



# THE SKYLINE



Volume 52, Number 17

<https://www.cnic.navy.mil/meridian> & [www.facebook.com/NASMeridian](http://www.facebook.com/NASMeridian)

August 21, 2014

## On Base...

✓ **Parent's Night Out**  
Aug. 22 at CDC and SAC from 6-10 p.m. Call 601-679-2652.

✓ **Dive-In Movie**  
Aug. 22 at All Hands Pool at 7 p.m. Free pizza and drinks while supplies last.

✓ **New hours for MWR Food Service Facilities begin Aug. 25.**  
Tutto Bene Pizza and More & The Coffee Shop at McCain Rec Center:  
Monday-Friday: 7 a.m.-7 p.m.  
Saturday: 12:30 p.m.-6 p.m.  
P&L Café:  
Monday-Friday: 7 a.m.-1 p.m.

✓ **McCain Rec Center Bowling Special Sunday is Family Day** from 11 a.m.-close. \$2 a game with shoes.

✓ **Sonny Montgomery Fitness Center hosts a Command Challenge Softball Tournament** Aug. 30-31. Call (601) 679-2379.

✓ **Ponta Creek Golf Course Special** Play 18 holes with a cart for \$20/person daily. Call 601-679-2526 to reserve a tee time.

## A Day in Naval History

**August 21**  
1800: U.S. Marine Corps Band gave its first concert in Washington, D.C.  
1951: First contract for nuclear-powered submarine awarded.

**August 22**  
1912: Birthday of Dental Corps.

**August 25**  
1942: Five Navy nurses who became POWs on Guam repatriated.

**August 28**  
1942: 120 women, commissioned directly as ensign or lieutenant junior grade, reported to "USS Northampton," Smith College for training.  
1992: Navy and Marine forces begin providing disaster relief after Typhoon Omar hit Guam.  
1992: Marines and Army forces begin providing disaster relief in Florida after Hurricane Andrew.

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

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

# Meridian NEX earns Bingham Award

By Penny Randall  
Editor

The Navy Exchange Service Command (NEXCOM) has honored NAS Meridian Navy Exchange store with its Bingham Award for 2013. The Bingham Award is presented to the best of the best NEXs in nine sales categories for overall financial results and customer service.

Meridian wins for the sales range of \$7-\$14 million. Gary King, senior vice presi-



dent for NEXCOM Enterprises Regional Exchange Operations will present the award to Capt. Scott Bunnay today during a ceremony.

"The Meridian Navy Exchange has proven that it is the best in

the Navy Exchange Service Command in winning the 2013 Bingham Award," Capt. Scott Bunnay said. "I am extremely proud of each the associates, managers and general manager Debbie Elder for their hard work and dedication to serving the military members in our area."

General Manager Debbie Elder said the award proves that the associates are dedicated to their jobs.

"I'm very proud of the associates and their commitment to

erving all the Sailors and Marines of NAS Meridian," Elder said.

The award grades Exchanges on several key areas of Navy Exchange operations including: associate satisfaction surveys, customer satisfaction surveys, inventory control management, and by Exchange profits. The stores are rated on a 100 point scale utilizing each NEX's annual goals, and compared to similar sized NEXs.

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## Navy announces FY-15 senior enlisted continuation board

Navy Personnel Command  
Public Affairs

MILLINGTON, Tenn. (NNS) -- The fiscal year 2015 (FY-15) performance-based Senior Enlisted Continuation board (SECB) will convene Oct. 27 according to a Navy message released Aug. 14.

"The SECB is a performance based board intended to ensure our mess meets and maintains our high standards of ethics and professional conduct," said Manpower, Personnel, Training and Education Fleet Master Chief (AW/SW) April D. Beldo. "Using the criteria laid out in the precepts, the board will review an individual's record and decide to either 'select' or 'not-select' for continuation. Quite simply this is about quality. There are no preset numbers, but for every person not selected for continuation, there is a vacancy created in which we can promote

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# Welcome Admiral



Photo by MC2 Casey H. Kyhl

Rear Adm. John R. Haley, Director of Global Operations, U.S. Strategic Command, presents YN1 Damon La Force with an honor graduate certificate during a graduation ceremony Aug. 15. La Force had the highest grade point average in the class at 98.6 percent. Haley was the guest speaker at the NTTC "A" School graduation and also spoke to a class of flag writers.

# New class of chiefs



Photo by MC2 Casey H. Kyhl

Introducing the new class of 2015 chief petty officer selects on board NAS Meridian. They include first row from left, HMC(Sel) Patrick Quito, PSC(Sel) Cruz Ponce, LSC(Sel) Joske Thursby; second row, ACC(Sel) Christopher Balster, YNC(Sel) Angelia Caines, YNC(Sel) James Sloan and YNC(Sel) Derek Tyler. Not pictured is LSC(Sel) Alfred Wilson.

# CNO releases annual 'Navigation Plan'

WASHINGTON (NNS) -- The Navy's top leader released a detailed plan Tuesday that highlights the U.S. Navy's intended track and investments for the next five fiscal years.

"This navigation plan defines the course and speed we will follow to organize, train and equip our Navy over the next several years," said Greenert in the document. "Despite likely sequestration in 2016, our priority is to operate forward where it matters, when it matters, and be ready to address a wide range of threats and contingencies."

Chief of Naval Operations (CNO) Adm. Jonathan Greenert's 2015-2019 Navigation Plan defines how the Navy will use its resources to safely and effectively pursue the vision detailed in Sailing Directions.

"Crafting this year's budget included tough choices across a wide range of competing priorities - we focused first on building appropriate capability, then delivering it at a capacity we could afford," said Greenert.

Each year since Greenert released the Sailing Directions the Navigation Plan has described the annual Navy's budget submission for the future years. The Navigation Plan has highlighted investments in support of DOD's guidance and strategic documents as well as this year's 2014 Quadrennial Defense Review.

In the plan Greenert explains how the Navy will acclimate to budget challenges, increasing operational tempo while balancing current readiness with the need to build a highly capable future fleet.

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Greenert

## Look Inside



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VT-7 names Smith Civilian of Quarter



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Married life... the first two years is crucial





## Photo of Week

**ATLANTIC OCEAN --** Sailors hoist a missile to load it into a Rolling Airframe Missile (RAM) system aboard the aircraft carrier USS Theodore Roosevelt (CVN 71) Aug. 18. Theodore Roosevelt is currently underway conducting training for future deployments.



Photo by MCSN Kris R. Lindstrom

## A message from the CO...

In my first month at NAS Meridian, I have greatly expanded my perspective of service.

As a Sailor, I understand how the uniformed service members and civilians who comprise the Department of Defense serve our nation and contribute to the national defense. We must recognize that the services we provide and benefit from go far beyond deterring aggression and, if deterrence fails, winning our Nation's wars.

In striving to be the best possible citizens, leaders, volunteers, and neighbors, NAS Meridian was nominated by our community service regional coordinator for the Navy Community Service of the Year Award.

I hope that we all continue to consider offering our valuable time and resources to improve our community, both on and off the installation. Whether considering relief organizations focused on uniformed service members, food banks,

or disaster relief, opportunities exist for all of us to contribute.

Additionally, I am thankful for the many services that the community provides to the uniformed service members and civilians who comprise NAS Meridian. Many are familiar with the Navy-Marine Corps Relief Society, who provides financial assistance and education, as well as other programs and services, to members of the United States Navy and Marine Corps, their eligible family members, widows, and survivors.

Additional providers include the Veterans of Foreign Wars of the United States (VFW) and the American Red Cross. Locally, the East Central Mississippi Chapter of the American Red Cross can help prepare us before and provide relief after disasters. Have you checked out the free Red Cross smart phone applications?

I feel very fortunate to be part of the Meridian community. We give when possible and have options to receive when necessary. We are good citizens and even better neighbors.

### COLUMN



Bunney

Capt. Scott Bunney is the 24th commanding officer of NAS Meridian.

## Area Happenings

### August

**23: 5th Annual Sporting Clays for Character** at Camp Binachi Scout Reservation Shooting Range. Often called "golf with a shotgun," Sporting Clays for Character is a shooting course through the trails of Camp Binachi Scout Reservation where clays will be thrown to emulate hunting situations; such as rabbits, teal, doves, pheasants, and more. Teams of 4 people will compete in this fun and social event. For information or to register contact ken.kercheval@scouting.org or call 601-693-6757.

**24: The Temple Theatre presents Silent Movie Sunday** in conjunction with The Magnolia Theater Organ Society. Two classic silent movie comedies will be shown "Cops" with buster Keaton and "A Woman" with Charlie Chaplin. The event will also feature Tom Hoehn at the Mighty Robert Morton Theatre Organ. The movies are free and open to the public. The theatre is located at 2320 8th Street, Meridian. For information, call 601-693-5353. Movie begins at 2 p.m. Concessions available and donations are welcome to be used for ongoing repair and maintenance of the organ.

**28: Martina McBride in concert at the MSU Riley Center** at 7:30 p.m. with pre-show party at 6 p.m. A Grammy Award winner, McBride is a 14-time Grammy nominee whose recordings have earned 14 Gold awards, nine Platinum awards, three double Platinum awards, and two triple Platinum awards. The Country Music Association has named her its Female Vocalist of the Year four times, and the Academy of Country Music has presented her with its Top Female Vocalist honor on three occasions. Her latest album, Everlasting, debuted at number one on the Top Country Albums chart in April 2014. Tickets are \$80 and \$74.

**29-30: Veterans of Foreign Wars Post 12124 Auxiliary** will hold a yard sale from 8 a.m.-3 p.m. at 6425 Bounds Rd -- corner of North Hills and Bounds Rd. Donations are welcome and will help support veterans, military and the community. If you would like to donate items for the sale, a letter for taxable donations is available. Contact meridianvfw@comcast.net or call 601-282-5866.

### SEPTEMBER

**20-21:** Meridian Little Theatre's Fall Variety Sale at the Highway 39 Playhouse will be Saturday from 9 a.m.-3 p.m.; and Sunday from 1-4 p.m. Something for everyone! Clothing, household items, electronics, toys and furniture. Incredible prices with all proceeds supporting the Meridian Little Theatre. For information on donations, call 601-482-6371.

### 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. This season's theme is "A Beautiful Mess" and we'll be exploring how God transforms our messes into something beautiful. Childcare provided (ages newborn to 5). Visit fabmops.org for meeting details or call 601-686-1296. Fees: Free for first meeting, only \$50 a year to become member. Military discounts available.

**Fleet Reserve Association local FRA branch** holds monthly meetings the last Sunday of every month and potlucks every Sunday. For more information visit FRA Branch 264 on Facebook or 8874 Hwy 39 North, Meridian, Open 7 days a week noon to midnight. This is a great way for both young and old to share experiences and fellowship. For more information contact Ricky Nelson at 601-917-1007.

## In The Spotlight...

### Happy Birthday...

Happy Birthday to my wonderful mother, Joanne Duff, who celebrates her birthday on Aug. 22.

-From Yolanda

If you have an item for "In The Spotlight" send it to penny.randall@navy.mil

## Rules on political activities

By Lt. Elizabeth Retter  
Staff Judge Advocate  
Naval Air Station Meridian

Below is a brief breakdown of permitted and prohibited political activities by members of the Armed Forces. For more specific guidance, see DoD Directive 1344.10, Political Activities by Members of the Armed Forces, or contact your SJA.

Unquestionably, service members can exercise their right to vote. However, active duty members cannot engage in partisan political activities and must avoid implying or appearing to imply DoD sponsorship, approval, or endorsement of their political activities.

**Permitted activities:** Voting and making a personal monetary donation.

**Prohibited:** Partisan political activities, activities creating the inference / appearance of DoD sponsorship, approval or endorsement of a political candidate, campaign or cause.

Examples of political activities that are prohibited include campaigning for a candidate, soliciting contributions, marching in a partisan parade and wearing the uniform to a partisan event. A note on uniforms: All members of the Armed Forces, including active duty members, members

of the RC not on active duty, and retired members, are prohibited from wearing military uniforms at political campaign or election events. (This prohibition is not applicable to the provision of joint Armed Forces color guards at the opening ceremonies of the national conventions of the Republican, Democratic, and other political parties formally recognized by the Federal Election Commission.)



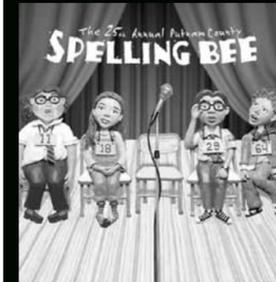
### Social Media

**Permitted:** An active duty member may become a friend of or like the Facebook page, or follow the Twitter account of a political party or partisan candidate, campaign, group, or cause.

**Prohibited:** Active duty members will refrain from engaging in activities with respect to those entities' social media accounts that would constitute political activity (For example, suggesting that others like, friend, or follow the political party, partisan political candidate, campaign, group, or cause, or forwarding an invitation or solicitation from said entities to others, posting or making direct links to a political party, partisan political candidate, campaign, group, or cause -- such activity is the equivalent of distributing literature on behalf of those entities or individuals.)

## Meridian Little Theatre holds auditions for "The 25th Annual Putnam County Spelling Bee" Aug. 25 and 26 at 6:30 p.m.

A five time Tony Award winning musical, including Best Musical in 2005, "The 25th Annual Putnam County Spelling Bee" is about six young people (who are played by adults) in the throes of puberty, overseen by grown-ups who barely managed to escape childhood themselves. They learn that winning isn't everything and that losing doesn't necessarily make you a loser. The show is pure fun with clever music and lyrics and also features audience participation as spelling bee contestants. Performance dates are Oct. 2-8. For information on auditions, call the box office at (601) 482-6371.



### • NEX

Other Navy Exchange stores in Navy Region Southeast honored are:

Naval Air Station Pensacola: Bingham Award winner for sales between \$36-\$85 million

NEX Orlando, Fla.: Bingham Award runner-up for sales between \$23-\$36 million, and

Naval Air Station Kingsville, Texas: Bingham Award winner for sales \$1.4-\$3 million

"Winners of the Bingham Award exemplify the true spirit, dedication and professionalism of all our associates and management teams," said Rear Adm. Robert J. Bianchi (Ret), Chief Executive Officer, NEXCOM. "The Bingham Award recognizes our stores for work they

do throughout the year in support of our customers. By design, this award is presented to both the NEX and the local Navy command to recognize their partnership and dedication in supporting the quality of life of our military members and their families."

NEXCOM established the Bingham Award Program in 1979 to recognize excellence in customer service, operations and management at NEX activities. The award is named after the late Capt. W.H. Bingham, Supply Corps, U. S. Navy Reserve. Bingham was the Chief Executive Officer of the R.H. Macy's company and was appointed by the Secretary of the Navy in 1946 to lead an advisory board

for establishment of what is now the Navy Exchange Service Command.

The Navy Exchange Service Command (NEXCOM) oversees 100 Navy Exchange (NEX) facilities and nearly 300 stores worldwide, 40 Navy Lodges, Ship's Stores, the Uniform Program Management Office, the Navy Clothing Textile and Research Facility and the Telecommunications Program Office. NEXCOM's parent command is the Naval Supply Systems Command. NEXCOM's mission is to provide authorized customers quality goods and services at a savings and to support quality of life programs for active duty military, retirees, reservists and their families.

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

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Executive Officer ~

Cmdr. Robert Michael II

Command Master Chief ~

CMDCM Hayden E. Jones

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# Seven aviators earn 'Wings of Gold' in Aug. 15 ceremony

There was a naval aviator designation ceremony Aug. 15 in the chapel on board NAS Meridian.

Three U.S. Navy and one U.S. Marine Corps aviator along with three French navy pilots received "Wings of Gold" during the ceremony. The naval aviator designation ceremony is not prescribed specifically by U.S. Navy regulations, but has emerged as an honored product of the rich heritage of naval tradition. It marks the culmination of nearly two years of specialized training, which has prepared these officers for the rigorous demands of aerial combat and carrier operations -- earning each the title of "Naval Aviator" and the right to wear the coveted "Wings of Gold."

Capt. John P. Mooney Jr., commanding officer of Training Air Wing One Reserve Component, was the speaker.

Those earning "Wings of Gold" include:

Lt. Emmanuel Bigot, French navy, carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) July 12. Bigot completed Advanced Jet Flight Training with Training Squadron Seven.

Capt. Kenneth Endicott,

USMC, earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) July 11. Endicott completed Advanced Jet Flight Training with Training Squadron Nine.

Lt. j.g. Igor Maury, French navy, was named to the Commodore's List during Primary Flight Training. He earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) July 12. Maury completed Advanced Jet Flight Training with Training Squadron Seven.

Lt. j.g. Robert Nelson, USN, carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) July 12. Nelson completed Advanced Jet Flight Training with Training Squadron Nine.

Lt. Scott Simpson, USN, was named to the Commodore's List with distinction during Primary Flight Training and was VT-9's Student of the Month for April 2014. During Advanced Jet Flight Training, he earned one Navy "E" for bombing accuracy and carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) July 12. Simpson completed Advanced Jet Flight Training with Training Squadron Seven.



Bigot



Endicott



Maury



Nelson

rier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) July 12. Simpson completed Advanced Jet Flight Training with Training Squadron Nine.

Ensign Adrien Tillet, French navy, carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) July 12. Tillet completed Advanced Jet Flight Training with Training Squadron Seven.

Lt. j.g. Tyler Trombetta, USN, earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training and carrier qualified in the T-45C on board the USS Harry S. Truman (CVN-75) July 11. Trombetta completed Advanced Jet Flight Training with Training Squadron Seven.



Simpson



Tillet



Trombetta

**Congratulations Lt. Scott Simpson - Golden Stick Award winner. The award is presented to the top aviator of each class and presented by the Mississippi Council of the Navy League.**

## EXERCISE, EXERCISE!



Photo by MC2 Casey H. Kyhl

**Contractors deploy an oil containment boom into Ponta Creek during a fuel spill exercise Aug. 14. The exercise was conducted by NAVFAC Southeast Naval on screen coordinator in conjunction several NAS Meridian departments including fire and emergency services, security, safety, environmental, emergency management, and training and readiness.**

## VT-7 Civilian



Submitted photo

**Cmdr. William Thames, commanding officer VT-7, presents Civilian of the Quarter Award to Kimberly Smith. Smith, CO/XO secretary for VT-7, was recognized for her hard work during the change of command and her assistance in the Administration Department during a shortage of personnel.**

## Reenlistment



Photo by Penny Randall

**Cmdr. Erik Greve, left, presents ABE2 Timothy Johnson with his reenlistment certificate. Sgt. 1st Class Willie Bennett, a family friend, administered the oath to Johnson who reenlisted for three years.**

## VFW offers scholarship opportunity

### Special to The Skyline

The Veterans of Foreign Wars has several scholarship opportunities available to middle and high school age children.

The scholarship is open to all students in public, private, homeschool programs not just members of the Veterans of Foreign Wars.

Grades 6, 7 and 8 will participate in the Patriot Pen Essay contest and win money at the local, state and national levels. Students should submit a 300-400 typewritten word essay on the subject "Why I

appreciate America's Veterans." Deadline is Nov. 1.

Grades 9, 10, 11, and 12 can participate in Voice of Democracy. This is a written and recorded 3-5 minute speech on "Why veterans are important to our nation's history and future" and also have awards at the local, state and national levels. The state winner will earn a trip to Washington, DC and up to \$35,000 for college education. Deadline is Nov. 1.

For more information and applications contact VFW District 4 Commander Norm Copeland at (601) 282-5866 or email meridianvfw@comcast.net.

## NEX hosts A-OK Student Reward Program

The Navy Exchange Service Command (NEXCOM) has been offering students a chance to help pay for college through its A-OK Student Reward Program since 1997.

The A-OK Student Reward Program allows all qualified students to participate in a quarterly drawing for monetary awards of \$2,500, \$1,500, \$1,000 or \$500 for a total of \$5,500 per quarter. The next drawing will be held at the end of August.

Any eligible full-time student that has a B-grade point average equivalent or better, as determined by their school system, may enter the drawing. Home-schooled students can also qualify with acknowledgment that the student has a "B" average or equivalent record of accomplishment. Eligible students include dependent children of active duty military members, reservists and military retirees enrolled in

1st through 12th grade. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry. Each student may enter only once each grading period and must re-enter with each qualifying report card.

To enter the drawing, stop by any NEX with a current report card or progress report and have a NEX associate verify the eligibility. Then fill out an entry card and obtain an A-OK ID which entitles the student to 19 discount coupons for NEX products and services. Along with the award, each winner will receive a lapel pin, certificate and medallion ribbon "In Honor of Academic Excellence."

Since the program's inception, NEXCOM has awarded over \$640,000 to students with the help of its generous vendor partners.

## USS Theodore Roosevelt conducts combined manned, unmanned operations

USS THEODORE ROOSEVELT, At Sea (NNS) -- The Navy's unmanned X-47B returned to carrier operations aboard USS Theodore Roosevelt (CVN 71) Aug. 17 and completed a series of tests, operating safely and seamlessly with manned aircraft.

Building on lessons learned from its first test period aboard TR in November 2013, the X-47B team is now focused on perfecting deck operations and performing maneuvers with manned aircraft in the flight pattern.

"Today we showed that the X-47B could take off, land and fly in the carrier pattern with manned aircraft while maintaining normal flight deck operations," said Capt. Beau Duarte, program manager for the Navy's Unmanned Carrier Aviation office. "This is key for the future Carrier Air Wing."

The first series of manned/unmanned operations began this morning when the ship launched an F/A-18 and an X-47B. After an eight-minute flight, the X-47B executed an arrested landing, folded its wings and taxied out of the landing area. The deck-based operator used newly developed deck handling control to manually move the aircraft out of the way of other aircraft, allowing the F/A-18 to touch down close behind the X-47B's recovery.

This cooperative launch and recovery sequence will be repeated multiple times over the course of the planned test periods. The X-47B performed multiple arrested landings, catapults, flight deck taxiing and deck refueling operations.

"For this test period, we really focused on integration with manned aircraft," said Lt. Cmdr Brian Hall, X-47B flight test director. "We re-engineered the tailhook retract actuator and updated operating software to expedite wingfold during taxi, both of



Photo by MCSN Alex Millar

**The Navy's unmanned X-47B lands aboard the aircraft carrier USS Theodore Roosevelt (CVN 71) Aug. 17. The aircraft completed a series of tests demonstrating its ability to operate safely and seamlessly with manned aircraft.**

which reduce time in the landing area post-recovery. Our goal was to minimize the time in the landing area and improve the flow with manned aircraft in the landing pattern."

"The X-47B's air vehicle performance, testing efficiency and safety technologies and procedures developed and tested throughout the program's execution have paved the way for the Navy's future carrier-based unmanned system capability," said Rear Adm. Mat Winter, who oversees the Program Executive Office for Unmanned Aviation and Strike Weapons.

The X-47B will remain aboard CVN 71 for the duration of the under-

way period. It will perform additional cooperative deck and flight operations with F/A-18s and complete night deck handling and flying quality evaluations.

The Navy will continue X-47B flight operations over the next year to refine the concept of operations to demonstrate the integration of unmanned carrier-based aircraft within the carrier environment and mature technologies for the future Unmanned Carrier Launched Airborne Surveillance and Strike system.

From USS Theodore Roosevelt (CVN 71) Public Affairs





## Former Meridian CO takes command of University of Illinois NROTC

Special to The Skyline

CHAMPAIGN, Ill., -- The University of Illinois Naval Reserve Officer Training Corps (NROTC) held a change of command on the campus of the university Aug. 7.

Capt. Charles "CMor" Moore relieved Capt. J.D. Haugen and assumed the duties as Professor of Naval Science (PNS) for the University's Department of Naval Science.



Moore

The career naval aviator assumed the "Fighting Illini" Battalion duties after a command tour at Naval Air Station Meridian in Meridian, Miss. Moore graduated from Penn State University in 1989 and Georgetown University in 2005.

Haugen will continue his career at the Combined Air Operations Center on Al Udeid Air Base in Qatar in the Arabian Gulf. As the commanding officer at Illinois, the unit graduated over 30 students who have been commissioned as officers in the U.S. Navy and Marine Corps. Haugen's role as Professor of Naval Science also included overseeing a department of 11 staff members who were responsible for

11 separate Naval Science courses recognized by the university.

"I am proud to say that I had a part in developing the future leaders of America's Navy and Marine Corps," said Haugen. "Each tour is unique and offers its own rewards and challenges, but being able to help our students realize their goal of becoming Naval officers was one of the greatest accomplishments I have enjoyed during my entire career."

Moore said he would plan to build on the unit's past successes while continuing to train midshipmen mentally, morally, and physically. "I look forward to contributing to the development of our nation's Navy and Marine Corps officers in helping to instill the highest ideals of duty, loyalty, and Navy core values in them. I also aim to positively influence their character in order to prepare them as our future war fighters."

The ROTC programs began in the spring of 1868 at Illinois Industrial University (now the University of Illinois) and the Naval ROTC program was formed in 1945. The Illinois NROTC continues to work to commission the best and brightest Naval officers. The University also continues to work with all branches of service, making it one of the rare institutions employing all three service's ROTC programs.

## Hunter education class required to hunt on base

One of the requirements to hunt on board NAS Meridian during the upcoming 2014-15 season is to show proof of having passed a state-approved Hunter Education Class. It can be from any state, and is a requirement for every hunter 12 years old and older.

Classes are being offered by the Mississippi Department of Wildlife, Fisheries, and Parks for Lauderdale and surrounding counties. Call now and pre-register for the classes to ensure availability.

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

If you have any other questions, please call NAS Meridian Wildlife Biologist Chris Bucciantini at 601-679-3539.

Lauderdale County:  
Oct. 18, 8 a.m.-6 p.m.  
Location: Mitchell Distributing, 100 49th avenue, Meridian  
Contact: MDWF&P Central Region Office at 601-859-3421

Newton County:  
Aug. 23, 8 a.m.-6 p.m.  
Location: MSU Coastal Plains

Experiment Station, 51 Coastal Plains Rd, Newton  
Contact: MDWF&P Central Region Office at 601-859-3421

Oct. 25, 8 a.m.-6 p.m.  
Location: MSU Coastal Plains Experiment Station, 51 Coastal Plains Rd, Newton  
Contact: MDWF&P Central Region Office at 601-859-3421

Clarke County  
Nov. 29, 8 a.m.-6 p.m.  
Location: Clarke County Extension Office, 101 Westwood Avenue, Quitman  
Contact: MDWF&P Central Region Office at 601-859-3421

Wayne County  
Aug. 23, Oct. 25 and Dec. 6, 8 a.m.-6 p.m.  
Location: Wayne County Extension Office, 810-A Chickasawhay St, Waynesboro  
Contact: Lanette Crocker at 601-735-2243

Noxubee County  
Aug. 23, 8 a.m.-6 p.m.  
Location: Noxubee EMA Building, 16295 Highway 45, Macon  
Contact: MDWF&P Central Region Office at 601-859-3421

## Going Overboard: Can old dogs learn new tricks?

"How do I look?" my husband asked, putting his hands on his hips and strutting down the marine supply store aisle snugly strapped into a new life vest. As if he was on a runway in Milan, he stopped, pivoted, and looked at me with a "come hither" stare.

"You'll be the envy of everyone in our sailing class," I lied.

### COLUMN

Along with our new life jackets, we bought sailing gloves, non-marking deck shoes, sunglasses straps, waterproof phone pouches, and a humongous chart of the entire Narragansett Bay. At home, we assembled the rest of the recommended sailing apparel: hats, quick dry shorts, breathable collared shirts, waterproof watches, and gadgetry like pocket knives and compasses that would never see the light of day.



Lisa Smith Molinari

We had no idea how to sail, but Goshdarnit, we were going to look the part.

Besides, when military folks like us move somewhere new, we try our best to experience the local customs. Before the end of our tour of duty in Rhode Island, we will guzzle gallons of "chowdah", stuff ourselves with "stuffies" (stuffed clams), and learn to love "lobstah" rolls. We will hike rocky coastlines, wade through cranberry bogs, and snap photos of squatty lighthouses. We might even start saying things like, "Hey, I have an idea...let's go downcity for a gagga and a beah." (Locals' way of suggesting hot dogs and beers in Providence.)

And in a state like Rhode Island, where there are more boats than human beings, we must learn how to sail.

Last week, we showed up at the Naval Station Newport Base Marina on the first night of Basic Sail Training Class, with naive visions of cruising on the Narragansett Bay in a 40-footer named something like "Moon Dancer", my husband at the helm in his polo sweater, and me lounging in the cockpit with a glass of chardonnay like Jackie O.

About 20 of us -- mostly middle-aged with a smattering of 20-something single sailors -- mustered on the deck of the tiny marina office. We sized each other up while we waited for the instructors to show.

One by one, the volunteers appeared to give us instruction. They were all older, seasoned gentlemen, one of which smoked a calabash pipe and seemed the incarnation of Hemmingway's Santiago from The Old Man and the Sea.

They broke us into smaller groups, and after discussing rigging, points of sail, knots and right of way, our minds were swimming with new terminology. Clew, Cleat, Cunningham, Close-hauled. Halyard, Heel, Helm, Hull. Batten, Beating, Boom, Beam-reach. Leeward, Leech, Luff. Starboard, Stern, Spreader. Shackles, Shroud, Sheet.

By the end of the first night, the only term I could remember was "S.O.S." I wondered, After 20 years as a Navy wife, am I too old to learn something new?

Our next lesson was "on the water," but thanks to torrential downpours, it was more like a reenactment of "The Perfect Storm." Although I had faithfully read my instruction manual and practiced my square knots, cleat hitches, and bowlines with a length of rope while watching "Deadliest Catch," my waterlogged brain went blank when I took the helm.

I yelled "Jibe Ho!" while tacking, I shouted "Helms-a-lee!" while jibing, I let my sails out while close-hauled, I sheeted the sails in on a broad reach.

● Sailing, page 10



Submitted Photo

Lisa Smith Molinari with her husband, Capt. Francis Molinari, learning how to sail.

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**Pfc. Sophia Cooley**  
MATSS-1 Student  
Hometown: Silverdale, Wash.

Sophia Cooley needed a purpose and discipline in her life after high school and she knew exactly where to find it.

"The Marines challenged me," she said. "I'm still working on my bearing constantly, but my dad was a Marine, and part of my reason for joining was to make him proud. My parents are my heroes."

Cooley, currently a student in the Individual Asset Managers System course at Marine Aviation Training Support Squadron One, is the daughter of Imelda and Dale Cooley. Her hobbies include drawing and teaching herself how to play guitar.

Upon graduating from boot camp, Cooley said, "The best moment was seeing the smiles on my parents faces on family day. I felt like an improved and polished version of myself the moment I saw them."

The person she most admires is her father. "He has a great sense of humor, treats my Ma well, and is an extremely hard worker -- he will never give you an excuse."

# OOORAH!



**Pfc. Benjamin Peterson**  
MATSS-1 Student  
Hometown: Gardner, Kan.

Pfc. Benjamin Peterson joined the Marine Corps on Jan. 27. He is currently a student in the Individual Asset Managers System course at Marine Aviation Training Support Squadron One.

"I joined to redeem myself," Peterson said. "I actually got kicked out of the recruit program in 2011 and then my old recruiter called and told me I had a second chance -- I couldn't refuse. I wanted to make my mother proud and to get back in shape. I've lost 58 pounds since my enlistment in 2013."

Peterson is looking forward to his next duty station at New River, N.C.

"I can't wait to meet new people, get deployed and make a name for myself," he said.

The person he most admires is his mother, Tracy. "She raised me on her own since birth and had to deal with a rowdy son who often didn't listen. I credit her for teaching me respect and how to be a gentleman."

## From Midshipman to Marine...

# One woman's journey to help others

By Lance Cpl. Sarah Luna  
Defense Media Activity

BLUEMONT, Virginia -- When retired Marine Maj. Jennifer Marino graduated high school, she accepted the challenge of the U.S. Naval Academy.

In 1994, the country was in a time of relative peace. Marino was 17 years old and mainly focused on her own goals. Marino wanted more out of life and to test her abilities.

"I just really grew to understand how important it is to rely on other people and to be reliable for them," said Marino. "It's not so important to stand out because the mission that you're accomplishing as a team is what matters."

Marino deployed to Iraq in 2003 and 2004 with Marine Medium Helicopter Squadrons 161 and 166 respectively as a CH-46 helicopter pilot. She dropped off and picked up Marines in a combat zone and flew casualty evacuation flights.

"She didn't really share those stories, until she got back, about a couple of the flights that were more harrowing," said Nicki Marino, Jennifer's sister. "She did a fallen angel flight for someone who died in combat and when she told me the story, I could tell it was hard for her."

Marine forces suffered 851 troops killed in action and 8,623 were wounded during the eight-year Iraq War, according to the Naval History and Heritage Command. Marines fought street-to-street and city-to-

"...if I were to boil my experience down to one major life lesson, it is this, accomplishing my goals feels great."

Retired Marine Maj. Jennifer Marino



city fighting against Iraq's military and later the rising insurgency.

"I was not exposed to nearly the in-your-face sense of mortality as a lot of other Marines or service members out there," said Marino. "I wasn't a corpsman in the back working on a Marine trying to save his life and watching him die before my eyes and feeling powerless. Even though I was only a number of feet away from that, my focus was forward on getting the aircraft to where it needed to go and I think that's huge."

Following her deployments in Iraq, Marino was selected to fly with Marine

Helicopter Squadron One, Marine Corps Air Facility Quantico, Virginia, where she was also part of the first and only all-female Marine One crew.

"I had a chance while I was at [HMX-1] to deploy all over the world and support presidential missions in different continents," said Marino. "That was a really dynamic and interesting job very busy, very on-the-go."

Even after putting aside her flight helmet, her career in the fast lane did not cease. She was assigned to serve as the aide-de-camp to the 17th Chairman of the Joint Chiefs of Staff, Adm. Michael Mullen for eight

months.

"It was really busy and rather stressful, but also such a great experience to get to work and be exposed to that level of our military system and the Department of Defense," said Marino. "[I got to] travel with him all over the world and help coordinate and plan his itineraries and meetings with everybody from the king of Bahrain to business leaders in New York City."

After serving with Mullen, Marino returned to HMX-1. She completed the Marine Corps University Command and Staff College and subsequently pursued a master's degree in applied positive psychology.

"I became really interested, I think, really when I was working for admiral Mullen," said Marino. "I just really became compelled to try to work on programs that would help Marines and their families deal with the cumulative stress of deployment after deployment to Iraq and Afghanistan."

With almost 15 years of service, Marino made the decision to apply for early retirement to help veterans.

"It was hard for me to make that decision because I felt kind of like I was quitting at the end of the third quarter," said Marino. "I felt that I wasn't going to have the impact I wanted to have and really be able to do the work I wanted to do sitting at a desk in a staff job."

Months before her retirement and beginning a cross-country bicycle ride she had planned, Marino met a soldier who helped make her dream come true.

Marino and the soldier shared what they dreamed to do after completing their respective graduate courses. Coincidentally, the soldier knew someone who was starting a retreat sounding similar to Marino's dream and offered to make an introduction.

Marino jumped at the opportunity and got in contact with Ken Falke, the founder of Boulder Crest Retreat for Military and Veteran Wellness, but she soon realized that he was looking for the position to be filled while she was scheduled to be on her 77-day bicycle ride to meet Gold Star families.

"It was so frustrating because I felt like this was being put in my lap for a reason, yet I couldn't accept it because I was committed to these families," said Marino. "Nothing in the world was going to make me cancel my plans to visit all of them."

Marino met nearly 90 families while completing the cross-country tribute and got the position despite her absence during the first few weeks of the new retreat.

Marino is now the executive director of Boulder Crest Retreat, a non-profit organization in Bluemont, Virginia where service members with combat-stress related injuries and their families can go for physical, mental, financial and spiritual recovery.

"I remember her telling me about the whole experience, meeting Ken and him telling her 'I really want you to do this' without even having a resume in his hands," Nicki said. "It wasn't about her accomplishments."

"I think it's just a complete alignment of her passion and her hard work."

Marino began her journey thinking it was more about her, but the 15 years spent after becoming a commissioned officer prove otherwise.

"From midshipman to Marine, if I were to boil my experience down to one major life lesson, it is this, accomplishing my goals feels great, but what fulfills me in life is really not about me -- It's other people," Marino

# Safety & Energy Efficiency is Our Duty

## Landscaping for shade = Lower energy bills

Solar heat absorbed through windows and roofs can increase cooling costs, and incorporating shade from landscaping elements can help reduce this solar heat gain. Shading and evapotranspiration (the process by which a plant actively moves and releases water vapor) from trees can reduce surrounding air temperatures as much as 9° F (5°C).

Because cool air settles near the ground, air temperatures directly under trees can be as much as 25°F (14°C) cooler than air temperatures above nearby blacktop.

Using shade effectively requires you to know the size, shape, and location of the moving shadow that your shading device casts. Also, homes in cool regions may never overheat and may not require shading. Therefore, you need to know what landscape shade strategies will work best in your regional climate and your microclimate.

Trees are available in the appropriate sizes, densities, and shapes for almost any shade application. To block solar heat in the summer but let much of it in during the winter, use deciduous trees. To provide continuous shade or to block heavy winds, use dense evergreen trees or shrubs.

Deciduous trees with high, spreading crowns (i.e., leaves and branches) can be planted to the south of your home to provide maximum summertime roof shading. Trees with crowns lower to the ground are more appropriate to the west, where shade is needed from lower afternoon sun angles. Trees should not be planted on the southern sides of solar-heated homes in cold climates, because the branches of these deciduous trees will block some winter sun.

Although a slow-growing tree may require

many years of growth before it shades your roof, it will generally live longer than a fast-growing tree. Also, because slow-growing trees often have deeper roots and stronger branches, they are less prone to breakage by windstorms or heavy snow loads. Slow-growing trees can also be more drought resistant than fast-growing trees.

Plant trees far enough away from the home so that when they mature, their root systems do not damage the foundation and branches do not damage the roof.

A 6-foot to 8-foot deciduous tree planted near your home will begin shading windows the first year. Depending on the species and the home, the tree will shade the roof in 5 to 10 years.

Trees, shrubs, and groundcover plants can also shade the ground and pavement around the home. This reduces heat radiation and cools the air before it reaches your home's walls and windows. Use a large bush or row of shrubs to shade a patio or driveway. Plant a hedge to shade a sidewalk. Build a trellis for climbing vines to shade a patio area.

Vines can also shade walls during their first growing season. A lattice or trellis with climbing vines, or a planter box with trailing vines, shades the home's perimeter while admitting cooling breezes to the shaded area.

To ensure lasting performance of energy-saving landscaping, use plant species that are adapted to the local climate. Native species are best, as they require little maintenance once established and avoid the dangers of invasive species.

From <http://energy.gov/energysaver/articles/landscaping-shade>

## Who to call in emergency

Information on Emergency Contact Phone Numbers for NAS Meridian:

1) If using a cell phone on NAS Meridian and you dial 911: (civilian or military)

a) the emergency dispatch center in Meridian (Lauderdale County) or Kemper County will answer the call - you must let the dispatcher know you are on NAS Meridian - the dispatcher will physically transfer (not automatic and will take a few seconds) you to Regional Dispatch Center in Jacksonville, Fla., for an emergency dispatch of NAS Fire and Emergency Services or NAS Meridian Security.

\*\* Please note there will be a small wait after the local Emergency Dispatcher places you on hold for transfer to

Regional Emergency Dispatch Center in Jacksonville. Don't end the call before talking to the Jacksonville Emergency Dispatch Operator.

2) If using the land line phones located in the facilities at NAS Meridian and you dial 911 or 601-679-2361 (civilian or military) it will connect you directly to the Regional Dispatch Center in Jacksonville for an emergency dispatch of NAS Fire and Emergency Services or NAS Meridian Security.

3) All other old obsolete emergency contact phone numbers should be deleted.

If you have any questions or we can be of any help please contact the NAS Fire Prevention office at (601) 679-3866.





# NAS Meridian, MS • Morale, Welfare and Recreation

On the Web: [www.nasmeridianmwr.com](http://www.nasmeridianmwr.com)

## Facility Phone Numbers

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



## McCain Rec Center

### Bowling Specials

**Sunday- Family Special:**  
11am-close, \$2.00 games including shoes

**Monday- NTTC/MATSS-1 Student Special:**  
5pm-close, \$2.00 games including shoes

**Wednesday- RCTA Visiting Police Special:**  
5pm-close, \$2.50 games including shoes

**Saturday- Cosmic Colored Head Pin Bowling Special:**  
7pm-9:30pm, Regular rates apply. If you have a colored pin as your head pin and get a strike, you get that game for free. Limit 1 per game up to 3 free games. Staff must be aware of shot before bowled.

**August 21@ 1700, Organizational Meeting** for Mixed League to start the 1st week of Sept.

**Dive-In Movie**  
August 22  
All Hands Pool at 1900, movie starts at dark.

Free Pizza and Drinks, while supplies last!

## Weekly Events

- Monday**  
**Reggae & Latin Hits Night**  
\$1 off select Budweiser bottled beer
- Tuesday**  
**Today's Hits Night**  
\$1 off premium shots
- Wednesday**  
**Country Night**  
\$1 off select Miller Bottled Beer
- Thursday**  
**Classic Rock Night**  
\$1 off Long Island Tea and Margaritas
- Watch All The Big College Football Games At Rudders!**

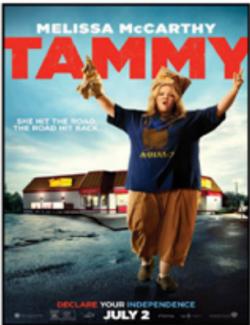
**Parent's Night Out**  
August 22, 2014  
At CDC & SAC  
1800-2200

Call (601) 679-2652 for info.

Have your next party at McCain Rec Center!  
For more info call (601) 679-2651.

## Coming Attractions

To McCain Rec Center



September 2 • 6pm  
Rated R



September 3 • 6pm  
Rated R



September 4 • 6pm  
Rated R



September 6 • 1pm  
Rated PG

- "A Million Ways To Die" September 9 • 6pm  
Rated R
- "The Green Mile" September 10 • 6pm  
Rated R

**End of Summer Party**  
August 29, 2014  
1700 until  
live music and free food!  
For more info call (601) 679-2636.

You are invited to the End of Summer Party at Rudders!

### New Hours For MWR Food Facilities

**The Coffee Shop**  
At McCain Recreation Center  
P&L Café  
Monday-Friday: 0700-1300

**Tutto Bene Pizza and More & The Coffee Shop At McCain Rec Center**  
Monday-Friday: 0700-1900 • Saturday: 1230-1800  
\*Hours Effective as of August 25, 2014.

## Story Time for Preschoolers

Wednesday at 1000 at the Andrew Triplett Library.  
For more info call (601) 679-2326.

## Stay up to date with all things MWR NAS Meridian on our NEW website!

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

### Andrew Triplett Library

Hours of Operation  
Tues.-Fri.: 1000-1800  
Saturday: 1000-1600

**Some Services Offered:**

- Bestsellers
- Audio Books
- Magazines
- Daily Newspapers
- Navy Reading List
- TV/Lounge Area
- Eight Computers with CAC readers • (Free access)
- Copy/Fax/Scanner Service (Free)
- Over 500 DVDs
- Gaming Consoles and Games (Free rental)
- Conference Room

For more info call (601) 679-2326.

### Spots Available

The SAC Center still has spots available for Summer Camp. Call (601) 679-2652 for info.

### Child and Youth Programs

The Child Development Center has openings for infant-preschool. For more info call (601) 679-2652.

### Ponta Creek Golf Course Renovation Special

Play 18 holes with a cart for \$20/person daily. To schedule a tee time call (601) 679-2526.

## The Outpost

601-679-2609  
Monday-Friday: 9:30am-6pm  
Saturday: 10am-3pm  
**Now Open On Wednesday!**  
For more info call (601) 679-2609.

Did you know the Outpost has bikes for rental for riding on the bike trails at NAS Meridian?

Located in McCain Rec Center. For info call 679-3773.

Six Flags Over Georgia & White Water  
Six Flags One Day Admission: \$39  
Six Flags White Water: \$35.75  
Seasonal Passes: \$65

Geyser Falls Water Park  
Single Day Admission: \$24

## New Summer Hours: 0900-1700 M-F!



# Sports

## Self-Defense Class

**Days:** Mondays  
**Times:** 1700-1830  
**Location:** Fitness Center Multi-Use Room  
**Cost:** \$15/Class OR \$40/Month  
(payable at Front Desk of Fitness Center)

**NAS Meridian COMMAND CHALLENGE SOFTBALL Tournament**

**When:** 30-31 August 2014, Times TBD based on registrations  
**Where:** Bernath Field & Fitness Center Field (as needed)

**Registration:**

- 15 August Registration Deadline
- Open to all NAS Meridian Fitness Center Authorized Patrons
- FREE EVENT, Including T-Shirts & Awards Ceremony Cookout!
- Email [nasmer\\_rec&fitness@navy.mil](mailto:nasmer_rec&fitness@navy.mil) for Registration Form
- Teams must register under an NAS/tenant command or organization
- 15 Player Roster Limit, commands may register multiple teams
- At least 75% of the team must be from the command
  - Note: Any add'l 25% must still be Authorized Patrons

**Additional Details:**

- Double Elimination Tournament
- 7 Innings w/1:15 hour time limit/game (per official's contract)
- ASA Rules except where otherwise specified
- Awards: 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Place Team Trophies & Individual Medals
- Makeup Dates in case of severe inclement weather: 6-7 September

**MWR SCUBA COURSES!**

PADI Open Water Dive Certification

Cost: Ranges from \$525-\$930  
 Depending on Package

**The Sonny Montgomery Fitness Center Now Offers Scuba Classes!**

**For more info call (601) 679-2379!**



## Sign Up Today!

## National Wilderness Month CC Trail Run

**September 20, 2014**

**Start Time:** 0800  
**Start/Finish Location:** Lake Martha Picnic Area  
**Details:** The race course consists of a cross-country trail run with 5k/10k Options. 5K participants receive partial points.

## 2014 Captain's Cup Standings

	N A S	N T C	M A T S S 1	V T 7	V T 9	C T W 1	N B H C
Basketball	98	115	80	0	0	0	0
Bowling	82.5	0	82.5	0	0	0	0
Racquetball	25	0	0	12.5	30	14	0
Softball	110	94	62	104	0	0	70
3v3 Volleyball	37.5	45	0	0	37.5	0	0
Tennis	0	30	0	0	30	0	0
7v7 Soccer	0	0	0	0	0	0	0
3v3 St. Basketball	0	0	0	0	0	0	0
Golf	0	0	0	0	0	0	0
Flag Football	0	0	0	0	0	0	0
5v5 Volleyball	0	0	0	0	0	0	0
Horseshoes	0	0	0	0	0	0	0
<b>Total</b>	<b>353</b>	<b>284</b>	<b>224.5</b>	<b>116.5</b>	<b>97.5</b>	<b>14</b>	<b>70</b>

\*Standings as of July 23, 2014.

## Echo Company introduced to Marine Corps physical fitness

**By Cpl. Tyler Viglione**  
 Marine Corps Recruit Depot San Diego

SAN DIEGO -- Recruits of Echo Company, 2nd Recruit Training Battalion, began their first Circuit Course event during forming week at Marine Corps Recruit Depot San Diego, Aug. 11.

The purpose of the circuit course is to increase each recruit's strength and endurance for upcoming events in recruit training, explained Sgt. Wing S. Ye, drill instructor, Platoon 2110.

"This course introduces recruits to not only the circuit course, but also how to follow simple directions," said Ye, a native of Miami. "That is probably the most challenging thing for them right now."

The Circuit Course is comprised of more than 20 exercise stations, each with its own purpose. These exercises included monkey bars, jump ropes and weight lifting.

However, before they even began the course, the recruits performed the dynamic warm-up series to get their blood flowing and teach them how they will be forming up for physical training throughout the remainder of recruit training.

"While this is the first physical training session the recruits receive while in recruit training, they will also learn how a normal session is conducted," said Ye.

After recruits completed the

warm-ups, they lined up by platoon and began a mile-and-a-half run, which was part of the circuit course.

Once recruits completed the run, they moved on to the stations where drill instructors were waiting to demonstrate each exercise to them.

When recruits finished the run, most of them were tired and worn out, explained Recruit Luke A. Roseen, guide, Platoon 2109, Echo Company, 2nd Recruit Training Battalion.

"For me the run wasn't that bad," said Roseen, a native of Houston. "I could tell that a lot of recruit were ready to pass out."

Recruits were split up into groups of 15, and for 30 seconds, they pushed themselves as hard as they could.

As much as the recruits wanted to quit, their drill instructors would not let them.

"These recruits haven't even started training, so we don't expect much out of them other than to be performing the exercises correctly," said 26-year-old Ye. "Most recruits come to recruit training out of shape, so we have to start slow and begin the transformation."

Tired, dirty and weak, recruits of Echo Company have completed their first physical test and will continue on the path the becoming Marines.



Photo by Cpl. Tyler Viglione

Recruits of Echo Company, 2nd Recruit Training Battalion, jump rope at one of the stations in the Circuit Course at Marine Corps Recruit Depot San Diego, Aug. 11. Recruits were split up into groups of 15, and for 30 seconds, they pushed themselves as hard as they could.

## Sale... Or

### BOATS/CAMPERS/TRAILERS

**1996 Ragin Cajun Bass Boat**, 200hp Mariner, Loran depth finder and a GPS/depth finder dual livewells motor guide trolling motor. Runs great and fast. \$4,500. Seats are in good condition. Call Clint at 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 Please. Will e-mail pictures, full information or set appointment to see RV upon request. Call 601-479-6145.

### HOUSEHOLD ITEMS

**NEW ITEM! Samsung 42" TV**, great condition. \$350 OBO. Call 601-481-5712.

**Tan microfibre Ashley sectional sofa**, \$450 OBO; **Modern black oval coffee table** (very unique), \$150; **Black side table**, \$25. Call Kim Benson at 785-643-1367 or email: [benson.kimberly@gmail.com](mailto:benson.kimberly@gmail.com).

**Brown wood grain couch**, \$100. **Beige wingback chairs**. Set of two, \$80; **Large Zildjian**

**scimitar 20" Ride CYMBAL**, (hardly used), \$50. Call 601-696-7067, leave message.

**Solid built Sherrill sectional**, muted green tweed, size 10' x 7'. Asking \$500. Call 601-626-7703.

**2005 Harley Davidson Road King Custom FLHRS**, Twin Cam 88 CI engine, 70+ Horsepower, 1450 CC, Stage 1 Kit, Screaming Eagle Tail Pipes, Battery Charger, Bike Stand. BEAUTIFUL machine with ONLY 15,096 miles! VERY well maintained and priced for quick sale at \$13,500. Call 601-737-8175.

### MOTORCYCLES/GEAR/ATV

**2005 Harley Davidson Softail Deluxe** .88 ci. Mileage 5500. Original owner. Bike stored indoors. Cobalt blue and white. Comes with all HD accessories; windshield, highway bars with pegs, hard leather saddle bags. Custom Corbin seat with back rest (original seat included). Exceptional condition. Photos available upon request. Asking \$10,000. Call 334-341-1670 or email:

[rduke46@yahoo.com](mailto:rduke46@yahoo.com)  
**AUTOMOBILES, ETC.**

**NEW ITEM! 2008 Volkswagen Jetta SE**, immaculate condition and runs perfectly, never any issues. 109,000 miles, non-smoking vehicle. Asking \$9,500 OBO. Call/Text (631) 205-8877.

**NEW ITEM! 2009 Chevy Traverse LS**, very good condition, 117,000 miles, 4 years/70K miles remaining on extended warranty. Asking \$9950. Call 601-616-0947.

**NEW PRICE! 2012 GMC Acadia SLT-1 FWD**, summit white with tan leather interior. 31k miles - Satellite radio - On-star Navigation - BOSE Premium Sound package - 3rd row seating. Asking \$29,500 OBO. Call (601) 692-3730 evenings.

**2009 Ford Flex V6**, 87K miles, Maroon color, Great condition. Asking \$13,500. Call 601-604-9180/9549.

### HOMES/APARTMENTS

**NEW ITEM! For Rent:** 3/2 house on large canal at Dalewood Lake. 2200 square feet with 41x26 screened in porch

and new deck. Multiple renters accepted. Furnished. Call Joel Mayfield for details at 601-604-4451.

**NEW ITEM! For Rent:** 3/2 house, central heat & air, W/D Hookup, dining room and family room. \$980 Rent. \$600 Deposit Located at: 4319 King Rd, Meridian. Call (601) 282-0463.

**For Rent:** Beautiful brick 3 BD/2 BA home, 1800 sq. ft., large kitchen, laundry/mud room, W/D, fireplace, skylights, large covered back patio, double car garage, large storage building in back of property, 3 acres close to Okatibbee Lake. House sits at the end of cul-de-sac, great for children in well maintained neighborhood. Location: 8380 Oak Ridge Estates, Meridian. \$1400 per month plus utilities. Call Jack or Cathy at (228) 872-4916.

**For Sale:** 2 BR/1 BA brick home near Meridian Community College. Large deck, storage, sm. shop. Decent neighborhood, convenient to 19N. Asking \$52,500. Call 601-696-7067, leave message.

**For Rent:** Lovely 3 BR/ 2.5

BA house on lake at Dalewood. Two living rooms, large kitchen and decks. Two office/studies. 15 mins from base. \$1500 per month. Call 601-678-3458 for appt.

### MISCELLANEOUS

**NEW ITEM! 2005 Seadoo GTX & 2004 Honda Aquatrax Turbo.** Both skis run very well and have no problems. Flushed out after every ride and both have clean engines with no corrosion. Garage kept with dual painted black steel trailer with LED light and accessory box mounted on front. Honda 2 seater has 240 hrs with turbo, does 60+mph. Honda has brand new footpads and bumper rails. Seadoo does 56 mph with 80 hrs, also has ladder on back and tow bar to pull skiers. Seadoo has 2 keys for experts and beginners. Asking 9,950 OBO. Call/txt Mike at 850-797-9462.

**Old Man climbing tree stand.** \$75. Call (601) 678-1051.

**Matching pair of Red/**

**White/Black 2008 Seadoo jet skis**, bought new in 2009. Just serviced, in great condition, less than 70 hours on the engines! Run strong at 60mph! Tandem trailer included, asking \$10,000 OBO. \$300/yr to insure in MS. Okatibbee awaits! Call 951-265-0204 or see brochure at the chapel.

**Baby walker, swing, bouncer and boy clothes** ranging from size 3-9 months. All in great condition. Call Keyoshia at (904) 534-1551.

**Tama Drum Set**, \$600 or Best Offer. Call 601-604-9180.

### WANTED

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

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

The above 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.





# US Navy joins French Ally to commemorate liberation of Southern France

DRAGUIGNAN, France (NNS) -- Commander, U.S. Naval Forces Europe-Africa, Adm. Mark Ferguson, participated in a remembrance ceremony at the Rhone American Cemetery, Aug. 16.

The ceremony culminated four days of commemorative events in Draguignan and Theoule-sur-Mer to recognize the bravery and sacrifice of Allied forces who conducted Operation Dragoon, the Allied landing that led to the liberation of Southern France during World War II.

Operation Dragoon commenced on Aug. 15, 1944, first with an insertion of Allied commandos and followed by a large invasion force coming ashore in Theoule-sur-Mer.

"As we celebrate the 70th anniversary of our veterans' great endeavor, there are fewer of them, but time will not diminish the magnitude of what they endured, nor the appreciation and respect we hold for their courage," said Ferguson during the ceremony. "Each made a choice not to yield, but to press on together for a cause that transcended the individual."

Marking the fourth consecutive port visit to Theoule-sur-Mer to participate in Operation Dragoon ceremonies, USS Mount Whitney (LCC 20) hosted a reception, conducted a service project at the Rhone American cemetery, observed a ceremony at the Cross of Lorraine, and

"The partnership between brave French and American forces resulted in the successful execution of that mission. That partnership has existed since the birth of the United States of America, and continues to this day,."

Rear Adm. Robert Burke

participated in the parade of ships.

Rear Adm. Robert Burke, deputy commander, U.S. 6th Fleet, joined Mayor of Theoule-sur-Mer Georges Botella, U.S. Charge de Affairs to France Uzra Zeya, and other French dignitaries in an at-sea wreath laying at the point where Operation Dragoon commenced.

Following that ceremony, distinguished guests and veterans marched through Theoule-sur-Mer to the central square.

"The partnership between brave French and American forces resulted in the successful execution of that mission. That partnership has existed since the birth of the United States of America, and continues to this day," said Burke to guests aboard Mount Whitney and also to the community of Theoule-sur-Mer.

The U.S. Naval Forces Europe band also supported the activities, playing taps at the wreath laying ceremony, marching in the parade, and playing the national anthems at the Rhone American Cemetery ceremony.

As the Rhone American Cemetery ceremony closed, Ferguson recognized the French-U.S. partnership that was further reinforced during World War II and remains strong today.

"Our two nations face the struggles of our time with the same sense of purpose and resolve, Ferguson said. "We came out of the destruction and devastation of World War II with bonds forged from shared values and cemented in an Alliance that endures to this day."

From U.S. Naval Forces Europe-Africa/U.S. 6th Fleet Public Affairs

## Auburn University NROTC midshipmen commissioned

AUBURN, Ala., (NNS) -- Two Naval Reserve Officers Training Corps (NROTC) midshipmen, were commissioned as naval officers at the Auburn University Nichols Center Wardroom, Aug. 2.

The Navy-option nursing students, Ensigns Mary Catherine Kelley, 22, from Windermere, Fla., and Randi Danley, 21, from Pensacola, Fla., were recognized by Auburn's NROTC Executive Officer Cmdr. Kevin Downey in front of an audience of more than 30 people.

Downey told those in attendance that he was able to spend time with each midshipmen prior to their commissioning. He said it was an honor to teach them leadership skills and offered the newly commissioned officers advice for their careers.

"The ceremony was a beautiful thing," said one family member attending the ceremony. "I've never seen the Navy look so good!"

The successful audience turnout, first salutes from the unit's Officer Candidate Bryson Wilson and husband of Ensign Danley, U. S. Marine Corps Cpl. Christopher Danley, and presence of veterans from the Army, Navy, Air Force, and

Marines made the Auburn University NROTC summer 2014 commissioning ceremony a memorable experience for everyone in attendance.

Prior-enlisted parents and grandparents granted sons and daughters a first salute in honor of their commission.

One father stated, "It fills me with pride to know that our legacy will be carried on through the careers of these fine young men and women."

The NROTC program, overseen by Naval Service Training Command (NSTC) at Naval Station Great Lakes, Ill., was established to develop midshipmen mentally, morally and physically and to imbue them with the highest ideals of duty, loyalty and Navy core values in order to commission college graduates as naval officers who possess a basic professional background, are motivated toward careers in the naval service and have a potential for future development in mind and character so as to assume the highest responsibilities of command, citizenship and government.

From Auburn University NROTC

## Navy News Briefs

### Navy F/A-18s strike ISIL targets

ARABIAN GULF (NNS) -- Two U.S. Navy F/A-18 Super Hornets assigned to Carrier Air Wing 8 embarked on USS George H. W. Bush (CVN 77) struck Islamic State of Iraq and the Levant targets near Erbil, Iraq, Aug. 8.

Bush is operating in the Arabian Gulf on a scheduled deployment to U.S. 5th Fleet.

The F/A-18s dropped 500 pound laser-guided bombs against ISIL artillery targets. Carrier Air Wing 8 aircraft assigned to the Bush carrier strike group include the "Golden Warriors" of Strike Fighter Squadron (VFA) 87 (F/A-18); "Valions" of VFA-15 (F/A-18); "Fighting Black Lions" of VFA-213 (F/A-18E/F); "Tomcatters" of VFA-31 (F/A-18E); "Bear Aces" of Airborne Early Warning Squadron (VAW) 124 (E-2C Hawkeye); "Garudas" of Electronic Attack Squadron (VAQ) 134 (EA-18G); "Tridents" of Helicopter Sea Combat Squadron (HSC) 9 (MH-60S); "Rawhides" of Fleet Logistics Support Squadron (VRC) 40 (C-2A); and the "Spartans" of Helicopter Maritime Strike Squadron (HSM) 70 (SH-60B/MH-60R).

From Navy Public Affairs

our nation's strategic interests," he said. "Your work has built upon our rich Seabee legacy and you should all reflect on that and be proud of what you have accomplished."

Lt. Travis Brinkman, officer in charge of NMCB-1, said he is incredibly proud of the accomplishments they made during their deployment to Guam.

"We started off with a team of sixty that came to maintain and own a camp that was built for six hundred personnel, a very challenging task," he said. "Even mid-deployment, when we received a supplemental force, it still really gave us the opportunity to just start digging in. [It] really makes us ready to support in the defense of the region and take care of the big Navy's mission abroad. [I'm] going home very proud."

Brinkman said he was appreciative of the invaluable training his team received during their deployment to Guam that improved upon their mission readiness.

"Deploying here to Camp Covington is a tremendous asset to us," he said. "We spend homeport honing our skills, learning new ones and advancing our training, but it's not until you come forward and deploy to locations such as this that we have the opportunity to execute the lessons we've learned. Through coming here, executing the mission, getting our hands on the equipment and getting familiar with it, honing our construction skills and really executing solid tasking and good work both for Naval Base Guam as well as PACOM (Pacific Command) in general really sets us up for success when the bell calls and we have to move forward in support of other operations."

Lt. Cmdr. Luke Cowley, officer in charge of NMCB-133, said his team is looking forward to working on numerous projects and improving upon their skills while on island.

"Me and NMCB-133 are very excited to be here and grateful for the opportunity to serve here on Guam and to continue the legacy the Seabees have here," he said.

### NMCB-133 takes charge of Camp Covington

By Shaina Santos

Joint Region Marianas Public Affairs

SANTA RITA, Guam (NNS) -- Naval Mobile Construction Battalion (NMCB) 1 turned over duties to NMCB-133 during a change of charge ceremony at Camp Covington on U.S. Naval Base Guam Aug. 15.

Capt. James Meyer, commodore of 30th Naval Construction Regiment, served as the keynote speaker during the ceremony and commended NMCB-1 for an outstanding deployment.

"Without a doubt, your work here on Guam and your support of the Pacific region have been critical in supporting

## Blue Ridge now second oldest behind Constitution

By MC3 Kelby Sanders

USS Blue Ridge Public Affairs

BUSAN, South Korea (NNS) -- U.S. 7th Fleet flagship USS Blue Ridge (LCC 19) now holds the honor of being the oldest ship in the U.S. Navy's active duty fleet, next to USS Constitution, after the decommissioning of the USS Denver (LPD 9) Aug. 14.

Blue Ridge's keel was laid Feb. 27, 1967, and she was commissioned Nov. 14, 1970. Since 1970 the flagship has had a rich history to include commanding Operations Eagle Pull and Frequent Wind during the Vietnam War, receiving the Humanitarian Service Medal in 1984 for rescuing Vietnamese refugees during Operation Boat People, performing a nine-and-a-half month deployment as flagship for U.S. Naval Forces Central Command during the Persian Gulf War and rushing supplies and relief to Japan during Operation Tomodachi.

"Blue Ridge has a rich history of providing our Navy with the most capable afloat command platform in the world," said Blue Ridge

Commanding Officer Capt. Richard McCormack.

To maintain her position as the most capable flagship in the world, Blue Ridge utilizes the most advanced communication satellite and computer technologies available.

"Blue Ridge has a superior and more robust communications system than any other type of ship by far," said Cmdr. Hezekiah Natta, Blue Ridge communications officer.

As the demands of the mission evolve over the years, so too must Blue Ridge. The ship is constantly updating its equipment to stay a step ahead of its competition.

"Last year we did a complete overhaul and upgraded our communications equipment to allow us to continue our mission well into the future," said Natta.

In 2016 Blue Ridge is scheduled to install a brand new Consolidated Afloat Network Enterprise System (CANES).

"CANES will provide the ship and her staff the capability to continue efficiently commanding and controlling all of 7th Fleet's assets

in her area of responsibility," said Natta.

At every port the ship visits, the crew and embarked staff participate in community service engagements designed to promote peace, partnership and cooperative security. The mission requires Sailors who take pride in their service and hard work.

"It's a great opportunity to serve and be part of U.S. Navy history," said Ship's Serviceman 2nd Class Terrence Daye. "I feel good knowing I play a critical role in something great and meaningful to the command mission."

## Aussie officers gain valuable experience aboard Blue Ridge

By MC3 Jacob Waldrop

USS Blue Ridge Public Affairs

BUSAN, Republic of Korea (NNS) -- U. S. 7th Fleet flagship USS Blue Ridge (LCC 19) hosted two junior officers from the Royal Australian Navy (RAN) to offer them in-depth shipboard training, July 28 to Aug. 14, promoting cooperation between the U.S and Australia.

Sub Lt. Dionette Wilson and Sub Lt. James Chinner were selected by the RAN for their superior performances during officer training.

"This isn't a normal procedure for us," said Wilson. "We were picked to go as a reward for performing so well during our training to specialize as officers."

Both officers lived and trained alongside Blue Ridge crew members and a group of midshipmen from the U.S. Naval Academy who have also been aboard receiving their required annual training.

"They integrated quickly into shipboard life," said Blue Ridge Midshipman Coordinator Lt. j.g. Ronald Ceballos. "Being aboard allowed them opportunities to experience the differences between our two navies, which strengthens our mil-to-mil relationship."

Wilson and Chinner were able to join Blue Ridge Sailors in shipboard evolutions including a search and rescue exercise with China's Peoples Liberation Army (Navy) and live-fire gun shoots on the flight deck where they were able to qualify with the M9 pistol, M500 shotgun and M16 rifle.

They both agreed that their time aboard Blue Ridge was a valuable learning experience they can take back to their future ships.



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

Do you have a teacher who has made an impact on your life or on 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



LOG ON TO: wgbctv.com or meridianstar.com

# TO NOMINATE A TEACHER



# IT'S YOUR TURN...

This week we asked these Sailors and Marines: "What does the national anthem mean to you?"

By MC2 Casey H. Kyhl



**Pfc. Ashley Rivera**  
MATSS-1 Student

"It reminds me of the people who fought for a better life that they would never see."



**YNSN Michael Durazo**  
NTTC Student

"The national anthem means honor, courage and commitment to me."



**YNSN Jacob Urena**  
NTTC Student

"The song gives me pride in my country and makes me proud to be in the Navy."



**Pfc. Emmanuel Reyes**  
MATSS-1 Student

"It reminds me what a privilege it is to live in this country and be whatever we want. It reminds me of the gift I have been given."



**Pvt. Jelline Valentin**  
MATSS-1 Student

"I was just nationalized on June 19 and the national anthem reminds me that I get to serve a country that I am proud to be a part of."

## Fleet & Family Support Center

### Married life... the first two years are crucial

The first two years of any marriage are crucial, and the ways a couple develop for dealing with all that is involved in married life, will to a great extent determine how the marriage will play itself out in the years to come. Not only is this time important, it is also difficult. Living so closely with someone, even someone you love very much, is a great challenge and involves many surprises. The incidence of divorce is very high in the first two years of marriage, probably the highest in the whole span of marriage.

Truthfully, most couples expect more of marriage than it can deliver and so there is often disillusionment. All of us want intensity and excitement in our lives and in love, and expect someone else to provide that for us. So, we end up with some unrealistic expectations about marriage, such as:

We will do everything together. This might be nice, but it cannot be because we are all bound to have interests different from others.

We will always feel the same way about things. Maybe, some things, but not all. We are all unique; we were raised in different families, often different cultures. Customs may be different; celebration of holidays and birthdays may be different. How we express our anger, our affection and other emotions is most likely to be different. The key is learning to live and let live, accepting and enjoying the diversity, and not establishing rightness and wrongness.

You will always be intensely interested in me, and I in you. Actually, we get used to each other after awhile and sometimes even take each other for granted.

There will be a lot of physical intimacy and warm physical closeness. The intensity of the first intimate encounters is a little bit difficult to sustain. Physical intimacy becomes part of the way of life, and so it will vary depending on feelings and energy.

You will meet all my deeper needs and I yours. Each of the parties needs to draw on resources outside the marriage as well as inside the marriage. When we try to get our mates to do it all for us, we drain and imprison them, and they will have feelings of running for their lives.



The character defects I now see in you will disappear under the influence of my love. Wouldn't that be wonderful? Messy folks tend to stay messy, neat freaks tend to stay neat freaks. Most likely, those "character defects" will persist for a good long time. People do change in life, however, especially if they work hard at it and are loved well.

The details of our living will fall naturally into place. Actually, it is the details that cause most of the problems and cause for tolerance and negotiation.

We will probably never fight. Even between those who love each other, anger and conflict are inevitable; they can be good growing experiences.

We enter marriage with similar expectations. Maybe, there are some in common: there are some expectations which are even unconscious and so unspoken and will emerge as the circumstances unfold. And, as people change, so their expectations may. An essential key to longevity is flexibility.

Our marriage will be different from all the bad ones we have seen. It will probably be different, maybe better, hopefully not worse. But, that depends on hard work, commitment and some lucky breaks. Even bad marriages started out full of dreams, love and hope.

#### What might be some more realistic expectations?

\*The German philosopher Nietzsche said that marriage is a long conversation. So marry a friend, he said.

\*Marriage is not gazing at one another, but looking outward together in the same direction.

\*Marriage is a long walk two people take together. Sometimes, the terrain is interesting, exciting; sometimes, it is dull and monotonous. It's never really certain where the walk will lead, but it is a lot more fun and much easier to walk with a companion rather than alone.

\*Marriage is a continual compromise, with life and with each other.

\*Marriage is a promise of love, in good times and bad.

-- From FFSC Staff

## FFSC Briefs

To register for any of the following workshops, please call (601) 679-2360. The class will not be presented if no one registers, so please sign up if interested. If you can't attend at the scheduled time, call anyway -- the workshop facilitator may be able to meet with you one-on-one, give you materials, or let you know when the class will be scheduled again. All active duty, reserve, retired military and their families are eligible for programs and services provided by the FFSC. Civil service employees can utilize the services on a space available basis.

**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!

**Transition GPS Capstone: Sept. 3 from 8 a.m.-2 p.m.** 90 days before separation from military, 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.

**Suicide Prevention: Sept. 3 from 10-11 a.m. or 3:30-4:30 p.m.** Did you know that suicide has been the second or third leading cause of death among active duty Sailors and Marines for the past 10 years? September is National Suicide Prevention Month, and awareness about suicide can help prevent the number of men and women our military family loses to suicide each year. Topics of discussion will include: why people kill themselves, warning signs, what YOU can do, and places to get help. Don't miss this opportunity to gain information that might save a life!

**Welcome Aboard: Sept. 4 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- and off-base driving regulations, legal services, community services, chapel and other religious services, MWR, things to do at NAS and in Meridian!

**Command Financial Specialist (CFS) Training: Sept. 8-12 from 8 a.m.-4:30 p.m.** Each command with at least 25 active duty service members is asked -- in accordance with OPNAVINST 1740.5B and SECNAVINST 1740.4 -- to select individuals to attend CFS Training. Commands are required to maintain a ratio of one CFS to every 75 active duty personnel. Current CFSes must attend CFS Training every three years to remain active. Only E6 & above service members are eligible to attend this training and serve as CFSes. For more information about eligibility, or to register for the class, call 601-679-2360.

**Transition GPS Seminar: Sept. 22-26 from 8 a.m.-4:30 p.m.** Military personnel who are voluntarily or involuntarily separating or retiring and are within 180 days of separating are required to attend this seminar, held at the FFSC. It is highly recommended that spouses attend. You may also attend if you're up to 24 months away from your separation or retirement date. The following topics will be covered: résumés, job search skills, job interviewing, employment (state and federal), veterans' benefits, pay and travel, movement of household goods, TRICARE, emotional transition to separation, financial planning, forms and documents, benefits and services, military obligations, and more. You must see your command career counselor or admin officer before attending Transition GPS to obtain several documents that are required for the seminar.

**10 Steps to a Federal Job: Sept. 24 from 4:30-6:30 p.m.** The government is hiring! But if you want to be successful in landing a federal job, you need to understand the government's unique and complex application process. This workshop, based on the writings and training of federal job search guru, Kathryn Troutman, will walk you through the 10 steps to finding and applying for a federal job. We'll cover: finding and analyzing federal job announcements; crafting a federal-style résumé and an electronic résumé; interpreting the cryptic language of federal hiring process ("core competencies", etc.); the incredible importance of including "keywords" in your application; addressing "KSAs"; and much more!

### Commissary Rewards Card marks 2nd year for digital coupons

By Cherie Huntington  
DeCA Public Affairs Specialist

FORT LEE, Va. -- A second birthday might rate little more than a birthday cake, balloons and maybe a small gift or two. For the second birthday of the Defense Commissary Agency's Rewards Card in August, however, the party involves nearly 300,000 shoppers, with countless others invited to share in the savings.

The card opens the door to thousands of digital coupons redeemable at any commissary. With mobile applications available for both iPhone/iPad and Android platforms, customers can access their account, review and select coupons, and find store information such as hours of operation and phone numbers.

"Commissary shoppers may well be the most coupon-savvy shoppers in the world," said Director of Sales Tracie Russ. "The Commissary Rewards Card delivers another way to save, in addition to paper coupons and on top of the commissary's routine savings of 30 percent or more. On any given day, you can find an average of 160 coupons available for download, with new ones coming online daily."

Card holders enjoy extra "insider" goodies as well, said Marge Carr, DeCA's Rewards Card program manager,

such as a recent sweepstakes with thousands of dollars in prizes, including an all-expenses-paid trip for four to Washington, D.C., for seven days. "We anticipate more special programs starting before the holidays, so we hope customers will enjoy these bonus offerings!" she said.

Carr said nearly 34 million coupons have been downloaded since the Rewards Card made its debut in 2012, delivering savings of nearly \$5 million. "I've always said, if you're not using your Commissary Rewards Card, you're throwing away money."

Using the card is simple: Pick up a card at the commissary, register it online, and select and load digital coupons. Then, when the cashier scans the card, the coupons are matched to items purchased and savings are deducted from the bill automatically.

Any card holder unable to download coupons may be one of an estimated 500,000 shoppers who need to complete or update their registration. "Keep your card active to take advantage of as many coupons as you can," said Carr.

Rewards Card digital coupons disappear from your account when they expire or are redeemed. Like paper coupons, digital coupons can't be combined with other coupons on the same item, and they have expiration dates and other redemption terms and conditions.

#### ● Board

a new chief into next year."

The performance indicators are detailed in the board precept and on the NPC continuation page at [www.npc.navy.mil/boards/enlistedcontinuation](http://www.npc.navy.mil/boards/enlistedcontinuation).

As outlined in NAVADMIN 180/14, active component (AC) and Full Time Support (FTS) E-7 to E-9 Sailors with at least 19 years of active service computed from their active duty service date as of Feb. 28, 2014 and three-years' time-in-rate (TIR) as of June 30, 2014; and selected Reserve (SELRES) and Voluntary Training Unit (VTU) E-7 to E-9 Sailors with at least 20 years qualifying service as of Feb. 28, 2014, and three-years' TIR by June 30, 2014, will be considered by the board.

The Naval Education and Training Professional Development and Tech-

nology Center will publish the names of board-eligible Sailors Aug. 29. The names will be posted to the Navy Enlisted Advancement System website at <https://neaos.cnet.navy.mil>, and individuals can view their board eligibility profile sheet on Navy Knowledge Online (<https://www.nko.navy.mil>).

Commands will be able to review their FY-15 SECB listing for accuracy. If an eligible candidate is not listed, commands must contact NPC to make the required adjustment. Sept. 22 is the last day for commands to resolve eligibility issues.

Letters to the board must be received by Oct. 6. See NAVADMIN 180/14 for submission procedures and mailing addresses.

Board results will be posted on BU-

PERS On-Line for command access only, and commanding officers will be notified via a Personal For NAVADMIN when this occurs.

AC/FTS Sailors who are not selected for continuation must transfer to the Fleet Reserve or retire by Aug. 31, 2015, unless operationally waived by the Deputy Chief of Naval Personnel. SELRES/VTU Sailors must transfer by Sept. 1, 2015. Sailors with an approved operational waiver must transfer by Nov. 30.

For more information, read the message at the NPC website at [www.npc.navy.mil](http://www.npc.navy.mil), visit the NPC enlisted continuation page at [www.npc.navy.mil/boards/enlistedcontinuation](http://www.npc.navy.mil/boards/enlistedcontinuation) or call the NPC Customer Service Center at 1-866-U-ASK-NPC (1-866-827-5672).





# Frogmen falling through the sky... Navy Parachute Team celebrates 40 years of service

By MC2 Jason Kofonow  
Defense Media Activity

Imagine you're plummeting through the air at 120 miles per hour. The Earth is rushing up faster than any person should be comfortable with. Yet, you're cool, calm and collected. For the Navy Parachute Team, this is just another day at the office.

The Navy Parachute team was established in 1974 and consists strictly of individuals within the Naval Special Warfare community.

In the beginning the team was made up of mostly parachute riggers, but toward the end of the Vietnam War the Navy SEALs returned home in search of more exciting things.

"They decided they wanted to jump with the Navy Parachute Team," said Jim Woods, the safety officer for the Leap Frogs. "Come 1974 the SEALs had pretty much taken over the parachute team. They called themselves the Leap Frogs."

Members of the Leap Frogs trust in their equipment and training to entertain crowds around the country in support of Navy public outreach.



"We're not going to jump into a YMCA camp full of thousands of kids unless we know exactly what the winds are doing, how our parachutes are packed, we've had our pre-brief, which lets us know exactly what our routines going to be and we go through all the contingency plans. That's the routine for every single jump," said Chief Special Warfare Operator (SEAL) Brad Woodard, the team chief assigned to the Navy Parachute Team the Leap Frogs.

Equipment changes and upgrades over time have allowed the team to expand their capabilities by enabling them to steer their parachutes to create different formations in the air and more accurately control where they are going to land. "Back then the parachutes were a lot different than they are now," said Woods. "They were round, which pretty much said, if you jump out here, you will land there, because that's where the wind blows. Today we have square parachutes that we can maneuver easily."

Performing at airshows and jumping into sports stadiums provide the team the opportunity to get up close and interact with the general public on a large scale. As the parachutes break from their formations and come in to land, the crowd is



Photo by MC1 Fletcher Gibson

Chief Special Warfare Operator Brad Woodard, left, and Aircrew Survival Equipmentman 1st Class Vic Maldonado, of the Navy Parachute Team, the Leap Frogs, come in for a landing at the hairpin turn of Circuit of the Americas during a performance at the Summer X Games June 8. The Leap Frogs are based in San Diego and perform aerial parachute demonstrations around the nation in support of Naval Special Warfare and Navy recruiting.

ignited; their cheers can be heard from afar.

"When you jump out of a plane at 12,000 feet you free-fall for approximately 45 seconds before opening up your parachute," said Woodard. "It's very quiet until you hear that crowd at an opening day game of baseball, they are cheering for you, we know it's not for us; it is for the whole military, as well as the Navy."

Once the team is back on the ground, they have time to meet and interact with fans.

"One of the things I never get used to is the appreciation people show when you land," said Lt. Dan Gibson, the officer in charge of the Leap Frogs. "The jumping is all cool and it's a lot of fun, but really what means a lot is when you land and everyone wants to shake your hand, everyone wants to thank you for your service. I think that's a testament to the Navy as a whole. I think we see a lot of the appreciation probably more so than the rest of the military, and I think we get a lot of the accolade that really is deserving to those guys on the ships overseas spending time away from their families."

Jumping into stadiums allows the team to reach a greater audience, but the bread and butter for the Leap Frogs comes from landing at schools, which gives them the ability to connect with kids in a smaller and more personal environment.

"We do a lot of public outreach in conjunction with shows," said Gibson. "We go talk to kindergarten classes or at a high school; we'll jump into a high school and spend some time talking to the high school kids about opportunities in the Navy. We also go to children's hospitals. It's just neat to kind of give back a little bit."

Having that interaction with the public is part of what has kept the team around for as long as they have. Through times of war, budget constraints and uncertainty about the future, the years continue to fly by for the Leap Frogs.

"That 40th anniversary is a milestone for many reasons," said Woods. "It's a milestone because the team has been 100 percent supported, 100 percent manned and 100 percent jumping for 40 years and I think something like that is just something that we can really hang our hat on and be proud of."

## Naval Base Guam, tenants prepare school for first day

SANTA RITA, Guam (NNS) -- Sailors from U.S. Naval Base Guam and its tenant commands helped prepare Marcial A. Sablan Elementary School to welcome students to the new school year Aug. 16.

To help prepare the campus, Sailors prepared pamphlets, painted benches, curbs and parking lots, cut grass, swept walkways, and removed debris from the school grounds.

Capt. Andy Anderson, commanding officer, U.S. Naval Base Guam, volunteered at the Agat school with his family and emphasized the importance for Sailors to be out in the community.

"In the military, what our job is really, is community service," he said. "That's what the military is all about. It's about servicing people and taking care of humanity. What better place is there to do that than here at Marcial A. Sablan Elementary."

Master-at-Arms Seaman Ashley Byrd, Coastal Riverine Group 1 Detachment Guam, echoed Anderson's remarks and said she enjoyed the opportunity to help make a difference for youth on Guam.

"It's important for Sail-



U.S. Navy photo by Shaina Marie Santos

Capt. Andy Anderson, commanding officer of U.S. Naval Base Guam, right, and Master-at-Arms 2nd Class Miguel Rogers, assigned to Coastal Riverine Group 1 Det. Guam, pile debris into a bin for disposal at Marcial A. Sablan Elementary School in Agat Aug. 16. Sailors from various commands volunteered to help prepare the school for the upcoming school year.

ors to give back to the community because we're not just Sailors, we're people as well," she said. "We care about what goes on in our community, whether it's in our home states or where we are serving at the moment."

Acting Principal Geraldine Pablo said she was especially thankful for all the Navy volunteers' efforts.

"I just feel it's so awesome that the military is

fostering volunteerism and helping the school community and becoming a part of the community at large on island," she said. "We'd like to thank the military for

participating, and in particular the Navy, for assisting our school and the school community in preparing for the new school year."

From Naval Base Guam Public Affairs

### • CNO

Pursuing the vision set in the Sailing Directions this plan lays out the investments that will allow the Navy to maintain its warfighting edge, forward presence and keep Navy members prepared, confident and proficient. This plan highlights how investments will support Navy missions through the lens of the three tenets, Warfighting First, Operate Forward and Be ready.

Greenert emphasizes in the document that everything sailors and civilians do must be grounded in the responsibility of warfighting first. He says the Navy must be able to achieve access in any domain and possess the capability mix of kinetic and non-kinetic weapons to prevail today and be ready to win tomorrow. He provided a list of capabilities that center on this objective and followed with a comparable list of items that support operate forward and be ready.

Additionally, the Navigation Plan summarizes the six programmatic priorities that guided the Navy's budget planning for the future of the fleet: maintaining sea based strategic deterrent, sustaining a global forward presence, preserve the means for victory against aggressors, focus on readiness afloat and ashore, enhance asymmetric capabilities in physical domains as well as in cyberspace and electromagnetic spectrum and sustain a relevant industrial base.

This navigation plan was released by Greenert to Navy's senior leaders and distributed on Navy's social media properties as a priority to be communicated at all levels. Greenert will release a Position Report later in the year that reviews the Navy's progress over the last year in pursuing objectives laid out in the Sailing Directions and earlier Navigation Plans, which can be found on his leadership page.

To view the CNO's Navigation Plan, visit [http://www.navy.mil/cno/docs/140818\\_CNO\\_Navigation\\_Plan.pdf](http://www.navy.mil/cno/docs/140818_CNO_Navigation_Plan.pdf)

From Chief of Naval Operations Public Affairs

### • Sailing

And during the man overboard drill, I ran right over the floating dummy.

My husband and I thought our instructors might ban us from the marina, but interestingly, they kept showing up to teach us, and eventually, we learned to sail.

Sure we went a little overboard with our sailing attire, and we had to let go of our dream of Kennedy-esque yachts, Egyptian cotton sweaters and fine wines. But my husband and I are now qualified to rent a small boat from the base marina, and sail like real Rhode Islanders.

We may not be salty, but there's no denying it: these old dogs have learned a new trick.

Currently stationed in Newport, R.I., Lisa Smith Molinari is a 20-year Navy spouse and mother of three teenagers, whose award-winning columns appear in military and civilian newspapers nationwide, and on her blog, [www.themeatandpotatoesofflife.com](http://www.themeatandpotatoesofflife.com). Follow Lisa@MolinariWrites.

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