

THE SKYLINE

Celebrating
55
Years of
Training
Excellence

Volume 54, Number 14

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

July 7, 2016

On Base...

- ✓ **Junior Golf Clinic** July 18-22. Open to ages 5-13. \$30 per child. Call 601-679-2526.
- ✓ **Golf Triathlon** July 16 at 9 a.m. at Ponta Creek. To register, call 601-679-2526.
- ✓ **Parent's Night Out** July 14, 21 and 29 from 6-10 p.m. at CDC and SAC. Call 601-679-2625.
- ✓ **Catch a movie** Nightly at 7 p.m. at the McCain Rec Center and Liberty Center.
- ✓ **Auditions for Sleeping Beauty** July 11 from 1-3 p.m. at the CDC. For more information, see page 6, or call Erica at 601-679-2652.
- ✓ **Friends of Bill AA Meeting** will occur every Wednesday at the NAS Meridian Chapel at 7 p.m. These are "open" meetings and available to anyone with base access. For information, contact the Chapel at 601-679-3635 or HM1 Bobbi Coleman-Johnson at 601-679-2209.

A Day in Naval History

July 7
1798 - Congress rescinds treaties with France, and the Quasi War begins.

1944 - While serving with the Fourth Battalion, Tenth Marines, Second Marine Division during the Battle of Saipan, Pfc. Harold C. Agerholm uses an abandoned ambulance and makes repeated trips for three hours under heavy rifle and mortar fire, single-handedly evacuating approximately 45 wounded men until mortally wounded by a Japanese sniper. For his "conspicuous gallantry and intrepidity," he was posthumously awarded the Medal of Honor.

1948 - The first six enlisted women are sworn into Regular Navy: Chief Yeoman Wilma J. Marchal; Yeoman Second Class Edna E. Young; Hospital Corpsman First Class Ruth Flora; Aviation Storekeeper First Class Kay L. Langen; Storekeeper Second Class Frances T. Devaney; and Telemann Doris R. Robertson.

--www.history.navy.mil

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

President salutes troops on Independence Day

From The President:

This year, Michelle, Malia, Sasha, and I celebrated the Fourth like most of you -- in the backyard. We hung out with family and friends, throw some burgers and dogs on the grill, and watch the fireworks show.

Of course, we're fortunate enough to have the South Lawn as our backyard. So we also filled it with hundreds of our troops, our veterans, and their families. Over the past seven and a half years, it's become one of my favorite traditions. We get to celebrate our freedoms while doing what we can to honor all those who serve and sacrifice to make that freedom possible.

And I know that honoring our service members, our veterans, and their families is something that so many Americans try to do every day, without fanfare, or expectation of anything in return.

For the past five years, Michelle and Dr. Jill Biden have tried to follow the example of so many of those Americans with their Joining Forces initiative.

● **Salute, page 3**



Fireworks burst above the U.S. Coast Guard Cutter Harry Claiborne moored at Spanish Plaza in New Orleans.

U.S. Coast Guard photo by Petty Officer 1st Class Bill Colclough

Celebrating FreedomFest



Submitted photos
Top photo: NAS Meridian Command Master Chief Jonas Carter takes his turn in the dunk tank during FreedomFest, June 24. Left: Eligible MWR patrons partake in music, games and attractions. Right: NAS Meridian executive officer Cmdr. Robert Michael II places a pie in the face of NAS Meridian Commanding Officer Capt. Scott Bunnay during the evenings activities. Military and civilian employees donated money to see the person of their choice either get "dunked" or receive a "pie in the face" -- all for a good cause which raised money for the Navy Ball and Petty Officers Association. FreedomFest, hosted by MWR and sponsored by Navy Federal Credit Union, was MWR's largest event of the year.

IT'S HOT OUTSIDE!

STAY COOL. STAY HYDRATED. STAY INFORMED.

Drink plenty of water and **don't** wait until you're thirsty to drink.

Drink from two to four cups of water every hour when you exercise or work outdoors.

Avoid alcohol or liquids containing large amounts of sugar.

www.cdc.gov/nceh/extremeheat

Center for Disease Control and Prevention
Heat illness is preventable. Learn more about it.

Look Inside



~ Page 2 ~
Great Green Fleet embarks on Western Pacific deployment



~ Page 3 ~
Lt. Thornberry earns Golden Stick



~ Page 8 ~
Beat the heat; tips to stay safe during the hottest days of summer

Nine aviators earn 'Wings of Gold' in June ceremony

There was a naval aviator designation ceremony Friday, June 24 at the Chapel on board NAS Meridian.

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

The speaker was Capt. Paul Carelli, commodore of Training Air Wing One.

Those earning their wings include:

- ✓ 1st Lt. Dean Albert Black, USMC, enlisted in the United States Marine Corps in August 2007 and trained as a Cryptologic Linguist (Korean), attaining the rank of Lance Corporal. He earned his officer's commissioning in 2013. He was named to the Commodore's List and earned three Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS George Washington (CVN 73) April 24. Black completed Advanced Jet Flight Training with Training Squadron Seven.
- ✓ 1st Lt. Nathan Timothy Fortezzo, USMC, was selected as VT-9's Student

of the Month for November 2015, and earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS George Washington (CVN 73) May 22. Fortezzo completed Advanced Jet Flight Training with Training Squadron Nine.

- ✓ Lt. j.g. Christian Armstrong Hamblin, USN, earned three Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS George Washington (CVN 73) April 23. Hamblin completed Advanced Jet Flight Training with Training Squadron Nine.

- ✓ 1st Lt. Kenneth Edward Kozinski, USMC, earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS George Washington (CVN 73) May 22. Kozinski completed Advanced Jet Flight Training with Training Squadron Nine.

- ✓ Lt. j.g. William Charles McLoughlin, USN, was named to the Commodore's List with Distinction during Primary Flight Training and earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. Additionally, he was designated a CNATRA Distinguished Naval Graduate. He carrier qualified in the T-45C on board the USS George Washington (CVN 73) April 24. McLoughlin completed Advanced Jet Flight Training with Training Squadron Seven.
- ✓ Lt. j.g. Matthew Niko-

laus Schulteis, USM, was named to the Commodore's List during Primary Flight Training and earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS George Washington (CVN 73) May 22. Schulteis completed Advanced Jet Flight Training with Training Squadron Nine.

- ✓ Lt. j.g. Brian Christopher Sudduth, USM, earned two Navy "E's" for bombing accuracy During Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS George Washington (CVN 73) March 17. Sudduth completed Advanced Jet Flight Training with Training Squadron Nine.

- ✓ 1st Lt. Jeffrey Harris Swanson, USMC, was named to the Commodore's List during Primary Flight Training and was VT-9's Student of the Month for October 2015. During Advanced Jet Flight Training he earned two Navy "E's" for bombing accuracy. He carrier qualified in the T-45C on board the USS George Washington (CVN 73) May 22. Swanson completed Advanced Jet Flight Training with Training Squadron Nine.

- ✓ Lt. Cameron Louis Thornberry, USN, was named to the Commodore's List with Distinction during Primary Flight Training and the Commodore's List with Distinction during Advanced Jet Flight Training. Thornberry was VT-7's Student of the Quarter for the first quarter of 2016. Additionally, he was designated a CNA-



Black



Fortezzo



Hamblin



Kozinski



McLoughlin



Schulteis



Sudduth



Swanson



Thornberry

TRA Distinguished Naval Graduate and earned two Navy "E's" for bombing accuracy during Advanced

Jet Flight Training. He carrier qualified in the T-45C on board the USS George Washington (CVN

73) April 24. Thornberry completed Advanced Jet Flight Training with Training Squadron Seven.

Master Chief Carter retires



Photo by Tom Childress

On June 24, NTTC Meridian piped Command Master Chief Jimmie Lee Carter Jr. ashore after a long and distinguished career spanning 29 years.

Golden Stick



Photo by Olivia Martin

Eddie Kelly, left, president of the Mississippi Council of the Navy League, presents the Golden Stick to Lt. Cameron Thornberry. The award is given to the top aviator of each winning class.

Stennis Center Award



Photo by Tom Childress

Mark McDonald, right, a representative of the Mississippi Council of the Navy League, recognizes YNSA Tyris Leslie Jr. as an NTTC Meridian Stennis Center of Excellence Award Recipient, June 27. Leslie graduated the Yeoman "A" School with a 98.25 percent grade point average, making him the number two of 449 Yeoman students within the last calendar year.



Photos by MC2 Chris Liaghat

Above: Chief Electronics Technician Brian T. Solomon, left, receives the flag during his retirement ceremony on board NAS Meridian, June 23. Solomon retired after 20 years of service in the U.S. Navy. Below: Air Traffic Controller Petty Officer 1st Class Reese A. Gottberg, left, receives a Navy and Marine Corps Commendation Medal from Cmdr. Robert J. Michael II, executive officer of NAS Meridian, during his retirement ceremony, June 23.



USFF Destructive Decision Workshop brings insight to Sailors

By MC1 Stacy Laseter
Navy Region Southeast Public Affairs

What is your definition of a destructive decision? Is it drinking and driving? Is it an alcohol-related incident? How about domestic abuse? U.S. Fleet Forces Command recently visited with Naval Air Station Jacksonville Sailors to get them thinking about just those things.

The event was hosted by Capt. Charles Marks, U.S. Fleet Forces Command Sexual Assault Prevention and Response (SAPR) officer. Commander, Navy Region Southeast Rear Adm. Mary Jackson's opening remarks emphasized the importance of understanding destructive behaviors and how leadership should own them.

"When we start to peel back the layers of what a destructive decision is, lots of different things come to mind, including suicide, suicidal behavior, and alcohol. Even small things, such as the fast-paced and global way we communicate can be contributing factors to destructive behavior," Jackson said. "We have come to the point where we realize that there are linkages between all of these destructive behaviors. As Sailors, we have to figure out how we are going to get in front of this."

Navy statistics show that an estimated 15 percent of Sailors wrestle with some form of destructive behavior: suicide or suicidal ideations, alcohol incidents, domestic violence, sexual assault, or prescription drug abuse. The Navy is working to help Sailors avoid destructive conduct by giving them

and their leaders the tools needed to treat themselves and others with respect.

The goal of the workshop is to teach Navy leaders prevention and awareness. According to Marks, the leadership teams of the CPO mess and wardroom should engage in a deckplate effort to reduce the number of destructive behaviors.

"Culture change is not easy," said Marks to the gathered leaders and Sailors. "It requires all-hands participation, starting with each of you."

The workshop contained content tailored to deckplate supervisors, command triads, and program managers, including command climate specialists, equal opportunity officers, drug and alcohol program advisors, sexual assault prevention and response points of contact, unit victim advocates, family advocacy program coordinators, urinalysis program coordinators, and suicide prevention coordinators.

Yeoman 2nd Class Reaunta Evans, who attended the deckplate supervisor training, said that what she took away was a renewed sense of what could be considered destructive.

"You don't always think about the internet being destructive," said Evans. "But if you stay up late browsing and come to work late repeatedly, that is definitely not a good behavior, and needs to be addressed."

Janine Latus, author of "If I am Missing or Dead: A Sister's Story of Love, Murder and Liberation," was the keynote speaker and spoke about the physical abuse she endured, and the loss she felt when her sister



Photo by MC1 Stacy Laseter

Commander Navy Region Southeast Rear Adm. Mary Jackson speaks to a group of Sailors during the U.S. Fleet Forces Command Destructive Decision Workshop on board Naval Air Station Jacksonville. The workshop is geared toward awareness and prevention of destructive decisions in the Navy.

was murdered by an abusive boyfriend. She explained the warning signs of an abuser.

For example, isolation, either emotional or economic, as well as sexual abuse, can be part of an abuser's pattern. An abuser may also use children, make threats, intimidate or may use male privilege to break down a significant other.

During the second day of the workshop, motivational speaker and son of legendary boxer Sugar Ray Leonard, Ray Leonard Jr., spoke about his family and the destructive decisions that shaped his life. He explained how his father once beat his mom and how

he felt guilty by not being able to step in to help her. He also spoke about his mother's suicide attempt, and how he is now learning to use these stories to help others.

"It's about being strong," said Leonard. "And coming from a boxing family, I don't mean just physically. You have to be strong emotionally, and stand up. Become a beacon for someone else."

By changing approaches on interpersonal relationships and empowering Sailors with knowledge of their rights and boundaries, U.S. Fleet Forces Command is committed to positively changing these behaviors.

• Salute

They've rallied businesses to hire more than 1.2 million veterans and military spouses, and helped reduce veteran homelessness. And just this week, Michelle and Jill announced a breakthrough on a concern they've heard again and again from the military spouses they spend so much time with -- and that's the issue of professional licensing.

This is something that most Americans aren't familiar with. But for military families, it's a big challenge. Here's why. Our troops are often transferred from base to base. It's part of the job. And because their families serve with them, that means their spouses move ten times more often than the rest of us. Ten times more often. That's tough on a career. And more than one in three of these spouses works in a profession that requires a professional license or certification. Nurses. Childcare providers. Accountants. Social workers. And lots of other jobs.

And until recently, when these spouses were asked to move across state lines, they often needed to re-certify for a job they're already qualified for. A nurse with years of experience might have to take entry-level classes, or pay a fee, or wait months for paperwork to be processed before he or she could get back to work on the job they love and that lets them support their families.

It didn't make any sense. So we changed it. When Michelle and Jill took up this cause five years ago, only three states had taken action on military spouse licensing. But they rallied governors and state legislatures to action. And this week, we reached a milestone. Today, all fifty states have acted to streamline many of these licensing issues.

This is a big step forward, but we're not done yet. We're going to keep working with states to make licensing simpler for more jobs and reach more qualified workers. But we can finally say to so many of our military families -- when you move, you'll no longer be forced to put the career you love on hold just because you and your families have chosen to serve this country.

That's what this is about -- serving our men and women in uniform as well as they have served us. But you don't have to be a governor or a First Lady to make a difference. So this holiday weekend, take a look at JoiningForces.gov to find out how you can serve the troops, veterans, and military families in your community.

And to all our brave men and women in uniform -- you represent the best of who we are as a nation. On this day and every day, we thank you.

-- The President of the United States

Patriotism is elementary, my dear

Back in 1976, it was our country's Bicentennial, and I was in the fourth grade. At East Pike Elementary, Ms. Degatano's class was picked to reenact life in 1776. For five months until school let out for summer, we wore bonnets and three-cornered hats, churned butter, sewed our own flags, ran a general store, and did our classwork by candlelight. Not only was it an excellent way to learn our nation's history, it was really cool.

When Independence Day rolled around, copious hot dogs were grilled, watermelon sliced, and cobs of corn boiled as friends and family gathered in honor of this exceptional national birthday. With bellies full of barbecue, we bent our faces upward to see what our forefathers saw in The Revolutionary War-torn sky two centuries ago. We "ooed" and "aaahhhed" as the fireworks imitated "the rockets red glare, the bombs bursting in air," and we took it for granted that Americans are special.

But nowadays, thanks to the complex quagmire of extremes in modern society, the mere act of being patriotic has become a political statement subject to judgment, debate, and controversy.

Webster's Dictionary defines "patriotism" simply as "love for or devotion to one's country," but the complicated gridlock of ideas regarding politics, economics, religion, domestic issues, gender roles and sexual norms has politicized national pride.

A person can no longer identify as "patriotic" without suggesting that he or she might also be pro-life, pro-gun, pro-war, anti-gay, anti-amnesty, or racist. How did patriotism become bogged down with so much extra baggage?

Terrorist attacks have become a regular part of our 24/7 news stream, and rather than banding together the way Americans did after 9/11, public discourse degrades into bitter debates over gun control, administrative failures, race and religion. The "new normal" for political campaigns includes tabloid-like press coverage, bitter personal attacks, Twitter wars, and violent protests. Extreme divisiveness has the public defensively poised, ready to pit black against white, gay against straight, atheist against believer, male against female, choice against life, and animal against human in an all-out fight for who has rights.

COLUMN



Lisa Smith Molinari

In recent years, scholars, pundits and pop stars have pontificated over whether patriotism is the quiet and unpretentious love of the best ideals of one's homeland, or ferocious blind faith jingoistic nationalism that incites excessive military action. (See <http://www.thenation.com/article/what-patriotism/> and <http://www.cbsnews.com/news/how-do-you-define-patriotism/>.)

Every year around this time, new polls on patriotism ask questions such as: "Would you describe yourself as patriotic?" "Do you feel this country has gotten off track?" "Are you proud to be an American?" "Do you think the United States has a unique character that makes it the greatest country in the world?" Each statistic is broken down by gender, race, age and political party, so that inferences can further separate individual groups. (See <https://www.aei.org/publication/aei-public-opinion-study-polls-on-patriotism/>.)

Despite the attempts to deconstruct patriotism, the intangible notion of "The American Spirit" remains intact, having transcended current governments and political parties. Ever since our forefathers signed the Declaration of Independence back in 1776, America has been a truly unique melting pot of democratic values, personal liberties, military superiority, industrial and scientific advancements, and humanitarian responsibility.

As a military family, we have daily reminders of how fortunate we are to be Americans. Every morning, we pause reverently to face one of the many flags flown on base, hands over hearts, to hear "The Star Spangled Banner." "United States" is in the job title of every military serviceperson. War monuments and memorials on base remind us of those who fought and paid the ultimate price for our democracy and freedom. For us, patriotism is a lifestyle.

But average Americans caught up in the complications of the 21st Century may need to be reminded that patriotism is not a political statement - it is an expression of our undying American Spirit.

This July 4th, keep it simple. Wear red, white and blue. Fire up the barbecue. Fly the flag. Raise your face to the night sky. Wipe away the tangled web of rhetoric and divisiveness, and remember what it means to be free.

A 21-year Navy spouse, Lisa Smith Molinari and her family are currently stationed in Newport, R.I. Her self-syndicated columns appear on her blog, www.themeatandpotatoesofflife.com and she recently co-authored Stories Around the Table: Laughter, Wisdom, and Strength in Military Life Follow Lisa@MolinariWrites.

7 TIPS FOR RUNNER SAFETY

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

• Quick Assist Loan Program •

Navy-Marine Corps Relief Society Meridian expands the availability of the Quick Assist Loan (QAL) program. Currently the QAL has been offered during regular office hours on Tuesdays and Thursdays only. The QAL is an interest free loan up to \$500 for active duty Navy and Marine Corps service members that can be used for basic living expenses, emergency auto or travel expenses, medical and dental co-pays and other unforeseen family emergencies. The process normally takes only 15 minutes as long as the service member meets the basic eligibility requirements. Call the local NMCRS Meridian office or a NMCRS representative at 601-679-2504 or 601-604-2206 for more information.

Antioch Missionary Baptist Church

10000 Antioch Rd • Jacksonville, NC 28505 | www.ambc-church.net

APOSTLE CLEVELAND HAYES, SR., PASTOR

THEOLOGY SCHOOL CLASSES

BICC303 ROAD TO RESTORATION

Rev. Carol Fallow August 11-13 (Register by 8/1/16)

BIPT201 Preaching

Dr. Ronald E. Cottle September 8-10 (Register by 9/1/16)

Dot Stamps, Academic Dean 601-480-5417

Office Administrator: Mrs. Redia Cannon 601-917-1368

• 10 minutes from I-95 Exit 8, Northbound, Exit 104 off I-95, turn left on I-95, turn right on I-95, turn left on I-95, turn right on I-95, turn left on I-95, turn right on I-95.

The Veterans of Foreign Wars Scholarship contest is open to all middle school and high school students. Themes this year are: Middle School "The America I Believe In" High School: "My Responsibility to America".

Deadline is Nov. 1. Contact VFW Post 12124 at 601 282-5866 for more information. Applications can be found at <http://www.vfw.org/Youth/>

Pfc. David Betancourt
MATSS-1 Student
Hometown: Jacksonville, N.C.

OOORAH!

Pvt. Jerome Truss Jr.
MATSS-1 Student
Hometown: Hampton, Va.

Pfc. David Betancourt, 21, enjoys playing both football and basketball because he loves the competitive nature of the sports. He also said sports help to keep his mind off of things.

Betancourt joined the Marine Corps Jan. 25 to support his family.

His most memorable experience since joining was when he and Pfc. Shawn Davis completed the crucible together during the event "Battle of Fallujah."

After graduating, Betancourt is looking forward to doing the best he can, and traveling the world when the time is right, he said.

Also, Betancourt's grandfather is a retired master sergeant, and he feels his grandfather could guide him on the right path during his Marine Corps career.



Pvt. Jerome Truss Jr. 21, enjoys cooking because he feels that cooking is a form of art, and he really appreciates it.

Truss joined the Marine Corps Jan. 4. He decided to become a Marine to give back to his country and said that he wanted to be among the best and be called the best. He also wanted to carry his family's name with pride.

His most memorable experience so far has been being a part of the Basic Marine Platoon (BMP) on Parris Island. He said being there taught him the fundamentals and helped him become a better Marine.

After graduating, Truss is looking forward to learning and excelling in his MOS. He would like to pass on his knowledge to future Marines in hopes of helping create more top notch Marines.

Marine Fighter Attack Squadron 314 finishes exercise Red Flag-Alaska 16-2

By Lance Cpl. Donato Maffin
Marine Corps Air Station Iwakuni, Japan

U.S. Marines with Marine Fighter Attack Squadron 314, stationed at Marine Corps Air Station Miramar, California, conclude exercise Red Flag-Alaska 16-2 June 17, after completing multiple missions during two weeks of large-force air-to-air and surface-to-air simulated combat training at Eielson Air Force Base, Alaska.

Exercise Red Flag-Alaska is one of the biggest air-to-air exercises in the world with approximately more than 80 aircraft participating in the air at one time.

"I've got a lot of young aviators that have never seen something at this level with this many aircraft going against a very good and proficient threat, both on the air-to-air side and the surface-to-air side," said Lt. Col. Gregory A. McGuire, commanding officer of VMFA-314. "For me, I'm happy about giving my guys the opportunity to see this kind of real-world kinetic, large-force exercise so they can see how we would employ should we be called upon to do so."

During the exercise, VMFA-314 participated in multiple missions, also known as 'sorties,' each day of the exercise, and the long hours required rotating shifts. With the busy schedule, pilots were either flying or planning for the next mission.

"So I think it just drives home the point that our readiness that we report every month has to be accurate, and we need to be trained on a lot of different mission sets," said Maj. Steven Bowden, executive officer

of VMFA-314. "As far as the aircraft health goes, with two massive flights a day, there's no flexibility with an aircraft breaking and making it out there late. It's not like our own schedule where you can degrade it. Here, it's a master schedule and if you miss it, you're not going to catch it back up."

While pilots were performing their tasks, the ground crews and maintainers were verifying that the F/A-18C Hornet jets were ready to fly and had the proper payload for specific missions.

"The exercise has been phenomenal, and we couldn't have accomplished what we did without the Marines on the ground," said McGuire. "They kept the jets up and fully mission capable, all the systems worked, and to train to our full spectrum is pretty huge in an environment where you've got robust air-to-air and surface-to-air threats."

VMFA-314 conducted many different missions including defensive and offensive air-to-air tactics and air-to-ground.

"We have a lot of missions and wear a lot of different hats," said Bowden. "Here is where we get to go from one mission set to the other and train on multiple missions while inserted into an environment with a ton of other planes. So more than anything, you have to be on your toes and be up to speed on all of our missions vice just the ones that we like."

Before each mission, pilots planned for approximately ten hours with the other units. The largest safety precaution was to make sure all units knew where the planes were going to be so they avoided any unne-



Photo by Lance Cpl. Shellie Hall

An F/A-18C Hornet aircraft with Marine Fighter Attack Squadron (VMFA) 314, stationed at Marine Corps Air Station Miramar, California, taxis down the runway at Eielson Air Force Base, Alaska, during its participation in Red Flag-Alaska 16-2.

essary collisions or mishaps.

"This is my first Red Flag and probably the biggest take-away is joint efforts, and part of that is just the coordination of everything because you need jets to cover the ones dropping bombs down below," said Capt. Josh Martin, pilot and schedules officer with VMFA-314. "Red Flag is a mission planning exercise and the execution is just about getting it right, but everything boils down to planning."

Now that exercise Red Flag-Alaska is over, VMFA-314 will continue into exercise Distant Frontier, which focuses on

unit-level training.

"That's more unit-level training so we'll be working with VMFA(AW) 242 as they do some of their forward air control airborne training. We'll do some close air support, and we've got some low-altitude training to conduct with some of our new guys," said McGuire. "It will be more of the unit-level type event with any of the Air Force units that are sticking around. We would like to work with them too on some of the other mission sets, but primarily it will just be internal VMFA-314 level training for the next two weeks."

ADAZI, LATVIA



Photo by Cpl. Immanuel Johnson

Multinational force standards allow NATO troops to apply firepower at the precise moment needed at Adazi Military Base, Latvia, June 18. Exercise Saber Strike 16 was an exercise with more than 10,000 service members from the U.S. and 12 NATO partner nations.

TWENTYNINE PALMS, CALIFORNIA



Photo by Lance Cpl. Levi Schultz

A Marine with Communications Training Battalion, Marine Corps Communication-Electronics School, runs with the national colors during the battalion's Sunset Run aboard the Marine Corps Air Ground Combat Center, Twentynine Palms, Calif.

Safety & Energy Efficiency is Our Duty

BEAT THE HEAT:

Extreme Heat

Heat related deaths are preventable

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO:

Children

Older adults

More males than females are affected

Outside workers

WHERE:

Houses with little to no AC

Construction work sites

HOW to AVOID:

Stay hydrated with water, avoid sugary beverages

Stay cool in an air conditioned area

Summer Grilling Safety

It's that time of year when everyone brings out there grills for some nice BBQ and a good time. While you are enjoying the good food, ensure you are being safe. According to a 2014 report by the National Fire Protection Association (NFPA), 16,600 people took a trip to the ER because of injuries sustained while utilizing there grill. July is the month with the most reported fires all year long and includes 17 percent of the all grill fires. To keep you and your family safe, please follow these tips below.

- Propane and charcoal grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings, and out from under eaves and overhanging branches.
- Keep children and pets at least three feet away from the grilling area.
- Keep your grill clean by removing grease or fat build-up from the grills and in the trays below the grill.

- NEVER leave your grill unattended.
- Always make sure your gas grill lid is open before lighting it.
- If you use a starter fluid, use only charcoal starter fluid. NEVER add charcoal fluid or any other flammable liquid to the fire.
- Keep charcoal fluid out of the reach of children and away from any heat source.
- Before using a gas grill, check the connection between the propane tank and the fuel line to be sure it is working properly and not leaking.
- Never use a match to check for leaks. If you detect a leak, immediately turn off the gas and don't attempt to light the grill again until the leak is fixed. Never bring a barbecue grill indoors, or into any unventilated space. This is both a fire and carbon monoxide poisoning hazard

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

MWR Sports

Naval Air Station Meridian

Ponta Creek Challenge

Mountain Bike Race

Saturday, July 23 - 9am

Registration Open June 6 - July 22

Register online @ www.navymwrmeridian.com
or by calling (601) 679-2526

NAVY RECREATION

NAVY FITNESS

USAA

2016 Captain's Cup Softball Regular Season



1st Place: Air Ops (pictured above)
2nd Place: VT-9
3rd Place: Air National Guard

2016 Captain's Cup Softball End of Season Tournament



1st Place: VT-9 (pictured above)
2nd Place: Air Ops - Blue
3rd Place: Air National Guard

Upcoming at The Fitness Center

To sign up for Captain's Cup sports, please go to navymwrmeridian.com.

Under the Fitness tab, Click on:

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

3 Certified Personal Trainers Available Free of Charge

Call (601) 679-2379 for additional information

July Group Exercise Schedule is available at the Sonny Montgomery Fitness Center or online at NavyMWRMeridian.com

US Navy, JMSDF begin new course to plan for large-scale disasters

By MC2 Indra Bosko
U.S. 7th Fleet Public Affairs

A new course to educate and train staff level naval officers from various countries to formulate a plan to conduct humanitarian assistance and disaster relief (HADR) operations kicked off June 20 at the Japan Maritime Self-Defense Force (JMSDF) Command and Staff College.

Twenty-five students from eight navies showed up for the first day of the two-week Asia-Pacific Navy Planning Process International Course (APNIC).

"This is the largest gathering of international officers put together," said Professor Jim Murray, U.S. Naval War College.

APNIC, which is facilitated by representatives from the U.S. Naval War College and the JMSDF Command and Staff College, also aims to strengthen ties among the like-minded navies in the region.

The president of the JMSDF Command and Staff College, Rear Adm. Umio Otsuka, welcomed student officers

to the course.

"I am very proud, as a Japanese naval officer, of being able to demonstrate the robust Japan-U.S. alliance on this occasion in launching together with the U.S. Navy a new event promoting multilateral regional cooperation amongst friendly navies," said Otsuka.

Otsuka stressed "trust is the key for successful military operations."

The course includes lectures, discussions and practical sessions on hypothetical disaster relief operations caused by natural disasters.

Professors emphasized student officers will need to develop teamwork and work together to be successful in the course.

Representatives from both U.S. Naval College and JMSDF Command and Staff College say that they would like to see more countries in the Asia-Pacific region participate in the APNIC next year.

For more information, visit <http://www.navy.mil/>, <http://www.facebook.com/usnavy/>, or <http://www.twitter.com/>.



Photo by MC3 Gabriel B. Kotico

Hyuga (DDH 181) anchors out off the coast of Kumamoto in preparation of the arrival of MV-22B Osprey aircraft from Marine Medium Tiltrotor Squadron (VMM) 265 attached to the 31st Marine Expeditionary Unit sent in support of humanitarian assistance and disaster relief efforts in Southern Japan. U.S. military personnel joined relief efforts at the request of the Government of Japan following earthquakes near Kumamoto.

Sale... Or

BOATS/CAMPERS/TRAILERS

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

1996 Ragin Cajun Bass Boat, 200hp Mariner, Loran depth finder and a GPS/depth finder dual livewells mortar guide trolling motor. Runs great and fast. \$4,500. Seats in good condition. Call Clint 601-479-7043.

2006 Fleetwood Discovery 39 ft. 3 slide, Cat Diesel, motor home. New tires & A/C, "fully equipped," original owners, non-smokers. Serious Inquiries Only. Will e-mail pictures, full information or set appointment to see RV call 601-479-6145.

HOUSEHOLD ITEMS

Whirlpool washer and dryer Like new used 3 months Whirlpool. The set is compact and stackable - \$500. Call Greg at 601-490-3835.

Crate and barrel glider and ottoman, pillow included, cover on both are machine washable. Slip cover can be ordered through crate and barrel with item code located on the bottom of the glider. Original price \$900. Very good

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

MOTORCYCLES/GEAR/ATV

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

1984 Honda NightHawk very good condition \$1,000. Call Greg at 601-490-3835.

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

2012 Kawasaki 900 Vulcan Custom Classic motorcycle;

550 miles. Asking \$6400 pay-off. Call 601-527-5717.

AUTOMOBILES, ETC.

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

2004 Saturn Ion 56k miles looks great drives and rides like new \$4,000. Call Greg at 601-490-3835.

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

2015 Nissan Altima SL: \$21,500 fully loaded with tinted windows 23k miles. Call 601-604-0297.

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

2008 Jeep Liberty, 75k miles, 4-wheel drive, automatic, has a roof rack and a tow hitch, as well as skylight. V6, 3.7 liter, 4-spd w/overdrive. If you want some serious off-road ability in a small SUV, look no further. \$13,000, negotiable. Call 434-604-0428. Text for photos or Carfax report.

HOMES/APARTMENTS

New! For Sale: 4BD/4BA home -- includes guest house.

2017 sq. ft. remodeled (interior/main home) in 2010. Popular Springs School District; private fenced backyard with in-ground swimming pool and brick patio; two-car garage; guest house may be used as additional rental income -- currently rents for \$550/month. 2714 45th Street, Meridian. Asking \$196,000. Call Matt at 601-527-2741

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

For Sale: Open floor plan, full bath, w/stainless steel look-a-like appliances, tile floor, wood blinds, central heat & air with storage bldg. that was once a master suite w/ bath & cable - can easily be converted back. On 1/2 acre - Center Hill Road in Bailey -- \$59,500 - 15 min from NAS. Call 601-575-5062 or 601-527-2587 for viewing on weekends or after 4:30 pm M-Th.

For Sale: Home in the Meridian downtown area, but willing to rent, 2 story, approximately 2800 sf, 3 BD/2 BA. Call John at 228-380-1139.

For Sale: \$225,000 4 BD/3 BA home in West Lauderdale school district; 2133 square feet -- 1 acre lot, 1 owner; will

help with closing costs. Call 601-604-0297.

For Sale: 3 BD/1 BA home at 3624 Poplar Springs Drive, Meridian. Great home with lots of character, hardwood floors, updated kitchen, skylights, huge fenced backyard, 3/4 acre with lots of trees. Asking \$105,000. Contact Tricia Collier at Pigford and Corey Realtors.

For Rent: 2BD/1BA, fenced yard 2 carports with a 10x12 storage shed (approximately), central air and gas heat. Walking distance to MCC off Hwy 19. New paint, roof, windows, and flooring. Alarm system and lawn care available. \$600 per month, \$600 security deposit. Available after July 15. Call John at 601-484-7244.

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

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

For Sale: 3 BD/2 BA, 1500

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

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

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

MISCELLANEOUS

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

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

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

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

Navy unveils National Museum of the American Sailor

The Great Lakes Naval Museum was officially renamed the National Museum of the American Sailor during a ceremony and sign unveiling at the museum Monday.

The Navy's top enlisted Sailor, Master Chief Petty Officer of the Navy (AW/NAC) Mike Stevens, was joined by retired Rear Adm. Sam Cox, director of Naval History and Heritage Command, North Chicago Mayor Leon Rockingham, Capt. James Hawkins, commanding officer of Naval Station Great Lakes, Jennifer Searcy, Ph.D., director of the National Museum of the American Sailor, and representatives from the Great Lakes Naval Museum Foundation and National Museum of the American Sailor Foundation to unveil the new sign in front of the museum.

"Dedicated to telling the story of anyone who has ever worn the Navy uniform, this building will do more than house history," said Cox. "The National Museum of the American Sailor will stand as a place for Sailors, Navy families and proud Americans to learn more about the Navy that serves them by using the history and experiences of our Sailors as the basis for its exhibits."

Cox and Stevens shared the news of the name change with attendees of the Naval Station Great Lakes July Fourth Celebration with a speech and video presentation Monday evening.

The National Museum of the American Sailor name change signals a shift in vision from a regional focus to one that depicts the diverse history of Sailors who have served in the U.S. Navy. The name change also reflects the interest of museum visitors, many of whom travel from across the country to attend the basic training graduations at the Navy's Recruit Training Command.



Photo by MC1 Eric Lockwood

From left to right, Capt. James Hawkins, commanding officer of Naval Station Great Lakes, Rear Adm. Stephen C. Evans, commander of Naval Service Training Command, Master Chief Petty Officer of the Navy Mike Stevens, Samuel Cox, director of the Naval History and Heritage Command, David Torma, a board member of the National Museum of the American Sailor Foundation, North Chicago Mayor Leon Rockingham, Robert Bied, president of the Great Lakes Naval Museum Foundation, and Jennifer Searcy, Ph.D., director of the National Museum of the American Sailor, unveil the new sign in front of the National Museum of the American Sailor, at Great Lakes, Ill. The Great Lakes Naval Museum was renamed the National Museum of the American Sailor in order to honor the diverse history of Sailors who have served in the U.S.

"What may appear as a simple name change to some, for me, marks a recommitment to my shipmates that as a Navy, and as a Nation, we honor the service and sacrifice of all American Sailors," said Stevens.

The National Museum of the American Sailor currently features exhibits on life in Navy boot camp, naval uniforms and traditions, the history of Naval Station Great Lakes, the role of diversity in the Navy and the role of women in the Navy. Over the next two years, the museum will expand its exhibits to introduce visitors to the overall history and role of the

U.S. Navy and the experiences of American Sailors in the past and today

"I am very excited for this 'new' museum, and I welcome you all to visit. Our nation's history would not be the same if it were not for the millions of American Sailors who have served in the United States Navy," said Cox.

The museum is located in Building 42 just outside the perimeter of Naval Station Great Lakes. Building 42, known as Hostess House, was built in 1942 and served as a visitors and reception center for almost one million American Sailors who came through Great

Lakes during WWII.

The former Great Lakes Naval Museum was dedicated on October 26, 1996 in Building 158 and opened to the public on October 13, 1997. It became an official Navy Museum in Building 42 in 2009, joining the Naval History and Heritage Command museum enterprise.

The National Museum of the American Sailor is one of ten museums in the NHHC enterprise.

Other museums include:

✓ National Museum of the United States Navy (Washington Navy Yard, DC)

- ✓ National Naval Aviation Museum (Pensacola, Florida)
- ✓ Hampton Roads Naval Museum (Norfolk, Virginia)
- ✓ United States Navy Seabee Museum (Port Hueneme, California)
- ✓ Submarine Force Library and Museum and Historic Ship NAUTILUS (Groton, Connecticut)
- ✓ Naval Undersea Museum (Keyport, Washington)
- ✓ Puget Sound Navy Museum (Bremerton, Washington)
- ✓ Naval War College Museum (Newport, Rhode Island)
- ✓ United States Naval Academy Museum (Annapolis, Maryland)

--From Naval History and Heritage Command

How to treat heat-related illnesses



IT'S HOT OUTSIDE!

STAY COOL. STAY HYDRATED. STAY INFORMED.

STOP
all activity and
get to a cool
environment if
you feel faint
or weak.

Drink from two to four cups of water every hour while working. Don't wait until you are thirsty to drink.

Avoid alcohol or liquids containing large amounts of sugar.

Schedule tasks for earlier or later in the day to avoid midday heat.

Wear and reapply sunscreen as indicated on the package.

Encourage co-workers to take breaks to cool off and drink water.



Centers for Disease
Control and Prevention
National Center for
Environmental Health

LEARN MORE
www.cdc.gov/nceh/extremeheat

During heat waves people are susceptible to three heat-related conditions. Here's how to recognize and respond to them.

Heat Cramps:

Heat cramps are muscular pains and spasms that usually occur in the legs or abdomen. Heat cramps are often an early sign that the body is having trouble with the heat.

- Get the person to a cooler place and have him or her rest in a comfortable position. Lightly stretch the affected muscle and gently massage the area.
- Give an electrolyte-containing fluid, such as a commercial sports drink, fruit juice or milk. Water may also be given. Do not give the person salt tablets.

Heat Exhaustion:

Heat exhaustion is a more severe condition than heat cramps. Heat exhaustion often affects athletes, firefighters, construction workers and factory workers. It also affects those wearing heavy clothing in a hot, humid environment.

- Signs of heat exhaustion include cool, moist, pale, ashen or flushed skin; headache; nausea; dizziness; weakness; and exhaustion.
- Move the person to a cooler environment with circulating air. Remove or loosen as much clothing as possible and apply cool, wet cloths or towels to the skin. Fanning or spraying the person with water also can help. If the person is conscious, give small amounts of a cool fluid such as a commercial sports drink or fruit juice to restore fluids and electrolytes. Milk or water may also be given. Give about 4 ounces of fluid every 15 minutes.
- If the person's condition does not improve or if he or she refuses water, has a change in consciousness, or vomits, call 9-1-1 or the local emergency number.

Heat Stroke:

Heat stroke is a life-threatening condition that usually occurs by ignoring the signals of heat exhaustion. Heat stroke develops when the body systems are overwhelmed by heat and begin to stop functioning.

- Signs of heat stroke include extremely high body temperature, red skin which may be dry or moist; changes in consciousness; rapid, weak pulse; rapid, shallow breathing; confusion; vomiting; and seizures.
- Heat stroke is life-threatening. Call 9-1-1 or the local emergency number immediately.
- Rapidly cool the body by immersing the person up to the neck in cold water, if possible OR douse or spray the person with cold water.
- Sponge the person with ice water-doused towels over the entire body, frequently rotating the cold, wet towels.
- Cover the person with bags of ice.
- If you are not able to measure and monitor the person's temperature, apply rapid cooling methods for 20 minutes or until the person's condition improves.

--From American Red Cross

What is sexual harassment? A form of sex discrimination that involves unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature when:

- a. Submission to or rejection of such conduct is made either explicitly or implicitly a term or condition of a person's job, pay, or career, or;
- b. Submission to or rejection of such conduct by a person is used as a basis for career or employment decisions affecting that person, or;
- c. Such conduct has the purpose or effect of unreasonably interfering with an individual's work performance or creates an intimidating, hostile, or offensive working environment.

IT'S YOUR TURN...

This week we asked, "What's your favorite summer Olympic sport, and why?"

By MC2 Chris Liaghat



AC2 Ashley King
Air Operations
"Discus, because I used to throw in high school."



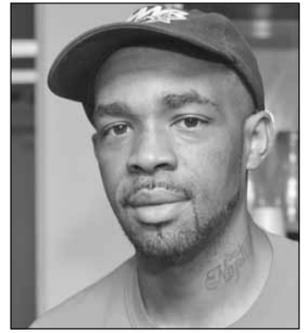
Courtland Johnson
Recreation Assistant
"Basketball, because they only showcase the most talented players in the world."



PFC Azekah Masih
MATTS-1 Student
"Soccer, because it requires lots of running and endurance. Plus everyone can play."



Anthony Lindsey
Sandtrap cook
"Olympic Basketball, I like basketball and I'm a fan of all the NBA stars."



Desmen Scott
Sandtrap head cook
"Track and Field, I'm a big fan of Jessie Owens."

Fleet & Family Support Center**Good credit, bad credit; big differences**

Good credit is more important than you might think. From getting a good job to renting an apartment, having good credit is essential. You've probably seen the goofy commercials about credit scores and reports, like the one with the couple that has to live in their parents' basement. The ads are supposed to be funny, but bad credit is far from funny when you think about how it can affect your life. Your credit affects: Buying or renting a house; getting a loan; applying for a job; finding insurance.

Relocations and deployments can be busy, chaotic times, and it can be easy to miss a couple of bill payments or wind up with some debt on your credit card. It might not seem like a big deal, but those two things can hurt your credit score the most.

Don't land on debt row. Make credit work for you by learning: How to master the basics of your credit; how credit may affect your life; what you can do to improve your credit; and how to report fraud.

Credit includes: name; birth date; Social Security number; current and previous addresses; employment information; and a record of all loans and credit accounts for the past seven years. Your credit score is usually a number between 300 and 850 that's based on your credit history, which includes: credit card activity; mortgage debts; car loans; amounts owed; missed payments; defaulted loans; and bankruptcy. Lenders, employers and landlords use this score to determine how risky it might be to loan money to you - meaning they decide whether or not you'll repay a loan. The higher your score, the lower the risk to them.

Believe it or not, bad credit impacts more than just your ability to use credit cards. Things you might face if your credit is bad are: Trouble finding a high-level or high-paying civilian job; loss of a security clearance; loss of pay and/or working hours; difficulty renting an apartment or house; limited access to credit; higher interest rates; trouble purchasing insurance; and difficulty applying for a cell phone.

Thanks to the Fair and Accurate Credit Transactions Act, you can get a free copy of your credit report once a year from each of the three main credit reporting bureaus: Equifax, Experian, and TransUnion. It's easy to get your report from AnnualCreditReport.com, the bureaus' official site for free credit reports. When you get your reports, look them over carefully for mistakes or possible fraudulent activity. Call the credit bureau if there's anything you don't understand or if anything

looks suspicious. Watch your back and protect yourself from fraud by monitoring your credit report regularly. For security reasons, you can't download your report from AnnualCreditReport.com if you're stationed outside the United States or deployed overseas. Order your report by mail by printing this form: Annual Credit Report Request Form.

There are ways to improve your scores. Check your credit report annually. There's no excuse for not checking your credit report when it's free for everyone once a year. Get in the habit of saving for the future. Budgeting for emergencies can keep you from going into debt during a bad time.

Record your monthly spending. Write down how much money you need each month for your monthly bills such as mortgage or rent, utilities, and groceries, and how much you spend on entertainment and clothing. Create a new spending plan. Subtract your monthly expenses from your monthly income to see what you have left. Use that number to figure out how much you can pay on your debt each month. Make a list of your "bad debts" and all the interest rates. Pay off the debt with the highest interest rate first while continuing to pay at least the minimum payment on each of your other debts.

If you have a poor credit rating, you may be tempted by claims from companies that offer to help you create a new credit identity or boost your score by removing bankruptcies, judgments and liens from your file. Don't take the bait. Credit repair services push a seemingly magical solution, but what they actually do is take your money and then fail to deliver on their promises. Unfortunately, there's no such thing as a quick fix when it comes to bad credit.

If you're having credit problems, it's not too late. You can repair your credit, though it's not a quick fix. As a service member, there are special protections for you and your family, including counseling on issues such as budgeting, spending plans, debt consolidation and much more. FFSC personal financial counselors can provide education and counseling services on topics such as credit use and abuse, spending plan development, debt liquidation, financial goal setting and more. Call 601-679-2360 to schedule an appointment and to find out what information you need to bring with you at the time of the appointment.

-- From FFSC Staff

FFSC Briefs

To register for any of the following workshops, please call the FFSC at 601-679-2360. The class may not be presented if no one registers, so make sure you call if you're interested! Can't make the scheduled time? Call anyway - the workshop facilitator may be able to work with you one-on-one, give you materials, or let you know when the class will be offered again. All classes held at FFSC (Building 405) unless otherwise noted

Troops to Teachers: "Transition to Teaching" Seminar

July 12 from 10:30 a.m.-noon

This briefing will cover eligibility and registration for the DoD TTT program. It will address funding and counseling services given by TTT state offices. The need for public school teachers will be addressed. Considerations and individual preparations for becoming a public school teacher will be discussed in depth. It will include gaining teaching experience, requirements for teacher certification, and obtaining employment.

Transition GPS Seminar

July 18-22 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 & federal), veterans' benefits, pay & travel, movement of household goods, TRICARE, emotional transition to separation, financial planning, forms & documents, benefits & services, military obligations, and more.

Boots to Business (Entrepreneurship):

July 25-26 from 8 a.m.-4:30 p.m.

This two day entrepreneurial class, taught by a SBA Representative/SBA Resource Partner will educate participants on business fundamentals and guide them through an initial feasibility analysis of their business concept. Open to spouses.

Mass Communication Specialists celebrate 10 years since rating merger

By MC1 Peter Lewis and
MC2 Charlotte Oliver
Defense Media Activity

Navy mass communication specialists from around the globe gathered at the Defense Information School (DINFOS) on Fort George G. Meade in Maryland, June 30, to celebrate the 10th anniversary of the establishment of the MC rating.

On July 1, 2006, four Navy media ratings - photographer's mate (PH), journalist (JO), illustrator draftsman (DM) and lithographer (LD) - were merged, establishing the mass communication specialist, or MC, rating.

Chief of Information (CHINFO) Rear Adm. Dawn Cutler congratulated the MCs on 10 years of continued excellence, in a written statement, which was read by Lt. Cmdr. Cynthia Fields, DINFOS Navy Element commander.

"I am incredibly proud of what you all have accomplished in these past 10 years," Cutler's message read. "Your creativity and your ability to communicate - to tell compelling Navy stories - amazes me. Your professionalism, your dedication to the Navy mission, and love for the craft is evident by all who see your work. Keep setting the course and the pace. Happy 10th anniversary MCs."

Retired Master Chief Mass Communication Specialist Terry Cosgrove, who served as the senior enlisted advisor (SEA) to CHINFO at the time of the MC merger, served as the event's guest speaker. He gave words of advice to the next generation of mass communication specialists.

"To the MCs that are in attendance, those of you that are in school and working your way through the system, you're about to embark on the greatest journey of your life," said Cosgrove. "I would highly recommend

that you have some kind of a recording device with you at all times, because you'll be a witness to the greatest stories, and you're the ones that are tasked with recording that. It's really a rare and privileged opportunity to be the person that gets to see that from the inside and record those stories and put them out so that the audience - which is the American public - can see them."

Master Chief Mass Communication Specialist Jon McMillan, CHINFO's current SEA, spoke about of the rating's enduring importance to the Navy.

"Throughout time, no matter what technological revolution occurred, humans have relied on stories to teach, motivate and inspire," said McMillan. "So, no matter what happens in the near or far future, the Navy will always need talented storytellers. The tools may change over time. The focus of our efforts may also change, but the need for the story does not. So happy anniversary MCs. Continue to find, tell and share incredible stories, push the boundaries of our tools and our craft, and I can't wait to see what you all will do with the next 10 years."

When then-Chief of Naval Operations Adm. Mike Mullen made the announcement of the rating merger in 2006, it brought together knowledge and talent from thousands of Sailors into one rating.

PHs led in the visual arts. Their images hang on walls in government buildings across the globe. JOs served as writers and the original Navy news anchors, videographers and radio DJs. That colorful, detailed image of your command crest was most likely designed by a DM. From layout to print to the production of mission essential forms, air plans, flight packs, plans of the day, and qualification booklets, the LI was responsible. Today, the MC does all this and more, and will continue this legacy of excellence into the future.

Donuts for Dads

Submitted photo

ABE3 Michael Barnett, accepts a donut and orange juice from Pam Litton and Kathleen Fryar, both from Fleet and Family Support Center. FFSC hosted Donuts for Dads June 24 in the lobby of the Administration Building.

Off limits establishments in Meridian:

- The Underground, 1310 Bonita Lakes Circle**
- Meridian Underground Music Exchange, 2220 8th Street**
- Club Flame Throwers, 276 Hawkins Crossing**
- Club Fusion, 1644 32nd Street**

Nitze Sailor among first enlisted women on submarines

By MC3 Casey J. Hopkins
USS Dwight D. Eisenhower Public Affairs

Fire Controlman 2nd Class Jessica Staley, assigned to guided-missile destroyer USS Nitze (DDG 94), is on the doorstep of history.

Like many Sailors, Staley, originally from Scobey, Montana, joined the Navy to travel the world and get an education.

"I wanted to be on submarines when I joined, but it wasn't available [for women] at the time," Staley said.

That all changed in January 2015 when the Navy announced enlisted women would be eligible to cross-deck to Ohio-class ballistic missile submarines (SSBN), Ohio-class guided-missile submarines (SSGN) and Virginia-class attack submarines (SSN) after allowing female officers the chance to serve on submarines in 2011.

Selection to the program was no easy feat. Staley had to submit three years-worth of evaluations, physical readiness test results, awards, letters of recommendation, complete a submarine physical and be evaluated by a board.

"My chain of command has been awesome," Staley said. "I have gotten letters of recommendation from both captains and command master chiefs that I have served under since reporting to Nitze."

Staley's chain of command was there to support and assist with questions she

had regarding the submarine force.

"Since this program is so new, there were a lot of things that I was uncertain about, and my chief and leading petty officer (LPO) used their connections to help me get answers," Staley said.

Before cross-rating, Fire Controlman 1st Class Mario Grau, Staley's LPO, was a fire control technician (FT) stationed aboard Ohio-class ballistic-missile submarine USS Wyoming (SSBN 742).

"Our chain of command has been extremely supportive of FC2's (Staley's) conversion to FT, from the captain on down," Grau said.

Staley was Nitze's Junior Sailor of the Quarter and is an extremely intelligent and self-motivated candidate for submarines, Grau explained.

Staley will report to Basic Enlisted Submarine School in October and start FT "A" School late December. Upon completion of "A" school, she is set to report to the Ohio-class guided-missile submarine USS Florida (SSGN 728), homeported in Kings Bay, Georgia.

When asked if she had any advice for women who wanted to follow in her footsteps, Staley said, "Be persistent, and do not give up. Know that there will be people that will try to dissuade you; listen to them and respect their opinions, but if it is something that you truly want to do, go for it and do not let anything or anyone stand in your way."



Photo by MC3 Casey J. Hopkins

Fire Controlman 2nd Class Jessica Staley, assigned to the guided-missile destroyer USS Nitze (DDG 94), installs parts on a Next Generation Peripheral. Nitze, deployed as part of the Eisenhower Carrier Strike Group, is conducting naval operations in the U.S. 6th Fleet area of operations in support of U.S. national security interests in Europe.



Submitted photo

Lt. Cmdr. Kenneth Padgett, left, NBHC Meridian officer-in-charge, presents HMC Rebecca Bauer her certificate of honorable discharge during her reenlistment ceremony at the clinic June 17. The clinic staff also celebrated the birthday of the Navy Corpsman.



Photo MC2 Chris Liaghat

Air Traffic Controller 2nd Class Krista Lihman, right, receives the reenlistment oath from Lt. Lance Breeding during her reenlistment ceremony in the Air Operations building, June 23. Lihman reenlisted in the U.S. Navy for four years.

Meridian Votes 2016

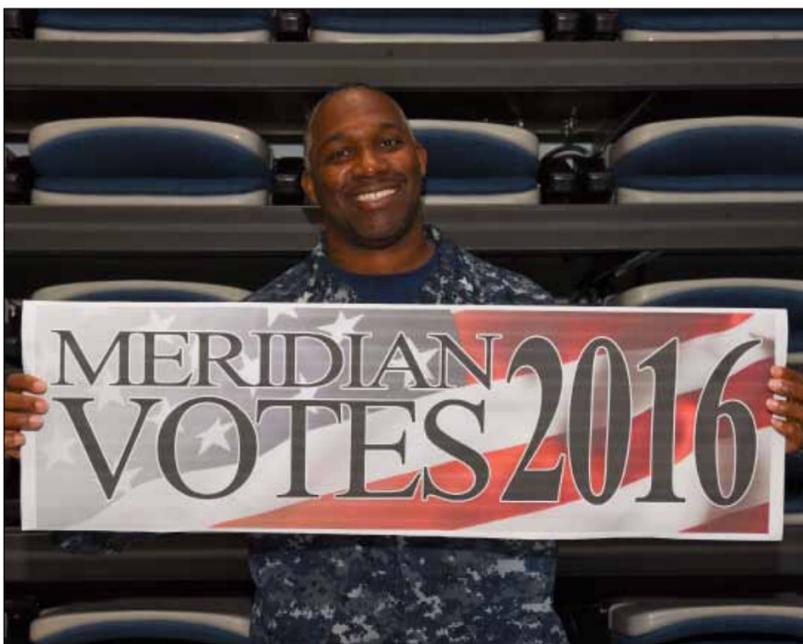


Photo by MC2 Chris Liaghat

LS1 Trillshun Bacon, assistant voting officer for NAS Meridian, helped raise awareness during Meridian Votes campaign from June 27-July 1. The Federal Voting Assistance Program works with military members and overseas citizens to raise awareness and offer guidance on the registration and voting process. You can fill out the FPCA online at <http://www.fvap.gov>, you must then print it out and mail it in to complete your voter registration.

CONTACT Military 24/7 OneSource

Stateside: 1-800-342-9647
Overseas: 00-800-3429-6477
Overseas Collect: 1-484-530-5908

visit militaryonesource.com

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