

THE SKYLINE

Celebrating
55
Years of
Training
Excellence

Volume 54, Number 12

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

June 9, 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 10 a.m.-12:30 p.m. from June 4-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 9 1882 - The Office of Naval Records of the War of the Rebellion (which later becomes part of the Naval History and Heritage Command) is established. The office is placed under the direction of James R. Soley, the Assistant Secretary of the Navy in the 1890s.

1959 - USS George Washington (SSBN 598), the first U.S. Navy nuclear-powered fleet ballistic missile submarine, is christened and launched at Groton, Conn. Her nuclear capability is removed in 1983, and she is classified as SSN 598 serving until 1985.

2007 - USS Kidd (DDG 100) is commissioned at Galveston, Texas. The 49th Arleigh Burke-class destroyer is named after Rear Adm. Isaac C. Kidd, who was killed in action onboard USS Arizona during the attack on Pearl Harbor.
--www.history.navy.mil

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

Remembering Battle of Midway



Photos by MC2 Chris Liaghat

Above: Sailors and Marines salute during the wreath laying ceremony to commemorate the 74th Anniversary of the Battle of Midway in front of the Naval Operational Support Center on board NAS Meridian, June 3. **Right:** Capt. Scott Bunnay, commanding officer of NAS Meridian, speaks at the ceremony. The Battle of Midway took place on June 4-7, 1942 and was considered the turning point for the United States in the Pacific theater during World War II.



Leaders' training released for new blended retirement system

The DOD has released the first of four online training courses that provides education about the military's new blended retirement system, which goes into effect Jan. 1, 2018.

The first training course is specially designed for leaders, so they can understand the new blended retirement system before service members are introduced to it. The Leader Course (J3OP-US1330) is posted to Joint Knowledge Online http://jko.jten.mil/courses/brs/leader_training/Launch_Course.html (common access card required) and will be posted to Navy e-Learning soon.

Three other web-based training courses for financial specialists, new accessions and those who are eligible to opt into the new system will be released in the coming months.

The National Defense Authorization Act (NDAA) for Fiscal Year 2016 established a new blended military retirement system that goes into effect Jan. 1, 2018. All currently serving Sailors are grandfathered into today's military retirement system.

● Retirement, page 3

NAS Meridian congratulates spring advancees



Photo by MC2 Chris Liaghat

NAS Meridian's spring advancees pose for a group photo at Air Operations during a frocking ceremony June 3. The following Sailors were frocked: ACCS Howard Welch, AC1 Michael Haney, AC1 Russell Vieman, AC2 Dean Chick, ABE2 Erron Ingram, AC3 Carl Moore, AC3 Lee Olivas, AC3 Cole Welch. Not pictured is MA1 Joseph Wooley.

Tenant commands spring advancees

NTTC:

EMCS Gerard Denne

NOSC:

ET1 Anthony Shepler

NBHC Meridian:

HM2 Nathan Cantrelle
HM2 Jephrey Prejusa
HM3 William Karr

June is National Safety Month

Look Inside



~ Page 2 ~
Blast into summer



~ Page 3 ~
17 aviators earn Wings of Gold



~ Page 5 ~
Marine Corps updates tattoo policy

Photo of Week



Photo by Cpl. Todd Michalek

U.S. Marine Cpl. Justin Arenas, a percussionist with The Commandant's Own, performs at Times Square in New York during Fleet Week. Marines, Sailors and Coast Guardsmen were in New York to interact with the public, demonstrate capabilities and teach the people of New York about America's sea services.

Blast into summer -- safely

By MC1 Stacy D. Laseter
Navy Region Southeast Public Affairs

The mercury is rising, hurricane season begins June 1, and beaches are buzzing. Summer is one flip on the calendar away, and that means it's time to take a minute and consider some personal safety tips. The is also the "101 Critical Days of Summer," a time when our Sailors and Marines are at a high risk of injury and death.

The Navy Safety Center defines the "101 Critical Days of Summer" as the period between Memorial Day and Labor Day. It is during this time of year more people are participating in events which could be hazardous if proper precautions are not taken.

According to Ron Williamson, the Navy Region Southeast safety manager, taking the time to focus on safety is important because lives can be at risk, and by targeting junior Sailors who are the most at-risk group, lives may be saved.

"The main targets we do for the stand downs are the active duty Sailors, E-3 to E-5, who make up 86 percent of accidents, but the information is good for everybody," said Williamson.

Last summer, 26 Sailors and Marines lost their lives. Eighteen deaths were traffic mishaps, and the other eight occurred during recreational activities, including

drowning, falls, and a dune buggy accident.

"The beginning of summer is a heavy driving season, which is also the peak season for auto, motorcycle and recreational off-duty accidents. It's a good time for everyone to focus on the 101 critical days of summer," said Williamson. "And it's more than a big campaign for the Navy, it's about planning ahead and thinking safety first."

When traveling, it's good to begin each road trip well-rested, to drive during daylight hours, and pull over if fatigued.

Wearing a seatbelt drastically reduces the risk of serious injury or death, as does limiting distractions. Personnel can also utilize the TRiPS system to assess and mitigate their risks as a driver. To access TriPS, go to <https://trips.safety.army.mil/> While on the water, it is imperative to know personal limitations and obey signs about water conditions. If boating, each person in the boat should have a personal floatation device. And while participating in sports, stretch prior to the activity, stay hydrated and wear proper gear.

The 101 days of summer are a time to relax, enjoy the weather, as well as time with family and friends. Remember to plan ahead, don't take unnecessary risks, and always think Safety First.

For more information on Navy safety, visit www.safetycenter.navy.mil.

Area Happenings

JUNE

11: 59Twenty Music Festival produced by Young Professionals of Meridian to benefit Care Lodge Domestic Violence Shelter. The festival returns to the City Hall lawn in downtown Meridian, where Interstates 59 and 20 meet. Gates open at 1 p.m. with live music on the local stage beginning at 1:30 and lasting until 11 p.m. on the main stage. Bring the whole family (children's area is provided, and ages 12 and under enter free) for a day of fun featuring music from local, regional and national artists! This year's lineup will be announced soon! Tickets are \$20 in advance, \$30 day of (Military discount allows for advance purchase price anytime) and will be available at <http://www.59Twenty.com> and other local businesses.

16: Three Dog Night in concert at 7:30 p.m. at the MSU Riley Center. Three Dog Night dominated the charts in the early 1970s, with 21 consecutive Billboard Top 40 hits from 1969 through 1975. Co-founder and co-lead singer Danny Hutton heads the latest lineup, helped by new vocalist David Morgan. Behind them, the rocking band still drives through such classics as "Mama Told Me (Not to Come)," "Joy to the World," "Black and White," "Shambala," and "One" from such great songwriters as Harry Nilsson, Hoyt Axton, Paul Williams, and Randy Newman. Tickets are \$49 in advance; \$55 day of show. For information, call 601-696-2200.

17: State Games of Mississippi Opening Ceremony festivities kick off downtown at 5:30 p.m., with the event beginning at 7:30. Enjoy food, beverages, live music, Olympic-style parade of athletes, lighting of the torch and a spectacular fireworks display! The State Games torch is carried by last year's Athletes of the Year, Armani Lewis and Hope Berry.

17-18: Lovin' the Skin I'm in Women's Conference. Evening service on Friday at 7 p.m. at the Love City Fellowship; free to the public – not just women. Ladies brunch on Saturday at 10 a.m. at the MSU Riley Center. For more information, call 601-553-8150 or 1-888-598-5683 or go to: www.bondsoflove.org.

18: 14th Annual Meridian Junetenth Heritage Festival at 4 p.m. on Front Street in Downtown Meridian (right next to Union Station). Live DJ, vendors, food, arts and crafts, and much more!! Live entertainment starring O.B. Buchana & Denise Lasalle. Also featuring Brother Louis J & The Gospel Delivers, Aa'Keela & The Beats, Darius Ewing & Da Band, and Luv Under Cover. Admission is \$10 in advance; \$15 at the gate. Tickets are available at Sam's Fashion.

18: Jo Dee Messina Live in concert at 8 p.m. at the Temple Theatre in downtown Meridian with Special Guest Sarah Margaret Huff. Tickets on sale at Tickmaster.com or [Kia of Meridian](http://KiaofMeridian.com). Tickets starting at \$25 with reserved seating available.

21: Huey Lewis and the News in concert at 7:30 p.m. at the MSU Riley Center; preshow party begins at 6 p.m. Tickets \$74 advance; \$80 day of show. For information, call 601-696-2200.

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.

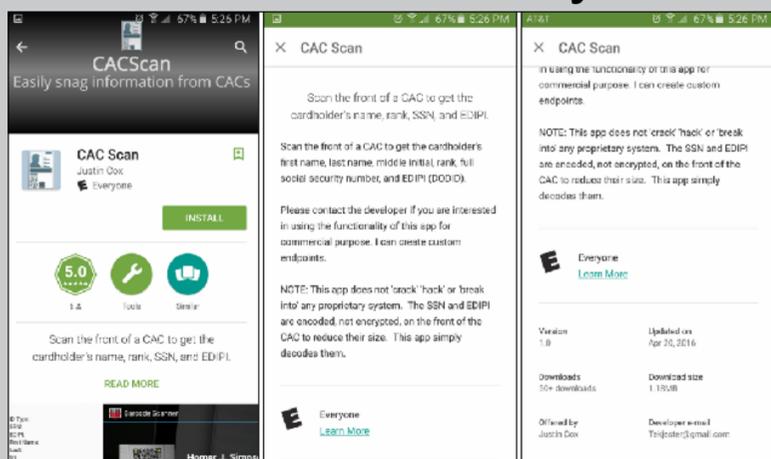
18: Divas on the Run 5K Race from 6:30-11:30 a.m. at Highland Park. Proceeds benefit Boys & Girls club of East Mississippi. All races start and end at Highland Park. Registration fees as follows: 5K fee \$20; 2 mile walk \$15; and 1 mile fun run \$12. Registration forms available through Boys & Girls Club of East Mississippi. For information, call 601-934-2303.

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.

CAC Card Security Alert



Security Alert: An individual has released an Apple and Android OS based application that will read the front 2D barcode on the CAC. These applications scan the barcode and provide full name and Social Security Number of the individual. Therefore, all DoD members must follow DoD policy and not allow organizations /businesses to reproduce (photocopy, scan, or other means) an image copy of the member's CAC. If an individual knows of an organization possessing an image copy of their CAC, the member should immediately request destruction of the image. All are reminded to avoid any attempts to have their identification cards photo-

graphed, scanned or photocopied. Unauthorized examples include: A smart phone or computer App that can scan bar codes, personal photographs that display your CAC or personal identification card, and/or a hotel, car dealer or other institution wanting to photocopy your CAC card. Authorized examples may include: Base security scanning your CAC to grant access to a base, DoD Pharmacy or other DoD agency scanning your CAC to confirm ID. The DoD prohibits copying military ID cards and CACs. If you have any questions regarding this application please contact Kathy Eisenhour at Kathleen.eisenhour@navy.mil

NATIONAL SAFETY MONTH 2016

Preparing today can make a difference tomorrow

On any given day, anything can happen. Have a slip and fall at home or a natural disaster near your vehicle. By assessing potential risks and having a plan to respond, you will be steps ahead in the event of an incident, wherever it occurs.

Get Trained in First Aid and CPR

Even the fastest paramedics could take 8 to 12 minutes to get to a patient after calling 9-1-1. Being trained in first aid and CPR could mean the difference between life and death.

When trained in first aid, the following steps are helpful in the event of an emergency:

- Recognize the emergency
- Check the area for safety (if it's not safe, don't enter)
- Check the victim and ask for permission to provide assistance
- Call 9-1-1 when appropriate
- Care for the person
- Have the person seek medical attention when needed

When calling 9-1-1, be prepared to give this information to the dispatcher:

- Your name
- The phone number you are using
- The location and number of victims
- The victim's approximate age, sex and condition (Responsive? Breathing? Bleeding?)

What happened to the victim and any special circumstances

What is being done for the victim

The dispatcher may also give you instructions on how to help the victim. Stay on the line until the dispatcher says you can hang up.

First aid and CPR training gives you the skills you need to handle life's everyday bumps and bruises, and the confidence to respond quickly and correctly to more serious injuries and life-threatening situations that can occur. Learn more at nsc.org/firstaid

Be Prepared for Emergencies

Preparation is key when seconds count. When it comes to natural disasters, be sure to keep a fully stocked emergency preparedness kit in your home and vehicle with supplies such as food, water, necessary medications, a battery powered radio, a flashlight and a first aid kit.

Just like you participate in emergency drills at work, be sure to practice with your family. A home fire plan should include checking that smoke detectors are working properly; drawing a diagram of your home, marking the locations of windows and doors; planning two escape routes out of every room; setting up an outside meeting place for after an escape; and practicing the escape plan regularly. Make sure even children know what designated phone number to call in the event your family is separated, and plan for the needs of older family members and pets.

FAST STAT:

Heart disease is the leading cause of death in the U.S., resulting in more than 685,000 deaths in 2014 alone.

Source: CDC analysis of NCHS mortality data

GREEN CROSS TIP:

Knowing the following information will be beneficial in the event of an emergency. Have it readily available in your home, your vehicle's glove box, your wallet and/or on a cell phone app:

- In case of emergency contact information
- Phone numbers for doctors, fire, police, poison control, 9-1-1 etc.
- Medical conditions, medications being taken and allergies

National Safety Council | 1121 Spring Lake Drive | Ross, IL 60143 | www.nsc.org

The Skyline ~ Naval Air Station Meridian, Miss.

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Hotlines & Helpful Numbers

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

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Seventeen aviators earn 'Wings of Gold' in June pinning ceremony

There was a naval aviator designation ceremony June 3 on board Naval Air Station Meridian.

Seventeen 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."

● **Winging, page 8**



Brown



Bunn



Chen

Golden Stick



Photo by MC2 Chris Liaghat

Lt. j.g. Benjamin D. Stadulis, right, accepts the Golden Stick Award from Capt. Paul Carelli, commodore of Training Air Wing One, during a winging ceremony on board Naval Air Station Meridian June 3. The Mississippi Council of the Navy League presents the award to the aviator with the highest overall composite score in each graduating class.



Cottini



Davies



Harp



Kirkpatrick



Lathrop



Mizgorski



Morris



O'Neil



Schnaidt



Spykerman



Stadulis



Tousignant



Williams



Zaricor

Advancement



Photo by MC2 Chris Liaghat

Senior Chief Air Traffic Controller Howard Welch, right, accepts a letter from Capt. Scott Bunnay, commanding officer of NAS Meridian, authorizing Welch to assume the title and wear the uniform of a senior chief petty officer at a promotion ceremony June 3.

Retirement



Photo by MC2 Chris Liaghat

Chief Air Traffic Controller Christopher M. Balster, right, receives a Navy and Marine Corps Commendation Medal from Capt. Scott Bunnay, commanding officer of NAS Meridian, during a retirement ceremony for Balster, May 31. Balster retired after 20 years of service in the U.S. Navy.

Chief's Mess



Photo by MC2 Chris Liaghat

Members of NAS Meridian chief's mess pose for a group photo after Senior Chief Air Traffic Controller Howard Welch was frocked at a promotion ceremony in the Air Operations building on board NAS Meridian, June 3.

● Retirement

Sailors with fewer than 12 years of service as of December 31, 2017 (or fewer than 4,320 retirement points in the case of reserve component members), will be able to choose to remain in the current system or opt into the blended military retirement system.

If you joined the Navy:

After December 31, 2017: You'll be automatically enrolled in the Blended Retirement System;

After December 31, 2005, but before January 1, 2018: You'll have the choice to enroll in the Blended Retirement System or remain in today's current retirement system;

Before January 1, 2006: You'll be grandfathered and remain in today's current retirement system.

The blended retirement system will provide a modern compensation plan that serves all Sailors, not just those who stay in for a full career. Today, approximately 81 percent of service members who join the military leave with no retirement benefit. Under the blended military retirement system, approximately 85 percent of those who join will receive a retirement benefit, even if they leave before qualifying for full retirement.

The new system is comprised of three elements: a 401(k) style component with matching funds, a mid-career continuation pay bonus, and a retirement annuity for completing twenty or more years of eligible service.

For the first time, the Government will automatically contribute to service members' Thrift Savings Plan (TSP) accounts and institute a program for matching retirement contributions similar to the Federal Employee Retirement System.

-- From Chief of Naval Personnel

Navy hearing protection gets an upgrade

By MC2 Dominique Watts

Naval Medical Center Portsmouth Public Affairs

Exposure to extremely loud noise can result in permanent hearing loss. Arguably no better example of this risk is the noise levels experienced by U.S. Navy pilots.

Logging thousands of hours in aircraft that bellow jet noise at incredible decibel levels, hearing protection for pilots is an imperative part of their safety equipment.

Naval Medical Center Portsmouth (NMCP) and its branch clinics are helping pilots by fitting them with Communication Ear Plugs (CEPs), which are custom ear molds made from silicone that improve hearing protection and provide a way to communicate with others.

"Usually when they're using the traditional hearing protection like the muffs and the foam, pilots have a hard time communicating," explained Lt. Ryan Broyles, Occupational Audiology department head. "We use soft silicone and shoot the impression into their ear so that it makes a custom-molded piece.

Then the piece gets sent off to a company and they basically take all the communication devices, the electronics, and put them into the mold so that when it comes back each person has a custom-fitted mold."

According to Naval Air Forces Atlantic (AIRLANT), every pilot within its area of responsibility will have triple protection for their ears by the end of 2018. This means they will have a helmet that has active noise cancellation, a noise cancelling microphone, and something in the ears that can be either the foam earplugs or the CEPs. The CEP

serves as a more versatile third layer because it includes a way to electronically communicate along with hearing protection.

"The pilots tend to prefer the custom ones because it's easier to block out sound and they can get the perfect fit every time," Broyles said.

Non-custom earplugs currently used can be uncomfortable and must be inserted perfectly each time to provide the correct level of protection. The earmuffs can be hot, bulky and often impractical.

Additionally, in order to communicate effectively while still blocking harmful noise, ordinary earplugs often do not work effectively. Because ears are unique, custom-made hearing protection can provide the perfect fit and repeatable effectiveness.

"This was my first time getting the ear molds done," said Lt. j.g. Jakie Scott, from Carrier Airborne Early Warning Squadron (VAW) 121. "Having better coverage and a tighter seal around the ears is extremely beneficial for us."

"Once you get them locked in, it stays in place," Broyle explained. "Since it is molded perfectly to the ear, it's comfortable to wear. The material used to shoot it into the ear to make the mold is a soft material, so over time, even if the wearer is moving or sweating, the mold does not work its way out of the ear."

The response from CEP-fitted personnel has been encouraging so far, with calls asking if everyone in many squadrons can get CEPs.

"I have yet to hear a negative review about the process or the finished product," Broyle added.



Photo by John F. Williams

Kurt Yankaskas, the Office of Naval Research Noise-Induced Hearing Loss program officer, watches as Jacob Thompson, of United Sciences, demonstrates an in-ear scanning solution at the Naval Future Force Science and Technology Expo. The company has developed a technique for scanning and 3D-printing custom-molded hearing protection for noisy environments, such as aircraft carrier flight decks and engine rooms.

Travelling on auto-potty

With gas prices at an 11-year low, people are packing up and heading out for a busy summer travel season.

But the highways, bus stations and airports aren't the only places that will see a lot of action this summer. With all those travelers on the go, and needing to go, public restrooms will be at maximum capacity.

Recently, I took a trip to Florida, requiring my 49-year-old bladder and I to frequent several airport bathrooms. It occurred to me that travel pottyng has changed significantly over the years.

Growing up in the 70s, our station wagon simply pulled over to the side of the road for pit stops during long trips. And my husband's family kept a mayonnaise container known as the "tinkle jar" in the back window of their vehicle. If we did manage to find a gas station with a bathroom, my mother would spread half a roll of toilet paper on the seat before I was allowed to sit down.

But those improvised methods of yesteryear are no longer considered apropos — or sanitary for that matter — so today, the transportation authorities have provided travelers with state-of-the-art public toilet facilities.

The problem is, the newly automated restrooms are so high-tech, they sometimes leave one longing for the simple practicality of a roadside patch of weeds.

During my recent visit to an airport

restroom, I selected one of the many stalls, latched the door, straddled my humongous carry-on bag, and grabbed for the paper seat cover dispenser. The first three ripped in half, the fourth fell into the toilet while I was trying to position it, and the fifth one disappeared when the toilet unexpectedly flushed.

Known as "phantom flushes," the sensor-triggered water swoosh in public restrooms not only suck down the paper seat covers, they can scare the you-know-what out of you, which by the way, would defeat the entire purpose of being in the toilet in the first place.

With a seat cover finally in place, I took my position.

Strangely, the otherwise noisy bathroom fell dead silent. I could see the feet of the occupants next to me, but could hear a pin drop. I prayed that someone would turn on the sink, while my bladder refused to release the 64 ounces of coffee I'd consumed that morning.

I had experienced "stage fright" on other occasions, most notably in college, when perpetually clogged bar toilets caused long lines in the bathrooms. The one working toilet usually had no toilet paper, a broken door lock, and gaps in the stall that allowed everyone in line to stare through the cracks. Once it was my turn, I was paralyzed by stage fright.

Waiting in the airport stall for someone to make noise, I fidgeted, and — WHOOSH! — set off my own phantom flusher again. It scared the bejeezus out of me, but provided the break I needed. Relief!

The toilet paper was affixed to some type of conservation dispenser that stopped the roll at each half turn. The

flimsy tissue ripped with the slightest resistance, forcing me to make several attempts — roll, stop, rip, roll, stop, rip, roll, stop, rip — until I had enough scraps to do the job.

Finally, I stood up to trigger the flusher, which up until now seemed able to react to a falling eyelash from three stalls down. However, nothing happened. I stood there, wondering if the sensor had a tiny camera inside that transmitted to a flushing control room. Had the person on duty gone to lunch? I swiveled my hips, bobbed my head, and waved my hands to no avail.

With only minutes to boarding, I gave up on flushing and left the stall. Halfway to the sinks I heard it — WHOOSH! I imagined the flushing controller giggling over his ham and cheese.

The bank of sinks had no knobs, controls or buttons. "Here we go again," I thought, waving my hands in search of automated soap and water. I had a choice of hand dryers: a high speed "air blade" that nearly blows your skin off, or the old fashioned kind that emits a warm breeze that requires you to give up and wipe your hands on your pants.

Frustrated with newfangled automation, I chose the latter.

"Coffee?" the flight attendant asked after we took off.

"Sure," I said, "but do you happen to have an empty mayonnaise jar?"

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.themeatandpotatoesoflife.com and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life*. Follow Lisa@MolinariWrites.

COLUMN



Lisa Smith Molinari

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.**



OMBUDSMAN

Denika "Nikki" Thursby
NTTC Meridian Ombudsman
Call 601-479-8489 or
e-mail: nttcombudsman@gmail.com

Kathleen Fryar
NAS Meridian Ombudsman
Call 601-880-0933 or
e-mail: nasmeridianombudsman@gmail.com



Pvt. Lani Potter

MATSS-1 Student
Hometown: Mission Viejo, Calif.

Pvt. Lani Potter joined the military Jan. 19, because she wanted to serve her country.

She joined the Marines because her grandfather served as a Marine in World War II, and his belief that everyone should do their part inspired her.

Potter has been playing basketball for eight years and while at NAS Meridian she enjoys playing basketball and volleyball with fellow Marines.

Potter is most looking forward to learning her job, traveling to new places, and meeting new people. After completing her training she would like to be stationed in either Hawaii or California -- to be closer to family.

Potter admires her mother most because she feels that her mother gave her a better life after adopting her. Potter also appreciates her mother for raising her to care for other's wellbeing before her own.

OOORAH!



Pfc. Antwjuan Franklin

MATSS-1 Student
Hometown: St. Louis

Pfc. Antwjuan Franklin joined the Marine Corps Jan. 19 because he wanted to support his family and country.

Additionally, Franklin joined for the educational benefits and to build a career.

Franklin enjoys sports, especially basketball, as well as music, learning new things, watching shows like Shark Tank and The Profit, and time with his family.

After school Franklin hopes to be stationed in California for the nice weather.

His most memorable experience was the moment he earned his eagle, globe and anchor during boot camp.

He looks forward to the ability to support his family while getting an education and building his career. He also looks forward to learning new things, as well as growing and maturing as a person.

Marine Corps releases new tattoo policy

By Cpl. David Staten

Defense Media Activity

The Marine Corps has released a new tattoo policy that seeks to balance the personal desires of Marines with high standards of professional military appearance and heritage.

The Marine Corps Bulletin 1020, released June 2, explains the new Marine Corps tattoo policy, which replaces all previous tattoo policy guidance.

"The Commandant and I have been talking with Marines throughout the Corps during our visits and we've taken their questions and comments to heart because it continues to be important to Marines," said Sgt. Major Ronald L. Green, Sergeant Major of the Marine Corps. "The Commandant said it best in the Marine Corps Bulletin in that we've attempted to balance the individual desires of Marines with the need to maintain the disciplined appearance expected of our profession. I think we have accomplished just that with MCBUL 1020. We took the time we felt this policy deserved, we wanted to make sure we got it right."

Any tattoo, regardless of where it is cannot express sexism, nudity, racism, vulgarity, or anything that is offensive and is of nature to bring discredit to the Marine Corps or damage the nation's expectations of them.

Marines can have an unlimited number of tattoos that are covered by the properly fitting standard physical training uniform: green t-shirt and green shorts.

Marines are prohibited from getting tattoos on the head, neck, inside the mouth, wrists, knees, elbows and hands with the exception of a single band tattoo of no more than three-eighths of an inch in width on one finger.

"The Commandant put a lot of time and effort into the development of this policy, he personally wanted to ensure Marines knew they were being listened to and that their opinions matter and will be taken into consideration," said Green. "He's allowed more skin area for tattoos in an effort to balance the Marine's desires with the Grooming Standards of the Marine Corps."

He wanted the policy to allow Marines freedom and flexibility to express themselves, while also being clearly written and understandable for both Marines and their leadership."

Under MCBUL 1020, there is now official ways to measure tattoos to make sure Marines are in compliance. There are two measurement tools that can be used, which are the elbow-measuring tool and knee-measuring tool.

Along with that Marines will use their own hands in order to measure how big the visible portion of a tattoo may be. If a single tattoo exceeds the bounds of the individual Marine's hand then it is prohibited. Everything has been simplified and made so that Marines will not have any questions regarding where and how big tattoos can be.

"The Commandant and I have reviewed the policy alongside other Marine Corps leadership, we even showed Marines the framework along the process," said Green. "With their input and our review, we feel this policy is well-balanced and is best suited for the individual Marine as well as the entire Marine Corps Team."

"There is a reason why Marine Corps Recruiting has remained so successful throughout the years, when you ask Marines why they chose the Corps, most will tell you because they wanted to be different. They wanted to be part of something bigger than self. They wanted to be a part of a brotherhood."

The bulletin mainly covers the standards for visible



Photo illustration by Cpl. David Staten

The Marine Corps has released a new tattoo policy that seeks to balance the personal desires of Marines with high standards of professional military appearance and heritage. The Marine Corps Bulletin 1020, released June 2, explains the new Marine Corps tattoo policy, which replaces all previous tattoo policy guidance.

tattoos, which are tattoos that can be seen outside of the properly fitting pt uniform.

Marines may have band tattoos. Band tattoos are tattoos, which fully encircle the circumference of the body part. They cannot exceed three inches or the width of an individual Marine's four fingers joined, the second knuckle of the index finger to the first knuckle of the pinky finger.

A band tattoo counts as a single allowable tattoo. Only the visible portion of the band tattoo has to be within those standards.

Visible upper arm tattoos may extend down and around the arm on all sides no closer than two inches above the center of the elbow but must not be larger than the individual Marine's hand with their fingers extended and joined with the thumb flush against the side of the hand.

Marines can get only one lower arm tattoo, which has to be at least one inch below the center of the elbow and two inches above the wrist bone.

Marines are allowed either an authorized band tattoo, a single tattoo or a collection of tattoos which can be covered by the individual Marine's hand with their fingers extended and joined with the thumb flush against the side of the hand.

Visible upper leg tattoos may extend down and around the leg on all sides no closer than two inches above the center of the knee when the leg is straight but must not be larger than the individual Marine's hand with their fingers extended and joined with the thumb flush against the side of the hand.

Marines can get only one lower leg tattoo, which has to be at least two inches below the center of the knee. Marines are allowed either an authorized band tattoo, a single tattoo or a collection of tattoos which can be covered by the individual Marine's hand with their fingers extended and joined with the thumb flush against the side of the hand.

Slacks must be worn instead of the skirt if tattoos on the legs or feet are visible in the Service A, Dress Blue A/B,

Blue-White Dress A/B, or Evening Dress uniforms.

Officers may have no more than four tattoos visible in the standard PT uniform. Enlisted Marines will have to comply with this standard if they are seeking acceptance in an officer program.

Marines will be able to serve on special duty assignments, such as recruiting duty, Marine security guard duty, drill instructor duty, Marine security force duty and Marine combat instructor duty, if they are in compliance with the standards listed in this bulletin regarding visible tattoos. If Marines have tattoos that are not in compliance with this bulletin but are already on assignment or have gotten orders for SDA they will finish their tour but will not be able to do another one.

"Marines should understand that violating any policy has consequences and leadership will hold Marines accountable accordingly," said Green. "As Marines we hold each other accountable, just as we are expected to protect one another."

Any Marine who has already been grandfathered will not be affected by the bulletin. Within 120 days after the release of this MCBUL all commanders must ensure Marines document their tattoos if not in compliance with new policy AND have not been documented before hand. Tattoos not in compliance with the new policy will be documented on a page 11 of the Marine's Electronic Service Record. The purpose for the page 11's is only for documentation and is not a disciplinary action.

Commanders should educate all Marines within their command as soon as possible. Marine should be looking at the new bulletin, printing out the measurement tools or using a standard office ruler when going to get a new tattoo.

"It is up to the individual Marine to ensure that their tattoos are reviewed and ultimately up to their leadership to make sure that it happens and is conducted properly," said Green. "We owe that to each other to make sure it's done right."

Safety & Energy Efficiency is Our Duty

Saving Energy Through ADVANCED POWER STRIPS

Many consumer electronics continue to draw power even when they are switched off. This is known as a **VAMPIRE LOAD**.

VAMPIRE LOADS add up to about **\$200** in yearly energy costs for an average home.

Fire safe attitudes make happy summer memories

Do you have a fire safe attitude? Nothing puts a damper on your favorite summertime activity like a fire or an injury. NAS Meridian Fire Department urges you to follow these safety tips and to adopt a fire safe attitude so that your activities are remembered only for the fun!

MATCHES AND LIGHTERS: Tools for grown-ups - not toys for kids!

- Always keep matches and lighters out of the sight and reach of children.
- Discourage your children from picking them up and encourage them to tell an adult if found.

SMOKING MATERIALS:

- Use the ashtray - not the roadway!

During the summer months, there is a sharp increase in brush fires that start from discarded cigarette butts tossed into roadside shrubbery or dry grass.

GASOLINE SAFETY: Fuel for equipment - fuel for a fire!

- Never smoke or strike a match or lighter while fueling a chain saw, garden tractor, lawnmower, and other gasoline engines.
- When refueling your lawnmower or other gasoline-powered yard equipment, always turn off the engine to avoid stray sparks.
- Store gasoline containers out of the reach of children and away from potential ignition sources.
- Never store or use gasoline in an enclosed area or in the presence of pilot lights.

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

Captain's Cup Softball Standings

	Total Wins	Total Loses	Total Forfeits
AirOps - Blue	11	1	0
AirOps - Gold	2	10	3
Air Nat. Guard	12	3	0
Field Support	6	6	0
Goslings	5	8	0
MATSS-1	8	5	0
NTTC	1	13	0
NBHC	6	6	0
VT-9	8	3	0

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 30
Season Begins June 30
Matches played Mondays & Thursdays

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 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 Erin	Cardio Pump	Cardio Pump Erin	Cardio Pump Erin	Cardio Pump Erin	
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	Spin Beverly						Spin Beverly
11am-12pm		Triple Threat Erin	Triple Threat Erin	Triple Threat Erin	Triple Threat Erin	Triple Threat Erin	
4:30pm-5:30pm	Boot Camp Beverly	Boot Camp Evelyn	Boot Camp Evelyn	Boot Camp Beverly	Boot Camp Beverly	Boot Camp Beverly	Boot Camp Beverly
6:30pm-7:30pm		TRX (30 Min) Evelyn	TRX (30 Min) Evelyn	Spin Beverly	Spin Beverly	Spin Beverly	
8pm-9pm		Stomp Wellbeats™	Vibe Wellbeats™	TKO Wellbeats™	Fusion Wellbeats™	REV Wellbeats™	

Military strikes continue against ISIL terrorists in Syria, Iraq

U.S. and coalition military forces continued to attack Islamic State of Iraq and the Levant terrorists in Iraq and Syria yesterday, Combined Joint Task Force Operation Inherent Resolve officials reported today.

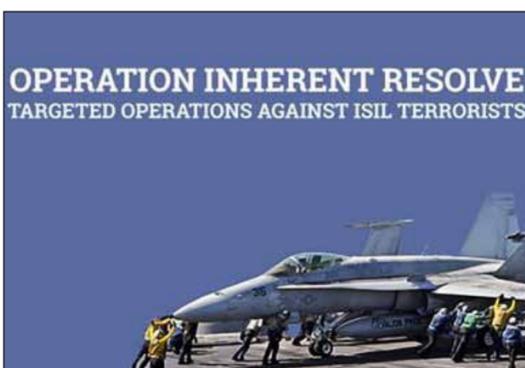
Attack, bomber, fighter and remotely piloted aircraft conducted 18 strikes in Syria:

- ✓ Near Manbij, 15 strikes struck 13 separate ISIL tactical units and destroyed seven ISIL fighting positions, four ISIL vehicles, an ISIL cave entrance and an ISIL command and control node.

- ✓ Near Mara, three strikes struck a large ISIL tactical unit, an ISIL command and control node and an ISIL headquarters and destroyed an ISIL vehicle.

Attack, bomber, fighter and remotely piloted aircraft conducted 17 strikes in Iraq, coordinated with and in support of Iraq's government:

- ✓ Near Beiji, three strikes struck two separate ISIL tactical units and destroyed three ISIL fighting positions and an ISIL mortar system.
- ✓ Near Fallujah, four strikes struck two separate ISIL tactical units and an ISIL vehicle bomb factory; destroyed three ISIL fighting positions, an ISIL weapons cache, three ISIL heavy machine guns and an ISIL front end loader; damaged an ISIL fighting position; and denied ISIL access to terrain.
- ✓ Near Habbaniyah, a strike struck an ISIL tactical unit and destroyed an ISIL fighting position.
- ✓ Near Haditha, a strike struck an ISIL tactical unit.



- ✓ Near Kisik, a strike struck a large ISIL tactical unit and destroyed five ISIL weapons caches, two ISIL bed-down locations and an ISIL command and control node.

- ✓ Near Mosul, three strikes struck an ISIL oil tanker storage area, an ISIL logistics facility and an ISIL vehicle bomb factory.

- ✓ Near Qayyarah, two strikes destroyed seven ISIL rocket rails.

- ✓ Near Rawah, a strike struck an ISIL tactical unit and destroyed an ISIL vehicle.

- ✓ Near Sinjar, a strike destroyed an ISIL vehicle.

Task force officials define a strike as one or more kinetic events that occur in roughly the same geographic

location to produce a single, sometimes cumulative, effect. Therefore, officials explained, a single aircraft delivering a single weapon against a lone ISIL vehicle is one strike, but so is multiple aircraft delivering dozens of weapons against buildings, vehicles and weapon systems in a compound, for example, having the cumulative effect of making those targets harder or impossible for ISIL to use.

Accordingly, officials said, they do not report the number or type of aircraft employed in a strike, the number of munitions dropped in each strike, or the number of individual munition impact points against a target.

The strikes were conducted as part of Operation Inherent Resolve, the operation to eliminate the ISIL terrorist group and the threat they pose to Iraq, Syria, and the wider international community.

The destruction of ISIL targets in Syria and Iraq further limits the terrorist group's ability to project terror and conduct operations, officials said.

Coalition nations that have conducted strikes in Iraq include the United States, Australia, Belgium, Canada, Denmark, France, Jordan, the Netherlands and the United Kingdom. Coalition nations that have conducted strikes in Syria include the United States, Australia, Bahrain, Canada, France, Jordan, the Netherlands, Saudi Arabia, Turkey, the United Arab Emirates and the United Kingdom.

--From Combined Joint Task Force Operation Inherent Resolve

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, Lorange depth finder and a GPS/depth finder duel livewells mortar guide trolling motor. Runs great and fast. \$4,500. Seats in good condition. Call Clint 601-479-7043.

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

HOUSEHOLD ITEMS

Whirlpool washer and dryer Like new used 3 months Whirlpool. The set is compact and stackable - \$ 500. For information, 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 condi-

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

MOTORCYCLES/GEAR/ATV

1984 Honda NightHawk very good condition \$ 1,000. For information, 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 (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 \$26,000. For information, call 850-797-9462.

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

2006 Saturn Ion 52k miles looks great drives like new 5,000. For information, 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 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. Large bedrooms on each floor. Master bedroom includes a gas burning built-in fireplace and panoramic views of the property, as well as double entry french door closets. Enjoy over 4.5 acres of secluded yard space. For information, 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. Very clean; recently repainted; 516 sq. ft. for single occupant or couple. Have rented last two years at \$550. 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. Listing with a realtor May 15th (will

hold off if I have earnest money and a signed contract) 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. A 3 BD is available, but access to washer/dryer room requires walking through it. Stove, refrigerator and dryer included. Available after July 15. Call John at 601-484-7244.

For Sale: 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

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.

Matching wedding bands asking \$500. Call 601-490-0692.

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

Blue Angel identified following Smyrna crash

An F/A-18C Hornet assigned to the Navy Flight Demonstration Squadron crashed during an air show practice at the Smyrna, Tenn., Airport on June 2. The pilot, who did not survive, has been identified.

Blue Angel #6 was flown by Capt. Jeff Kuss, 32, of Durango, Co. He served as the opposing solo pilot. This was Kuss' second year on the team and his first year as a demonstration pilot.

"The Navy and Marine Corps aviation team is grieving the loss of one of our own," said Vice Adm. Mike Shoemaker, Commander, Naval Air Forces. "Capt. Kuss was an incredible Marine, husband and father, and an inspiration to so many; his loss will be felt across the nation.

Being a Naval Aviator is an inherently dangerous profession and our aviators knowingly accept that risk in service to their nation; but it still pains us greatly when we experience the untimely loss of a valued aviator and shipmate. Our heartfelt condolences go out to his family, friends, fellow Marines, and Blue Angels teammates."

At approximately 3 p.m. June 3, Kuss was taking off to start the afternoon practice when the mishap occurred. The crash occurred approximately two miles from the runway.

The other five Blue Angel jets were not involved in the incident and landed safely moments later. The cause of the accident is currently under investigation.

The Navy's Flight Demonstration team will conduct a one-time flight back to Naval Air Station Pensacola at which time they will begin a stand down (operational pause) for an undetermined amount of time following this mishap. This stand down will give investigation officials time to gather facts and ensure the continued safe operations of the squadron.

The Navy is deeply saddened by the loss of Capt. Kuss. We extend our heartfelt thoughts and prayers to his family, and those he served with.

For additional information or updates, contact the public affairs office at Commander, Naval Air Forces Pacific, by calling 619-767-1623, or -1625.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

--From Commander, Naval Air Forces



U.S. Navy Photo

Captain Jeff Kuss, U.S. Marine Corps. Capt. Kuss died during a practice flight, when the F/A-18C Hornet he was piloting crashed approximately two miles from the runway at the Smyrna, Tenn., Airport, June 2.

● Winging

Those earning their wings include:

▶ Lt. j.g. Eric Richard Brown, USN, 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 aboard the USS George Washington (CVN 73) April 23. Brown completed Advanced Jet Flight Training with Training Squadron Seven (VT-7).

▶ 1st Lt. Russell Robert Bunn, USMC, carrier qualified in the T-45C aboard the USS George Washington (CVN 73) April 23. Bunn completed Advanced Jet Flight Training with VT-7.

▶ Lt. j.g. Marvin Gleneshauh Chen, USN, earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C aboard the USS George Washington (CVN 73) March 17. Chen completed Advanced Jet Flight Training with Training Squadron Nine (VT-9).

▶ Ensign Vittorio Cottini, Italian Navy, carrier qualified in the T-45C aboard the USS George Washington (CVN 73) April 24. Cottini completed Advanced Jet Flight Training with VT-9.

▶ Lt. j.g. Christopher Joseph Davies carrier qualified in the T-45C aboard the USS George Washington (CVN 73) March 17. Davies completed Advanced Jet Flight Training with VT-7.

▶ 1st Lt. Michael Hartford Harp, USMC, earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C aboard the USS Dwight D. Eisenhower (CVN-69) Feb. 5. Harp completed Advanced Jet Flight Training with VT-9.

▶ 1st Lt. Kyle Hsian-Loong Kirkpatrick, USMC, was named to the Commodore's List with Distinction during Primary Flight Training and earned three Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C aboard the USS George Washington (CVN 73) April 23. Kirkpatrick completed Advanced Jet Flight Training with VT-9.

▶ Lt. j.g. James Samuel Wallace Lathrop, USN, carrier qualified in the T-45C aboard the USS George Washington (CVN 73) May 22. Lathrop completed Advanced Jet Flight Training with VT-9.

▶ 1st Lt. Ryan Gregory Mizgorski, USMC, carrier qualified in the T-45C aboard the USS George Washington (CVN 73) April 23. Mizgorski completed Advanced Jet Flight Training with VT-7.

▶ Lt. j.g. Robert Andrew Morris, USN, carrier qualified in the T-45C aboard the USS George Washington (CVN 73) April 23. Morris completed Advanced Jet Flight Training with VT-9.

▶ Lt. j.g. Benjamin Patrick O'Neill, USN, was selected as VT-9's Student of the Month for August 2015, and he earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C aboard the USS George Washington (CVN 73) April 23. O'Neill completed Advanced Jet Flight Training with VT-9.

▶ Lt. j.g. Joseph Steven Schnaidt, USN, earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C aboard the USS George Washington (CVN 73) March 17. Schnaidt completed Advanced Jet Flight Training with VT-7.

▶ 1st Lt. Daniel James Spykerman, USMC, carrier qualified in the T-45C aboard the USS George Washington (CVN 73) April 23. Spykerman completed Advanced Jet Flight Training with VT-9.

▶ Lt. j.g. Benjamin David Stadulis, USN, was named to the Commodore's List during Primary Flight Training and was VT-9's Student of the Month for September 2015. During Advanced Jet Flight Training he earned three Navy "E's" for bombing accuracy. He carrier qualified in the T-45C aboard the USS George Washington (CVN 73) March 17. Stadulis completed Advanced Jet Flight Training with VT-9.

▶ Lt. John Phillip Tousignant, USN, earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C aboard the USS George Washington (CVN 73) March 17. Tousignant completed Advanced Jet Flight Training with VT-7.

▶ Lt. j.g. Zachary Aaron Williams, USN, earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C aboard the USS George Washington (CVN 73) March 17. Williams completed Advanced Jet Flight Training with VT-7.

▶ Lt. j.g. Phillip Blair Zaricor, USN, was named to the Commodore's List during Primary Flight Training and earned three Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C aboard the USS George Washington (CVN 73) April 23. Zaricor completed Advanced Jet Flight Training with VT-7.

-NAS Meridian Public Affairs

MILITARY APPRECIATION MONTH

CELEBRATING

OUR

SERVICEMEMBERS

20 ★ 16

GET \$50

WHEN YOU REFER ARMED FORCES PERSONNEL, DOD CIVILIANS AND CONTRACTORS, AND THEIR DEPENDENTS FOR MEMBERSHIP*

In honor of Military Appreciation Month, we're saluting those who serve with this and other great military-exclusive offers on checking accounts, certificates, auto refinances and credit cards.

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NAVY
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COAST GUARD
FAMILY

navyfederal.org/thankyou 1.888.842.6328

Federally insured by NCUA. *Offer valid between 5/1/2016 and 5/31/2016 and can expire anytime without prior notice. Recipient is solely responsible for any personal tax liability arising out of the acceptance of these incentives. This offer may not be combined with any other new-member offers at the time of the account opening. Must be eligible to join. Eligible referees include DoD civilians, contractors, Active Duty, retired, reserve, and Guard of the Army, Navy, Marine Corps, Air Force, and Coast Guard, and their dependents. Any current Navy Federal member 18 or older may be a referring member. Accounts must be in good standing for credits to be processed. Recruiters are not eligible to refer recruits. \$5 minimum balance to open and maintain savings account, and to obtain bonus. Annual Percentage Yield 0.25%, effective 4/1/2016. Bonus deposited within 14 business days of account opening. Program must be mentioned at time of joining for account to be credited. Fees may reduce earnings, and rates may change. Limit five referrals per member. Navy Federal reserves and their immediate family are not eligible to participate in this program. If the referred person is ineligible for membership, Navy Federal reserves the right to reclaim the referral awards and related bonuses, and to close any resulting new accounts. Referrals may only be made by members in good standing. © 2016 Navy Federal NCUA 13133 (4-16)

IT'S YOUR TURN...

This week we asked, "What's your favorite summertime recreational activity?"

By MC2 Chris Liaghat



LSSR Ahzej Hawkins
NTTC Student

"Swimming is my favorite. I almost drowned nine times to learn!"



Kristal Graham
Galley Employee

"I like to watch sports because it keeps me motivated and relaxed. My favorite teams are LSU and the Saints."



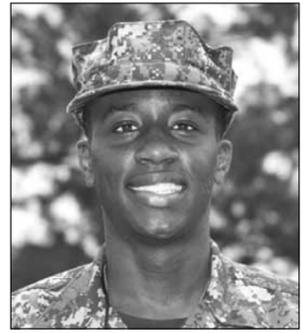
PSSN Jessica Gonzales
NTTC Student

"I love playing tennis because I win every time."



Terrance Clayton
Galley Employee

"I like to travel to see new places and learn new things."



LSSR Reco Calhoun
NTTC Student

"I love running and working out because when I do it, I get stronger!"

Fleet & Family Support Center

Parenting tips for fathers

Fathers, you have a special place in your children's lives. Children whose fathers take an active part in their daily lives tend to be well-adjusted and better equipped for success.

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.

It's not easy being a father, but don't think for a moment that you aren't as important to your children as their mothers are. Your roles as parents may not always be the same, but your interest in your children can make a significant difference in their lives. Be proud of your responsibilities and your efforts!

Show that you care

- Give your children hugs and kisses often – children need physical comfort and contact from their fathers.
- Tell your kids how much they mean to you. Who doesn't need to sometimes hear the words, "You're really important to me"?
- Praise their efforts, especially if they don't always succeed – teach them the importance of doing their best.

Give guidelines for conduct

- Give your children rules and make sure your rules are clear to them. Don't say "maybe" when you really mean "no".
- Explain your rules – it's important that children understand why they need to follow those rules.
- Be consistent with rules and expectations – children get confused when you seem to change your mind without any reason.
- Use effective discipline to help kids develop self-

control. Set limits and encourage children to feel good about themselves.

Communicate with care

- Look directly at your children when they talk to you.
- Gain your children's trust by really listening to them when they come to you with a problem.
- Be honest with your kids – admit your mistakes and teach them the importance of taking responsibility and making amends.

Become your children's educator

- Tell your children that they can always come to you with any questions. Otherwise, they may receive inappropriate answers from other people.
- Remember that you are your children's role model – they are looking to you to learn how a responsible and mature adult acts.
- Do household chores with your kids. Make them feel good about helping you, and teach them that fathers also share household duties.
- Encourage your children to think for themselves – guide and help them with their decision-making processes.

Remember that children don't need perfect fathers – if such beings even exist; they need caring and involved fathers. The greatest gifts you can give your children are your time and understanding.

If you need help with your fathering skills, please contact the Fleet & Family Support Center (601-679-2360). We have classes and one-on-one sessions in which you can participate to learn how to be the best dad you can be!

And, kids, don't forget to appreciate your dads! Fathers' Day is Sunday, 19 June – take time to tell your dad that you love him and thank him for his influence in your life.

- 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

Command Financial Specialist (CFS) Training

June 13-17 from 8 a.m.–4:30 p.m.
Each command with at least 25 active duty service members is asked – in accordance with OPNAVINST 1740.5B and SECNAVINST 1740.4 – to select individuals to attend CFS Training. Commands are required to maintain a ratio of 1 CFS to every 75 active duty personnel. A Current CFS must attend CFS Training every 3 years to remain active. Only E6 & above service members are eligible to attend this training and serve as a CFS. For more information about eligibility, or to register for the class, please contact the FFSC.

Troops to Teachers: "Transition to Teaching" Seminar

June 14 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.

Positive Parenting: Handling Behavior Problems

June 20 from 2-4:30 p.m.
Why do some children sail through childhood with few behavior problems while others seem to have constant struggles with behaving well? Both good and bad behaviors are shaped by the rewards the child receives from parents and other authority figures – and sometimes parents accidentally reward bad behavior. Attend this workshop to learn strategies to help guide your child to improved behavior.

Home Buying

June 22 from 3-4:30 p.m.
A home is one of the most complicated and expensive purchases you will ever make. Getting the best deal on the purchase can reduce "life-of-the-loan" costs by thousands of dollars. This program will provide complete, objective and unbiased information so prospective military homebuyers will be confident in their decision to purchase a home, and be better able to negotiate the potential financial pitfalls they may encounter during the home-purchase process.

Children's Craft and Movie Day

June 23 from 8:30-10 a.m. Ages 6-12
Join us at the FFSC for a movie and cool summer crafts. Refreshments will be served. Registration is required for preparation of materials.

SECNAV announces new administrative separation policy

To protect Sailors and Marines suffering with post-traumatic stress disorder (PTSD), traumatic brain injury (TBI) or any other diagnosed mental health condition, Secretary of the Navy Ray Mabus has made his department the first in the military to assure such conditions are considered before separating a service member.

Previously a service member's misconduct took precedence over diagnosed mental health conditions when considering separation, which impacted the veteran's ability to receive benefits. Now, if it contributed to the misconduct, the medical condition will take precedence.

Effective immediately, Sailors and Marines being processed for any type of involuntary administrative separation (ADSEP) who have a diagnosed mental health condition may be referred into the Disability Evaluation System.

Additionally, if the Sailor or Marine is being administratively processed under provisions that authorize a characterization of service of other than honorable, the case must be referred to the first general officer/flag officer in the chain of command for a final determination. Any service member previously separated under similar circumstances may also petition to have their discharge reviewed through either the discharge review board or Board for Correction of Naval Records (BCNR).

"It is one of the great maxims of naval history that Sailors and Marines are the sea services' greatest advantage and most important as-



Photo by MCC Sam Shavers

Secretary of the Navy (SECNAV) Ray Mabus signs an administrative separation (ADSEP) policy that allows Sailors and Marines suffering with post-traumatic stress disorder, traumatic brain injury or any other diagnosed mental health condition to be referred into the Disability Evaluation System.

set. For more than a decade, we've asked a tremendous amount of our people and their families," Mabus said. "In turn, we have a responsibility to support their needs, whether they are serving the Navy and Marine Corps mission around the globe or transitioning from uniformed service to civilian life."

Mabus signed the new policy into effect during a visit to the Steven A. Cohen Military Family Clinic at the NYU Langone Medical Center, a Cohen Veterans Network (CVN) clinic in New York.

CVN describes its mission as striving "to improve the quality of life for veterans and their families, including Guard and Reserve,

by working to strengthen mental health outcomes and complement existing support, with a particular focus on post-traumatic stress."

"Keeping faith with veterans under all circumstances is our solemn vow," said Mabus. "It is vitally important to address those service members whose separation is a result of PTSD/TBI.

Mabus later in the day formally announced the policy signing at an event hosted by the Veterans on Wall Street (VOWS) initiative.

For more information on the Naval Discharge Review Board, visit www.secnav.navy.mil/mra/CORB/pages/ndrb/default.aspx.

- From Chief of Information Public Affairs

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