

THE SKYLINE

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Volume 54, Number 13

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June 23, 2016

On Base...

✓ **Freedom Fest**
June 24 from 5-9 p.m.
No pets please. There will be fireworks, live music, interactive play area; open to all eligible MWR patrons. For information, call 601-679-2526.

✓ **Meridian Commissary offers "Early Bird Hours"**
Self service checkout lanes will be open during this time for limited checkout of 20 items or fewer.
Early Bird Hours: Tuesday-Friday at 9:30 a.m.; Saturday at 8:30 a.m.

✓ **Summer Reading Program**
Wednesdays from 1-2 p.m. through July 8 at the Andrew Triplett Library. There will also be family geocaching. For more information, call 601-679-2326.

✓ **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

June 23
1812 - During the War of 1812, Commodore John Rodgers leads a squadron onboard USS President off New York until she battles HMS Belvidera. The first shot of the War of 1812 is fired by USS President during this engagement.

1861 - During the Civil War, the Confederate Navy begins reconstruction of ex-USS Merrimack as the ironclad CSS Virginia at Gosport (Norfolk) Navy Yard, Va.

1933 - USS Macon (ZRS 5) is commissioned. Less than two years later, Macon crashes during a storm off Point Sur, Calif., ending the Navy's program of rigid airship operations.

1942 - While on a routine search, a PBY rescues the crew of S 27 (SS 132) at Constantine Harbor, Amchitka, Aleutian Islands.

--www.history.navy.mil

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

Giordano selected as next MCPON

The chief of naval operations (CNO) announced the selection of the 14th master chief petty officer of the Navy (MCPON) June 9, during an all hands call in Newport, Rhode Island.

CNO Adm. John M. Richardson said Fleet Master Chief Steven S. Giordano will take charge from MCPON Michael D. Stevens Sept. 2, during a change of office ceremony at the Washington Navy Yard.

"This was a very hard decision, perhaps the hardest I have made since becoming CNO," said Richardson. "Every nation around the world seeks to replicate the role played by U.S. Navy chief petty officers. After spending some time with our fleet master chiefs, it's crystal clear why. Each is superb in their own unique way. They really are the perfect blend of experience and professionalism, with little difference in their impressive resumes."

"As we encounter increased competition around the globe, the nation needs a capable and ready Navy today more than ever. Master Chief Giordano will play a central role in leading our team through the challenges and opportunities of today and tomorrow," said Richardson.

● **MCPON, page 8**



Photo by MC3 Mat Murch

U.S. Naval Forces Europe-Africa Fleet Master Chief Steven S. Giordano talks and answers questions from Sailors on the mess deck aboard the guided-missile destroyer USS Donald Cook (DDG 75). Giordano was selected to be the 14th Master Chief Petty Officer of the Navy by Chief of Naval Operations Adm. John M. Richardson in June.

IN YOUR FACE!



Photo by MC2 Chris Liaghat

MA1 Marqurell Harris sprays a Sailor with oleoresin capsicum (OC) spray during a security training evolution on board NAS Meridian. After receiving an OC spray, Sailors were required to demonstrate force compliance techniques at five stations to successfully complete the training to become a member of the Auxillary Security Force (ASF). To date, about 40 Sailors and Marines have completed ASF training.

NTTC welcomes new executive officer

From Staff Reports

Naval Technical Training Center Meridian welcomed a new executive officer, Lt. Cmdr. Mary C. Decker April 26.

Decker is the daughter of United States Air Force veterans of the Korean War. She holds a bachelor of science in liberal studies (administration and management) from Excelsior College, and a senior professional human resources certification. Decker enlisted in the Navy in 1986 and attended basic training at RTC, Orlando, Fla., and Electrician's Mate "A" School in Great Lakes, Ill., She converted from electrician's mate to Navy counselor in 1995.

Decker served her enlisted sea tours aboard the USS Yellowstone (AD 41), with two deployments to the Mediterranean Sea and Indian Ocean; USS Emory S. Land (AS 39) where she was selected as the Navy-wide 1997 Career Counselor of the Year; USS Abraham Lincoln (CVN 72); while on Lincoln, she deployed to the Persian Gulf in support of Operations Enduring Free-



Submitted photo

Lt. Cmdr. Mary Decker joined NTTC team as executive officer in April. She begin her Navy career as an electrician's mate and received her commission through the LDO program in 2003.

dom and Iraqi Freedom.

In 2003, she was commissioned aboard the Lincoln as an ensign

under the Limited Duty Officer Program/6410 and in 2015, she redesignated to human resources officer.

Decker has served in shore assignments with Commander, Joint Staff, Lajes AFB, Terceira, Azores, J1 and Manpower and Personnel Officer; Commander, Training Air Wing Four, N1 and Contracting Officer Representative for Administrative Contracts; Commander, Naval Mine and Anti-Submarine Warfare Command, Flag Secretary and N1 Assistant Chief of Staff and Commander, Mobile Mine Assembly Group, N1. She completed enlisted shore assignments at Port Operations, Little Creek, Va.; Norfolk Naval Station during Desert Shield and Desert Storm as Educational Services Assistant and Family Care Policy Assistant; Shore Intermediate Maintenance Activity, Little Creek, as Electrical Planner and Estimator; and Naval Ocean Processing Facility, Whidbey Island, Wash., as N1 Leading Chief Petty Officer and Command Career Counselor.

In 2010, Decker completed an Individual Augmentee (I/A) deployment to Joint Task Force, Guantanamo Bay, Cuba as J1/JIG Headquarters and Headquarters Support Detachment Commander. Upon completion of I/A, Decker reported to Commander, Navy Installations Command and stood up Personnel Support Detachment, Joint Base San Antonio, Texas, where she served as the first officer-in-charge (OIC). After completion of her OIC tour, she reported to Deputy, Assistant Secretary of the Navy, International Programs, Washington Navy Yard, where she served as the Staff Administration Officer.

Decker's decorations include the Meritorious Service Medal, Joint Commendation Medal (two awards), Navy Commendation Medal (three awards), Navy and Marine Corps Achievement Medal (five awards), Good Conduct Medal (four awards) and various unit and campaign awards. Decker has completed numerous Navy Service Schools and is a certified counselor through USMAP/NAPP.

Look Inside



~ Page 2 ~
NOSC holds awards quarters



~ Page 8 ~
CVN's conduct dual flight operations in Pacific



~ Page 10 ~
John Stewart plays at Warrior Games

Photo of Week



Photo by MC3 Joseph Newman

Sailors observe a MV-22B Osprey from Marine Operational Test and Evaluation Squadron 1 as it makes its approach to the aircraft carrier USS Carl Vinson (CVN 70) flight deck. The Osprey is being evaluated to be the replacement for the C-2A Greyhound as the singular logistics platform on an aircraft carrier for future carrier on-board delivery operations.

Area Happenings

JUNE

25: Mayor's Cup Golf Tournament from 9 a.m.-5 p.m. at Lakeview Golf Course. All proceeds go to Care Lodge of Meridian. Three person scramble \$120 per team; hole sponsor \$150. Event limited to first 30 teams. Registration forms available at Lakeview Golf Course. For information, call 601-692-3922.

JULY

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

4: City of Meridian 4th of July celebration from 6-10 p.m. Join the City of Meridian's July 4th Celebration at Bonita Lakes. Live music featuring Steve Wilkerson and Friends, food vendors, and a fireworks display at 9 p.m. Family fun for everyone. Free shuttle boarding at the Tuesday Morning parking lot at the mall starting at 5:30 p.m. For information, call 601-485-1944.

9-10: 27th Annual Jimmie Sandusky Golf Tournament from 9 a.m.-5 p.m. at Lakeview Golf Course. Two-person scramble with cash prizes awarded to first, second, and third place. Food & drinks on both days. For information, call 601-693-3301.

16: LeAnn Rimes at 7:30 p.m. at the MSU Riley Center. Pre-show party starts at 6 p.m. LeAnn Rimes, a native of Jackson, Miss., has 44 million albums sold, two Grammy Awards, three Academy of Country Music Awards, and 12 Billboard Music Awards. For information, call 601-696-2200.

25: Scoot McQuaig and the Tomcats from 9 p.m.-1 a.m. at the Brickhaus, in downtown Meridian. Admission is \$5; for information, call 601-490-5242.

29: Hwy 80 Songwriters Fest from 7-11:30 p.m. at Weidmann's, Brickhaus and ECHO Downtown. The Hwy 80 Songwriters Fest aims to expand the songwriter's platform and territory; provide education in the songwriting craft for songwriters of all ages and levels of expertise; build and support the creative economy in West Alabama and East Mississippi; and to ignite the public's understanding and appreciation for songwriters and their craft. For information, call 601-880-1089.

30: Hamasa Shrine Shrimp Boil starts at 10 a.m. at the Hamasa Shrine P-nut Shed in Marion. All you can eat boiled shrimp \$30; boiled shrimp by the pound at market price; adult plates of boiled or fried shrimp \$10; and children's plates boiled or fried \$5. Potatoes and corn included -- so bring the whole family. All you can eat and by the pound boiled shrimp are pre-order only. For information, call 601-644-0362.

ONGOING

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

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

What's on your mind...



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The Skyline ~ Naval Air Station Meridian, Miss.

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Executive Officer ~ Cmdr. Robert Michael II	Public Affairs Specialist~ Adam Prince
Command Master Chief ~ CMDM Jonas Carter	Staff Writer/Photographer ~ MC2 Chris Liaghat

Hotlines & Helpful Numbers

SAPR Victim Assistance: 601-604-3037
SAPR Civilian Victim Assistance: 601-486-3122
SARC: 601-481-4274
SAFE Helpline: 877-995-5247
Suicide Hotline: 800-273-8255
Military OneSource: 800-342-9647
CEAP (DoN Civilian): 844-366-2327
EAP (NAF Civilian): 800-932-0034
FFSC Meridian: 601-679-2360
Chaplain: 601-604-2015
NMCRS Duty Cell: 601-604-2206
EEO (NAF): 866-295-0328
EEO (GS): 904-542-2802

NATIONAL SAFETY MONTH 2016



Reach for safer medicine

Every day we make decisions that have a direct impact on our health. Making smart food choices and exercising regularly can help keep us in shape and avoid risky parties. However, if an injury does occur, we can't afford to let our health slip when deciding what medications to take.

Prescription painkillers such as Oxycodone, Percocet and Vicodin account for more drug overdoses than heroin and cocaine combined. These legally obtainable drugs are highly addictive and actually less effective than a combination of ibuprofen and acetaminophen.

What Are the Signs of Opioid Painkiller Addiction?

It's not always easy to tell if someone is addicted to opioid painkillers. Experts say common symptoms include:

- Excessive mood swings or anxiety
- Sleepiness
- Slurred speech
- Confusion or poor decision making
- Small pupils or shallow breathing
- Continually "losing" prescriptions so more must be written
- Seeking prescriptions from more than one doctor
- Stealing, forging or selling prescriptions

Should You Work or Drive While Taking Opioid Painkillers?

Certain side effects of opioid painkillers could hinder your ability to drive or work safely. These side effects include:

- Dizziness
- Sleepiness
- Blurred vision
- Confusion or unusual thoughts
- Drowsiness
- Difficulty following directions

Talk to Your Family About the Risks of Opioid Painkillers

- Discuss the dangers of mixing prescription drugs with alcohol
- Explain how painkillers are made from opioids, which are similar to heroin
- Talk to grandparents and teenagers about how to safely store their medications
- Secure any opioid painkillers, sedatives, sleep medications or stimulants in a locked drawer or container

Keep Young Children Safe Around Medications

- All medicines and vitamins should always be kept up and away and out of a child's reach
- Practice safe medicine storage and removal houseguests to keep purses, bags or coats up and away when in your home

FAST FACT:

Every day, 52 people die from prescription opioid overdoses.

Source: CDC analysis of NIOSH mortality data

GREEN CROSS TIP:

Make sure to tell your doctor if you have certain health conditions, including:

- OPIO (opioid) obstructive pulmonary disease
- Sleep apnea
- Depression or anxiety
- Personal or family history of addiction or substance abuse

Navy reviewing enlisted rating titles

In order to be as inclusive as possible and reflect that all Navy occupations are open to men and women, Secretary of the Navy Ray Mabus recently met with his leadership team to discuss the service's enlisted rating titles review.

During the meeting, senior Navy leaders, including Chief of Naval Operations Adm. John Richardson and Master Chief Petty Officer of the Navy Mike Stevens, agreed to develop a new approach to enlisted ratings that provides greater detailing flexibility, training and credentialing opportunities, is more gender inclusive, and ultimately translates Navy occupations more clearly to the American public.

"As we move to achieve full integration of the force, mirroring more closely the nation that we defend, this is an opportunity to update position titles and descriptions to be more inclusive and better translate occupation and skill sets to prospective employers when Sailors and Marines leave the service," said Mabus.

The Navy will establish a second working group comprised of senior leaders from throughout the fleet to study how potential changes to rating titles may affect related personnel policy issues. Results of that review are expected to be completed and announced later this fall.

"This is an important opportunity for the Navy," said Stevens. "We have a chance to pour a foundation that will last for decades to come."

As the Navy implements several personnel policy changes as part of its Sailor 2025 program, senior leaders expect the results of this review to allow more flexibility in detailing Sailors, provide greater training and credentialing opportunities, and help Sailors become more marketable to civilian employers once they leave the service.

They also envision a point where some combinations of today's rates, with similar training and experience, can quickly and easily cross into the occupations of other similar rates with a limited amount of additional training or experience. This has the potential to enhance career flexibility and detailing options for our Sailors, while also improving "fit" - our ability to get the right Sailors with the right skills into the right billets across the Fleet.

The chief of naval personnel/N1 will lead the Navy's implementation efforts.

Throughout the Navy's 241-year history, there have been more than 700 rating name changes for Sailors.

- From Chief of Naval Personnel Public Affairs



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Congratulations NOSC Sailors



Submitted Photos

Above: Cmdr. Del Gray, commanding officer of Navy Operational Support Center Meridian, has his new shoulder boards placed on by his sons, during his promotion ceremony June 11. Rear Admiral Davis was the promoting officer. Right: During the drill weekend of June 10-12 at Navy Operational Support Center Meridian, Rear Admiral W. Kent Davis, Vice Chief of Information, conducted an awards, re-enlistment, frocking and promotion ceremony. Those honored were ET1 Garry Compton and BU3 Rodrick Eddie, who both re-enlisted, and the following personnel were promoted Cmdr. Del Gray, ET1 Anthony Shepler, AM1 Billy Davis and CE2 Charlette Smith. Davis also conducted a town hall question and answer session where he gave an up-to-date brief on current events, changes, and issues affecting the Navy. His comments centered on guidance that the CNO has recently released.



Photo by Tom Childress

Cmdr. Michael Moran, right, commanding officer, Naval Technical Training Center Meridian, frocks Chief Electrician's Mate Gerard Denne to senior chief on June 8.



Photo by MC2 Chris Liaghat

ABE2 Ladarrius Robinson, right, receives a certificate of reenlistment from Lt. Joe MacDonald, aviation safety officer, on board NAS Meridian, June 7.

NAS Meridian Sailors and civilians of the Quarter



ACAA Skylour Tatum
Blue Jacket of the Quarter



AC2 Shad Riley
Junior Sailor of the Quarter



AC1 Robert Fryar III
Senior Sailor of the Quarter

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Mearlon Coleman
Junior Civilian of the Quarter



Joshua Henry
Senior Civilian of the Quarter

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Secretary of the Navy visits USS Mason for biofuel RAS

By MC3 Janweb B. Lagazo
USS Mason Public Affairs

Secretary of the Navy Ray Mabus, along with Deputy Assistant Secretary of the Navy for Energy Joseph M. Bryan and Chief of the Italian Navy Adm. Giuseppe De Giorgi, visited guided-missile destroyer USS Mason (DDG 87) to observe the ship's role in the Great Green Fleet (GGF) initiative, June 16.

During Mabus' visit, Mason, along with elements of the Dwight D. Eisenhower Carrier Strike Group (Ike CSG) and the Italian Navy's Flotta Verde conducted a replenishment-at-sea (RAS) with an alternative fuel blend between Mason and the Italian navy's oiler ITS Etna (A5326). This marks the first time a U.S. Navy warship received biofuels from a partner nation's naval oiler.

"There's really one goal -- sustainability," said Mabus, "There are also strategic goals to it. The main reason for doing this is to make us better warfighters and to make us a better Navy. It's to keep the vulnerability away because fuel can be used as a weapon. It's about having options before you get your fuel and what type of fuel you get. It gives us flexibility and it makes us better at what we do."

In 2009, Mabus announced energy goals to reduce the Department of the Navy's consumption of energy and reliance on foreign oil sources while ambitiously increasing the use of alternative energy sources.

"The RAS is definitely an important event for our country," said Cmdr. Christopher J. Gilbertson, commanding officer of Mason. "To be the first ship to receive biofuels from a counterpart nation, and realize the agreement made two years ago so quickly is significant. Enabling our nation's independence from foreign oil and providing a means for our ships to go farther and stay on station longer in support of our missions is critical."

GGF is a DoN energy conservation initiative that utilizes energy efficient systems and fuels during operational missions to highlight the Navy's commitment to alternative energy as a key factor to combat capability and energy security. Mason recently demonstrated its commitment to energy efficiency by scoring above



Photo by MC2 Armando Gonzales

Secretary of the Navy (SECNAV) Ray Mabus, left, observes an underway replenishment with Adm. Giuseppe De Giorgi, chief of the Italian navy, while aboard the guided-missile destroyer USS Mason (DDG 87). This was the U.S. Navy's first underway replenishment where the fuel was made from alternative sources and transferred from a partner nation's ship. The Italian navy auxiliary ship ITS Etna (A5326) provided Mason with biofuel, made from waste fat beef and inedible vegetable oil, as part of the Great Green Fleet initiative.

ship-class average in several key areas of energy efficiency.

Mabus commented the benefits outweigh any cost associated with the initiative.

"A \$2.26 per gallon cost for biofuel is a competitive price," said Mabus. "The engines won't notice and it will be as if we were using traditional fuels."

Mabus continued to say the side effects include "a smaller carbon footprint" that continue to make us "better stewards of the environment."

"Ike CSG is focused on energy conservation, whether it be minimizing how many engines are online at a time, using newly installed LED lighting throughout the ship, or using the biofuels provided by the Italian navy," said Gilbertson. "It's great to have that opportunity to be a representative of an initiative that's going to be around for a long time."

Mabus watched the RAS unfold successfully in the pilot house and adjoining bridge wings along with de Giorgi.

"We routinely operate with other navies," said Gilbertson. "It shows our support for their aims, it shows our support for increasing their regional security, and it shows our support for the global good. Working with allies provides greater access to maritime domain, provides greater security in the world's oceans, and allows commerce to flow more freely."

"It's what we do," said Mabus. "Presence. We're where we need to be and when we need to be there. We're growing our fleet and we're doing it pretty dramatically -- 308 ships by 2021. We're going to have that presence. We're not changing the status quo. Not since World War II have we had a dominant Navy keep the sea lanes open for everybody, not just

for us, but for every nation on this earth. That's what the United States Navy uniquely gives America."

Mason plans to make a port visit to Italy and hold a reception for several key delegates and representatives to further emphasize the United States' partnership with Italy and its commitment to energy conservation technologies.

"We are absolutely honored to have Secretary Mabus aboard," said Gilbertson. "It speaks volumes about Mason and her crew because they have a great reputation. Secretary Mabus enjoyed his visit and will remember it for a long time. The crew has worked hard for this, spirits are up, and we are looking forward to making our first visit of the deployment in Italy."

Mason, aircraft carrier USS Dwight D. Eisenhower (CVN 69) (Ike), guided-missile destroyer

USS Roosevelt (DDG 80), and guided-missile cruiser USS San Jacinto (CG 56) comprised the Ike CSG elements of the Great Green Fleet. The Italian Navy's Flotta Verde consisted of ITS Etna, Italian stealth frigate ITS Cigala (P490), ITS Stromboli AOR, landing platform docks ITS San Giorgio (L9892) and ITS San Marco (L9893), guided-missile destroyers ITS Andrea Doria (D553) and ITS Duilio (D554), and Bergamini-class frigates ITS Bersagliere (F584) and ITS Carlo Margottini (F592).

Along with Mason, Ike CSG consists of Ike, squadrons of Carrier Air Wing (CVW) 3, Destroyer Squadron (DESRON) 26 staff, guided-missile cruisers USS San Jacinto (CG 56) and USS Monterey (CG 61), and guided-missile destroyers USS Stout (DDG 55), USS Roosevelt (DDG 80) and USS Nitze (DDG 94).

Just listen: The full story of my amazing father

I stepped from airport baggage claim into the steamy Richmond sun, and found a bench at curbside pick-up. I hadn't seen my father in a while, and a twinge of nerves caught in my throat.

When in a good mood, Dad is fun, larger than life in every way. While watching his favorite sitcoms, his loud and uncontrollable laughter is infectious. Also, he has an uncanny ability to seek out the best restaurants, always over-ordering for the table, and insisting on paying the bill. But like many people, my father has a moody side. When in angry, he makes

it uncomfortable for everyone, especially those he loves the most. We had both traveled to Richmond for my cousin's wedding, and agreed to share a hotel room. Knowing my father was a man of extremes, I didn't know what to expect.

Suddenly, I heard three sharp blasts of a car horn -- then three more. I stood up to investigate, just as I heard the blasts again. They were coming from a car driven by my Dad. Good mood, I detected gratefully. I knew that the obnoxious greeting was my father's way of being playful.

I hopped into the passenger's seat, and while exchanging side hugs over the center console, I noticed that his skin was like crepe. Getting old, I thought.

"Okay," my father said in his characteristically domineering voice, "we don't have to be at the rehearsal dinner until six, so I thought I'd take you on a tour of Sandston." I knew the excursion to my father's hometown was more for him than me, but I was curious to see the setting of his upbringing.

"When I was a kid, this road seemed to go on forever," he said of Sandston's sleepy main drag. He pointed to a faded drug store sign, explaining that his nanny, Irene, used to take him there for iced cream. "She wouldn't go in with us, because she never wore shoes."

We turned slowly down Garland Avenue, and my father told me about the "creek" he

used to wade in, now a grassy ditch along the side of the road. Among the line of tiny steep-roofed houses, he pointed out the one he used to live in, where his parents divorced when he was only six years old. We rounded the corner to the school, and on to a small civil war cemetery, as my father told of being sent to Fork Union Military School at the age of ten.

For once, I let him do all the talking, and he told all the stories I'd heard before, and a few I hadn't. Something in me sensed that my father needed to reflect on his life, and the best thing for me to do was to listen.

"I was devastated," he commented about his father leaving. "I always wanted the kind of dad who would take me fishing, but he just wasn't that way... After my mother sent me to Fork Union, I held the record for the most runaway attempts. But eventually, the school became like family to me."

Later, in our hotel room, my father napped while I settled into a polite routine intended to minimize the awkwardness of the situation. Although we had visited each other many times over the years, sharing a hotel room was more chummy than we'd been in decades. But something in me sensed that my father simply needed a witness, not only to his stories, but to the advancement of his life.

Rather than armoring myself with defenses formed during rockier moments in our relationship, I opened myself to see my father as he was: a 73-year-old character with a unique story to tell. That weekend, I enjoyed his company, helping him with his buttons, brewing him coffee, researching local breakfast joints, and even plucking a particularly conspicuous white hair from his nose.

"This has been nice," my father said after breakfast at The City Diner on our final morning together. Grateful for having had the opportunity to get to know my father in the context of his full life story, I genuinely agreed.

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

COLUMN



Lisa Smith Molinari

Navy Housing

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MERIDIAN, MS 39305
HOURS: MON-FRI 7 A.M.-3:30 P.M.
PHONE: (601) 679-2520
EMAIL: MERIDIANHOUSING@NAVY.MIL



Pvt. Matthew Tuttle
MATSS-1 Student
Hometown: Owingsville, Ky.

OORAH!

Pvt. Marily Quizhpi
MATSS-1 Student
Hometown: Ossing, N.Y.

Pvt. Matthew Tuttle, 22, enjoys hunting, fishing, riding four-wheelers, and playing baseball.

Before joining the military, Tuttle worked in the construction industry for three years. He said he joined the Marines to serve his country and to give his wife and 2-month-old son benefits and a good life.

His most memorable moment since joining was graduating from recruit training, because he said it is the most challenging thing he has ever accomplished.

After graduating, Tuttle is looking forward to joining the fleet and doing his job. He hopes to be stationed in Hawaii where his uncle, a gunnery sergeant, is stationed.

Tuttle most admires his father, who he said taught him to have a good work ethic and manners.



Pvt. Marily Quizhpi, 21, enjoys playing both soccer and volleyball, because she said they are a great form of physical training that helps motivate her.

Quizhpi said she became a Marine because she wanted to make her family proud, and make herself proud.

Her most memorable experience was when she and her fellow Marines received their eagle, globe and anchor, earning them the title of United States Marine.

After graduating, Quizhpi is looking forward to traveling abroad where she is hoping to learn from working with different cultures.

Her older brother is someone she admires most and although he is not in the military, he is the person who encouraged her decision to join and has stood by her through it all.

Marine commanders prepare for integration

By Lance Cpl. Shellie Hall
1st Marine Division

In December 2015, Secretary of Defense Ashton Carter announced his decision directing that all services open all occupational specialties to service members regardless of gender. With previously closed units and combat arms occupations opening up for female Marines, training is being presented at major Marine Corps installations to ensure the integration goes smoothly.

Commanders and senior enlisted leaders of I Marine Expeditionary Force attended integration education training at the Marine Memorial Chapel and the Unit Event Center June 7-8.

The goal of integration education training is to ensure commanders and staffs are sufficiently educated and prepared to receive Marines of either gender by October 31 (active) and January 31, 2017 (reserve).

The deadlines will provide leaders the time to train their Marines prior to the arrival of female Ma-

rines into previously closed ground combat arms occupations and units.

"This training gives us the opportunity to go back and plan our training for our units and to get the actual truth out to our Marines so this integration is done responsibly and smoothly," said Maj. John Hunt, the executive officer of 3rd Battalion, 5th Marine Regiment, 1st Marine Division.

The subject matter experts from Headquarters Marine Corps reviewed policy changes and the USMC Gender Integration Implementation Plan, answered questions and corrected misinformation, and summarized changes to physical performance standards.

"It dispels a lot of the myths and reduces the ambiguity and uncertainty that is in any organization," Hunt said. "I think once you strip that away with this training, it opens the door significantly for those females to come in and be successful."

The instructors from the HQMC mobile training team trained and educated senior leaders through the

"train-the-trainer" method. This develops subject matter experts for each unit who can pass the information down the chain of command to the rest of the Marines.

"We're going to take this information back and develop our own period of instruction and then we will present that to all of the leadership," said Hunt. "They will facilitate small group discussion that is open, honest, and frank. Communication between Marines and their leadership is how we are going to do this."

The audience was nearly twice as large as the mobile training team expected and it shows that the leaders are on board, said Maj. Misty Posey, the plans officer with the Manpower Integration Office, Headquarters Marine Corps.

Upon completion of the training, instruction rating forms were given to the Marines in attendance to express their views of the how the information was presented and their thoughts on the overall experience.

"The feedback has been pretty positive," Posey said.



Photo by Lance Cpl. Shellie Hall

Maj. Misty Posey the Plans Officer with the Manpower Integration Office, Headquarters Marine Corps, educates an audience about the integration of female Marines into previously closed combat arms occupations and units at the Unit Event Center June 8.

"We're taking the feedback we get from one session and we make improvements before the next session."

The Marine Corps' proactive approach to educating its service members on these new policies is a testament to its determination to train and maintain the most effective

fighting force possible.

"I think, as long as the right people come to these training sessions with an open mind and an open heart about the transition, it will be beneficial," said Maj. Kahlilah Thomas, ground supply officer, Ammunition Company, 1st Supply Bat-

talion, 1st Marine Logistics Group.

"Overall, I think the integration of women into all jobs and units is beneficial because we have to pick the right talent for whatever the job is. Sometimes a female Marine may be the best candidate for a particular job."

EL PASO, TEXAS



Photo by Abigail Waldrop

A guided multiple launch rocket system (GMLRS) rocket is launched from a High-Mobility Artillery Rocket System, mounted on a truck, during exercise Iron Rage at McGregor Range, N.M. June 18. The rocket went just under 30 km, impacting about 5 meters from the target.

QUEENSLAND, AUSTRALIA



Photo by Lance Cpl. Osvaldo Ortega

Cpl. Jackson T. Allen, a rifleman, reaches for the next rope on an over-water obstacle course at Gallipoli Barracks, Queensland, Australia, June 7. The course is part of a three-day period of sustainment training to keep Marines in good physical condition during Marine Rotational Force - Darwin.

Safety & Energy Efficiency is Our Duty

Fireworks safety tips for Independence Day

With the Fourth of July fast approaching, whether you live on board NAS Meridian or out in the local community, fireworks safety is crucial.

The U.S. Consumer Product Safety Commission (CPSC) estimates that 10,500 people were treated for fireworks-related injuries and 11 deaths in 2014. That is an astounding number of injuries since the report was not 100 percent complete.

To ensure you or your family remains safe this fourth of July, follow these safety tips below:

1. Check local laws. Make sure that fireworks are legal where you live.
2. Fireworks are "PROHIBITED" on board NAS Meridian.
3. If they are legal, know what kinds are legal and what kinds aren't.
4. Don't let small children play with fireworks or set them off. Adults should either ignite the fireworks, or supervise older children who are doing it.
5. Read the warnings, rules and instructions. Then, after you read them, follow them to the letter.
6. Wear eye protection and keep all parts of your body out of the line of fire.
7. Make sure the audience is out of range of misfired or misdirected rockets and roman candles.
8. Set off the fireworks on a hard, flat surface away from anything flammable.



9. Wait several minutes before walking up to a firework that didn't go off. Don't try to relight duds or misfires. Soak them in water.
10. Have a bucket of water or a garden hose handy.
11. Buy fireworks from reliable retailers.
12. Never experiment with fireworks or try to make homemade ones.
13. Avoid storing fireworks for extended periods. If you must store them, keep them in a cool, dry place.
14. When the show is over, soak the expended fireworks and dispose of them in a trash container.
15. M-80s and "blockbusters" are not legal fireworks; they are dangerous, banned explosives. They are extremely dangerous. Avoid anything that isn't clearly labeled with the name of the product, the manufacturer's name and instructions for proper use.
16. If you attend a professional display:
 - You don't need to get close. The best view is from several hundreds yards away.
 - If debris falls nearby, don't touch it.
 - Leave pets at home. Dogs, in particular, can have their hearing damaged by the explosions.

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

Punta Creek Challenge
Mountain Bike Race
Saturday, July 23 - 9am
Registration Open June 6 - July 22
Register online @ www.navymeridian.com
or by calling (601) 679-2526



Speed Golf Tournament
Thursday, June 23 at 4:30pm
Registration available at event

Foot Golf Tournament
Tuesday, June 28 at 4:30pm
Registration available at event

Soccer
Registration: May 26 - June 26
Season Begins June 30
Matches played Mondays & Thursdays

Golf
Registration: June 1 - June 27
Season Begins July 5
Rounds played Tuesdays

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

June 24 - July 21 Group Exercise Schedule

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

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am-6am		Cardio Pump Beverly	Cardio Pump Beverly	Cardio Pump Beverly	Cardio Pump Beverly	Cardio Pump Beverly	
6am-7am		Kinetics Wellbeats™	Stomp Wellbeats™	Fit for Duty Wellbeats™	REV Wellbeats™	Fusion Wellbeats™	
7am-8am		Fusion Wellbeats™	Rev Wellbeats™	Vibe Wellbeats™	Stomp Wellbeats™	TKO Wellbeats™	
10:15am-11am	Triple Threat Erin						Triple Threat Erin
11am-12pm		Spin Beverly	Spin Beverly	Spin Beverly	Spin Beverly	Spin Beverly	
4:30pm-5:30pm	Boot Camp Erin	Boot Camp Evelyn	Boot Camp Evelyn	Boot Camp Erin	Boot Camp Erin	Boot Camp Erin	Boot Camp Erin
6:30pm-7:30pm		TRX (30 Min) Evelyn	TRX (30 Min) Evelyn	Triple Threat Erin	Triple Threat Erin	Triple Threat Erin	
8pm-9pm		Stomp Wellbeats™	Vibe Wellbeats™	TKO Wellbeats™	Fusion Wellbeats™	REV Wellbeats™	

Three new Navy training apps now available



Seaman Recruit Donald Shrupp uses an electronic tablet during a study period in his barracks at Recruit Training Command (RTC).

Photo by Scott A. Thornbloom

Three mobile apps designed for Navy basic military training became available for public download, June 16.

The three mobile training apps U.S. Military Rank & Reference, U.S. Navy Ratings & Reference, and Ships & Aircraft Training are part of the eSailor Initiative, and are presently being used by recruits on electronic tablets at Recruit Training Command (RTC), the Navy's only boot camp.

These training apps help today's recruits transform from civilian to Sailor. Available through the iTunes and Google Play stores, now fleet Sailors will be able to utilize these to continue their training throughout their career.

"This will provide an excellent opportunity for fleet Sailors to brush up on their Navy knowledge as well as for the public to learn about America's Navy," said

Rear Adm. Stephen C. Evans, commander, Naval Service Training Command (NSTC). "We are continuing to build on our mobile training technology and as we build more apps, they will continue to benefit present and future Sailors for years to come."

According to John Drake, director of NSTC's Strategy and Analysis (N5) directorate, the training apps will be beneficial to fleet Sailors looking to download and install apps on their personal devices.

"We thought the apps would be a big benefit to anyone wanting to know more about Navy ships and aircraft, military ranks and the 56 Navy ratings, or jobs," Drake said after seeing the success of mobile technology for new recruits.

Dave Driegert, the PMW 240 Mobility Team assistant program manager, believes these training apps will prove valuable to

how Sailors learn the skills and knowledge required in their jobs.

"It's a great education tool and ultimately in a medium that most young Sailors today would prefer to consume information in -- their phone or tablet," he said. "And the great thing about these apps is you don't need a Navy device to use them. You can download to any iOS or Android device."

The apps are a bring your own device (BYOD) tool designed to work on personal devices outside of the NMCI domain. Users can download the apps from the iTunes or Google Play at no cost.

The U.S. Navy eSailor Team produced the apps through Booz Allen Hamilton, in partnership with the U.S. Navy Sea Warrior Program and Tracen Technologies Inc., a company that specializes in integrated mobile and web solutions, who provided logistics and app hosting support.

--From Naval Service Training Command

Sale... Or

BOATS/CAMPERS/TRAILERS

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

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

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

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 ne-

MOTORCYCLES/GEAR/ATV

gotiated. Call or text for photos 812-219-9376.

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.

2007 Suzuki GSXR 1000, less than 7,000 mile garage kept. Orange and Black, no damage, \$7500. Call (601) 462-1043.

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. Available July 2015. 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. Pop-

lar 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 le-upold 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

IT'S YOUR TURN...

This week we asked, "What does Independence Day mean to you?"

By MC2 Chris Liaghat

**LS2 Robert Kennedy**
Galley LPO

"It's important to me and my family to celebrate our country's freedom."

**Olivia Martin**
Summer Intern

"A time to be together and celebrate with family, friends, and fireworks."

**LS1 Trillshun Bacon**
Admin/Supply LPO
"FIREWORKS!"**MA3 Shanasia Freeman**
Security Patrol

"It's a time to party and celebrate our independence."

**SH2 Tralana Griffin**
Instructor at NTTC

"Spending time with family and remembering those who fought for our independence."

Fleet & Family Support Center**Ten ways to be a better dad**

Children need both parents. Involved fathers can help children lead lives that are happier, healthier and more successful than children whose fathers are absent or uninvolved. Fathers who spend time with their children increase the chances that their children will succeed in school, have fewer behavior problems and experience better self-esteem and well being.

What you can do:

- ▶ Respect your children's mother. When children see their parents respecting each other, they are more likely to feel that they are also accepted and respected.
- ▶ Spend time with your children. If you always seem to be busy for your children, they will feel neglected no matter what you say. Set aside time to spend with your children.
- ▶ Earn the right to be heard. Begin talking with your kids when they are very young, and talk to them about all kinds of things. Listen to their ideas and problems.
- ▶ Discipline with love. All children need guidance and discipline, not as punishment, but to set reasonable limits and help children learn from natural or logical consequences. Fathers who discipline in a calm, fair and nonviolent manner show their love.
- ▶ Be a role model. Fathers are role models whether

they realize it or not. A girl with a loving father grows knowing she deserves to be treated with respect. Fathers can teach sons what is important in life by demonstrating honesty, humility and responsibility.

- ▶ Be a teacher. A father who teaches his children about right and wrong and encourages them to do their best will see his children make good choices. Involved fathers use everyday examples to teach the basic lessons of life.
- ▶ Eat together as a family. Sharing a meal together can be an important part of healthy family life. It gives children the chance to talk about what they are doing, and it is a good time for fathers to listen and give advice.
- ▶ Read to your children. Begin reading to your children when they are very young. Instilling a love for reading is one of the best ways to ensure they will have a lifetime of personal and career growth.
- ▶ Show affection. Children need the security that comes from knowing they are wanted, accepted and loved by their family. Showing affection every day is the best way to let your children know that you love them.
- ▶ Realize that a father's job is never done. Even after children are grown and leave home, they will still look to their fathers for wisdom and advice. Fatherhood lasts a lifetime.

- From FFSC Staff

FFSC Briefs

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

Transition GPS Capstone

July 5 from 9:30-10:30 a.m.

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

IA Spouse Discussion Group

July 5 from 11 a.m.-noon

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

Welcome Aboard

July 7 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, suicide prevention, medical, dental, Exceptional Family Member (EFM) Program, TRICARE, vehicle registration, on- & off-base driving regulations, legal services, community services, Chapel & other religious services, MWR, things to do at NAS & in Meridian, and more!

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

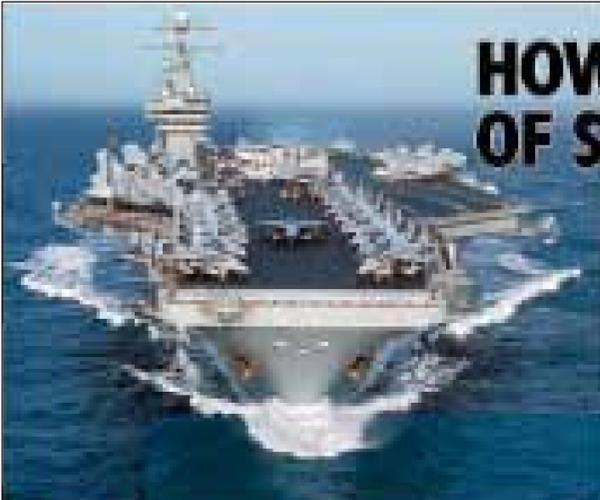
July 18-22 from 8 a.m.-4:30 p.m.

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.

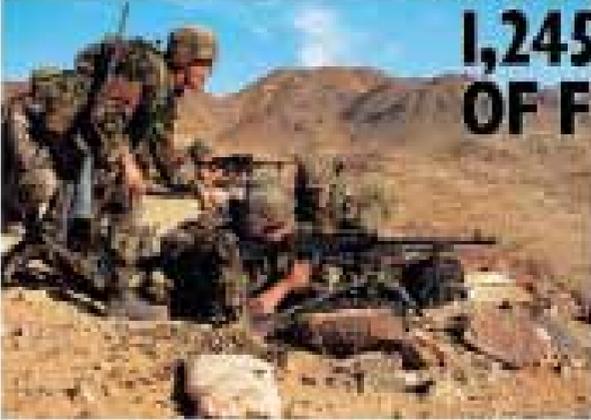
Boots to Business (Entrepreneurship):

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.



HOW 97,000 TONS OF SEA POWER



BECOMES 1,245 POUNDS OF FIREPOWER.

When America is threatened, the response must be quick and decisive. That can be a real challenge, especially when the danger is half-way around the world. Just being there can be half the battle.

That is when the Nation looks to the Team—the Navy/Marine Corps Team. Sailors and Marines are on watch, 24/7, ready to respond. And

when a crisis erupts, this team strikes from the sea, with precise Naval power and tough, well-trained Marines. From the sea to the fight—whether that fight's along the coast or 100 miles inland—that's the "Power of Teamwork."

For more information, or if you'd like to join the Team that stands watch around the world, visit our website.



NAVY/MARINE CORPS

THE POWER OF TEAMWORK

www.NavyMarineCorpsTeam.info

DoD Warrior Games begin with torch lighting, Vietnam vets tribute

By Shannon Collins
Defense Media Activity

The 2016 Department of Defense Warrior Games began yesterday evening when Army Capt. Kelly Elmlinger, with help from comedian Jon Stewart, lit the official torch during the event's opening ceremonies at the U.S. Military Academy here.

"Being selected to light the torch is as much an honor and privilege as competing for Team Army," Elmlinger said. "Finishing my Warrior Games career as Team Army captain and lighting the torch at the opening ceremony is by far the most amazing experience. It's humbling to see the support from the Warrior Transition Command throughout my time on Team Army, and I graciously thank them for allowing me to participate as torch bearer in this event."

About 250 wounded, ill and injured service members and veterans representing teams from the Army, Marine Corps, Navy, Coast Guard, Air Force, U.S. Special Operations Command and United Kingdom armed forces will compete in shooting, archery, cycling, track and field, swimming, sitting volleyball and wheelchair basketball here until June 21.

The Army's Golden Knights parachute team began the torch hand off to a representative of each military service branch. The Maj. Brian Seggie of the British army handed the torch off to U.S. Special Operations Command's Navy Lt. Ramesh Haytasingh and his son, Tobias, who carried the torch to medically retired Air Force Capt. Chris Cochrane. Navy Chief Petty Officer Ron Condry delivered it to Marine Corps Gunnery Sgt. Andrew Cordova, who then handed it off to medically retired Army Spc. Terry Cartwright.

"I was very honored to hand it off to Kelly Elmlinger," Cartwright said. "She's a great athlete, friend and mentor." Cochrane said he was honored as well.

"Since my strokes, I consider myself lucky," he said. "I feel like I have a 'golden ticket' and a second chance at life. This feels like I'm cashing in that ticket for the honor to lead my brothers and sisters on the team." Stewart said during the opening ceremony that he's uplifted by the tenacity displayed by the wounded, ill and injured athletes.

"[Considering the Orlando tragedy], this has been a difficult week for what I like to call 'Team Civilization.' The horrors we witnessed can make you feel as though you've lost faith in our ability to persevere through those times," he said. "When I say I'm in need of your support, there's almost nothing in this world that gives me more support than witnessing the tenacity, the resilience and the perseverance of our wounded warriors in their endeavors. They're the ones that make me feel like we're going to be OK."

Stewart said he brought his 11-year-old son, Nate, so he could meet the wounded warriors.

"People ask me, 'How do you talk to your kids about violence that occurs in this world?'" he said. "And I realized it's time to stop telling him about the rare individuals who do harm and tell him more about the people whose names we don't know and whose resilience and tenacity we can witness. That's why I'm here today. I'm here to show him that the depth and strength of those whose names you may never know is the depth and strength of this country, and is the depth and strength that will allow us to overcome."

Stewart, who has accompanied several USO tours overseas in combat zones, also has visited many times with wounded warriors at military hospitals.

"I've seen what these individuals have to go through. They have faced the worst that humanity has to throw at them, and they decided not to allow themselves to be defined by that act but to be defined by their actions following that act, their actions of getting up off that floor. I've seen the blood, sweat and tears they've gone through to get



Photos by EJ Hersom

Above: Army Capt. Kelly Elmlinger lights the 2016 Department of Defense Warrior Games torch during opening ceremonies for the games at the U.S. Military Academy in West Point, N.Y. Below: Comedian Jon Stewart poses for a picture with the Special Operations Command team. Approximately 250 wounded, ill and injured service members and veterans will compete for gold in eight sporting events from June 15-21.

here -- and the profanity. If you go to the physical therapy room at Walter Reed, there's a lot of profanity," he said with a smile.

"They do it with pride, and when they fall, their colleagues and their loved ones pick them up and don't let them give up, so I applaud the families and the caregivers here today," Stewart added.

Army Lt. Gen. Robert L. Caslen Jr., the U.S. Military Academy's superintendent, said he was honored the academy is hosting the DoD Warrior Games and quoted the inscription at the Wounded Warrior Memorial in Washington, D.C.

"It says, 'It's not what you lost that counts. It's what you do with what's left.' That's what these games are all about," Caslen said. "We're here to celebrate ability, to celebrate resilience and to celebrate the drive to overcome adversity. These games showcase the resilient spirit of these warrior athletes. They symbolize that all wounded, ill and injured service members and veterans can recover from serious injuries or illnesses and lead fulfilling, productive and inspiring lives."

"As these warrior athletes take the fields of friendly strife, they will show the world their indomitable spirit, their sportsmanship, their desire to excel, their tenacity and most importantly, their strength of character," the general continued. "These incredible men and women willingly answered their nation's call to service. They exemplify the very best of America. They embody the resilience, discipline, the mental and physical toughness to overcome adversity to achieve their goals."

Caslen had a special message for the athletes, families and caregivers.

"Athletes, you are a testament of strength, professionalism and dedication not only for the other survivors around the world, but also for all of us," he said. "You are our role models. You are our inspiration. You are our heroes. And to the family members and caregivers, your support of these athletes has been essential throughout their recovery and rehabilitation. You've been a vital source of encouragement and motivation to them and that will be just as important as they compete in these games over the next few days."

As a special surprise, the Golden Knights flew in a plaque that medically retired Army Sgt. 1st Class Howard Sanborn, a former Golden Knights member and



current Socom athlete, presented to retired Army Gen. Fred Franks, a Vietnam and Desert Storm veteran.

"On behalf of myself and all of my fellow wounded warriors, we would like to thank you for your service and the service of all Vietnam veterans," Sanborn said. "Your fight to remain on active duty after being wounded helped make it possible for current wounded warriors to continue to serve. It also helped develop adaptive sports programs to help aid in the rehabilitation. We deeply appreciate your efforts, and it's my honor to present to you the heart of the team medals. These medals represent the spirit of the Warrior Games."

Franks, who is a below-the-knee left-leg amputee, said he was very touched.

"I was very moved and am deeply appreciative and inspired to be here to receive something like this on behalf of all my fellow wounded warriors and in the company of such great Americans," he said.

During Desert Storm, Franks commanded the 7th Corps, leading 146,000 U.S. and British soldiers in an 89-hour, 150-mile attack as part of the coalition that liberated Kuwait from then-Iraqi dictator Saddam Hussein's forces.

"I felt honored and privileged to be able to do that as an amputee, but I wasn't thinking about being an amputee while that was going on, and that's the whole idea," Franks said. "You don't focus on that. It's not what you don't have; it's what you have that counts. It's getting back up and going on that count."

Summer is time to protect against mosquito-borne diseases

By Keith Hayes

Marine Corps Logistics Base Bartow

Summertime is historically the season in the High Desert and California when mosquito populations increase and with it the chance of contracting a mosquito-borne disease.

Doctor Karen Smith, the director of California Department of Public Health, said to reduce the chances of getting a mosquito-borne disease she advises citizens to wear long sleeve shirts and long pants when outside, remove standing water where mosquitoes can breed and use an approved mosquito repellent to avoid contracting vector-borne diseases.

She also advises that citizens should avoid traveling to countries with known Zika virus outbreaks.

The mosquito that carries Zika virus is not native to the United States but has been found in San Bernardino County and at least 11 other California counties.

The presence of the mosquito does not necessarily mean it is carrying the virus because it has to bite someone who has the Zika virus in their bloodstream



Photo by Keith Hayes

The Aedes Aegypti mosquito is one of two found in tropical climate countries which is capable of carrying the Zika virus. The mosquitoes are transported into this country by visitors.

to pass it on to another human being.

The Centers for Disease Control and Prevention notes Zika is not transmittable through the air but via blood, mother to child, and sexual contact.

The Zika virus itself causes flu-like symptoms similar to other influenzas including fever, rash, joint pain, conjunctivitis ("pink eye"), muscle pain, and headache.

Smith said there is a possible association between Zika and microcephaly (abnormally small head and brain) in newborns. It is suspected that women who get infected with Zika virus may pass the virus to the developing fetus if they are pregnant. However, there are many causes of microcephaly in babies, and whether Zika virus infection causes microcephaly has not been confirmed.

As of last month, there have been at least 20 reported cases of people infected with Zika virus in California including San Bernardino, Alameda, Fresno, Imperial, Kern, Los Angeles, Madera, Orange, Riverside, San Diego, San Mateo, and Tulare counties.

Smith said there is currently no vaccine to prevent Zika, but the symptoms can be treated as you would any influenza.

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