 30 caliber gun from the U.S. Navy battleship Maine left the Washington Navy Yard for conservation Aug. 7.

Conservators from the Warren Lash Conservation Center (WLCC) in Charleston, South Carolina, worked with the Naval History and Heritage Command to remove the gun from conservation.

"I think cultural heritage is like bringing history to the next generation," said Stéphanie Cretté, the director of WLCC, "and conserving it is kind of like bringing an object to life for the next generation. I hope this is a full success, and we continue on with other conservation processes with the Navy."

Planning to remove the gun from the Yard started in February of 2015. Environmental reviews, soil sampling, digging permits, training contractors in the

specific work, safety reviews, reviewing hazardous material concerns and weight calculations were required to plan for the conservation of the gun.

"Its overall condition was very poor," said Karen France, the head of NHHC curator branch. "It was obviously in need of conservation."

The process started off by digging around the gun, seeing how far down it had settled, and how much concrete was present. The team from WLCC confronted a foot thick layer of soil that they carefully removed to disclose the underlying concrete base.

The gun was craned onto a flatbed the morning of Aug. 6 for its long drive down to Charleston.

"This required collaboration between many different folks," France said. "It's a fairly complex evolution. We're really glad it's all finally come together."

Now that it's gone, the WLCC team will start addressing its condition issues.

They'll start off by removing existing paint, as much rust as is prudent, and inhibiting the extant corrosion. In short, they'll be resuscitating it for future generations.

The whole process is expected to take anywhere from four to six months.

The Maine gun's story began in 1888 when the ship was commissioned, but the ship rose to prominence on the evening of Feb. 15, 1898 while docked in Havana harbor in Cuba.

At 9:40 p.m. an explosion ripped through Maine's hull, causing it to sink and killing 252 men immediately and 14 more, soon after.

After a month, a Navy board of inquiry came to the conclusion that the explosion was caused by a mine. Though the board fixed no blame, newspapers across the U.S. fed into public opinion that the Spanish government was to blame, causing an outcry of rage from the American people. "Remember the Maine!" would act as the catalyst

that led the United States to declare war on Spain on April 21, 1898, starting the Spanish-American War.

The Naval History and Heritage Command, located at the Washington Navy Yard, is responsible for the preservation, analysis, and dissemination of U.S. naval history and heritage. It provides the knowledge foundation for the Navy by maintaining historically relevant resources and products that reflect the Navy's unique and enduring contributions through our nation's history, and supports the fleet by assisting with and delivering professional research, analysis, and interpretive services.

NHHC is composed of many activities including the Navy Department Library, the Navy Operational Archives, the Navy art and artifact collections, underwater archeology, Navy histories, nine museums, USS Constitution repair facility and the historic ship Nautilus.



Photo by MC1 Eric Lockwood

Having cleared away sediment from 20 years of outdoor exposure, contractors hoist the 6-inch, 30 caliber gun from the U.S. Navy battleship Maine onto a truck bed, Aug. 6, on the Washington Navy Yard.

# Yard sale booty blues

"I'll give you 30 bucks for all of it," the man said in a heavy Rhode Island accent, gesturing to a table heaped with vintage toys from my childhood that I'd decided to sell at a recent neighborhood yard sale.

"Are you kidding me?!" I blurted incredulously.

"No way!" I continued, "I could get that much on Ebay for just the Dawn Dolls ... and you want my Holly Hobby sewing machine, my Sunshine Family, my Barbies, and my Bionic Woman Doll ... complete with the original box and accessories, too? What ... are you nuts?"

A crowd of yard sale-ers stopped milling about my folding tables heaped with used junk to witness our banter. As the Rhode Island card artist did his best to swindle me out of the beloved toys that I'd refused to part with through nine military moves, I realized that my inside hoarder was getting the better of me.

It's time to give up old things, I told myself.

But my inside hoarder resisted total surrender: "Gimme thirty-five at least!"

In the end, I settled for \$32 and stood back as he callously threw my precious relics into his van. "Be careful!" I shouted pathetically, "You almost dropped the Bionic Woman's Morse code translator!"

Two hours after our yard sale had ended, my husband, Francis, and I were headed to a Connecticut casino with a Ziplock baggie stuffed with \$276 of yard sale booty, along with tickets to the Counting Crows/Rob Thomas concert that night.

"Make it rain, baby!" I yelled from the passenger's seat of our minivan, jingling the baggie and envisioning a wild night of prime cuts of beef, top shelf cocktails, double-or-nothing winnings, and sweaty rock songs.

Morgan Sun appeared quite suddenly in the Connecticut woods, and with our baggie securely stashed in my fanny pack, we found our way to the casino. I pictured us shouting excitedly over a crowded roulette wheel or muttering "Hit me" at a suspense-filled blackjack table, but we were lost in the indoor jungle of flashing lights, ringing bells and cigarette smoke. Overwhelmed, we found ourselves feeding bills into a lonely poker machine near the restrooms.

After five minutes, we cashed in our whopping \$8 winnings and went to one of the many casino restaurants, where we shared a delicious stack of chicken and waffles drenched in Vermont maple syrup and sprinkled with crispy onion straws before heading to the concert.

Rob Thomas took the stage singing recognizable tunes such as "This Is How a Heart Breaks," "Her Diamonds," and "Someday." We would normally leap to our feet at a concert, but we'd gotten up early for the yard sale, and we were both feeling full from dinner.

Besides, most of the crowd of 40- to 60-year-olds stayed seated too, with the exception of a surprising number of women, whose peri-menopausal

## COLUMN



Lisa Smith Molinari

hormones were compelling them to gyrate their capri-ensconced hips quite enthusiastically. The women reached out longingly to Rob Thomas, and being a 40-something himself, he obliged with an excellent performance.

"Oh good grief," I cringed halfway through the show, after Francis let a belch slip by that reeked of those crispy onion straws.

"Sorry," he confessed, "do you have any Tums in that fanny pack?"

The next act was the one Francis had been waiting for. Back in the 90s, he played Counting Crows' August and Everything After album a zillion times on our old CD player. "Time to get sweaty," he said as lead singer Adam Duritz took the stage.

But soon it was clear that we were all getting a little too old for these late-night endeavors.

Duritz, now 52-years-old himself and endowed with an ample gut, loped around the stage as if he suffered from joint degeneration. We felt Duritz's pain literally and figuratively, as we shifted in our seats to ward off hip numbness.

Although Duritz displayed his true artistry on the stage that night, the middle-aged crowd was not long for this world, fighting back yawns by ten o'clock.

"For criminy's sake, Honey!" I winced on our way home after Francis expelled another pungent belch.

The strange combination of the day's events had taught me that, getting rid of old things in life won't stop the sands of time.

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.themeatandpotatoesoffire.com](http://www.themeatandpotatoesoffire.com) and she recently co-authored Stories Around the Table: Laughter, Wisdom, and Strength in Military Life. Follow Lisa@MolinariWrites.

**Are you Prepared?**  
Nearly half of U.S. adults do NOT have the resources and plans in place in the event of an emergency.

- 48% of Americans do NOT have emergency supplies.
- 44% of Americans do NOT have first aid kits.
- 20% of Americans use social media for alerts and warnings. Make sure to keep a charger handy in an emergency.
- 52% of Americans do NOT have copies of crucial personal documents.
- Don't forget your pet! You need a 3-day supply of food and water per pet.
- Store at least a 3-day supply of non-perishable, easy to prepare food.
- Store a 3-day supply of water: one gallon per person, per day.

**Prepare supplies for home, work, and vehicles. Emergenoles can happen anywhere.**

For more information visit: [emergency.cdc.gov](http://emergency.cdc.gov)

## Electromagnetic Aircraft Launch System EMALS has arrived

*"The many years of innovative thinking, expert problem solving and exhaustive dedication from the men and women working on the EMALS program will benefit carrier-based aircraft for years to come."*  
—EMALS 2014 program manager, Capt. Steve Tisdale

EMALS is the first new aircraft launch technology to be employed by the U.S. Navy in more than 60 years. Unlike the traditional steam-powered catapults, EMALS will launch aircraft with electromagnetic energy. EMALS uses stored kinetic energy and solid-state electrical power conversion, which permits a high degree of computer control, monitoring and automation.

The complete carrier-based launch system, designed for the Gerald R. Ford (CVN 78) and subsequent Ford-class aircraft carriers, will make its debut when the first-in-class ship delivers in spring 2016.

The system offers a wider energy range than steam catapults, which expands the Navy's future aircraft carrier operational capability, supporting the current and planned air wing - from lightweight unmanned to heavy strike fighters.

EMALS' numerous benefits include:

- Increased reliability and efficiency
- More accurate end-speed control and smoother acceleration
- Increased sortie rates and reduced stress to aircraft and ship during launch
- Intuitive maintenance software will reduce troubleshooting times
- Cost reduction over time due to decreased manning and maintenance requirements
- Substantial improvements in system weight, volume and maintenance
- EMALS over steam catapults means quieter and cooler work and living spaces for Sailors

**The Evolution**

- 1940s - The Navy designs, constructs and tests an electromagnetic aircraft launch system using induction motor technology, using successfully launching an operational aircraft of the day. The project is essentially abandoned at the end of WW2.
- 1980s - The Navy conducts a Concept Feasibility Study with positive results and, in 1988, the Navy's EMALS team develops a model which undergoes a series of preliminary tests.
- DECEMBER 1999 - Program begins with two technical development contracts for the design, fabrication and testing of EMALS prototypes.
- APRIL 2004 - Contract to design, test, and support a full-scale, shipboard representative EMALS is awarded to General Atomics.
- NOVEMBER 2007 - EMALS passes final critical design review.
- APRIL 2009 - U.S. Navy fully commits to integrating EMALS aboard Great R. Ford (CVN 78), the first ship in a new class of aircraft carriers.
- MAY 2010 - Full-scale testing begins in support of 370 shipboard testing, which continues in September.
- DECEMBER 2010 - A contract for the EMALS shipboard representative is awarded to General Atomics.
- NOVEMBER 2011 - The E-20 Advanced Hawkeye is launched.
- NOVEMBER 2012 - 370 test phase is complete.
- MAY 2011 - The first production EMALS components are delivered to the shipyard at Newport News, Virginia for installation aboard CVN 78.
- JUNE 2011 - The CVN 78 ground and 1400-ton test are launched.
- MARCH 2013 - Program complete, stored kinetic energy, machine group of vehicle and computer, ground launcher, testing test success later.
- JUNE 2013 - Phase 7 of aircraft compatibility testing begins with the launch of an E-20 Hawkeye.
- AUGUST 2014 - Testing begins on board ship EMALS aboard CVN 78, above-deck testing begins four months later in December.
- OCTOBER 2014 - The first Sailors, leadership from the Ford's V-22 Division, complete EMALS training. Several more V-22s are scheduled to complete training in months to come.
- MAY - First EMALS high-powered electromagnetic launchers are delivered to shipyard for installation. Launches begin aboard CVN 78.
- JUNE - 100% of EMALS hardware is delivered to shipyard for installation. EMALS dead-end launches, using aircraft-representative weighted cones will be conducted from the carrier's flight deck.
- SUMMER - System Development and Demonstration test phase is slated to complete and will be followed by an Integrated Test and Evaluation (ITAE) period. (Shaping ITAE test-based test operations will be conducted at non-operations support system reliability growth, combat training for operations and maintenance, and CVN 78 delivery by providing full-scale electromagnetic capabilities. It is expected.

**Pvt. Alonzo C. Jackson**  
MATSS-1 Student  
Hometown: Philadelphia, Pa.

Pvt. Alonzo Jackson enjoys basketball, football, reading and being a great father. "All these activities keep me focused and allow me to stay positive," Jackson said.

Jackson joined the Marine Corps on April 4 to provide for his daughter. A very memorable experience for Jackson was when his drill instructor Sgt. Lecomte presented Jackson his personal eagle, globe, and anchor.

After graduating he would like to be stationed in Florida, because it's close to home and has great weather, said Jackson. He looks forward to one day putting his daughter through college and reaching the highest rank he can earn.

The people that inspired him the most were his drill instructor, Sgt. Lecomte, and his mother, who gave him the confidence and strength to reach the level he is now.

# OORAH!



**Pfc. Thermond B. Murphy**  
MATSS-1 Student  
Hometown: Meridian, Miss.

Pfc. Thermond Murphy enjoys fishing for the relaxation it brings, chess for the thinking aspect of the game, and sports to satisfy his competitive nature.

Murphy joined the Marine Corps on Feb. 22, for a new start in life and a brighter future.

A memorable experience for Murphy was the hike back from the Crucible and the feeling of accomplishment that came with becoming a Marine.

After graduating he would like to be stationed anywhere close to home. He looks forward to becoming a noncommissioned officer one day and mentoring junior Marines.

The person that inspires Murphy the most is his mother. "She has been through a lot and never let her disability stop her from being there for me and my sister," Murphy.

## Mobile EHPI, aircraft recovery Marines help Harrier pilots recertification

U.S. Marines with Aircraft Recovery assigned to Headquarters and Headquarters Squadron had an opportunity to train with a mobile version of the Expeditionary Hover Position Indicator at Marine Corps Air Station Iwakuni, Japan, Aug. 9, 2016.

Recovery Marines used the indicator to simulate a helicopter dock deck and aircraft carrier landing environment for the AV-8B Harriers to complete their boat landing certification.

The EHPI is normally attached to a structure, but due to the reconstruction of the Harriers recertification site, pilots used the mobile version, which enables shipboard takeoff, landing and oversight for Marines and sailors on deck. The Marines set up the tower-like visual landing aid by hauling it out to the helicopter runway and raising it to provide approach and landing cues for pilots.

"Today we set up the EHPI for the Harriers we have on base," said U.S. Marine Corps Cpl. William Norkus, a port crew leader with Aircraft Recovery assigned to H&HS. "The Harriers come in for their vertical landings and takeoffs. We have lights up in the sky that tell the pilots if they're coming in a little too right or too left, if they're coming in level-perfect, too high or too low and they use the lights to adjust accordingly so they land perfectly."

The Marines hauled out and set up the EHPI ensuring they had the space to conduct the training and recertification.

"The Harrier pilots are required to maintain a certain set of qualifications wherever they are," said U.S. Marine Corps Gunnery Sgt. Charles Maddox, staff non-commissioned officer in charge of Aircraft Recovery assigned to H&HS and Expeditionary Airfields section with MWSS-171. "It's not always a fact that the facilities are set up for them to conduct training, so we had to modify the runway slightly to provide them an area to recertify in those qualifications."

The EHPI is not a common aircraft recovery tool. Al-

though the indicator is not difficult to use, it still requires training for the Marines on the ground and in the air.

"This piece of equipment is not something they train us for in our military occupation specialty school, this is a special request that came in," said Norkus. "We got it, trained on it and this is our first time using it just as well as the Harriers'. It's pretty simple, but it's an important job to get done."

Maddox said that the EHPI does not belong to the station but is instead a wing asset.

"It's the only kind in the world, the only one in the world," said Maddox. "It was specially delivered to us to assist Marine Aircraft Group 12 in maintaining their qualifications to fly without having to go too far and leave this area of operation to do it, so it gives them the ability to train here on deck."

Training with the EHPI helps Harrier pilots maintain their qualifications that assist them with LHD deck landings and takeoffs.

"It's not an easy feat when they don't do it all the time," said Maddox. "It's required for them to receive a certain amount of hours, passes, stops and landings. We use the Expeditionary Hover Position Indicator, which gives them a visual sight reference of where they should land, hover and stop."

Getting out on the runway to train with the EHPI is significant for the pilots, but also for the crew on the ground.

"It's really important for the Harrier pilots," said Norkus. "It's good training for them right now and for us as well because we don't get to do this every day."

Harrier pilots require a facility that accompanies an EHPI about every two weeks for boat-deck landing certification.

"If we go long periods without touching the simulated boat-deck or the boat, then we don't ever use the EHPI," said U.S. Marine Corps Capt. Sean T. McHugh, an AV-8B Harrier pilot with Marine Attack Squadron (VMA) 542. "In



Photo by Lance Cpl. Donato Maffin

**A AV-8B Harrier with Marine Attack Squadron 542 performs a vertical landing while using the lights on the mobile Expeditionary Hover Position Indicator to adjust its position at Marine Corps Air Station Iwakuni, Japan. VMA-542 is home based out of Marine Corps Air Station Cherry Point, N.C.**

this special case, because Iwakuni doesn't have a tower with a permanent EHPI attached to it, that's where we required the mobile EHPI's assistance."

VMA-542 is home based out of Marine Corps Air Station Cherry Point, North Carolina, forward deployed as part of the unit deployment program at MCAS Iwakuni: to complete their certification before departing for other future operations in the Pacific.

-- From Marine Corps Air Station Iwakuni Public Affairs

### NATIONALS PARK, WASHINGTON D.C.



Photo by Cpl. Samantha Draughton

**Commandant of the Marine Corps Gen. Robert B. Neller, center, speaks to Washington Nationals manager and fellow Marine veteran Dusty Baker, and Maj. Gen. John R. Ewers, before a Nationals home game. Neller threw the ceremonial first pitch at the Washington National's annual game honoring the Marine Corps.**

### RAAF TINDAL, NT, AUSTRALIA



Photo by Cpl. Nicole Zurbrugg

**Cpl. Chris Lawler, a crewmaster with Marine Aerial Refueler Transport Squadron 152, observes an F/A-18C Hornet with Marine Fighter Attack Squadron 122 approach the refueling hose during Exercise Pitch Black 2016 at Royal Australian Air Force Base Tindal, Australia.**

## Safety & Energy Efficiency is Our Duty

When you're shopping for lightbulbs, you can choose your next lightbulb for the brightness you want by comparing lumens instead of watts. A lumen is a measure of the amount of brightness of a lightbulb -- the higher the number of lumens, the brighter the lightbulb.

To help consumers better understand the switch from watts to lumens, the Federal Trade Commission requires a new product label for lightbulbs. It helps people buy the lightbulbs that are right for them.

Like the helpful nutrition label on food products, the Lighting Facts label helps consumers understand what they are really purchasing.

Lumens let you buy the amount of light you want. So when buying your new bulbs, think lumens, not watts.

Lighting Facts Per Bulb	
<b>Brightness</b>	<b>800 lumens</b>
<b>Estimated Yearly Energy Cost</b> <b>\$1.57</b>	
Based on 3 hrs/day, 11¢/kWh Cost depends on rates and use	
<b>Life</b>	<b>9 years</b>
Based on 3 hrs/day	
<b>Light Appearance</b>	
Warm <span style="display: inline-block; width: 100px; border-bottom: 1px solid black; position: relative; top: -5px;"> <span style="position: absolute; left: 0; top: -5px;">2700 K</span> <span style="position: absolute; right: 0; top: -5px;">Cool</span> </span>	
<b>Energy Used</b>	<b>13 watts</b>

**You'll save about \$6 in energy costs each year if you replace one traditional 100W incandescent with an ENERGY STAR CFL.\***

\* Savings based on 2 hours per day usage and 11¢/kWh energy cost.

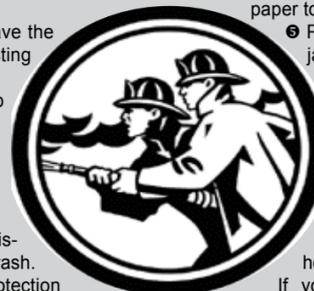
## CFL light bulb safety

Compact Fluorescent Light (CFL) lightbulbs are becoming very common in homes today. If you are one to have these types of energy efficient light bulbs, follow these tips below to ensure everyone in your house remains safe.

- Ensure the CFL bulb have the listing of a recognized testing laboratory.
  - When the CFL bulb burns out, it may smoke a little and the plastic base may be blacken. This is normal and not a fire safety issue.
  - CFL's should never be discarded with household trash. The Environmental Protection Agency recommends that consumers use local recycling options for CFL's.
  - CFL's are made of glass and can break: Be careful when removing from packaging and installing.
- If a CFL breaks:**
- 1 Open window to allow room to air out for 5-10 minutes.
  - 2 People and pets should leave the

room.

- 3 Turn off forced air heating and/or air conditioning.
  - 4 Collect broken glass and visible powder using stiff cardboard, tape, or damp paper towel.
  - 5 Place the debris in a glass jar or plastic bag in a safe location until you can dispose of it.
  - 6 Contact your local government to find out how to dispose of the debris.
  - 7 Continue airing out the room for several hours.
- If you have any questions, contact the NAS Meridian Fire Pre-vention Office at 601-679-3866 or go to the website [www.epa.gov/cfl/cflrecycling](http://www.epa.gov/cfl/cflrecycling). Safety Tips brought to you by the NFPA Public Education Division [www.nfpa.org/education](http://www.nfpa.org/education).
- ? If you have any questions, please contact the NAS Meridian Fire Department at 601-679-2589.**





# NAS Meridian, MS • Morale, Welfare and Recreation

On the Web: [www.navymwrmeridian.com](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, August 18**  
5pm, Kung Fu Panda, PG  
7pm, X-Men Origins: Wolverine, PG13
- Friday, August 19**  
5pm, Kung Fu Panda 2, PG  
7pm, X-Men: First Class, PG13
- Saturday, August 20**  
1pm, Kung Fu Panda 3, PG  
4:30pm, The Wolverine, PG13  
7pm, X-Men: First Class, PG13
- Sunday, August 21**  
1pm, Kung Fu Panda 2, PG  
5pm, X-Men Origins: Wolverine, PG13  
7pm, The Wolverine, PG13
- Monday, August 22**  
5pm, Madagascar, PG  
7pm, Huntsman: Winter War, PG13
- Tuesday, August 23**  
5pm, Madagascar 2, PG  
7pm, Midnight Special, PG13
- Wednesday, August 24**  
5pm, Aladdin, G  
7pm, Elvis and Nixon, R
- Thursday, August 25**  
5pm, Madagascar, PG  
7pm, Huntsman: Winter War, PG13
- Friday, August 26**  
5pm, Madagascar 2, PG  
7pm, Elvis and Nixon, R
- Saturday, August 27**  
1pm, Aladdin, G  
5pm, Elvis and Nixon, R  
7pm, Midnight Special, PG13
- Sunday, August 28**  
1pm, Madagascar, PG  
5pm, Huntsman: Winter War, PG13  
7pm, Elvis and Nixon, R
- Monday, August 29**  
5pm, The Pirate Fairy, G  
7pm, the Boss, R
- Tuesday, August 30**  
5pm, The Little Mermaid, G  
7pm, Criminal, R
- Wednesday, August 31**  
5pm, Tangled, PG  
7pm, Big Fat Greek Wedding 2, PG13

### The Liberty Center

- Thursday, August 18**  
7pm, X-Men: First Class, PG13
- Friday, August 19**  
7pm, The Wolverine, PG13
- Saturday, August 20**  
1pm, X-Men Origins, PG13  
7pm, X-Men Origins, PG13
- Sunday, August 21**  
1pm, X-Men: First Class, PG13  
7pm, X-Men: First Class, PG13
- Monday, August 22**  
7pm, Midnight Special, PG13
- Tuesday, August 23**  
7pm, Elvis and Nixon, R
- Wednesday, August 24**  
7pm, Winter War, PG13
- Thursday, August 25**  
7pm, Midnight Special, PG13
- Friday, August 26**  
7pm, Elvis and Nixon, R
- Saturday, August 27**  
1pm, Winter War, PG13  
7pm, Winter War, PG13
- Sunday, August 28**  
1pm, Midnight Special, PG13  
7pm, Midnight Special, PG13
- Monday, August 29**  
7pm, Criminal, R
- Tuesday, August 30**  
7pm, Big Fat Greek Wedding 2, PG13
- Wednesday, August 31**  
7pm, The Boss, R

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

## MWR To Host Outdoor Family Movie Night at Bernath Field

You will not want to miss MWR's Outdoor Family Movie Night! Please join us Saturday, August 20, 2016 at Bernath Field for FREE hotdogs, bottled water (while supplies last) and The Jungle Book. The fun starts at 7pm and the movie begins at dark!

This event is sponsored by Navy Federal Credit Union. For additional information on Navy Federal Credit Union please visit [www.navyfederal.org](http://www.navyfederal.org).

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

**OUTDOOR FAMILY MOVIE | 8-20-16**  
**BERNATH FIELD • 7PM**  
Join us at Bernath Field for a night of fun! There will be FREE hotdogs and bottled water (while supplies last). The movie will begin at dark!

**Fishing Tournament**  
**August 20, 2016 • 9am - 3pm**  
Prizes given to the winner in each division that catches the biggest fish (in length).  
4 Divisions: 6yrs & Under; 7-12; 13-17; Adult

**Cash Tournament Series**  
9 Hole • Individual Stroke Play (100% Handicap)  
**Saturday, August 20 • 9am**  
\$25 per person  
Sign-up by August 17, 2016  
\*Must have established USGA Handicap to receive strokes  
For more info call (601) 679-2526

**Youth Have a Ball League**  
o Youth defined as 17 years of age and under  
o Registration - August 1 - 26, 2016  
o League meeting - August 29, 2016 @ 5:30pm - McCain Rec Center  
o Season Runs: September 3 - December 3, 2016  
o \$9 nightly, non-sanctioned  
o Each participant will receive a new bowling ball at the end of the season

**MWR Website!**  
• Facility and program information right at your fingertips  
• Find out everything about MWR Meridian  
• Current Events; dates, time and locations  
• Local MWR Job Announcements  
[www.navymwrmeridian.com](http://www.navymwrmeridian.com)



**DJ Leflore Live at Rudder's Events**  
**Friday, August 19**  
Doors open at 5pm; the fun starts at 8pm

**Customer Appreciation Night & Olympic Trivia**  
**Saturday, August 27**  
• 8:30pm Start  
• Prizes for Winning Team

**Give Parents A Break & Parent's Night Out**  
August 4, 11, 18 & 26  
at CDC & SAC  
6pm-10pm \$4 per hour  
Call (601) 679-2652 for info.

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

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

**International Strange Music Day**  
Wednesday, August 24, 2016, 10am - 11am  
Did you know there was an International Strange Music Day? Let's celebrate this day by playing some very strange music, using some very strange instruments. This will be fun, and possibly a little loud! As always, we'll have crafts and stories and maybe we'll even record our music! See you at the Andrew Triplett Library on Wednesday, August 24 at 10am.

**Did you hear? It's Bow Tie Day**  
Thursday, August 25, 2016  
4:30pm - 5:30pm  
Wear your favorite bow tie to the library! If you don't have one, we'll make one. And if you do have one, wear it and we'll still make one! Ask your parents to wear one too! It can be fancy, funny, big or small! We'll read some fancy stories and eat some fancy food. The event is at the Andrew Triplett Library on Thursday, August 25 from 4:30-5:30pm. See you there!

## The Sandtrap Weekly Specials

- Thursday, August 18**  
**Anthony's Fried Chicken**  
Mashed Potato w/ Gravy, Squash, Cornbread and Drink for only \$6.
- Tuesday, August 23**  
**Catfish**  
Hushpuppies, Cole Slaw, French Fries and Drink for only \$7.50.
- Wednesday, August 24**  
**Chicken Fried Steak**  
Mashed Potato w/ gravy, Fried Okra, Cornbread and Drink for only \$6.
- Thursday, August 25**  
**Taco Salad**  
Don't miss the Sandtrap's famous Taco Salad. Served with a drink for \$6.
- Tuesday, August 30**  
**Meatloaf**  
Oven Potatoes, Green Beans, Roll and Drink for only \$6.
- Wednesday, August 31**  
**Salad Bar**  
Fresh Salad, Choice of Toppings and Drink for only \$6.

# MWR Sports

Naval Air Station Meridian

**Captain's Cup Ultimate Erisbee**  
 Registration: Aug. 8 - Sept. 5  
 Season Begins Sept. 13  
 Matches will be played on Tuesdays  
 Players need to register online @ [www.navymwrmeridian.com](http://www.navymwrmeridian.com)

**MWR Bench Press Competition**  
 Saturday, Aug. 27, 2016  
 Mandatory Weigh In: 10am  
 Competition Starts: 11am  
 Registration Begins August 1, 2016

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

**100 Mile Club**  
**Are You A Member?**

**Captain's Cup Soccer Standings**

	Total Wins	Total Loses	Total Draws
Field Support	3	6	1
Goslings	3	6	1
MATSS-1	7	1	1
Medical	0	10	0
NTTC	8	0	2
TW-1	5	3	1

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

**500 lb & 1,000 lb Club Begins Sept. 1, 2016**  
 For info please see the fitness center or call (601) 679-2379

## August Group Exercise Schedule

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

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am-7am		Kinetics Wellbeats™	Stomp Wellbeats™	Fit 4 Duty Wellbeats™	Stomp Wellbeats™	Fusion Wellbeats™	
7:30-8:30am		Stomp Wellbeats™	REV Wellbeats™	Stomp Wellbeats™	REV Wellbeats™	Stomp Wellbeats™	
9am-10am		Anything Goes Erin	Anything Goes Erin	Anything Goes Erin	Anything Goes Erin	Anything Goes Erin	
11am-12pm		HIIT Erin	HIIT Erin	HIIT Erin	HIIT Erin	HIIT Erin	
11am-12pm		REV Wellbeats™	REV Wellbeats™	REV Wellbeats™	REV Wellbeats™	REV Wellbeats™	
12pm-1pm	Rev Wellbeats™						Stomp Wellbeats™
1pm-2pm		TKO Wellbeats™	Vibe Wellbeats™	TKO Wellbeats™	Vibe Wellbeats™	TKO Wellbeats™	
3pm-4pm	Fusion Wellbeats™						REV Wellbeats™
8pm-9pm		REV Wellbeats™	REV Wellbeats™		REV Wellbeats™		

# Two firsts; two golds in 100m freestyle

Canadian Penny Oleksiak and Simone Manuel of the United States could not be separated at the finish after a stunning women's 100m freestyle final ended with the two athletes being handed gold medals.

Sixteen-year-old sensation Oleksiak and 20-year-old Manuel, both very much part of a new wave in swimming, touched the wall in 52.70 secs as the crowd gasped at the times flashing up on the scoreboard. Sweden's Sarah Sjöström, the Olympic 100m butterfly champion, took the bronze in 52.99 secs.

It was only the third time in an Olympic swimming final that a title has been shared, although remarkably not the first time it has happened in the women's 100m freestyle.

At the 1984 Los Angeles Games this event ended in the same fashion when Americans Nancy Hogshead and Carrie Steinseifer tied in a time of 55.92 secs.

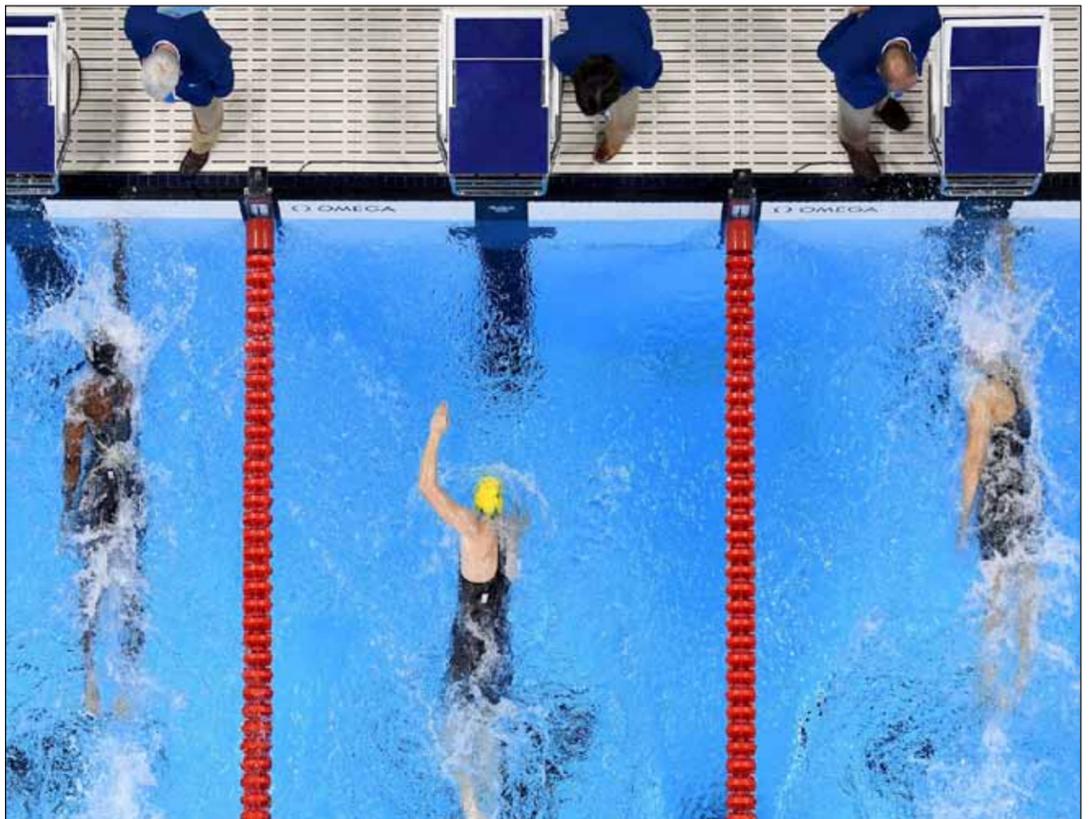
Oleksiak became the first athlete born in the new millennium to win an individual gold medal and is Canada's youngest-ever Olympic champion. She was only seventh at the turn but powered back on the final 50 metres with a frenzied, head-down last 15 metres to the wall.

"It's amazing to tie for gold. I never thought I'd win. She [Manuel] deserves it as much as me. I'm only 16 so it's pretty insane to win a gold medal in your first Olympics," she said.

Oleksiak has now collected four medals at Rio 2016 – the most by a Canadian at a summer Games – winning a 4x100m freestyle bronze, followed by a 100m butterfly silver and another bronze in the 4x200m freestyle.

Manuel's first gold also comes at her first Olympics where she too, as an African-American swimmer, also carried a particular resonance. "This medal is not just for me, it's for some of the African-Americans that have come before me and been inspirations and mentors to me," she said.

-- From Olympics.org



Olympics.org

American Simone Manuel and Canadian Penny Oleksiak touch the wall to tie in the women's 100m freestyle final at the Summer Games in Rio. Oleksiak, 16, became the first person born in the new millennium to win an individual gold medal in the Olympics. Manuel became the first African American to win a gold medal in swimming.

# 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.

**MOTORCYCLES/GEAR/ATV**

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

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

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

**AUTOMOBILES, ETC.**

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

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

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

**2008 Jeep Liberty**, 75k miles, 4-wheel drive, automatic, has a roof rack and a tow hitch, as well as skylight. V6, 3.7 liter, 4-spd w/over-drive. \$13,000, negotiable. Call 434-604-0428. Text for photos or Carfax report.

**HOMES/APARTMENTS**

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

\$1,000 refundable deposits. Call 601-227-1493.

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

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

**For Rent:** 4BD/2BA in West Lauderdale school district. All New paint, all new carpet & tile flooring. Brand new farmhouse style kitchen with open floor plan. Call 601-934-9161.

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

380-1139.

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

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

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

**For Sale by Owner:** 3

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

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

**MISCELLANEOUS**

**8x8 barn-wood porch** asking \$125. Call 601-679-2010.

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

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

# Using X-rays to zap the Ziki virus



The Zika virus is a growing public health crisis. We don't yet have a vaccine or drug treatment to combat the spreading problem, but a team of researchers just got a big step closer.

Researchers from the University of Michigan and Purdue University used powerful X-rays from the Advanced Photon Source at Argonne National Laboratory, Argonne, located 30 minutes outside Chicago, is one of the Energy Department's 17 National Labs.

Argonne's research focuses on clean energy, environment, technology and national security, but their world-class tools are useful for all kinds of scientific endeavors, so the lab often opens these facilities to other researchers. The Advanced Photon Source

is just one of these tools, called User Facilities, which host tens of thousands of researchers across the National Labs system each year.

In this case, the results have the potential to improve public health. The research team revealed the molecular structure of a protein that is key to reproduction of the Zika virus and its interaction with human hosts. The researchers also identified what makes Zika different from other mosquito-borne viruses in the same family, including chicken dengue, West Nile and yellow fever. Understanding those differences will help researchers focus their efforts on the areas most likely to be effective targets for drugs or vaccines.

--From Centers for Disease Control Public Affairs

# T-45 crashed near NAS Kingsville, pilots eject safely

A U.S. Navy T-45C Goshawk crashed southwest of Naval Air Station (NAS) Kingsville, Texas, at approximately 9:20 p.m. central time, Aug. 14.

Both pilots ejected safely and were evaluated for injuries at a local hospital. The training aircraft, assigned to Training Squadron (VT) 21, crashed during a routine training mission over Brooks County, Texas. County first responders were immediately dispatched to the scene.

The names of the pilots are being withheld for privacy reasons. The cause of the incident is under investigation.

VT-21 is attached to Training Wing TWO at NAS Kingsville. For additional information or updates, contact the Chief of Naval Air Training Command Public Affairs Office at 361-961-3666 or the NAS Kingsville Public Affairs Office at 361- 516-6500.

--From Chief of Naval Training Command Public Affairs

# Navy and Marine Corps Public Health Center updates ShipShape program

The Navy and Marine Corps Public Health Center (NMCPHC) announced the release of an updated ShipShape Program, Aug. 16.

The ShipShape Program is the official Navy weight-management program designed to assist active duty and reserve military service members, beneficiaries, and government civilians with making healthy behavior changes in order to lose weight.

The curriculum was modernized to reflect the most recent weight-management research and best practices, and the program transitioned to an open enrollment format to provide flexibility and meet an increased demand for the program.

William Calvert, deputy director of Population Health at NMCPHC expressed excitement about this update.

"For over 15 years, the ShipShape Program has helped participants achieve their weight management goals," said Calvert. "This new and improved version enhances what is really great about the program -- an evidence-based approach to weight management offered in a group setting -- and expands it to benefit participants and make it more accessible."

Anthony Barkley, NMCPHC's department head for Health Promotion and Wellness and ShipShape program

manager, emphasized the benefits of the new program.

"In this new open enrollment format, participants have the flexibility to make the program work for their schedule," said Barkley. "They can take the first and last sessions online and attend the in-person group sessions in whatever order they choose, depending on the availability of courses in their area."

The flexible program will offer participants greater and easier access to the program. Additionally, the open enrollment format will enable any personnel who fail a physical fitness assessment (PFA) spot check to enter into the program immediately if a course is in session. Other individuals interested in weight management and healthy living can self-enroll at any point throughout the year based on availability of courses in their location.

To learn more about the ShipShape Program, visit the NMCPHC ShipShape Program homepage, <http://www.med.navy.mil/sites/nmcpHC/health-promotion/Pages/shipshape.aspx>.

Follow the Navy and Marine Corps Public Health Center on Twitter or Facebook for the latest news and updates on the ShipShape Program and other news and programs from NMCPHC.

--From NMCPHC Public Affairs

# Obligated service requirements help maintain fleet readiness

Navy Personnel Command (NPC) recently released guidance to the fleet on obligated service (OBLISERV) requirements that helps stabilize fleet manning and minimize personnel uncertainty.

NPC policy states Sailors must obtain the required OBLISERV -- either detailed in their orders or as defined in MILPERMAN 1306-106 Page 6 -- within 30 days of receipt of orders and prior to executing permanent change of station (PCS) orders.

If OBLISERV has not been met 35 days after orders have been released, then a general administration (GENADMIN) note will be sent to all applicable commands.

"OBLISERV is required before reassignment to ensure Sailors complete their tour," said NPC Force Master Chief Tuck Williams. "This GENADMIN will advise Sailors to expedite reenlistment/extension, let NPC know if there are any constraints, or if an extension waiver is required."

The new guidance provides predictabil-

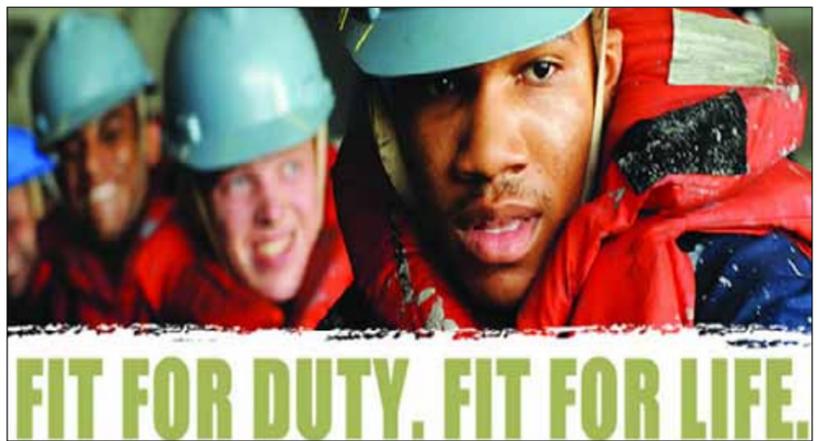
ity to both the Sailor and the detailers. The Sailor knows where he or she is being assigned and for how long, while the commands know the billet has been filled.

"Having the guidance helps detailers have a predictable manning environment," said Williams. "It is the transferring command's responsibility to ensure Sailors have necessary required service to execute orders."

When considering members for PCS transfer, detailers must consider time on station and retainability -- the minimum amount of active OBLISERV a member must have upon arrival at a new duty station after a PCS transfer -- requirements of Sailors.

"In the end, it is up to the Sailor whether they reenlist or extend, but every Sailor should communicate their desires to the command career counselor and detailer," said Williams.

--From Navy Personnel Command Public Affairs



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

**Golden Apple Award**

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

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LaBiche Jewelers \* John O'Neil Johnson Toyota  
Southern Pipe and Supply \* Meridian Coca-Cola Bottling Company

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

On July 27, the Defense Finance and Accounting Service (DFAS) informed the Civilian Benefits Center (CBC) that there was a system error affecting some, but not all, employees regarding their life insurance premium deductions. The system error has been fixed.

**Two types of errors were identified:**

a. Overpayment of premiums. These employees will receive a notice that they are owed a refund for the life insurance premiums during all or part of the period from Aug. 17 2008 to April 2 2016.

b. Underpayment of premiums. These employees will receive a notice that they owe additional premiums and therefore incurred a debt for the period from April 3 to July 25 2016.

Affected employees with a government email address will receive an email notification regarding this matter. If an incurred debt is \$50.00 or more, those employees without a government email address will be notified via mail. In all cases the employee's Leave and Earnings Statement (LES) will reflect the refund or an indebtedness amount.

All employees should carefully review their LES and note any references regarding this matter in the "Notes/Remarks" section. If an employee wishes to dispute the debt and/or request a waiver, he/she should follow DFAS' guidance at: <http://www.dfms.mil/debtandclaims.html>.

**IT'S YOUR TURN...**

This week we asked, "What do you think of the Navy's new working uniform?"

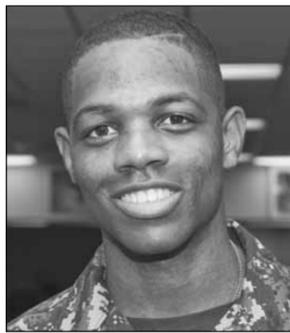
By MC2 Chris Liaghat

**PSSN Miguel Santiago**  
NTTC student

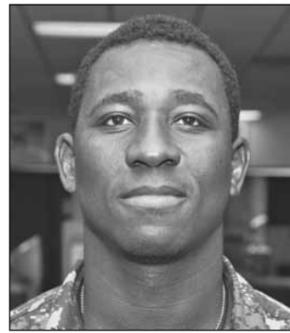
"It looks good, but with the blue uniform you know the Navy is walking by."

**SHSA Chris Camacho**  
NTTC student

"In all honesty, I feel as if the new uniform brings us more aligned with our fellow branches."

**AZAA Jalin Minor**  
NTTC student

"It looks too much like the Army uniform and we are nothing like the Army."

**LSSN Francis Afful**  
NTTC student

"It looks awesome and I'm looking forward to wearing it."

**LSSA Luke Hodge**  
NTTC student

"It looks a lot cooler and has a lot more character than the previous uniform."

**Fleet & Family Support Center****Help you child succeed in school**

School success takes work on everyone's part—parents, teachers and children. No matter what your job or educational background might be, there are things every parent can do. Here are four ways you can help your children be successful in school:

✓ Be actively involved in your children's education. Find out about the school and become familiar with their schedules. Know the names of teachers and ask about what is going on in the classroom. Then you can ask specific questions, such as about field trips, going to the library or music, etc.

Talk about school every day. Try to ask questions that require more than one-word responses, like yes/no/okay, etc. Instead of asking what grades they got on a certain test, ask "what did you think of the test today?" Instead of asking how school was today, you might try asking them to tell you about the class, what is being studied, what is fun in school, what is interesting, the favorite class, etc.

✓ Support your children's curiosity, intelligence and hard work. Praise their efforts and accomplishments. Display artwork and papers and report cards. Read often to your children and encourage them to read. They are never too young to listen while you read aloud. The better a child reads, the better prepared he is to take on harder schoolwork as he moves up in grades.

Be interested in the questions your children ask you. Help them find answers by looking in books or by figuring it out. Go to the public library. Plan family outings to zoos, museums, historical places and parks. A lot of those places don't take a lot of money.

✓ Get help in finding some of those local places if you're not sure yourself about what is available in the nearby community. Don't assume there is nothing to do. Limit the amount of television being watched.

The American Academy of Pediatrics recommends that parents limit their children's TV watching to one to two hours of good shows a day. Also, they recommend taking advantage of programs offered on videos; you can often borrow these from the base library or public library at no charge.

✓ Show an interest in learning yourself; remember that children role model and learn from watching their parents. Talk to them about what they are studying in school.

✓ Research has shown that children who participate in mealtime or family conversations with parents

are more likely to be successful in talking with teachers and other adults. Have high expectations for your children. Everyone can be successful in school; give that message to your children again and again.

✓ Help your children get organized. Write down important school dates on a calendar in the kitchen/ on the refrigerator; include exam weeks, conference dates, holidays, and other school-related events. Make sure there is a quiet space with good lighting at home for your children to study without distractions.

✓ Help your children make lists that will serve as reminders of what has to be done. Have a specific place for your children's books, papers and school assignments. That way, they won't get lost or misplaced. Be sure your children have necessary school supplies all year long, not just at the beginning of school. These include a dictionary, paper, pens, pencils, a pencil sharpener, markers, a ruler, tape, scissors, glue, paper clips and a calculator.

Make sure your children get a good night's sleep and eat well. A healthy breakfast will help them do better in school. Offer your help when it looks like they're overwhelmed with a task. You can help them think through the steps needed to do the tasks. You don't have to take over and do it for them, just help them think through what needs to be done and help them find answers if they are having difficulty.

✓ Be a partner with the school. This means working together with teachers, the counselor and principal to do what is best for your children. Volunteer to help. You can chaperone a field trip, donate supplies or send snacks on special occasions. Participate in school events with your children. This can be hard to do, but it's important to do it when you can.

Try not to criticize a teacher or policy or assignment in front of your children. If you disagree, see if you can't work to resolve the problem by talking to the teacher. It does not help your children to be stuck in the middle with parent and teacher on either side.

Helping our children do well in school is one of our most important responsibilities as parents. According to one school-success expert, "We must support our children's academic success and help them get on a path that opens up opportunities for the rest of their lives. It is one of the greatest gifts we can ever give them."

-- From FFSC Staff

**Carter hails liberation of key Syrian city from ISIL control**

With the key Syrian city of Manbij liberated after a months-long battle to expel Islamic State of Iraq and the Levant terrorists, Defense Secretary Ash Carter today issued a statement congratulating those responsible.

"I want to congratulate the people of Manbij, the Manbij Military Council, the Syrian Arab Coalition and the Syrian Democratic Forces for their success in liberating Manbij city from ISIL's hateful rule," Carter said. "Their success, enabled by critical coalition support, is another significant milestone in the campaign to deal ISIL a lasting defeat."

Manbij was a key transit point for ISIL fighters going into both Syria and Iraq, and for its external operators plotting attacks against U.S. allies and partners and the

United States, the secretary said.

"The success in Manbij city will also help reinforce the growing isolation of Raqqa and enable us to achieve the next objective of our campaign in Syria collapsing ISIL's control over that city," he added.

Carter also expressed his appreciation to the Turkish government for its support to the operation, and he noted that work remains to be done.

"For the people of Manbij city, now begins the difficult job of rebuilding their homes and communities, and I call on all of our coalition partners to help them with that task," he said. For its part, the military coalition will continue to work with capable and motivated local forces to defeat ISIL and ensure it remains defeated."

-- From Defense.gov



Department of Defense Graphic  
**Syrian democratic forces retook the Manbij area from ISIL control recently. The region was a critical transit point for ISIL fighters going into Syria and Iraq.**

**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

**Developing Your Spending Plan**

Aug. 25 from 10-11 a.m.

Come to this workshop to learn about the importance of developing financial goals and having a written plan to help you make your goals a reality. Using the Financial Planning Worksheet, a comprehensive financial planning tool, you will learn how to measure your wealth by calculating net worth, account for all of your income, document living expenses, and detail your indebtedness. You will also learn easy ways to improve your cash flow, reduce unnecessary living expenses and pay off debt, and know where to go for help!

**Welcome Aboard**

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

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

**Transition GPS Capstone**

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

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

**IA Spouse Discussion Group**

Sept. 6 from 11 a.m.-noon

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

**Why civilians cannot shop at NEX/Commissary**

Authorized Commissary and Exchange patrons, as defined by Department of Defense Instruction (DoDI) 1330.17, Armed Services Commissary Operations, and DoDI 1330.21, Armed Services Exchange Regulations, include: active duty, guard and reserve members, military retirees, Medal of Honor recipients, 100 percent disabled veterans, and their authorized family members. DoD civilians are not included as authorized patrons at installations within the continental United States.

You can refer to these instructions for a complete list of authorized patrons, including organizations and activities, along with qualifications and any exception -- such as access by DoD civilians to U.S. commissaries and exchanges overseas. The commanding officer of Naval Air Station Meridian has no authority to determine whether a person is authorized to shop in the Commissary or Exchange, or to grant a person authority to shop there.

**LIFE, LIBERTY AND THE PURSUIT OF ALL WHO THREATEN IT.**

# Navy announces elimination of NWU type I

The Navy announced in NAVADMIN 174/16 that it will transition from the Navy Working Uniform (NWU) Type I to the NWU Type III as the service's primary shore working uniform beginning Oct. 1, 2016.

Over the next three years, Sailors may wear either the NWU Type I or III, but effective Oct. 1, 2019, all Sailors will be expected to wear the NWU Type III as their primary Working Uniform when ashore or in port.

While the Navy is developing an incremental regional fielding plan for the NWU Type III, this transition period will give Sailors time to prepare for the change and allow them to get maximum wear out of recently purchased NWU Type I uniforms.

"As the CNO and I travel to see Sailors deployed around the world, one of the issues they consistently want to talk about are uniforms," said Secretary of the Navy Ray Mabus. "They want uniforms that are comfortable, lightweight, breathable ... and they want fewer of them. We have heard the feedback and we are acting on it. As a direct result of Sailors' input, effective Oct. 1, we will transition from the NWU Type I to the NWU Type III as our primary shore working uniform."

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

NWU Type III will be issued to new accessions and recruits beginning Oct. 1, 2017.

Until further policy guidance is promulgated, black boots will be the standard boot worn in the United States and its territories with the NWU Type III. However, expeditionary forces in the United States or any forward deployed forces may wear the desert tan or coyote brown boots at the discretion of the unit commanding officer with the NWU Type III. Additionally, Sailors may wear the NWU Type I black fleece liner.

Sailors will be able to buy NWU Type III components for personal wear through Navy Exchange uniform stores and call centers once there is sufficient inventory on hand.

U.S. Fleet Forces Command (FFC) continues its multi-phase wear test of improved flame resistant variant (IFRV) working uniform components, for shipboard wear. FFC most recently conducted in-depth focus groups with fleet Sailors aimed at refining the design of the IFRV coverall. Additional feedback from the focus groups, subsequently validated by a senior level working group, resulted in the preliminary design of a more professional looking two-piece utility shipboard uniform that can be worn both at sea and operational

support jobs ashore. Wear tests of the prototype two-piece variants are expected to occur in 2017.

### Also announced in NAVADMIN 174/16:

- ✓ The Navy will transition to the black Cold Weather Parka (CWP) starting Oct. 1, 2018, as outerwear with the Service and Service Dress Uniform. Navy All Weather Coat, Pea Coat and Reefer coat will become optional items. Mandatory wear date for the parka is Oct. 1, 2020.
- ✓ Women, E7 and above, are now authorized to wear men's uniform khaki pants without the belt and buckle with the khaki over blouse. Gig-line issues prevent wear of the male slacks with the tuck-in shirt.
- ✓ The rollout date of the male Service Dress Blue uniform at Recruit Training Command has been moved to Oct. 1, 2017, due to manufacturing delays. This change also aligns the uniform release with the introduction of the new E1-E6 Service Dress Whites.
- ✓ Navy sweat shirt and pants logo has been replaced with silver reflective lettering "NAVY," which is similar to the logo on the Navy Physical Training Uniform shirt and shorts. The sweatshirt and pants are now available for purchase at Navy Exchange uniform centers.
- ✓ Commands may now authorize the wear of a "Don't Tread on Me" and Reverse U.S. Flag patches on NWU Type II and Type III.
- ✓ Approval for the replacement of the Special Warfare Combatant-craft Crewman (SWCC) insignia. Going forward, there will be three separate insignias to denote a Sailor's specific qualification level, which are SWCC basic, SWCC senior and SWCC master. The implementation date is Aug. 19, 2016, with a mandatory wear date of Oct. 1, 2016.
- ✓ The Navy Uniform Matters Office is in the process of redesigning their website to enhance the dissemination and information regarding recent uniform changes. We expect the site to be running in the coming months.

The Navy continues to conduct a wear test of new women's khaki pants and is developing options to improve the sizing of women's khaki pants for E7 and above. We expect that the new women's khaki pants will be available for purchase in late 2017 or early 2018.

Enlisted clothing replacement allowance will be adjusted to cover costs of these uniform changes and requirements. However, by law, commissioned officers are currently entitled to a one-time uniform stipend (\$400), paid at the beginning of their careers. An additional stipend cannot be granted without a change in law.

--From Chief of Naval Personnel Public Affairs



Photo by MC1 Julie Casper

The Dept. of the Navy announced that it will transition from the Navy Working Uniform (NWU) Type I to the NWU Type III as its primary shore working uniform. While, the NWU Type I will be phased out over the next three years, effective Oct. 1, 2019, all Sailors will be expected to wear the NWU Type III as their primary Working Uniform when ashore or in port.

**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

## In remembrance

Graphic illustration by Austin Rooney

The U.S. Navy master-at-arms badge modified with the traditional black band with a thin blue line signifying law enforcement to honor the 11 police officers, five of which who were killed including Navy Reserve Sailor and Dallas police officer MA2 Patricio Zamarripa, during a shooting July 7, in Dallas.

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**“Give Parents a Break”  
“Parents Night Out”  
Aug. 26 Times: 6-10 p.m.**

**“Give Parents a Break” is a free program for military families!  
“Parents Night Out” is for others, such as DoD civilians, and is \$16 per child. Registration is required, please call 601-679-2652 for more information.**

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# SEPT. 10 - 7 A.M.

[tinyurl.com/seabeemudrun2016](http://tinyurl.com/seabeemudrun2016)