

# THE SKYLINE

Celebrating  
**55**  
Years of  
Training  
Excellence

Volume 54, Number 9

<https://www.cnic.navy.mil/meridian> ~ [www.facebook.com/NASMeridian](https://www.facebook.com/NASMeridian) ~ Twitter: @nasmeridianms

April 28, 2016

## On Base...

- ✓ **Military Teens: Globally Connected**  
Join us at the Fitness Center from 7 p.m. on April 29 to 7 a.m. on April 30 for "Familiar Faces in Different Places." Register by calling Erica White at 601-679-2652.
- ✓ **Welcome Aboard**  
May 5 from 8 a.m.-2 p.m. FFSC welcomes you to Meridian by providing current information and policies regarding NAS.
- ✓ **Golf Tournament**  
May 7 from 9 a.m.-noon at the Ponta Creek Golf Course.  
Call 601-679-2526 for more information.
- ✓ **Friends of Bill AA Meeting will occur every Wednesday** at the NAS Meridian Chapel at 7 p.m. These are "open" meetings and available to anyone with base access. For information, contact the Chapel at 601-679-3635 or HM1 Bobbi Coleman-Johnson at 601-679-2209.
- ✓ **SAC Summer Camp**  
10-week program for youth during summer break. Starts May 23. Register by calling Erica White at 601-679-2652.

## A Day in Naval History

- April 28**  
**1907** - A U.S. Marine Corps detachment from the patrol gunboat Paducah serves ashore at Laguna, Honduras, to protect Americans during a war between Honduras and Nicaragua.
- 1944** - German torpedo boats attack U.S. Navy LST convoy in Lyme Bay during Operation Tiger training for the Normandy Invasion. USS LST 507 and USS LST 531 are sunk at Portland Bill, England, and USS LST 289 is damaged, with 198 Sailors dead or missing and 551 Army dead or missing from later reports.
- 1944** - Secretary of the Navy Frank Knox dies.
- 1945** - USS Sennet (SS 408) sinks the Japanese cable layer Hatsushima off Kii Strait, south southeast of Miki Saki; USS Springer (SS 414) sinks the Japanese submarine chaser CH 17 west of Kyushu as she is escorting landing ship T.146, and USS Trepang (SS 412) sinks T.146 off Ose Saki, Japan.
- www.history.navy.mil

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

## NAVFAC SE honors Meridian PWD employees

By Earl Bittner  
NAVFAC Southeast Public Affairs

Naval Facilities Engineering Command Southeast announced its calendar year 2015 Employee and Supervisor of the Year awards March 30 at its Headquarters offices in Jacksonville.

"Congratulations to this special group of people," said NAVFAC Southeast Commanding Officer Capt. Steve Hamer. "These five truly superb individuals have made, and are making, a difference in our Command and our Navy."

Award winners are nominated by their direct supervisors for their professionalism, customer focus, quality, teamwork, initiative and innovation. Public Works Department Meridian, Mississippi, secured three of the five top awards.

Brandon Maxwell, PWD Meridian utilities energy management technician, was selected as the Employee of the Year 2015 Tier I (GS11 and below) for his support of the AMI meter program and many other accomplishments.

"Although Brandon has no formal training on meter repair, he repaired over 20 meters, bringing them back online," said PWD Meridian Deputy Public Works Officer Danny Cook. "The status of the meters is a focus item for the station's Executive Officer and is briefed monthly."

Maxwell's exceptional effort to repair the meters versus waiting weeks for technical support.

James Coleman, PWD Merid-

ian water treatment plant operator, was selected as the Wage Grade Employee of the Year.

"James has consistently volunteered to cover extra shifts and to accept responsibilities above and beyond," said Cook. "He steps up and fills in as a Utilities System Operator conducting both jobs all while maintaining his Water Plant Operator License. His flexibility is instrumental in continuing potable water service at Naval Air Station Meridian."

Matthew Copeland, PWD Meridian facility sustainment branch head, was named General Schedule Supervisor of the Year.

"Matt has performed above and beyond the call of duty by assuming the duties of two other critical billets," said Cook.

Copeland filled the role of Metals and Trades Branch Supervisor and Electrical and HVAC Branch Supervisor during critical vacancies, doing whatever it took to make sure mission requirements were met. His extra effort made a real difference in the effectiveness of the department, claimed Cook.

Allison Blount, acquisition specialist from Resident Officer in Charge of Construction (ROICC) Charleston, South Carolina, was named Employee of the Year 2015 Tier II (GS12 and above).

"Allie has become the face of one of NAVFAC Southeast's single largest MILCON (military construction) projects," said ROICC Charleston Lt. Cmdr. Scott Beyer. "She was hand selected to administer a massive four plus year \$157 million contract for the ex-



Photo by MC2 Chris Liaghat

Matthew Copeland, left, Brandon Maxwell and James Coleman employees of NAS Meridian's public works department were named NAVFAC Southeast employees of the year.

tremely sensitive Navy nuclear propulsion program."

Frank Derise, PWD Pensacola facility sustainment shop supervisor, was named Wage Grade Supervisor of the Year primarily for his expert handling of a barracks project located at NAS Joint Re-

serve Base New Orleans.

"Within hours of being notified of the issue, Frank deployed to New Orleans to assess and build a response plan to solve the problem," said PWD Pensacola Facilities Sustainment Director Marvin Jones.

## TW-1 welcomes Vice Adm. Shoemaker



Photo by MC2 Chris Liaghat

Commander, Naval Air Force, U.S. Pacific Fleet Vice Adm. Mike Shoemaker speaks to instructors at Training Air Wing One on board Naval Air Station Meridian. Shoemaker's visit to the NAS Meridian is part of a tour of the Chief of Naval Air Training sites.

## Sixteen U.S. based Navy college offices to close

Naval Education and Training Command announced 16 Navy College Offices (NCO) in the continental United States will close Oct. 1, as part of a restructuring effort to increase virtual and self-service options to Sailors.

"We are continuously looking to make changes and improvements that will enhance education opportunities to our Sailors," said Rear Adm. Mike White, commander, NETC. "Our young Sailors today are more technologically advanced and adaptive to change.

Our goal is to provide them the access to tools and information when and where they need it."

The following NCOs will close Oct. 1:

● Navy College, page 4



## Earth Day

Jamie Brown, left, and Cliff Mayatt, employees of NAS Meridian's public works department spread mulch, prune trees and remove debris in observance of Earth Day recently. NAS Meridian's public works department provides a wide variety of facility support services and functions, including an environmental division dedicated to managing environmental protection programs. Each year, Earth Day—April 22—marks the anniversary of the birth of the modern environmental movement in 1970.

Photo by MC2 Chris Liaghat

## Look Inside



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## Photo of Week

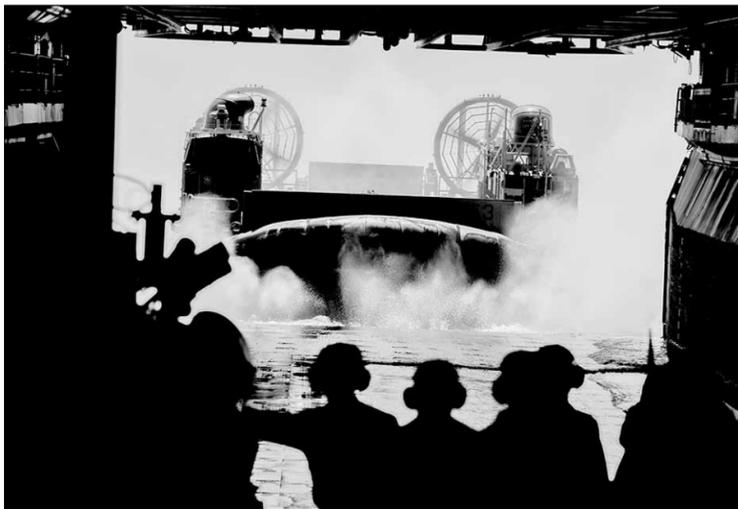


Photo by Cpl. Ryan G. Coleman

**U.S. Marines with evacuation control center (ECC), Combat Logistics Battalion 22 (CLB-22) 22nd Marine Expeditionary Unit (MEU), performed non-combatant evacuation operations (NEO), training aboard the USS Wasp (LHD-1). The 22nd MEU and Amphibious Squadron Six (PHIBRON-6) are underway for amphibious ready group (ARG) / MEU Exercise.**

## Navy announces SAAPM 2016 theme: "Eliminate Sexual Assault: Know your part. Do your part"

Navy leaders announced March 30, the 2016 Sexual Assault Awareness and Prevention Month (SAAPM) theme of "Eliminate Sexual Assault: Know your part. Do your part."

The April awareness month is designed to build momentum for year-round efforts to eliminate the crime of sexual assault, while making sure all Sailors are treated with dignity and respect.

"By sharing stories, ideas, and the resources needed to build awareness, we hope every command and every Sailor takes away something meaningful from this month," said Rear Adm. Ann Burkhardt, director, 21st Century Sailor Office. "Leaders who feel empowered to make a difference and encourage their Sailors to do the same, are the critical link to ensure we end this crime across the fleet."

Earlier this year, Chief of Naval Operations (CNO) Adm. John Richardson, announced five initiatives to help "end the scourge of sexual assault" in our Navy. "Eliminating sexual assault requires more than words, zero tolerance requires an all-hands effort," he said.

### CNO's five initiatives include:

- ✓ A Shipmate is not a "bystander." If you see something wrong, do something right.
- ✓ Establish counselors within the

Fleet and Family Support Centers as a resource for victim support.

- ✓ Improve our personnel management practices and procedures, following a sexual assault experience, to ensure our Sailors are put in the best position possible to succeed.

- ✓ Continue our efforts to educate our Sailors and reduce alcohol abuse in the Navy, particularly binge drinking.

- ✓ Better utilize technology to remove cultural barriers and stigma associated with reporting a sexual assault or seeking advice and counsel.

In addition to asking Sailors to learn, discuss and think about sexual assault prevention, commands are encouraged to organize events in April to highlight the awareness and prevention of sexual assaults. Information, references, and resources can be found online at [www.sapr.navy.mil](http://www.sapr.navy.mil).

The goal of the command events and information sharing is in keeping with the month's theme of "Know your part, Do your part," as Sailors can use knowledge and then action that will help eliminate sexual assault in the ranks. The SAAPM 2016 Toolkit can be used to determine some of the best ways to observe the awareness month. The website also includes resources for victims of sexual assault to reach out and get help.

-From Chief of Naval Personnel Public Affairs

## Area Happenings

### APRIL

**29: City of Meridian presents Relay For Life** at the Meridian Community College Soccer Field at 6 p.m. Relay for Life is a fun-filled event designed to celebrate survivorship and raise money for research and programs of The American Cancer Society.

**30: RFTW Poker Run** at Chunky River Harley Davidson at 10 a.m.; stops include: Hell-fighters Motorcycle Store in Laurel, Bay Springs and Newton Veterans Cemetery. It will end at The Torch Lounge, 1836 Highway 11S, Meridian where the band, Identity Crisis, will start playing around 4 p.m. Cost \$10 per hand. Top two hands will each win a flat screen TV. Winners will be announced at 5 p.m. Proceeds go to support The Run for the Wall Riders as they stop over in Meridian. Contact Info: Veterans Appreciation Committee at 601-479-5709. If bad weather, rain date is May 14.

### MAY

**5: Creedence Clearwater Revisited** 7:30 p.m., with pre-show party at 6 p.m., at the MSU Riley Center. Close your eyes, and you might think you're back in the late 1960s and early 1970s, when Creedence Clearwater Revival reeled off an incredible string of hit songs that pioneered "roots rock" decades before it became cool. Creedence Clearwater Revisited plays them all, including "Travelin' Band," "Lookin' Out My Back Door," "Green River," "Bad Moon Rising," "Fortunate Son," "Up Around the Bend," and, of course, "Proud Mary." Lead vocalist John Tristao sounds eerily like original singer John Fogerty. CCR bassist Stu Cook and drummer Doug Clifford still lay down the rock-solid rhythm that has always contributed so much to the Creedence sound.

**6-7: Jimmie Rodgers Music Festival** on the Meridian City Hall Lawn; May 6, 5 - 10 p.m. and May 7, noon - 10 p.m. The father of country music is celebrated each May with a weekend of amazing music from local and national artists. This year's lineup features Lucinda Williams, The Bros. Landreth, James McMurtry, The Lone Bellow, Billy Joe Shaver, Big Sandy & His Fly-Rite Boys, Blackberry Smoke, Cedric Burnside Project, Keller Williams, Elizabeth Cook, and the Jimmie Rodgers Talent Competition Winners.

**7: Earth's Bounty** at Singing Brakeman Park from 8 a.m.-1 p.m. Greater Meridian Health Clinic presents Earth's Bounty Festivals. Join us the first Saturday of April through November for a bountiful harvest at Earth's Bounty. We'll have fresh fruits, vegetables, honey, jams, jellies, breads, soaps, shrubs, flowers and more! There are bouncy houses for the kids, Tiny-the Belgium mare, live music, a food truck and tons of vendors.

**12-15: US 11 Antique Alley** is held each year on the Thursday - Sunday after Mother's Day. This 502-mile yard sale begins in Meridian and follows Hwy. 11 to Bristol, Virginia. Towns along the route plan their own events, festivals, antique sales, flea markets, carnivals, and many other activities. Visitors get to do what they like to do best -- travel the scenic highways of the Deep South, shop for treasures, eat good home cooking, and meet friendly folks. For more information, contact East MS/West AL Coordinator Teresa at 601-917-3727.

### 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.

**Fleet Reserve Association local FRA branch** holds monthly meetings the last Sunday of every month at 2 p.m. For more information visit FRA Branch 264 on Facebook or 8874 Hwy 39 North, Meridian. Open Monday-Wednesday 2-7 p.m.; Thursdays 2-10 p.m.; Friday 2 p.m.-1 a.m.; Saturday noon-1 a.m.; and open at noon on Sundays. Thursday Ladies Nite begins at 7 p.m.; and Saturday Karaoke Nite begins at 8 p.m. Free billiards and shuffleboard.

# E LIM INATE

## SEXUAL ASSAULT

### KNOW YOUR PART DO YOUR PART








## E-MAIL PHISHING SCAMS

1. NEVER SHARE ANYTHING ONLINE YOU WOULD NOT TELL DIRECTLY TO THE ENEMY.
2. NEVER POST PRIVATE OR PERSONAL INFORMATION.
3. ASSUME ANY INFORMATION YOU SHARE ELECTRONICALLY WILL BE MADE PUBLIC.
4. PHISHING SCAMS TEND TO HAVE COMMON CHARACTERISTICS THAT MAKE THEM EASY TO IDENTIFY:
  - \* SPELLING AND PUNCTUATION ERRORS.
  - \* SCARE TACTICS TO ENTICE A TARGET TO PROVIDE PERSONAL INFORMATION OR FOLLOW LINKS.
  - \* SENSATIONAL SUBJECT LINES TO ENTICE TARGETS TO CLICK ON ATTACHED LINKS OR PROVIDE PERSONAL INFORMATION.
  - \* INCLUDE A REDIRECT TO MALICIOUS URL'S WHICH REQUIRE YOU TO INPUT USERNAMES AND PASSWORDS TO ACCESS.
  - \* TRY TO APPEAR GENUINE BY USING LEGITIMATE OPERATIONAL TERMS, KEY WORDS AND ACCURATE PERSONAL INFORMATION.
  - \* FAKE OR UNKNOWN SENDER.
5. WHEN IN DOUBT ABOUT A SUSPICIOUS EMAIL FROM A SUPPOSED BANK, CALL YOUR FINANCIAL INSTITUTIONS OR CHECK WITH YOUR COMMAND INFORMATION ASSURANCE (IA) LEAD. YOUR COMMAND IA CAN ALSO ASSIST WITH OTHER TYPES OF SUSPICIOUS EMAIL.

## 5 THINGS YOU NEED TO KNOW





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

Help other military families!

**VOLUNTEER**

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



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

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

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

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 Command Master Chief ~ CMDCM Jonas Carter

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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  
 EEO (NAF): 866-295-0328  
 EEO (GS): 904-542-2802

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## NAS Meridian joins local businesses at EMBDC Business and Community Showcase



Photos by MC2 Chris Liaghat

Above, NAS Meridian ceremonial detail presents colors at the 2016 Business and Community Showcase, April 20. Right, Edward and Gladys Davenport, who met while Edward was serving in Training Squadron Nine from April 1964 to April 1969, visit the NAS Meridian booth. A visitor poses with 1st Lt. Sam Mahaney in an ejection seat at the NAS Meridian booth.



## Reenlistment



Photo by MC2 Chris Liaghat

ABE3 Geremy Bynum, right, accepts his reenlistment certificate from Lt. Joseph MacDonald. Bynum reenlisted to the selective reserves for three years.

## NTTC Sailor of the Quarter



Photo by Tom Childress

SH1(SW/AW) Ian Chenkin, left, is presented with NTTC Meridian's 2nd Quarter CY16 Sailor of the Quarter certificate by Cmdr. Michael Moran.



Photo by Tom Childress

Jeffery Fortenberry, left, is presented the NTTC Meridian Civilian of the Quarter first quarter CY16 certificate by Cmdr. Michael Moran.

## VT-7 Instructor of Quarter



Photo by Lt. Matt Axley

Lt. William Carey was selected at VT-7 Instructor of the Quarter for CY16 first quarter.

## VT-7 Student of Quarter



Photo by Lt. Matt Axley

Lt. j.g. Cameron Thornberry was selected as VT-7 Student of the Quarter for CY16 first quarter. A Sacramento native, he graduated from the Naval Academy in 2012 and hopes to return to California for duty after completing his training.

## Take Daughters & Sons to Work Day



Photo by MC2 Chris Liaghat

Children of military and civilians on board NAS Meridian participated in Take Your Daughters and Sons to Work Day, April 25. Among the day's activities were tours of the hangar, control tower and flight simulator, as well as interactive demonstrations hosted by the fire department and security. The day concluded with a demonstration of the Marine Obstacle Course, and each child given the opportunity to climb the rope at the end of the course.



## SAPR Training

Sailors participate in an interactive Sexual Assault Prevention and Response (SAPR) performance guided by Pure Praxis facilitators on board NAS Meridian, April 19. Pure Praxis is a performance troupe that teaches SAPR awareness by inviting the audience on stage to become active participants.

Photo by MC2 Chris Liaghat

# Survivor: My dear friend broke the cycle

By HM1 Bobbi L. Coleman-Johnson  
NBHC Meridian

I have this friend who has an amazing story of survival that brings awareness to sexual assault, and encouragement for victims to persevere.

I know this Sailor who had been sexually assaulted as a young girl; only 14 when she lost her virginity to a sexual predator. After the shame and humiliation of being raped by her sister's own husband and not being supported by her family she struggled through the remainder of her childhood to survive long enough so she could get out of that environment. This was during a time when you just didn't talk about it.

She took the first offer of marriage at the age of 17 from a military man; someone she had known as a child but had lost touch with just to get away from "home".

Within a month of being married and being moved hundreds of miles away from anyone or anything she ever knew she realized that she had been fooled by the outward appearance of this man that said he loved her and would make it all better. He was an abusive alcoholic that would beat her and sexually abuse her whenever he was "in the mood".

He would have his buddies over drinking all weekend long and she would be expected to wait on them, clean up after them and still be in the mood to have sex with her drunk abusive husband when he was ready for her.

That was around the same time the movie "The Burning Bed" with Farrah Fawcett was popular and as she describes it "it was like watching my life before my eyes, except I did not have any kids and I couldn't go home." She knew she needed to get out before she did something that she would regret later in life; because she was not a monster like he was.

She waited it out until he got out of the military about 10

months after they got married and they moved back to the town they both came from; at least she was in familiar territory again. She packed up a couple of bags while he was at the bar and waited until he came home raped her and knew he was passed out cold for the night and left in the night.

She had made a friend while they were stationed with the military, he was a soldier too. He helped her plan her escape and when she left she went straight to the safety of his arms or so she thought.

The husband she had left gave up looking for her pretty fast because it took too much time away from his drinking so she thought she was finally safe in the arms of someone that vowed to never hurt her that way. After about a year they decided to get married and she thought everything was great.

She had started to speak to her family again and try to rebuild a relationship with them at the encouragement of her new husband. When she decided to go back home for the first time and take her new husband with her that's when things changed.

She had not told the new husband about being raped at 14 because she was so ashamed and because her sister stayed married to him she figured it would never be brought up. Wrong. The first opportunity the brother-in-law told her new husband that they had sex when she was 14, she enjoyed it and had wanted it from him. Because she hid it from him the husband believed the brother-in-law instead of his wife and began treating her no better than a whore from then on. She tried everything she could to make her marriage work because she thought he was different but in the end they ended getting divorced too.

When they separated she found a second job to begin supporting herself. She started working at

this job where she spent a lot of long hours alone with one particular person whom seemed to understand her situation comforted her when she had bad days. They spent a lot of time together, he was a single dad and she helped him out with the kids whenever she wasn't working. One thing led to another and they moved in together (by the way he was retired military). Little did she know the very type of sexual predator she was fighting so hard to get away from was right back in her life yet again.

This time he was not just being sexually manipulative with her but several other women too. When she realized this she tried to leave but he beat her and she lived in constant fear. He had threatened her life and anyone that came in her life that even tried to help her get out. She stayed as long as she did because two of his children were girls and she was trying to protect them too.

The last straw was when he came home and he told her he was HIV positive and let her think that for about a month before he said he was just joking just wanted to see how she would react.

A next door neighbor helped my friend hide stuff in her garage and lent her the money to have mover's come take everything all at one time while he was gone at work.

He still tried to pursue her, stalk her, abuse her and sexually assault after that but she was determined to not be a victim anymore.

She went to a couple of different counselors and didn't really feel like they understood how she felt then she found a counselor who helped her. The very first thing she said was "Can you please help me stop this cycle of abuse by figuring out why I keep ending up with people that want to hurt me?"

The Dr. said "First you need to know that it is not your fault."

"Second make a list of all the things that attracted you to those people and what on that list ended up causing you pain?" "The next time you are building a relationship with someone and that person displays any of those attributes that caused you so much pain run like hell because you deserve only the best."

My friend wanted to focus on herself for a while, rebuilding her brokenness, self-esteem and praying to feel whole again. She longed to be a part of something good, something worthwhile. She desired to do something that would make a difference in her life and others. She wanted to be saved from this miserable life she had been living and hopefully save someone else along the way; no one deserved to feel such devastation and pain.

She ended up joining the Navy where she was not only able to do all of those things but she also met a very special man (a shipmate) who became her very best friend someone who also understood physical and sexual abuse. They helped each other heal, offered encouragement, and made each other stronger every day. Today they are still best friends and are very happily married. The cycle has been broken.

As a bystander, she will always intervene to help another person out. "As shipmates our goal should always be to HELP each other not HURT each other." She became a SAPR (when it used to be called SARP) and through her faith, Navy programs, her friends and her Navy family she can stand proudly and say, "I am NOT a victim anymore, I AM a Survivor!"

It is an honor to share this story with you and I pray it will offer encouragement of bystander intervention, strength for victims silently suffering to reach out for help, and awareness to prevent another senseless sexual assault and let predators know we are watching.

No matter how hopeless a situation can seem or how helpless a person can feel there is help. Persevere, you are stronger than you believe possible and share your story as a Survivor. Your story can be the catalyst for someone to speak out!!!!

With this year's motto: We Own It!!! We'll Solve It!!! Together!!! Let's own breaking the cycle! Let's own stopping sexual assault! Let's own bystander intervention! Let's own Shipmates protecting Shipmates! When we own it, we DO solve it!!!! Survivors make Survivors!!!!

When I originally wrote this essay, I wrote it in second person because I wasn't sure how people would feel hearing my story coming from me.

The more I wrote the more I realized it was because I still carried so much shame and that I was the one that was afraid to share my story with other people and I was afraid for people to know that this was really my story.

I have never been afraid to help other people and a few friends close to me know my story but I've never really shared my story publicly before.

But, the more I wrote and when I shared my essay with my husband and a couple of friends that didn't know my story I suddenly realized that the more I shared my story the better I felt, and the stronger I became.

The SAPR Program has helped me realize, as a victim, I need to speak out and be an example that the cycle of abuse CAN be broken. If this essay helps give just one person the courage to move forward to break their cycle, to speak up, to ask for help, or to prevent another person from becoming a victim then I am happy.

Thank you for allowing me to share my story and for your support.

Sexual assault is NOT ok, and together we CAN solve it!!!

## Thanks for flying with us today

"Now boarding ... Group C ... at Gate 19," the agent announced over the loudspeakers. There were only a handful of poor slobbs like me left in the line. The 737 was pretty packed, and since Southwest operates on a first-come-first-served basis, we were in for a real treat.

Only a few of the dreaded middle seats remained. The lucky passengers who snagged the aisle and window seats looked up at us clutching our gigantic carry-ons, as if to say, "Don't even think about squeezing in here between us."

So I lumbered on, until I got to the back of the plane and had to take the last space left, which was between a heavyset man against the window, and a little old lady on the aisle. I gestured with my hand to the middle seat, and their facial expressions replied, "Oh, terrific. Thanks for ruining my trip."

Somehow, I wedged into my seat without banging the old lady in the head with my carry-on. I kicked it three times to jam it under the seat in front of me, and tried to settle in for the two-hour flight to Dayton.

The man beside me was politely trying to be small, with his arms clasped unnaturally on top of his tensed round belly, and his thick knees hitched in tight. However, he was a human radiator, emanating a steady stream of sweltering breath,

body heat, and general male exhaust. I reached up to the tiny air valve, otherwise known as the spewer of contagion, but it was already all the way open.

Southwest Airlines' employees are known for their jokes, and I could hear people in the rows ahead laughing at something the flight attendant said during her "just in case we plummet to our death" spiel. My stomach took a few nauseating dips during the bumpy take off which is to be expected, but the turbulence continued. The soggy airport tuna wrap I'd gobbled back at the gate inched its way back up my esophagus, as the Captain quipped, "Whoever that is shaking the plane ... stop it!"

As a child, I was prone to motion sickness. Any drive of more than 20 minutes had to include a stop on the side of the road so Lisa could "toss her cookies." One time, when I went with my father to Pittsburgh, I did just that. I'd eaten a fistful of Nutter Butter Cookies before getting into my father's Buick, and somewhere along Route 286, they came back up. Problem was, the Buick door was so huge, my father had to run around to help me open it, and didn't make it in time. Those old Buicks had a million nooks and crannies in their naugahyde dashboards. After that, we couldn't use the car's heat or air conditioning without being blasted with an odoriferous reminder of that day.

The turbulence was so bad, the pilot ordered the flight attendants to stay in their seats, and as a result, there would be no beverage service and no bathroom breaks. An every-

man-for-himself mentality set in, and the guy beside me released his tensed muscles, allowing his full girth to invade my already confined space. The little old lady was so still, I worried that she might've died. But I realized that she'd been reading the same Spinal Surgery ad in the airline magazine for the last hour, and knew she must've fallen asleep.

Jealous, I prayed for sleep to deliver me from this putrid purgatory. Sometime during the second hour, my motion sickness degraded into a fitful, panting fever. As the plane began its rocky descent toward Ohio, I used my last ounce of sanity to grope for the airsickness bag.

Despite my delirium, I wondered, am I being rude? Shouldn't I warn my seat mates that I'm about to become an erupting tuna salad volcano? Would Emily Post tell me to put a napkin on my lap first? Is there any etiquette to upchucking?

Panicked by the impending crisis of protocol and puke, I lowered my mouth to the little white bag and prayed for guidance ...

The plane wheels squealed as they bumped the runway. "Welcome to Dayton," our pilot joked, "home of ... stuff." Everyone laughed, and I managed a weak smile too, relieved that my mind and my manners were finally on solid ground.

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

### COLUMN



Lisa Smith Molinari

• **“Give Parents a Break”** •  
 • **“Parents Night Out”** •  
 • **May 5, 12 & 20 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.** •

### DID YOU KNOW?

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

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

DRINK RESPONSIBLY  
**KEEP WHAT YOU'VE EARNED**

The Personal Procured Move (PPM) claim office can be contacted at: 1-888-742-4467 or by e-mail: [pptas.fiscn@navy.mil](mailto:pptas.fiscn@navy.mil). For the members convenience, claim packages may be e-mailed to the above email address.

**Pfc. Thomas Davis**  
MATSS-1 Student  
Hometown: Pipersville, Pa.

# OOORAH!

**Pfc. Simon Williams**  
MATSS-1 Student  
Hometown: Chicago, Ill.

Pfc. Thomas Davis joined the Marine Corps Feb. 26, 2015, to become an officer. Although he graduated from the University of Alabama, he decided on the enlisted route because he wanted to go through the same process as all Marines.

Davis enjoys playing trumpet, piano and baseball, as well as hunting and fishing.

His most memorable moment from boot camp was the crucible and putting to the test what he'd been training for the past three months.

Davis admires his father most and strives to match his work ethic.

In his career, Davis is looking forward to working his way up to the top because he said he's at the bottom of the totem pole now and it's only up from there.



Pfc. Simon Williams joined the Marine Corps Aug. 12, 2015, because he felt they had the best leaders the military had to offer.

Williams enjoys astrology and weight lifting.

His most memorable moment of boot camp was the warrior's breakfast after becoming a Marine and he felt that it was nice to sit at a table and talk to other Marines without being on the alert or looking out for drill instructors.

After completing his training he would like to be stationed in Japan for the experience of seeing a country other than the United States.

Williams admires his mother most because she had him and his sister at a young age, and he says she is still a great, hard-working woman.

## VMM-265 provides airlift support for Japanese relief efforts

By Sgt. Antonio J. Rubio  
Marine Corps Air Station Iwakuni, Japan

For the first time in history, two MV-22B Ospreys deployed in support of humanitarian assistance and disaster relief operations in Japan April 18, 2016.

The Ospreys are with Marine Medium Tiltrotor Squadron 265 (Reinforced), 31st Marine Expeditionary Unit, stationed on Marine Corps Air Station Futenma, Japan, and arrived seven hours after being tasked at MCAS Iwakuni, Japan, to provide operational airlift support for the Government of Japan's relief efforts following the earthquakes in and near Kumamoto.

"Hopefully we'll be able to do some good while we're here and drop off a lot of supplies and help out the people who are in need right now," said Capt. Gray Gish, VMM-265 MV-22 Osprey pilot. "I feel honored to be able to offer my assistance and help in anyway that they need it."

VMM-265 departed MCAS Iwakuni and ar-

rived at Japan Ground Self-Defense Force Camp Takayubaru to retrieve supplies including water, blankets and toiletries. From Takayubaru, the Marines dropped off the supplies at Hakusui Sports Park in Minamiaso Village, Kumamoto.

The long-standing alliance between Japan and the U.S. played an integral role in U.S. Forces Japan's rapid, integrated support to the Japan Self-Defense Forces and civilian relief efforts.

"Two MV-22s went out with the MEU commanding officer to assess the damage of the earthquake, possible landing zones, bring supplies to the impacted areas and get an overall understanding of the situation and what we need to do to react to it," said Lance Cpl. Zachary Schultes, VMM-265 MV-22 crew chief. "I'm anxious to get out and help and being able to do something that's making a difference. It's a shamed what happened. So, I'm excited to go help people."



Photo by Sgt. Antonio J. Rubio

Marines with Marine Medium Tiltrotor Squadron 265 (Reinforced), 31st Marine Expeditionary Unit, assists the Government of Japan in supporting those affected by recent earthquakes in Kumamoto, Japan, April 18. VMM-265 picked up supplies from Japan Ground Self-Defense Force Camp Takayubaru and delivered them to Hakusui Sports Park in the Kumamoto Prefecture. The long-standing relationship between Japan and the U.S. allows U.S. military forces in Japan to provide rapid, integrated support to the Japan Self-Defense Forces and civil relief efforts.

The MV-22B Osprey is designed as the medium-lift replacement for the Navy CH-46E Sea Knight assault

support helicopter.

The Osprey can operate as a helicopter or a turboprop aircraft and offers

twice the speed, six times the range, and three times the payload of the CH-46E, making it an ideal aircraft

for providing humanitarian assistance and disaster relief operations such as this one.

### HAKUSUI SPORTS PARK, JAPAN



Photo by Cpl. Darien Bjorndal

Japan Maritime Self Defense Force personnel finish refueling a U.S. Marine Corps MV-22B Osprey tiltrotor aircraft from Marine Medium Tiltrotor Squadron 265 (Reinforced), 31st Marine Expeditionary Unit. The 31st MEU is the only continually forward-deployed MEU in the Asia-Pacific region.

### MARINE CORPS BASE CAMP LEJEUNE, N.C.



Photo by Cpl. Justin Updegraff

U.S. Marines with 2nd Battalion, 8th Marine Regiment swim their way around a trail that is known to have notional improvised explosive devices during an attack evolution at Marine Corps Base Camp Lejeune, N.C. Role players were placed throughout the course, adding various scenarios.

## Safety & Energy Efficiency is Our Duty

### SAVING ENERGY Saves Money

Looking for ways to save energy and money at home? Check out the 8 things all homeowners should do to cost effectively lower their energy bills.



Install and set a programmable thermostat. Save an estimated 10 percent per year on heating and cooling costs by using a programmable thermostat.



Use sunlight to your advantage. Choose window treatments that allow you to use natural light while reducing heat loss and gain.



Switch to ENERGY STAR appliances, fans and electronics. Using ENERGY STAR certified products throughout your home could save nearly \$750 over the lifetime of the products.



Choose energy-saving lighting. Replacing 5 of your home's most frequently used lights with energy-efficient ENERGY STAR bulbs could save you \$75 a year in energy costs.



Use an electronic power strip for your electronic equipment. Help reduce phantom loads -- and save up to \$100 a year -- by plugging electronic devices into a power strip and turn it off when not in use.



Reduce energy for water heating. Take simple steps -- like lowering your water heater's temperature and installing low-flow showerheads -- to reduce your water heating bills.



Hire a professional to maintain your heating and cooling system. Check and replace your air filters regularly and arrange for annual maintenance with a qualified technician.



Consult a home performance contractor to achieve large savings. These professionals will do a comprehensive audit of your whole house using special tools to measure home energy efficiency.

### Outdoor electrical safety

The weather is changing and people are starting to conduct outside house and lawn work. While you are outside keep in mind that the rain continues to show its face and it could cause some serious issues if you are utilizing electrical equipment.

Follow these tips below from the National Fire Protection Association, to keep you and your family safe.

- Have a qualified electrician do all electrical work.
- To prevent an electrical shock, make sure all of your outside electrical receptacles are GFCI (Ground Fault Circuit Interrupter) protected.
- Use lighting and power tools that have the label of an independent test laboratory and make sure they are made for outdoor use.
- Store your electrical tools indoors.
- Keep all electrical tools away

from children.

- Keep the area around your electric meter and other electrical equipment clear.

- Check lighting and extension cords for damage before using. Replace any light fixtures or extension cords right away if damaged.

- Use extension cords that have a label of an independent test laboratory and are marked for outdoor use.

- Extension cords are not meant for long term use and are not a substitute for permanent wiring.

- Have a professional tree cutting service trim any branches that might fall on electrical wiring.

- Do not attempt to utilize an electrical receptacle or electrical equipment if it is wet or raining.

For more information, please contact the fire inspector at 601-679-3866.





## NAS Meridian, MS • Morale, Welfare and Recreation

On the Web: [www.navywmrmeridian.com](http://www.navywmrmeridian.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, April 28**  
4:10pm, Little Rascals, PG  
7pm, Blunt, R
- Friday, April 29**  
5pm, Shrek, PG  
7pm, The 33, PG13
- Saturday, April 30**  
1pm, Cinderella, PG  
4:30pm, Spectre, PG13  
7pm, The 33, PG13
- Sunday, May 1**  
1pm, Little Rascals, PG  
5pm, Burnt, R  
7pm, Spectre, PG13
- Monday, May 2**  
5pm, The Good Dinosaur, PG  
7pm, The Force Awakens, PG13
- Tuesday, May 3**  
5pm, Alvin and the Chipmunks, PG  
7pm, Truth, R
- Wednesday, May 4**  
5pm, Jem and the Holograms, PG  
7pm, Spotlight, R
- Thursday, May 5**  
5pm, The Good Dinosaur, PG  
7pm, The Force Awakens, PG13
- Friday, May 6**  
5pm, Alvin and the Chipmunks, PG  
7pm, Truth, R
- Saturday, May 7**  
1pm, Jem and the Holograms, PG  
5pm, Spotlight, R  
7pm, Truth, R
- Sunday, May 8**  
1pm, The Good Dinosaur, PG  
4:30pm, The Force Awakens, PG13  
7pm, Spotlight, R
- Monday, May 9**  
5pm, Airplane, PG  
7pm, In the Heat of the Sea, PG13
- Tuesday, May 10**  
5pm, Kung Fu Panda 2, PG  
7pm, Crimson Peak, R
- Wednesday, May 11**  
5pm, Toy Story 2, G  
7pm, Steve Jobs, R

### The Liberty Center

- Thursday, April 28**  
7pm, The 33, PG13
- Friday, April 29**  
7pm, Spectre, PG13
- Saturday, April 30**  
1pm, Burnt, R  
7pm, Burnt, R
- Sunday, May 1**  
1pm, The 33, PG13  
7pm, The 33, PG13
- Monday, May 2**  
7pm, Truth, R
- Tuesday, May 3**  
7pm, Spotlight, R
- Wednesday, May 4**  
7pm, The Force Awakens, PG13
- Thursday, May 5**  
7pm, Truth, R
- Friday, May 6**  
7pm, Spotlight, R
- Saturday, May 7**  
1pm, The Force Awakens, PG13  
7pm, The Force Awakens, PG13
- Sunday, May 8**  
1pm, Truth, R  
7pm, Truth, R
- Monday, May 9**  
7pm, Crimson Peak, R
- Tuesday, May 10**  
7pm, Steve Jobs, R
- Wednesday, May 11**  
7pm, In the Heat of the Sea, PG13
- Movies shown at McCain Rec Center and the Liberty Center are shown FREE of charge.

## News from the Andrew Triplett Library

We had a great program on Rubber Eraser Day and World Penguin Day. Thank you all for attending these. Those of you that couldn't be there, we missed you! Start making plans to attend our **Cinco de Mayo** party on Thursday, May 5 from 4:30 – 5:30. We are making maracas, reading a story and breaking a piñata (that's for the kids.) For you big kids, we'll have some salsa, queso and chips (while supplies last)! The Summer Reading Program (SRP) will be starting before you know it! This summer's theme is **"Read for the Win"** and begins with the kickoff on Saturday, June 4. Already ordered and received are about 50 new books with sports themes for all ages to support this Olympic theme. During each week of the SRP, we'll have a story/craft time at 1pm on Wednesdays at the library. Some of the programs planned are National Yo-Yo Day, Superman Day, Olympic Flag making and game day, and Celebrate picnic month. Hope to see you all there! Our magazines and new books continue to arrive at the library.

### Cinco de Mayo Celebration

at the Andrew Triplett Library  
May 5, 2016 4:30pm-5:30pm

Cinco de Mayo (5th of May) is a time for celebration! Join the party at the Library and enjoy stories, music and crafts. And what would a Mexican celebration be without a piñata, chips & salsa! This program is for all children.

### Fishing Tournament

May 21, 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

NAVY RECREATION

Register at Ponta Creek Community Rec Complex by calling (601) 679-2526

### Youth/Adult League

McCain Recreation Center

Registration: May 1 - 27  
League Meeting: May 30  
League Starts: June 5 @ 3pm

2 person teams (1 adult & 1 youth \*17 & Under)  
\$7 per bowler

Sign Up Now at McCain Rec Center!

### Scramble

18 Hole • 4 Person

Saturday, May 7 • 9am

Ponta Creek Golf Course

\$100 per team - Cash & Gift  
Certificates will be awarded.

Sign-up by April 6, 2016. For more info call (601) 679-2526.

### MWR Website!

• Facility and program information right at your fingertips  
• Find out everything about MWR Meridian  
• Current Events; dates, time and locations  
• Local MWR Job Announcements

[www.navywmrmeridian.com](http://www.navywmrmeridian.com)

### Weekly Events



### Special Guest DJ

Live at **Saturday May 7**

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

Located inside Rudders  
Sunday-Thursday 4pm-9:30pm  
Friday-Saturday 4pm-10:30pm  
(601) 679-2345

### The Smoothie Shop

Hours of Operation  
Mon., Tue., Thur. 4pm - 8pm  
Fri., & Sat. 4pm - 9pm  
Wed. & Sun. Closed

\*located in the McCain Rec Center

### SAC Summer Camp

Enrollment has begun for our 2016 Summer Camp! Our 10 week program has lots to offer this year, including field trips to Infinity Space Center, Mississippi Museum of Natural Science, High Heaven Trampoline, WTCR, Skating Rink and much more. First day of summer camp will be May 23rd, 2016. For more information about Summer Camp please contact the Child & Youth Program at 601.679.2652 or 601.679.5252.

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

May 5, 12 & 20  
at CDC & SAC  
6pm-10pm \$4 per hour  
Call (601) 679-2652 for info.

### New Hours

Monday - Friday 6:30am - 2pm  
Saturday - Sunday 8:30am - 4pm

Weekly Specials listed at [NavyMWRMeridian.com](http://NavyMWRMeridian.com)

### The Sandtrap Weekly Specials

- Thursday, April 28**  
**Salad Bar**  
Fresh Salad, Choice of Toppings and Drink for only \$6.
- Tuesday, May 3**  
**Chicken Fried Steak**  
Mashed Potato w/Gravy, Fried Okra, Cornbread and Drink for only \$6.
- Wednesday, May 4**  
**Pork Chops**  
Rice with Gravy, Turnip Greens, Cornbread and Drink for only \$6.
- Thursday, May 5**  
**Taco Salad**  
Don't miss the Sandtrap's famous Taco Salad. Served with a drink for \$6.
- Tuesday, May 10**  
**Smothered Hamburger**  
Mashed Potato with Gravy, Black-eyed Peas, Cornbread and Drink for only \$6.
- Wednesday, May 11**  
**Spaghetti**  
Garden Salad, Garlic Bread and Drink for only \$6.

# MWR Sports

Naval Air Station Meridian

## Red Cross - Zombie Apocalypse Run Winners



## Captain's Cup Softball Standings

	Total Wins	Total Losses	Total Forfeits
AirOps - Blue	2	1	0
AirOps - Gold	0	2	0
Air Nat. Guard	2	0	0
Field Support	1	0	0
Goslings	1	2	0
MATSS-1	1	0	0
NTTC	0	2	0
NBHC	0	1	0
VT-9	2	1	0

Walk Across Mississippi  
Sign Up Now for  
April 1 - June 30

## May 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.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6am-7am	Stomp Wellbeats™	Vibe Wellbeats™	TKO Wellbeats™	Fusion Wellbeats™	Spin Wellbeats™
7am-8am	Kinetics Wellbeats™	Stomp Wellbeats™	Fit for Duty Wellbeats™	REV Wellbeats™	Fusion Wellbeats™
6pm-7pm	TRX Evelyn	Butts & Guts Evelyn	TRX Evelyn	Butts & Guts Evelyn	TRX Evelyn
8pm-9pm	Stomp Wellbeats™	Vibe Wellbeats™	TKO Wellbeats™	Fusion Wellbeats™	REV Wellbeats™

## Upcoming at The Fitness Center

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

Under the Fitness tab, Click on:

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

## Mission Nutrition

Thursday, May 5 - 1pm - 5pm

## NOFFS

Thursday, May 12 - 7am - 11am

## Military Appreciation Month 10K

May 14, 2016  
7am at the Ponta Creek Community Rec Complex

Register Online at [www.navymwrmeridian.com](http://www.navymwrmeridian.com) until May 13, 2016, 12:00pm

Sponsored By: NAVY FITNESS, MWR, USAA

## 7 TIPS FOR RUNNER SAFETY

- Wear reflective belts to give more visibility. Especially during early morning and evening hours.
- Always tell someone where you are going.
- Bring your phone and an I.D. in case of emergencies.
- Do not use headphones.
- While running, face the traffic.
- Stay alert at all times.
- Hydrate.

# Good dental health and good overall health go hand in hand

With its emphasis on diagnostic and preventive care, the TRICARE Retiree Dental Program can help you avoid bigger problems down the road.

Did you know that more than 120 different diseases are first detected in the mouth? And that going for your annual dental exams can actually help in detecting heart disease, diabetes, pancreatic cancer and more? In fact, swollen gums, mouth ulcers, dry mouth and excessive gum problems can often be signs of bigger health problems.

The TRICARE Retiree Dental Program (TRDP) was created and designed with this in mind. When seeing a network dentist, TRDP enrollees have the peace of mind of knowing that they get two annual exams, two cleanings (or three for Type 1/Type 2 diabetics) and an x-ray covered at 100 percent—with no out-of-pocket costs. This allows enrollees to recoup almost all of their annual premiums and ensures their dental and overall health is being well cared for.

Here are some other reasons why more than 1.5 million current enrollees find the TRDP to be such a good value and an important partner in their health:

- As soon as your enrollment takes effect, you're covered for routine services, fillings, root canals, gum surgery, oral surgery and dental accidents. After 12 months of continuous enrollment, you'll get crowns, dentures, dental implants, braces and more.
- The TRDP offers a large nationwide network of dentists to help you save money on your covered dental care. To find a network dentist near you, use the "Find a Dentist" link at [trdp.org](http://trdp.org).
- Network dentists have agreed to accept reduced fees for covered services—there are no surprise costs beyond the expected cost share and deductible, where applicable.
- Each enrollee gets a generous \$1,300 annual maximum, a \$1,200 annual dental accident maximum, and a \$1,750 lifetime maximum for braces.
- The TRDP coordinates benefits with other dental plans,

allowing you to maximize your coverage under both plans and reduce or even eliminate your out-of-pocket dental costs.

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

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

Since 1998, the TRICARE Retiree Dental Program (TRDP) has been providing Uniformed Services retirees and their families with affordable dental care. There are no age limits for you or your spouse and you can enroll at any time. New retirees have an exclusive opportunity to enroll within four months after retirement and skip the 12-month waiting period for major comprehensive services like braces, crowns and implants. Your TRDP coverage is portable, meaning it travels with you. Whether you live stateside or overseas, you have access to your TRDP coverage.

Enroll in the TRDP today—and enjoy regular, affordable dental care that's essential for your lifelong health and peace of mind.

The TRICARE Retiree Dental Program is a voluntary dental plan. You can enroll if you're a:

- Retired service member
- Family member of a retired service member
- Retired Guard/Reserve member
- Family member of retired Guard/Reserve member
- Medal of Honor recipient
- Family member of Medal of Honor recipient
- Survivor

--From Tricare

The Personal Procured Move (PPM) claim office can be contacted at:  
1-888-742-4467 or by e-mail: [pptas.fiscn@navy.mil](mailto:pptas.fiscn@navy.mil).  
For the members convenience, claim packages can also be e-mailed to the above address.

# 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 motor 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! Entertainment center for sale asking \$350. Call 601-513-0071.

Crate and barrel glider and ottoman, pillow machine, cover on both are included, washable. Slip cover can be ordered through crate and barrel with item code located on the

bottom of the glider. Original price \$900. Very good condition, moving and don't need anymore, great for new moms! Asking \$150. Computer or office desk, great condition. Has four USB locations in the desk and room for computer cords to be hidden. Asking \$40. King (horizontal) or full/twin (vertical) headboard. Squares can be easily removed and reupholstered. Real wood frame. Newly reupholstered. Asking \$50. Kids train table, good condition. Asking \$40. All items are negotiated. Call or text for photos 812-219-9376.

### MOTORCYCLES/GEAR/ATV

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

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

### HOMES/APARTMENTS

NEW! For Sale: 3 BD/1 BA home at 3624 Poplar Springs Drive, Meridian. Great home with lots of character, hardwood floors, updated kitchen, skylights, huge fenced back-

yard, 3/4 acre with lots of trees. Asking

NEW! For Rent: 2BR/1BA, fenced yard 2 carports with a 10x12 storage shed (approximately), central air and gas heat. Walking distance to MCC off Hwy 19. New paint, roof, windows, and flooring. Alarm system and lawn care available. \$600 per month, \$600 security deposit. A 3 BR is available, but access to washer/dryer room requires walking through it. Stove, refrigerator and dryer included. Available after July 15. Call John at 601-484-7244.

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

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

be accepted.

For Sale: 3 BD/2 BA, 1500 sq. ft. brick home with carport and outbuildings. Additional carport and plenty of room to build on adjacent lot. Lots 53 and 54 for sale also. Perfect location with a great view of Dalewood Lake. Located at 3678 North Lake Dr. across from Little Beach. Call 870-223-3197.

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

For 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 Rent: 2708 Russell Camp Road, Meridian, 1131 square foot, 2 BD/1 BA with two-car garage. Available now:

\$675 per month and deposit \$675. Proof of military service receives one week off first month's rent. Can be seen on [www.militarybyowner.com](http://www.militarybyowner.com) or call G. Barrett at 850-855-8304. Seen by appointment only.

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

### WANTED

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

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 [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)

# Navy accepting STA-21 applications

The Seaman-To-Admiral (STA-21) commissioning program, which provides an opportunity for qualified Sailors to receive college educations and Navy commissions, is soliciting applications for fiscal year 2017, as announced in NAVADMIN 078/16, March 29.

The deadline for submitting application packages is July 1.

"STA-21 is a full-time, undergraduate education and commissioning program open to enlisted personnel of all pay grades and ratings to receive a top-notch college education and become commissioned officers," said Cathy Kempf, head of Naval Reserve Officers' Training Corps program selection and placement, and STA-21, at Naval Service Training Command's Officer Development (OD) directorate in Pensacola, Florida.

According to Mark Gough, deputy director of the NSTC's OD program, the STA-21 program is one of the best officer commissioning programs the Navy has to offer.

"STA-21 pays up to \$10,000 per year for college costs such as tuition, books and fees," said Gough. "All the while, Sailors draw their full pay and allowances for their current pay grade. Under the STA-21 program, Sailors have 36 months, including summer semesters, to complete their bachelor's degree requirements."

All STA-21 officer candidates attend the Naval Science Institute course at Officer Training Command, Naval Station Newport, Rhode Island, prior to beginning college studies at an NROTC affiliated college or university.

NSI is an eight-week course of intense officer preparation and indoctrination. Course enrollment is timed to allow college entrance during summer or fall semesters/quarters after selection.

The STA-21 program benefits Sailors as well as the Navy. The average candidate has at least two years and in most cases more than four years of observed performance which assists in

the process of selecting the most qualified Sailors to receive a commission.

Additionally, STA-21 candidates are on average older than most midshipmen, bringing a maturity directly reflected in the more than 90 percent completion rate STA-21 program candidates boast.

Additionally, many Sailors involved in the STA-21 program already have some college credit and some candidates finish ahead of the three years allotted to earn a degree.

All of these factors - proven performance for better selection, maturity for higher completion rates, and previous college credit - save the Navy money while producing top-quality experienced Naval officers.

According to NAVADMIN 078/16, the following target options and core are open for application for the FY-17 Selection Board: Surface Warfare (SWO), SWO/ED, Nuclear (Surface/Sub), Special Warfare, Explosive Ordnance Disposal, Naval Flight Officer, Pilot, Civil Engineering Corps, Nurse Corps, and Oceanography (OCEANO).

The following target options have zero select opportunity for FY-17: Human Resources, Intelligence, Information Warfare, Information Professional, Medical Corps, Supply Corps, Surface Warfare Officer/Information Professional (SWO/IP), and SWO/OCEANO.

The Nuclear (Surface/Sub) target option is now open to Sailors who are serving in the fleet and hold an active nuclear Navy enlisted classification (335X, 336X, 338X, or 339X). This option is a change to the previous year's eligibility policy. Sailors who are serving as a staff member or student in the Navy Nuclear Power Training pipeline are also eligible, as they have been in previous years.

All applicants must be able to begin their first day of class in the first semester of their course work prior to commencing their eighth year of service. See the Nuclear Program Authorization (PA150A) dated December

2015 for more specific information and all other requirements to apply for the program. Additionally, all applicants must receive conditional release, per reference (b) (of NAVADMIN 078/16), from the Nuclear Enlisted Community Manager (OPNAV N133D).

In the STA-21 program, as it is in many competitive selection processes, it is often a candidate's extra efforts which can result in selection.

"Do your best in all your endeavors, college courses, and have superior performances on your Physical Fitness Assessments (PFA). With so many great sailors to choose from, selection boards often look for the tie breakers or the indicators of extra effort, potential and desire; in this regard the STA-21 program is no exception," Kempf said. "As always, performance is the number one criteria. When given the chance to lead, take it. No matter how small the opportunity, step up and lead people, and lead them well. Also attend to your physical, as well as your professional, preparedness."

Reporting seniors who feel they have a sailor with the potential to be selected by STA-21 should comment on their leadership skills and potential in their performance evaluations early in their career. These comments are highly regarded by the boards, even in junior Sailors.

Kempf reminded all Sailors that are applying for STA-21 to have an endorsing letter from their commanding officers and to include their Scholastic Aptitude Test/American College Test (SAT/ACT) scores in their packages.

This year's NAVADMIN includes numbers from last year. It states of the 423 applications received for FY-16, only 315 were board eligible. A total of 50 were selected to participate in the FY-16 STA-21 program. Each year, packages are not considered due to non-qualifying SAT/ACT test scores, missing commanding officer endorsement/recommendation, recent non-judicial punishment, missing PFA cycles, missing or illegible submission of

documents, and not meeting program age or PFA requirements.

NAVADMIN 078/16 also states minimum eligibility requirements must be met before submitting an application. Applications should be mailed only when fully completed.

Officer interview boards shall consist of three officers; the applicant's commanding officer may not be a board member and should not submit an interview appraisal sheet. The commanding officer's personal interview should be conducted only after the application is complete and the officer interview board has submitted their appraisals.

The full picture of an applicant's academic and officer potential can only be determined by reviewing the SAT/ACT scores, high school/college transcripts, and a completed application package.

Kempf echoed the NAVADMIN and said the commanding officer's endorsement is extremely important, especially the ranking of the individual among his/her peers. The endorsement should contain specifics about the individual's academic potential, commitment, leadership, service above self, and potential as a naval officer.

Commanding officer comments should specify the primary option to which the individual is applying and address how the individual meets qualifications for that option. For junior Sailors with only schoolhouse evaluations, the CO must address this issue in his or her endorsement.

Application packages must be post-marked on or before the July 1 deadline date. The deadline for submission of additional documentation to an applicant's package is August 1.

Selectees will be announced by NAVADMIN in the fall.

Questions concerning this program should be directed to command career counselors or to the NSTC officer development directorate at (850) 452-9563.

--From Naval Service Training Command Public Affairs

**Petty Officer Association is seeking new members. We meet every other Thursday at 2 p.m. Any questions or interested in becoming a member contact any POA Board Member.**

**2016 POA Board Members**  
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**Vice President:** AC2 Haney  
**Treasurer:** ABE1 Toussaint  
**Secretary:** HM1 Coleman-Johnson  
**PAO:** AC2 Washington  
**MAA:** MA1 Harris

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

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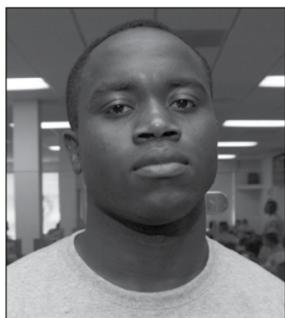
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**To nominate a teacher, log on to wmdn.net, wgbctv.com, goldenappleawards.com or meridianstar.com**

## IT'S YOUR TURN...

This week we asked "In your opinion, who has had a better career, Kobe Bryant or Tim Duncan, and why?"

By MC2 Chris Liaghat



**LSSN William Sadek Arthur**

NTTC Student  
"Kobe! He had 18 NBA all-star appearances, five rings and if I'm not mistaken he is in the top five for all-time scoring."



**Pfc. Mercedes Wagoner**

MATSS-1 Student  
"Kobe, I've been a fan of Kobe Bryant and always will be!"



**LSSN Laurel Fairley**

Student at NTTC  
"Tim Duncan. He has five NBA championships, was a three-time finals MVP."



**Pvt. Hunter Bowman**

MATSS-1 Student  
"Kobe! Black Mamba is the best there ever was!"



**Pfc. Keir Miller**

MATSS-1 Student  
"Tim Duncan because he has more championships, more rings and more awards."

## Fleet & Family Support Center

### Understanding and managing stress

Stress... it's a word we've been taught to steer clear of since birth, but through the course of life and human experience, we find out that it's totally unavoidable. But here's the interesting thing... stress is actually necessary, so we've put together some tips on how you can decipher the good from the bad and manage the inevitable.

Contrary to popular belief, we all need some stress in our lives to move and function, which is why stress management is more important than stress elimination. In fact, finding the right balance between too much and too little stress is an essential part of your overall well-being.

Good stress vs. bad stress and balancing the right amount. So, how much stress should you allow in your life before it becomes too much and what can you do to manage it all? Well, you must first understand that determining the right amount of stress can be tricky because it varies from person to person and is rooted in perception. For instance, riding on a roller coaster might be delightfully fun for one person, but terrifying for another; or having many demands on you at one time may make you feel energized, but may overwhelm someone else.

There are signs you can look

for to help determine a stress level that's right for you and you can start by learning the difference between the good and the bad:

#### Good stress:

- ✓ Makes you feel motivated, inspired and focused on doing your best.
- ✓ Gives you energy, ambition and enthusiasm.
- ✓ Strengthens your immune system.

#### Bad stress:

- ✓ Harms your health and well-being, causing symptoms such as headaches, stomach discomfort or insomnia.
- ✓ Makes you feel frazzled, frustrated, upset, out of control or overwhelmed.
- ✓ Makes even simple tasks become difficult or impossible to accomplish.

At the end of the day, stress, in the form of good and bad challenges, helps us to flourish and grow. Do your best to take life one day at a time and you'll find yourself living healthier and happier in no time. Managing the inevitable

Managing stress is all about taking charge of what you can control and learning to become flexible regarding the things you have no abil-

ity to influence or change. To manage stress when the demands stack up, be sure to identify the triggers that cause you stress and resolve to make realistic, healthy changes. To be successful in this, it's important that you:

- ✓ Get the right amount of sleep.
- ✓ Schedule time for relaxation each day.
- ✓ Eat a balanced, nutritious diet and exercise regularly.
- ✓ Cultivate supportive relationships.
- ✓ Have fun and try to laugh more.

Laughter is a great stress reducer and has the added benefit of increasing social support.

Military life has its stressful moments. In addition to the usual daily life stressors, there are multiple deployments, frequent moves and separations from family and friends that can increase the demands on your time and raise your stress level.

Remember, stress is necessary and can be good for you. Make sure you watch out for signs of both good and bad stress and know your triggers. It can only run your life if you let it, so continue to be the boss of you and live your life happy, healthy and whole.

- 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.

#### Transition GPS Capstone

May 3 from 9:30-10:30 a.m.

90 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

May 3 from 11 a.m. to 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!

#### Welcome Aboard

May 5 from 8 a.m. to 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, Suicide Prevention, Medical, Dental, Exceptional Family Member (EFM) Program, 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!

#### Troops to Teachers: "Transition to Teaching" Seminar

May 10 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. 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.

#### Stress Management

May 11 from 9-10 a.m.

Everyone experiences stress in normal day-to-day life, and your reactions to stress can be difficult to control. Some stress can be helpful because it spurs you to meet life's challenges, but too much stress (or poor stress management skills) can affect your mental & physical health and damage your relationships. If you feel that you're just not handling stress well, come to this workshop to learn about your stress triggers and what you can do to manage your stress.

#### Renew Your Relationship

May 12 from 4:30-5:30 p.m. or May 23 from 5-6 p.m.

Would you like to learn techniques to help you & your significant other communicate more effectively, solve problems, and maintain the fun, friendship, and intimacy in your relationship? If so, join other couples in this FFSC seminar to explore specific skills to help you reduce the risk of relationship failure and preserve a lasting commitment and love.

#### 10 Steps to a Federal Job

May 18 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 & analyzing federal job announcements; crafting a federal-style résumé and an electronic résumé; the incredible importance of including "keywords" in your application; addressing "KSAs"; and much more!

### It only takes a minute ... for your child

Child safety and well-being is everyone's responsibility, but many times passers-by, friends, community members and even parents are reluctant to speak up. Talking to people about parenting or reporting potential child abuse or neglect can feel uncomfortable.

Many people think it's none of their business or that if something is truly wrong someone else will step in. It takes courage to speak up, but it only takes a minute to make a difference. Child safety is your business.

It only takes a minute to reach out to a parent under stress. If you see a parent under stress, offer your help or guidance. Sometimes a frustrated parent just needs a short break or sympathetic ear to regain composure or perspective. Here are some ways you can help a parent under stress:

Volunteer your time. Offer to watch the child for some time while the parent steps away to cool off.

Listen. Invite the parent to share what's bothering them. Actively listen, remind them that everyone gets frustrated from time to time, and reinforce that asking for help is a sign of strength.

Point them to the right resources. The Fleet & Family Support Center or Family Advocacy Program can advise on local and online resources for parent education, family-friendly activities and services for families with special needs.

It only takes a minute to keep your own children safe.

Learn more about recognizing the signs of abuse. Supervision is key to the safety for children and youth of all ages.

#### Here are some precautions you can take to keep your child safe:

- ✓ Avoid leaving your child unsupervised.
- ✓ Contact the FFSC or Family Advocacy Program to learn about local guidelines for the safety and supervision of children and youth.

- ✓ Make sure your young child is in a safe place, like a playpen or crib if you absolutely need to step away for a moment.

- ✓ Reach out to a responsible friend, neighbor or babysitter when you need time to yourself. Everyone has moments when they need a break. Make sure your child is cared for during those moments.

- ✓ Reduce or eliminate electronic distractions when providing care and supervision. It only takes a minute for an unintended tragedy to occur.

- ✓ Reach out to any of the resources listed in the section above if you need parenting advice.

- ✓ It only takes a minute to report abuse or neglect. Contact the Family Advocacy Program, FFSC or child protective services if you suspect a child is being abused. If you see an unsupervised child, take immediate action. Find the child's caregiver or call local law enforcement for help.

#### If you suspect child abuse or neglect, there are resources you can turn to for help:

- ✓ Call 911 or the military police if you are on an installation, if you witness violence or know someone is in immediate danger.

- ✓ Call the installation Family Advocacy Program or the local civilian Child Protective Services if you suspect child abuse or neglect.

- ✓ Call your state's child abuse reporting hotline 1-800-222-8000 or contact Childhelp at 800-4-A-CHILD (422-4453).

When child abuse occurs, the Family Advocacy Program supports the child victims and provides services to parents. The program helps families develop healthy relationship skills and address common relationship and parenting challenges during every stage of life.

- From FFSC Staff

### Suicide prevention: How to get help

Suicide is a preventable personnel loss that impacts unit readiness, morale, and mission effectiveness. Relationship disruption, substance abuse, financial problems, legal problems, and mental health problems (such as depression), can interfere with individual efficiency and unit effectiveness and may increase a person's suicide risk. Factors including positive attitude, solid spirituality and faith, good problem solving skills, sound financial management, and healthy stress control can increase individual efficiency, unit effectiveness, and reduce risk of intentional self harm. As such, preventing suicide in the Navy begins with promotion of health and wellness

consistent with keeping service members ready to accomplish the mission.

#### Prevention contact

1. Immediate emergency: 911

2. Branch Health Clinic:

601 679-2633 Monday-Friday

7 a.m.-4 p.m., after hours 601 481-4148.

Call to schedule emergency appointment if suicidal behavior appears evident.

3. Fleet and Family Support Center:

601 679-2360, Monday-Friday 8 a.m.-4:30

p.m. Call to schedule an appointment if

warning signs are present.

# DoD must change to confront changing face of war

By Jim Garamone  
Defense Media Activity

Today's presence of cyber, space and ballistic-intercontinental missile capabilities have changed the character of war, and the U.S. military must adapt to confront these challenges, the chairman of the Joint Chiefs of Staff said.

During a flight from Cairo to here yesterday, Marine Corps Gen. Joe Dunford discussed the need to make changes in the department in order to improve the military's command and control system.

In the current system, the defense secretary is the person responsible for joint integration, said Dunford, noting the secretary holds the authorities to integrate the combatant commands.

The chairman said there are certain areas where a delegation of responsibility -- even if not authority -- should come to the chairman of the Joint Chiefs of Staff. The chairman can then do on the secretary's behalf "some things that integrate our forces today in a way that we didn't need to 10 or 15 years ago," Dunford said.

The chairman highlighted the Korean Peninsula as an example. More than a decade ago, he said, there was the likelihood that if conflict broke out on the peninsula it would be limited to a ground war in that area only. Today, that's no longer the case, Dunford said.

"My whole argument about transregional, multi-domain, multifunctional fight is recognition that the character of war has changed, not the nature, but the character," he said. "It's changed because of cyber capabilities, space capabilities, ballistic missile capabilities, intercontinental missile capabilities."

### New Capabilities

These new capabilities make it unlikely that any new conflict in the world will be isolated to one geographic area, Dunford said.

If a fight breaks out on the Korean Peninsula today, he said, it will likely quickly involve not just U.S. Forces Korea, but U.S. Pacific Command, U.S. Northern Command, U.S. Cyber Command and U.S. Strategic Command.

And it probably wouldn't be the only conflict going on in the world, said Dunford, who added that the list of the world's current security concerns is illuminating. There's the fight against violent extremism, he said, as well as security challenges in Europe with Russia. And, there are security challenges on a day-to-day basis with Iran, the chairman added.

"You have multiple combatant commanders that are all dealing with those challenges," Dunford said. "There has to be a common operational picture, a common intelligence picture and a framework within which the secretary can make decisions about prioritization and allocation of resources in real time in a crisis."



DoD photo by Navy Petty Officer 2nd Class Dominique A. Pineiro

Marine Corps Gen. Joe Dunford, the chairman of the Joint Chiefs of Staff, walks through the Ministry of Defence with Sedki Sobhi, Minister of Defence of Egypt, in Cairo, Egypt's capital city, April 23. Dunford is traveling overseas to meet with military leaders and foreign dignitaries to discuss issues confronting the United States and its allies, including efforts to accelerate the lasting defeat of ISIS.

### Joint Staff Changes

The military does that now in what the chairman calls a sub-optimal way. "The character of war has changed so we should adapt to the character of war, and by changing the organizational construct of the Joint Staff," he said.

Doing so, the chairman said, will position the depart-

ment to better manage today's and tomorrow's security situations.

"We're talking minutes of decision-making space," Dunford said. "Can we do it today? Sure. But I would argue if we can cut the decision space down from six minutes to four, that's actually geometric, and the implications are profound. It increases the probability that the American people would be safe."

## Navy releases 2016 MAP quotas

On April 19, the Navy announced quotas and policy updates for the 2016 Meritorious Advancement Program (MAP) in NAVADMIN 089/16, which will expand commanding officers' (CO) ability to recognize and advance Sailors with top performance in rates and paygrades needed to keep the Navy healthy with great talent.

These changes are based on recommendations from senior enlisted leaders throughout the fleet and are intended to increase the overall number of MAP advancements for Sailors this year by expanding program eligibility to include shore command as well as Professional Apprenticeship Career Track (PACT) Sailors.

MAP is designed to give CO's greater authority to recognize superior performance and advance their very best Sailors. The 2016 fall advancement cycle planning will incorporate the number of Sailors advanced via MAP to arrive at quotas for advancement based on Navy Wide Advancement Exam (NWAE) results.

This year, there will be 3,081 quotas for Sailors to advance to the next pay grade of E-4, E-5 and E-6, which is an increase of 799 quotas from 2015. There will be 2,212 quotas for sea commands, 678 quotas available for shore commands and 191 quotas for designated Echelon

2 commanders to distribute within their claimancy.

Advancement quotas by paygrade are:

- E-4: 1,124 with 86 percent of quotas going to sea commands
- E-5: 936 with 85 percent of quotas going to sea commands
- E-6: 1,021 with 58 percent at going to sea commands, as many E5s begin rotating to first shore tour.

### Additionally, some of the other key changes included in the MAP policy update include:

- Professional Apprenticeship Career Track (PACT) Sailors will be now eligible for MAP if they:
- Complete a minimum of 12 months-time onboard their permanent duty station
- Meet time-in-rate (TIR) requirement for advancement to E-4 of Jan. 1, 2017 and have an approved quota for rating designation (i.e. approved quota in C-WAY) via the NWAE or Rating Entry Designation
- Do not have a designation approval for an A-school required rating.
- The TIR requirement has been expanded to Jan. 1, 2017, decoupling MAP from the NWAE requirements.
- Expand MAP eligibility to Sailors at shore commands.
- To help ensure rating health,

communities that are overmanned will be managed more closely. CO's who desire to MAP a Sailor in a controlled rate listed in NAVADMIN 089/16 will nominate Sailors to their designated Echelon 2 command for consideration.

- If a Sailor is not selected for MAP by their designated Echelon 2 command, that quota will be returned to the subordinate command.
- Controlled quota requests must be made by June 15; selections will be completed by June 30.

MAP selections are from July 1 to Aug. 31, but commands are encouraged to begin their MAP selection process and submit their MAP Certification Letter (MCL) as early as possible to ensure Sailors are advanced and paid expeditiously. Sailors' advancement is effective the date of the command's MCL to Navy Personnel Command, or July 1, whichever is later.

Because of manning reductions and changes in force structure, a moratorium has been placed on MAP for Selected Reserve (SELRES) Sailors for 2016 in order to preserve and maximize advancement opportunity. However, Navy recruiting districts (NRD) will have one MAP quota per NRD for Reserve Sailors filling canvasser recruiter billets.

- From Chief of Naval Personnel Public Affairs

## OMBUDSMAN

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