

THE SKYLINE



Volume 54, Number 22

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October 27, 2016

On Base...

✓ Health and Safety Fair

Oct. 28. from 10 a.m.-2 p.m. at the Navy Exchange courtyard. Event is open to anyone with base access.

✓ Trick or Treat in base housing

Oct. 31 from 5-8 p.m. Stop by Balfour Beatty office with your pet dressed in a Halloween outfit for judging. For information, call 601-679-7669.

✓ Educaiton 101

Nov. 10 from 8 a.m.-4 p.m. in Building 255, rm. 265. For information, call School Liasion Office at 601-679-2473.

✓ Parent's Night Out

The CDC offers a Parent's Night Out program for eligible parents to take a night off. For information, call 601-679-2625.

A Day in Naval History

Oct. 27

1812 - During the War of 1812, the frigate Essex, commanded by Capt. David Porter, departs Delaware capes on a cruise into the Pacific Ocean around Cape Horn for attacks on the British whaling industry.

1864 - Lt. William B. Cushing takes the torpedo boat Picket Boat No. 1 upriver to Plymouth, N.C. and attacks CSS Albemarle at her berth, sinking her with a spar torpedo.

1922 - The Navy League of the United States sponsors the first celebration of Navy Day to focus public attention on the importance of the U.S. Navy. The date is selected because it is Theodore Roosevelt's birthday. Navy Day is last observed Oct. 27, 1949. In the 1970s, Adm. Elmo R. Zumwalt works with the Navy League to define Oct. 13 to celebrate the Navy.

1944 - Aircraft from USS Essex (CV 9) sink the Japanese destroyer Fujinami while aircraft from USS Enterprise (CV 6) sink the Japanese destroyer Shiranui 80 miles north of Iloilo, Panay.

--www.history.navy.mil

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

Tough, Bold & Ready



NASA astronaut shares his story

Photos by PO2 Chris Liaghat

Above: Capt. Barry "Butch" Wilmore speaks at the NAS Meridian Navy Ball in the MSU Riley Center, Oct. 15. Wilmore, a NASA astronaut and T-45 test pilot, is a veteran of two spaceflights and has accumulated a total of 178 days in space. Left: Master Chief Jim Remmert, left, and Seaman Jordan Waid cut the cake; it's Navy tradition for the oldest and youngest military member present to cut the cake together during the ceremony.

--More Navy Ball Photos, page 3

Raising awareness for breast cancer



Photo by PO2 Chris Liaghat

Military members and civilians participate in a 1.5 mile Breast Cancer Awareness Walk on board NAS Meridian, Oct. 12. The Navy Exchange sponsored the event and provide refreshments to participants.

Other than skin cancer, breast cancer is the most common cancer among American women. Getting mammograms regularly can lower the risk of dying from breast cancer.

The United States Preventive Services Task Force recommends that if you are 50 to 74 years old, be sure to have a screening mammogram every two years. If you are 40 to 49 years old, talk to your doctor about when to start and how often to get a screening mammogram.

Are you worried about the cost? CDC offers free or low-cost mammograms. Find out if you qualify.

There are different symptoms of breast cancer, and some people have no symptoms at all. Symptoms can include any change in the size or the shape of the breast, pain in any area of the breast, nipple discharge other than breast milk (including blood), and a new lump in the breast or underarm. If you have any signs that worry you, see your doctor right away.

The main factors that influence your risk for breast cancer include being a woman, being older (most breast cancers are found in women who are 50 years old or older), and having changes in your breast cancer genes (BRCA1 and BRCA2).

Most women who get breast cancer have no known risk factors and no history of the

disease in their families. There are things you can do to help lower your breast cancer risk, the most important step is getting regular screenings.

Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat. Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them. CDC's Bring Your Brave campaign provides information about breast cancer to women younger than age 45 by sharing real stories about young women whose lives have been affected by breast cancer.

Fast Facts About Breast Cancer

- Each year in the United States, more than 200,000 women get breast cancer and more than 40,000 women die from the disease.
- Men also get breast cancer, but it is not very common. Less than 1% of breast cancers occur in men.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. (https://www.cdc.gov/cancer/breast/young_women/index.htm) About 10% of all new cases of breast cancer in the United States are found in women younger than 45 years of age.

--From Centers for Disease Control and Prevention

Look Inside



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Halloween safety tips



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Navy commissions DDG1000



~ Page 9 ~
Ensign Garrigues and 1st Lt. Zsido tie for Golden Stick

Photo of Week



Photo by PO3 Kaleb R. Staples

F-18 Hornets, with the Navy's Flight Demonstration Team "The Blue Angels," perform an aerial demonstration during Air Show Baltimore. Maryland Fleet Week and Air Show Baltimore provides the people and media of the greater Maryland/Baltimore area an opportunity to interact with Sailors and Marines, as well as see, firsthand, the latest capabilities of today's maritime services.

Area Happenings

NOVEMBER

3: Patti LaBelle at 7:30 p.m. at the MSU Riley Center. Her wide-ranging talent has won her induction into the Grammy Hall of Fame, the Hollywood Walk of Fame, the Apollo Legends Hall of Fame and the Songwriters' Hall of Fame. Tickets \$78; for information call 601-696-2200.

11: Veteran's Day Ceremony at 10:30 a.m. at the Doughboy Monument in downtown Meridian at 6th Street & 23rd Avenue. For information, call 601-681-8060.

11: Veteran's Day Parade honoring our veterans will be held at 3 p.m. through downtown Meridian. Parade route starts at 9th Street & 25th Avenue. For information, call 601-693-4422.

17: Rick Springfield at 7:30 p.m. at the MSU Riley Center. Rick Springfield has never settled for doing just one thing. That's probably why he remains so active, still performing 100 concerts a year and still writing new songs (he just released his 18th studio album, Rocket Science). Springfield first hit the charts with the Grammy Award-winning number one hit "Jessie's Girl" in 1981. Tickets \$58; for information call 601-696-2200.

17: Travis Tritt at 7:30 p.m. at the Meridian Temple Theatre. Tickets on sale online at <http://www.etix.com/ticket/p/5793311/travis-tritt-meridian-temple-theatre-big-spring-entertainment> and at the door night of show. All seats reserved. Also performing, "Muscadine Bloodline". Doors open at 6:30 p.m. For ticket information, call 601-693-5353.

22: Great Russian Nutcracker Ballet at 7 p.m. at the Meridian Temple Theatre. Tickets go on sale Oct. 24, at the Temple Theatre lobby weekdays from 10 a.m.-2 p.m. Reserved seating: \$30 & \$20; general admission: \$10; for telephone orders or information, call 601-693-5353.

29: Meridian Christmas Tree Lighting Ceremony from 5:30-6:30 p.m. on the City Hall Lawn. Local choirs will be singing Christmas Carols. For more information, contact City of Meridian Cultural Affairs at 601-485-1944. This event is open to the public.

DECEMBER

2: Santa's Christmas Factory from 4-8 p.m. at the Soule' Steam Works at 808 4th Street. Santa's Christmas Factory returns to the Mississippi Industrial Heritage Museum! Snow flurries fly in Steam Alley and historic Soule' Steam Works transforms into an amazing Christmas workshop complete with Santa and his elves. This family-friendly, holiday event features decorations, music, lights, snow-covered play area (so realistic you think it is real snow) and a Christmas train ride for the kids. Admission is \$5 per person, \$25 family maximum. Proceeds go to the operation and restoration of the museum. For information, call 601-693-9905.

2: Kansas City Southern's Holiday Express starts at 4 p.m. at Union Station on Front Street in downtown Meridian. The KCS Holiday Express is a festive, six-car train that brings Santa Claus and his elves to communities throughout the company's U.S. rail network at scheduled stops. Guests to the train can visit Santa Claus and walk through three cars filled with holiday displays. The event is free to the public. For information, call 601-485-1944.

ONGOING

Earth's Bounty is held the first Saturday of the month from 7 a.m.-1 p.m. at Singing Brakeman Park until November. This event will end **Farmers Market** held every third Saturday of the month from 7 a.m.-1 p.m. at Singing Brakeman Park until November. Don't miss the free samples and fresh fruits and vegetables from the vendors. For information, call Ronnie at 601-604-2892.

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.

NAVY NEWS BRIEFS

Go for Green® fully implemented across Navy

Naval Supply Systems Command (NAVSUP) has fully implemented the Go For Green® (G4G) program worldwide as of Oct. 20.

G4G is a food identification system designed to help service members identify the least processed food and beverage choices while dining in military galleys. The color codes -- Green (Eat Often), Yellow (Eat Occasionally), and Red (Eat Rarely), along with a salt shaker graphic to measure sodium content -- help service members choose foods and beverages that boost their performance, readiness, and health.

The G4G labeling guides service members to the best choice while still providing alternate options.

Foods labeled green are placed at the

beginning of the serving line, and provide the most nutrients. Alternate menu options, labeled yellow and red, are to be enjoyed in smaller portions and less often.

All ashore and afloat galleys, as well as Navy Food Management teams; Bureau of Medicine dietitians; Morale, Welfare, and Recreation (MWR) command fitness leaders; Navy food service personnel; and Navy and Marine Corps Public Health Promotion directors have been trained on the principles of G4G.

Posters, food label cards, and table toppers are prominently displayed in the galleys to help Sailors be aware of which choices are the best for their overall health and performance.

--From Naval Supply Systems Command

Navy medicine emphasizes readiness during flu season

Fall is the unofficial start of flu season and Navy Medicine is stressing the importance of readiness for Sailors, Marines and their families.

Vice Adm. Forrest Faison, Navy surgeon general and chief, Bureau of Medicine and Surgery (BUMED), received his flu shot to set the example for all Sailors, Marines and their families this flu season, Oct. 13/14.

"It is essential that Sailors, Marines and their families get their flu shot," said Faison. "The flu can have a significant impact on readiness, but vaccination is the best way to protect and reduce the risk while keeping yourself and your loved ones healthy."

The seasonal flu vaccination is mandatory for all Department of Defense uniformed personnel who are not medically

or administratively exempt.

Navy Medicine's goal is to immunize 90 percent of Sailors and Marines, and provide 100 percent vaccine access for Navy and Marine families by mid-December. However, Navy Medicine will not use the intranasal (nasal spray) live attenuated influenza vaccine this year because it is considered ineffective by the Centers for Disease for Control (CDC).

"We will reach our goal through aggressive immunization campaigns and shot exercises," said Lt. Cmdr. Jaime Vega, BUMED public health officer. "It's never too late to get your flu shot. Whether you work on a ship or in an office setting, the flu is a force reducer and affects the combat readiness of our warfighters."

--From U.S. Navy Bureau of Medicine and Surgery

Civilian workforce and 'One Navy Team' documents released

The Office of the Chief of Naval Operations released The Navy Civilian Workforce Framework and One Navy Team Guidance Oct. 14.

Both initiatives were recently discussed by Chief of Naval Operations (CNO) Adm. John Richardson and Master Chief Petty Officer of the Navy (MCPON) Steven S. Giordano during a Gold Line of Effort all hands call in Norfolk.

In the Navy's "A Design for Maintaining Maritime Superiority," there are four specific lines of effort: Gold is "Strengthen our Navy Team for the Future."

"To remain competitive amidst change, we will need a highly capable Navy Team," said Richardson. "The Navy Team is defined in the Design as 'a diverse mix of active duty and reserve Sailors, Navy civilians and our families.' Our Team is our competitive advantage and is the key to our success."

The civilian framework is the first step toward identifying what Navy can do to strengthen the civilian workforce and by

extension the Navy Team as a whole.

Navy civilians offer unique technical expertise, continuity of knowledge and experience, and diversity of thought and perspective.

The plan to strengthen Navy's civilian workforce is outlined in the framework, and will be further developed by more specific guidance that will specify actions each command will take to meet the objectives outlined in the document.

"This Framework lays out our institutional obligations to the civilians who chose to join our Team, and the expectations we have in return," said Richardson. "The aim is that the Framework further strengthens the bonds within our Team, setting the conditions for maintaining maritime superiority."

In the One Navy Team document, Richardson goes beyond traditional diversity and inclusion guidance and gets at action.

--From Chief of Naval Operations Public Affairs

Change to NEX layaway policy

The NEX has made a change to its popular layaway policy. The amount of time clothing and shoes may be put on layaway has increased from 45 to 90 days. The policy still requires equal payments to be made every 15 days. Customers may take their layaway purchase home once the items are paid in full.

A minimum deposit of 10 percent of the purchase price plus a \$5 non-refundable layaway fee is required when merchandise is put on layaway. Layaway cancellations will incur an additional charge of \$5. Some NEXs must limit the type or number of items permitted on layaway due to space constraints.

General merchandise may be put on layaway up to 90 days with equal payments required every 15 days. Jewelry and watches with a single item retail price of \$500 or more may be put on layaway for up to 180 days with equal payments required every 15 days. Computers, tablets, monitors, digital cameras, peripheral computer equipment, software and video games are not permitted on layaway. Clothing on clearance with prices ending in .96 is not authorized for layaway. However, sale priced clothing ending in .97 is permitted on layaway.

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

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Hotlines & Helpful Numbers

SAPR Victim Assistance: 601-604-3037
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 SARC: 601-481-4274
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 Suicide Hotline: 800-273-8255
 Military OneSource: 800-342-9647
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Fifteen aviators earn 'Wings of Gold' in October pinning ceremony

There was a naval aviator designation ceremony Oct. 21 on board Naval Air Station Meridian.

Fifteen 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 9**



Briggs



Brouger



Coates



Dominic



Duell



Garrigues



Griffiths



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Humiston



McBreairty



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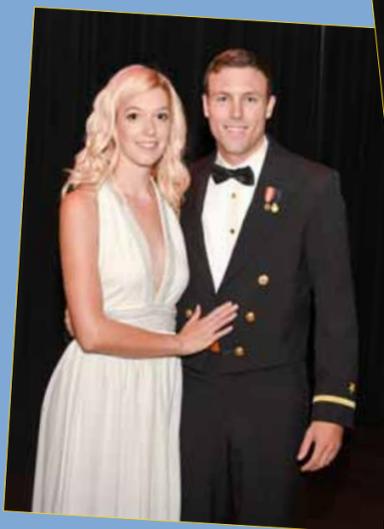
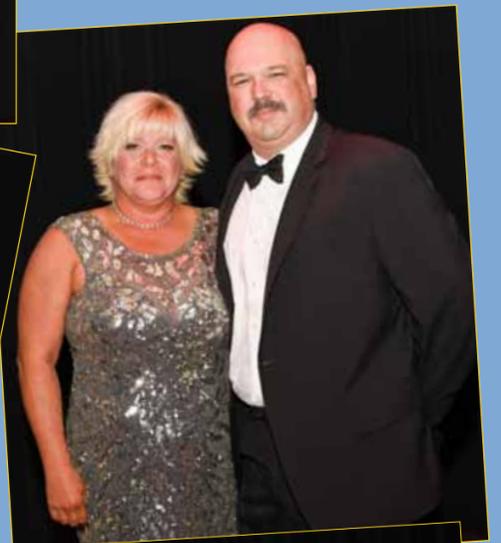
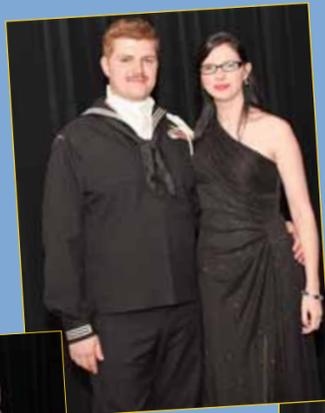
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Zsido

Photos by PO2 Chris Liaghat

NAVY BALL IN PICTURES ...



A Site Just for You

Our site is loaded with local news, sports and entertainment.

MeridianStar.com

Happenings on base



Photo by PO2 Chris Liaghat

NAS Meridian military and civilian employees received awards during the monthly command quarters at the Air Operations building Oct. 19. During the ceremony, three Navy and Marine Corps Achievement Medals, one Flag Letter of Commendation, two Good Conduct Awards, and two Length of Service Awards were presented.



Photo by PO2 Chris Liaghat

Petty Officer 1st Class Christopher Wooley, left, accepts his reenlistment certificate from Security Officer Lt. Marco Agricoli at a reenlistment ceremony in front of the security building, Oct. 14. Wooley reenlisted for six years.



Photo by PO2 Chris Liaghat

Chief Mark Ramirez, left, accepts a Presidential Certificate of Commendation from Navy-Marine Corps Relief Society (NMCRS) Regional Director Alice Huffman at the Naval Technical Training Center Administration building on board NAS Meridian Oct. 13. Ramirez received the commendation for his work as the head of NAS Meridian NMCRS volunteers.



Photo by PO2 Chris Liaghat

Ten NAS Meridian military members received certificates of completion from Auxiliary Security Force (ASF) training at a graduation ceremony in the administration building, Oct. 21.

Trick or treat; size 11 feet?

A few Halloweens ago, I was sitting on the porch of my privatized housing at Naval Station Mayport, giving candy to trick-or-treaters on our street. My husband went door to door with our kids, while I stayed home and tried to not gorge myself on Heath Bars.

COLUMN



Lisa Smith Molinari

For the most part, the ghouls, goblins and princesses were what you'd expect on Halloween night: aged four to 14, wearing tennis shoes under their costumes, and taking three candies when they were supposed to take only two.

However, there were some unconventional trick-or-treaters too: post-pubescent teens who were taller than me and shaved regularly; and first-time parents, pushing infants dressed as pea pods and pirates in strollers, who took candy despite the obvious fact that their babies had no teeth.

I couldn't help but wonder, "Has Halloween become a sugar-coated free-for-all? And if it has, does anyone really care?"

Apparently, some do.

Several cities in Ill., Md., Miss., Va., and S. C., have felt strongly enough to enact laws limiting the age one can trick-or-treat on Halloween night.

And a survey conducted last year by the American Association of Retired Persons (AARP) found that age 12 was the median response for 80 percent of those polled. In a SurveyMonkey.com poll, 57 percent felt that kids should stop trick-or-treating between 12 and 15. And in a Today.com poll, 62 percent thought there should be an age limit, with 13 being the most common answer.

Mark Eckert, the mayor of one of the towns that restricts trick-or-treating after age 12, recalled, "When I was a kid, my father said to me, 'You're too damn big to be going trick-or-treating. You're done.'"

That was the mentality during my childhood, too. In the 70s, trick-or-treaters were elementary schoolers. Period. It was an unwritten rule followed without analysis or exception.

We trick-or-treated unchaperoned on Halloween night wearing home-made get-ups like Charlie Brown's bedsheets; or

boxed costumes that consisted of a cheap mask and a 100 percent polyester sheath printed to resemble Bugs Bunny, Sleeping Beauty, or Fred Flintstone. Not only did the poor children wearing these costumes look nothing like the characters they longed to portray, they also had to steer clear of open fires to avoid bursting into flames.

The masks had two round holes to see through, and a tiny slit at the mouth that was not big enough to allow breath to escape, making it a steamy, uncomfortable affair. Made of eggshell-thin plastic and held on by flimsy elastic bands, the masks had a working life of about an hour and a half.

But low-quality costumes were not the only harsh realities of Halloween in the 1970s. While the elementary kids were scampering door to door, the rest of the teenage population were in the streets too, toilet-papering, egging, powder bombing, window soaping, pumpkin smashing and ding-dong-ditching the night away.

Which is why, a significant number of people today, 39 percent in the Today.com poll, say that trick-or-treating should be encouraged at any age.

Hans Broedel, a University of North Dakota professor who has studied the history of Halloween customs, said that, "Trick-or-treating in a large part is embraced in this country because it serves to cut down on teenage vandalism."

Indiana University School of Public Health professor, Johnathan Beckmeyer, said that older teens might trick-or-treat for the free candy, or it could be that they enjoy experimenting with new identities. "Halloween is the ultimate role play day," said Golden Gate University professor, Dr. Kit Yarrow, who opined that millennials simply like to express themselves in public ways.

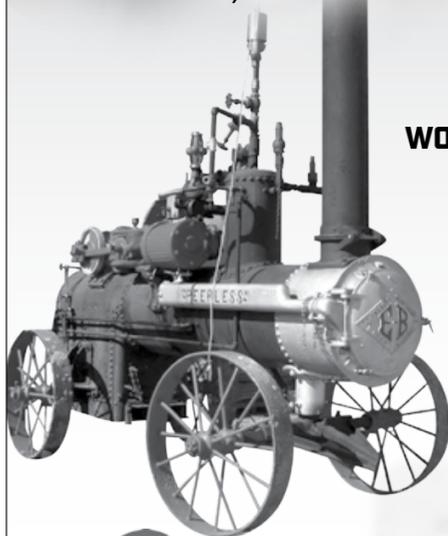
On that Halloween night in Mayport, something else happened that helped me to put things in perspective.

The street was buzzing with trick-or-treaters, when suddenly the base loud-speaker crackled with the nightly broadcast of "Colors." Every parent, pea pod, pirate, princess, goblin, ghou and gangly teenager stopped to face the flag. For a moment, we all recognized that, at any age, the sweetest treat we have is being American.

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.

NOV. 4 & 5 2016 FIRST WEEKEND OF NOVEMBER
FRIDAY & SATURDAY

Mississippi Industrial Heritage Museum **9AM to 4PM**
at Historic Soule' Steam Works in **\$5 Admission**
MERIDIAN, MISSISSIPPI



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Pfc. Vincent Lang
MATSS-1 Student
Hometown: Bronx, N.Y.

OORAH!

Pvt. Goxhoi Kerpi
MATSS-1 Student
Hometown: Philadelphia

Pfc. Vincent Lang enjoys practicing Muay Thai and playing basketball in his free time for the skill and coordination it requires.

His most memorable experience since joining was when his main drill instructor in boot camp promoted him to private first class. "It's my most memorable experience because I worked so hard for it," said Lang.

After school Lang would like to be stationed in California for the atmosphere and culture. He would also like the opportunity to go to a Warriors, Clippers and Lakers game. In his career he is looking forward to making a difference in the world and supporting his fellow Marines.

Lang admires his parents and drill instructor, Sgt. Wade. "They are all hard working people and have good morals, values and ethics," he said.



Pvt. Goxhoi Kerpi enjoys soccer and paintballing. "They're fun activities and I like that they require you to be constantly running," said Kerpi.

Kerpi joined the Marine Corps May 9. "I wanted to better myself," said Kerpi. "Before I joined the Marines I wasn't going anywhere with my life."

His most memorable experience since joining was scuzzing the deck in boot camp. "Back and forth for hours every day broke a lot of recruits down," said Kerpi.

After graduating, Kerpi is looking forward to traveling, and meeting new people and fellow military members. After school he would like to be stationed at Camp Pendleton because he has never been to the West Coast. He would like to visit Los Angeles and San Diego.

Marines, Sailors practice firefighting search and rescue skills

By Sgt. Cuong Le
Defense Media Activity

"So today the Marines and the sailors and members of the armed service will be working in conjunction with the San Francisco Fire Department to urban search and rescue skill," said Jonathan Baxter, a lieutenant with the San Francisco Fire Department. "The urban search and rescue skill includes a number of different parameters but specifically how to remove large portions of rubble in order to get to potential victims."

The first group of Marines started at the concrete and metal excavation site. The Marines learned how to use reciprocating saws, rebar cutters, rotary hammers, core saws, jackhammers, hydraulic circular saws, hydraulic chain saws, gas powered circular saws, and hydraulic power units. The Marines learned how to effectively use these tools to cut precision holes through

concrete slabs during an urban search and rescue mission to save people who may be stuck underneath fallen concrete.

"We learned about how to use different types of power tools to quickly and safely reach someone on the other side of a concrete slab," said PFC Travis McKinney, a rifleman with 1st Light Armored Reconnaissance Battalion. "I am not the best guy when it comes to using tools, but with this training I am confident that I would be able to use these new skills to save someone's life."

The second group of Marines started at the Emergency Building Shoring station where they learned what type of wood to use, what length to cut the wood to, and how to put the wood together. The Marines would measure the openings that rescue teams would enter and build wooden structures to shore up the building's strength before sending in teams.

"You never know what you might run into it could be a house on fire, it doesn't have to even be Marine Corps related," said PFC Nicholas Bennett an amphibious assault vehicle crewman with 3rd Assault Amphibian Battalion, I Marine Division. "If you have a couple pieces of lumber, it is surprising what you can do. It could save somebody's life one day."

The third group started at the heavy lifting station, where the Marines and Sailors learned how to use metal rods and wooden blocks to move 3-5,000 pound of concrete. The service members would set up the wooden blocks to support the weight of the concrete slabs before using metal bars to move them.

"Learning to work together was the most important part of this training," said Bennett. "With the skills that we learned today, I am pretty confident I could use them to help out during a disaster relief mission."

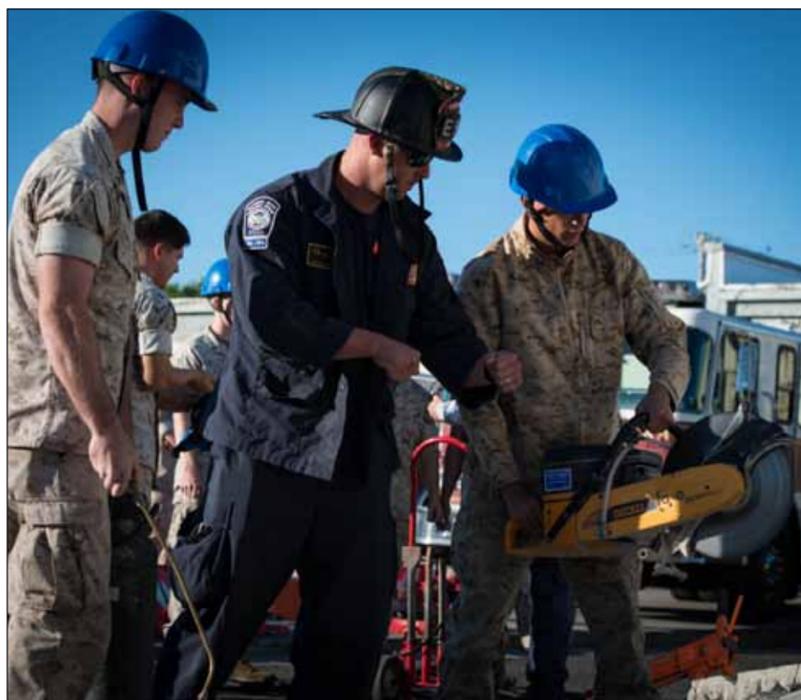


Photo by Lance Cpl. Julien Rodarte

Marines from I Marine Expeditionary Force joined firefighters from the San Francisco area to learn about urban search and rescue techniques Oct. 5, at building 600 on Treasure Island. The service members learned how to cut through concrete and metal bars, reinforce structures, and move 5,000 pounds of concrete with wooden sticks.

CANBERRA, AUSTRALIA



Photo by Cpl. Samantha Braun

Commandant of the Marine Corps Gen. Robert B. Neller, left, and Australian Army Lt. Gen. Angus Campbell, chief of Army, place wreaths at the Australian War Memorial, Canberra, Australia, Oct. 18. Neller and Campbell placed wreaths at the memorial in honor of a fallen World War I Australian Army soldier.

FIRE BASE BURT, CALIF.



Photo by Cpl. Abraham Lopez

Cpl. Eduardo Osorionunez, a field artillery cannoneer with 1st Battalion, 11th Marine Regiment, fires the M777 Howitzer during a CH-53 day battle drill exercise at Fire Base Burt, Calif. The battle drill was part of Weapons and Tactics Instructor Course (WTI) 1-17, a seven-week training event hosted by MAWTS-1 cadre which emphasizes operational integration of the six functions of Marine Corps aviation in support of a Marine Air Ground Task Force.

Safety & Energy Efficiency is Our Duty



HALLOWEEN SAFETY TIPS



Halloween is one of the most thrilling nights of the year for children, and also one of the most dangerous. Halloween can indeed be scary, with increases in pedestrian injuries, burns and falls among children.

Pedestrians and Traffic

- ★ Children should trick or treat in groups and be accompanied by an adult. They should never enter a home or an apartment unless accompanied by an adult.
- ★ Visit only people you know in familiar areas.
- ★ Carry a flashlight to see and be seen. Use reflective tape on costumes, bags and sacks.
- ★ Do not cut across yards. Lawn ornaments and clothes lines become "hidden hazards" in the dark. Tell your children to stay on the sidewalk at all times and to cross streets at crosswalks and intersections.
- ★ Motorists – Obey all traffic signs and signals. Slow down in residential neighborhoods. Watch for children walking in streets, medians and on curbs. Enter and exit driveways and streets slowly and carefully. Teach children to exit and enter cars on the curb side, away from traffic.

Costumes

- ★ When purchasing a costume, check to be sure it's flame resistant.
- ★ Make sure your costume lets you see and hear perfectly. You need to be able to watch and listen for cars.
- ★ Make sure your costume fits. It's easy to trip on costumes that are too long or shoes that are too big.
- ★ Wear light or brightly-colored clothing. Put "glow-in-the-dark" or reflective patches or

strips on your costumes so drivers can see them better.

Treats

- ★ Teach children to not eat treats until an adult checks them for tampering.
- ★ Check any toys or novelty items for choking hazards to children less than three years of age.

Decorations

- ★ Use glow sticks or battery operated candles inside jack-o-lanterns instead of open flame candles.
- ★ Keep candles, pumpkins with candles, matches and lighters out of children's reach.
- ★ If you do use candles in your jack-o-lanterns, never leave them unattended.
- ★ Remove obstacles from lawns, steps and porches when expecting trick-or-treaters.
- ★ Indoors, keep candles and jack-o-lanterns away from curtains, decorations and other combustibles that could be ignited.
- ★ Indoors or outside, use only lights that have been tested for safety by a recognized testing laboratory.
- ★ Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections. Discard damaged sets. Don't overload extension cords. Also, unplug all lights and decorations from extension cords when leaving the house or going to bed.

If you have any questions, please contact the NAS Meridian Fire Department at 601-679-2589.



NAS Meridian, MS • Morale, Welfare and Recreation

On the Web: www.navymwrmeridian.com Facebook: www.Facebook.com/MWRMeridian

Facility Phone Numbers

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



Coming Attractions

McCain Rec Center

- Thursday, October 27**
4:50pm, Jurassic Park, PG13
7pm, Central Intelligence, PG13
- Friday, October 28**
4:30pm, Poltergeist, R
6:30pm, Marvel's The Avengers, PG13
- Saturday, October 29**
1pm, Poltergeist, R
4:50pm, Now You See Me 2, PG13
7pm, Marvel's The Avengers, PG13
- Sunday, October 30**
1pm, Jurassic Park, PG13
5pm, Central Intelligence, PG13
7pm, Now You See Me 2, PG13
- Monday, October 31**
5pm, BFG, PG
7pm, The Purge: Election Year, R
- Tuesday, November 1**
5pm, Finding Dory, PG
7pm, Warcraft, PG13
- Wednesday, November 2**
5pm, The Legend of Tarzan, PG13
7pm, Mike and Dave Need Wedding Dates, R
- Thursday, November 3**
5pm, BFG, PG
7pm, The Purge: Election Year, R
- Friday, November 4**
5pm, Finding Dory, PG
7pm, Warcraft, PG13
- Saturday, November 5**
1pm, The Legend of Tarzan, PG13
5pm, Mike and Dave Need Wedding Dates, R
7pm, Warcraft, PG13
- Sunday, November 6**
1pm, BFG, PG
5pm, The Purge: Election Year, R
7pm, Mike and Dave Need Wedding Dates, R
- Monday, November 7**
5pm, Ice Age: Collision Course, PG
7pm, Hunger Games, PG13
- Tuesday, November 8**
5pm, The Secret Life of Pets, PG
7pm, The Infiltrator, R
- Wednesday, November 9**
4:40pm, Midway, PG
7pm, Bad Moms, R

The Liberty Center

- Thursday, October 27**
7pm, The Avengers, PG13
- Friday, October 28**
7pm, Now You See Me 2, PG13
- Saturday, October 29**
1pm, Central Intelligence, PG13
7pm, Central Intelligence, PG13
- Sunday, October 30**
1pm, The Avengers, PG13
7pm, The Avengers, PG13
- Monday, October 31**
7pm, Warcraft, PG13
- Tuesday, November 1**
7pm, Mike and Dave Need Wedding Dates, R
- Wednesday, November 2**
7pm, The Purge: Election Year, R
- Thursday, November 3**
7pm, Warcraft, PG13
- Friday, November 4**
7pm, Mike and Dave Need Wedding Dates, R
- Saturday, November 5**
1pm, The Purge: Election Year, R
7pm, The Purge: Election Year, R
- Sunday, November 6**
1pm, Warcraft, PG13
7pm, Warcraft, PG13
- Monday, November 7**
7pm, The Infiltrator, R
- Tuesday, November 8**
7pm, Bad Moms, R
- Wednesday, November 9**
7pm, Hunger Games, PG13
- Movies shown at McCain Rec Center and the Liberty Center are shown FREE of charge.

Renovation underway at NGIS

NGIS has recently started scheduled room renovations. This multi phase, \$1.2M project will provide the updated look needed for this first class establishment. The scheduled completion of the renovation is April 2017. We appreciate everyone's patience as we move forward to improve NGIS. If you or a loved one are staying or planning to stay at the NGIS and we can be of any assistance, please see or call the front desk at (601) 846-1675.



Creating comfortable guest services for those we serve: Today and Tomorrow

Halloween Party & Costume Contest

at **Rudder's**

Friday, Oct. 28 - 7pm - midnight

Prizes will be given for 1st, 2nd, & 3rd place. No purchase necessary.

Child care will be available at CFC

Education 101 - Kindergarten to College

Thur., Nov. 10 • 8am - 4pm

Admin Building #255, room 265

You may attend any session. No pre-registration required. Refreshments will be provided (while supplies last).

For additional info please call (601) 679-2473

Sessions:

- 8am: The Formula for Success in School
- 9am: Assessment & Support Services for Students with Exceptionalities such as Giftedness & Special Needs
- 10am: Bully Prevention Strategies that Work
- 11am: Test Anxiety & School Stressors
- 12pm: High School Credits & Graduation Options in MS
- 1pm: Dual Credit vs AP Courses & GPA Computation
- 2pm: Preparing for College - Facts & Figures
- 3pm: Question/Answer Session Regarding Mississippi's Public, Private & Home-School Options

Big Buck Contest

2016-2017

Oct. 1, 2016 - Jan. 31, 2017

Trophies for 1st, 2nd and 3rd place. Contest is open to eligible MWR patrons. Scoring will be based on Inches of width (round down to 1/4 inches) + number of points. Photo of deer must taken at scoring poster in skinning shack. Photo must be brought to Ponta Creek Community Rec Complex daily from 0800-1700. For more info call (601) 679-2526.

MWR Website!

• Facility and program information right at your fingertips

• Find out everything about MWR Meridian

• Current Events; dates, time and locations

• Local MWR Job Announcements

www.navymwrmeridian.com

Rudder's Events

DJ Bosshogg Live at Saturday, November 11

DJ Leflore Live at Friday, November 18

Doors open at 5pm; the fun starts at 8pm

The Sandtrap Weekly Specials

- Thursday, October 27**
Anthony's Fried Chicken
Macaroni and Cheese, Turnip Greens, Cornbread and Drink for only \$6.
- Tuesday, November 1**
Chicken Fried Steak
Mashed Potato with Gravy, Fried Okra, Cornbread and a Drink for only \$6.
- Wednesday, November 2**
Anthony's Fried Chicken
Macaroni and Cheese, Turnip Greens, Cornbread and Drink for only \$6.
- Thursday, November 3**
Taco Salad
Don't miss the Sandtrap's famous Taco Salad. Served with a Drink for \$6.
- Tuesday, November 8**
Meatloaf
Baked Potato Casserole, Green Beans, Roll and a Drink for only \$6.
- Wednesday, November 9**
Spaghetti
Garden Salad, Garlic Bread and a Drink for only \$6.

Give Parents A Break & Parent's Night Out

October 6, 13, 20 & 28 at CDC & SAC 6pm-10pm \$4 per hour

Call (601) 679-2652 for info.

Hourly Child Care Available

Hour care is available for ages 6 weeks to 12 years of age. For information stop by CDC or call 601.679.2652.

Child and Youth Programs

Openings at CDC & SAC

The Child Development Center currently has openings for ages Pre-Toddler through Pre-School.

The School Age Care Center currently has openings available for ages 5-12.

Look for Circles Day

Wednesday, November 2 • 10am - 11am

Look for Circles Day is happening at the Andrew Triplett Library...and YES, it's a real day! Everywhere you look, you'll find something shaped like a circle. We'll have a little hunt in the library to find as many circles as you can, read some stories about circles and have a snack of something shaped like a circle!

National Vanilla Cupcake Day

Wednesday, November 9 11am - 11pm

It's National Vanilla Cupcake Day! We've got National Vanilla Cupcake Day! We've got National Vanilla Cupcake Day! We've got National Vanilla Cupcake Day!



Sports

NAVY RECREATION
Disc Golf Tournament
 Saturday, Nov 5 at 9am
\$5 per person
 Register at Ponta Creek Community Rec
 by noon on Friday, Nov 4
 For additional info call (601) 679-2526

Lift the Gym
 1 Nov. - 31 Dec
 THE GYM = approx. 21,000 POUNDS
 • Participants must log their pounds lifted on the Daily Log Sheet each day and submit them to the Trainer on staff or Front Desk Lead. Totals must be logged on the day of completion to count. Only max weight lifted for each exercise will be recorded. One log entry (gym visit) per person per day. The Trainers will tally the total pounds and maintain individual log sheets for each participant. Weekly Totals will be posted on Fridays at the Trainer's desk.
 • Participants who reach 10,000 lbs will receive an MWR Lunch bag. Finishers will receive an "I lifted the Gym" T-Shirt. (T-shirts will be ordered Nov 15.)

Get Prizes for doing cardio.
 100 miles T-Shirt
 500 miles Ball Cap
 1,000 miles Gym Bag
Are You A Member?
 Track your progress at the Fitness Center!

500 lb & 1,000 lb Club
 Come test your strength and get your picture up on the wall. For info please see the fitness center or call (601) 679-2379

November 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	Monday	Tuesday	Wednesday	Thursday	Friday
6am-7am	Fusion Wellbeats™	Stomp Wellbeats™	Fit 4 Duty Wellbeats™	Stomp Wellbeats™	Fusion Wellbeats™
7:30-8:30am	Stomp Wellbeats™	REV Wellbeats™	Vibe Wellbeats™	REV Wellbeats™	Stomp Wellbeats™
9am-10am	Anything Goes Erin	Anything Goes Erin	Anything Goes Erin	Anything Goes Erin	Anything Goes Erin
11am-12pm	HIIT Erin	HIIT Erin	HIIT Erin	HIIT Erin	HIIT Erin
11am-12pm	REV Wellbeats™	REV Wellbeats™	REV Wellbeats™	REV Wellbeats™	REV Wellbeats™
4:45pm-5:45pm	Bootcamp Alex	Bootcamp Alex	Bootcamp Alex	Bootcamp Alex	Bootcamp Alex
6:30pm-7:30pm	Funct. Fitness Alex	Funct. Fitness Alex	Funct. Fitness Alex	Funct. Fitness Alex	Funct. Fitness Alex
8pm-9pm	REV Wellbeats™	REV Wellbeats™		REV Wellbeats™	

Upcoming at The Fitness Center
Veterans Day Memorial Sweat Fest
 November 9, 2016
 11:30 at Fitness
 Sign up beginning 24 Oct.

Fright Night Halloween 5K & 1 Mile Fun Run/Walk
 October 29, 2016
 Run at the Ponta Creek Community Rec Complex
 Register Online at www.navy.mwrmeridian.com
 until October 23, 2016, 12:00pm
 Come in costume... if you dare!
 NAVY FITNESS
 STAY HEALTHY • STAY FIT • STAY NAVY

Navy works to improve its pay and personnel support system

Following a review by a special task force jointly commissioned by the Assistant Secretary of the Navy for Financial Management and Comptroller and the Chief of Naval Personnel (CNP), the Navy announced today in NAVADMIN 235/16 that a number of actions have been identified that will help improve the quality of pay and personnel services provided to Sailors.

These actions include improving training for pay and personnel professionals, assigning more military personnel to Personnel Support Detachments (PSDs) in continental United States locations, improving Sailor and command self-service capabilities, and implementing organizational changes that will produce more opportunities for civilian upward mobility.

"We believe that these changes will ultimately result in retaining key talent and expertise to improve the support Sailors and their families receive from their PSD," said Dave Menzen, director Total Force Manpower, Training, Education Requirements Division (OPNAV N12). "Our efforts are aimed at having a Sailor-focused pay and personnel support system that is highly trained, auditable and enhanced by today's technology."

Additionally, some changes already been put in place including revamping the Command Pass Coordinator (CPC) position, renamed as Command Pay and Personnel Administrator (CPPA), to include more defined responsibilities and enhanced training. All Navy commands and Navy detachments with an independent unit identification code, whether that command is located in one geographical area or spread through a geographical region, will have at least one CPPA to



Photo from Chief of Naval Personnel Public Affairs

Chief of Naval Personnel Flag

ensure command level accountability, auditability, and full engagement with their supporting PSD. Monthly CPPA engagements, both ashore and afloat, will help identify the resources available to assist CPPAs in performing their duties, provides facilitated CPPA training of Navy approved training aids, provides guidance and clarification on specific pay and personnel topics, and presents the opportunity to address local issues.

"The Sailors that fill these positions have a lot of responsibility. Formalizing their training will benefit them and the fleet they serve," said Capt. Steven Friloux, commanding officer, NPPSC.

The Navy has also established a new Navy Enlisted Classification (NEC) code of 95AD for CPPAs to ensure that once Sailors are trained in the pay and personnel policies and procedures they can continue to use those skills throughout the fleet. The NEC can be awarded to CPPAs once the online training, on-the-job training and letter of designation requirements are satisfied. Civilians acting as the unit CPPA are also required to complete the CPPA course.

"They are going to have a direct impact on timeliness and accuracy of Sailors' pay, so it is important for commands to select their brightest Sailors qualified to serve as CPPAs," said Friloux. "Then we will provide training and the opportunity to earn the new NEC. The partnership between commands and their supporting PSD is the key to providing Sailors with accurate and timely personnel and pay support."

In addition to the CPPA change, some PSDs will see staffing increases. This will include adding billets for military pay clerks, active component and Full-Time Support, at PSDs.

"We anticipate that adding more Sailors to those PSDs - with improved skillsets - will improve customer service between PSDs and commands as well as allow Sailors more opportunities to work within the pay and personnel specialty," Friloux said. Commanding Officers and officers-in-charge will continue to contribute to the success of the Navy's Pay and Personnel Support System and should help ensure that all pay and military pay clerks receive the most up-to-date training.

--From Chief of Naval Personnel Public Affairs

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.

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.

MOTORCYCLES/GEAR/ATV

1994 Honda Goldwing \$3,200. Call Greg at 601-490-3835.

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

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.

AUTOMOBILES, ETC.

2009 Chevy Traverse LS Seats 7-8, Rear AC, PW, PL. Asking \$5K. Call 601-616-0947.

1996 Chevy Suburban 2500 4x4, 7.4L, PW, PL, rear AC. Black/Grey interior; very clean. \$6,200 OBO. Call 601-616-0947

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

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

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/over-drive. \$13,000, negotiable. Call 434-604-0428. Text for photos or Carfax report.

HOMES/APARTMENTS

For Rent: 3BD/1BA house with central heat and air, large yard, on tree lined street. Indoor storage includes each bedroom having four large drawers and a linen cabinet built in. Outdoor storage includes an 8 x 10 storage building. \$750 per month. Call 601-934-4006 or 601-616-5245.

For Sale: 3BD/2BA in Poplar Spring school district. 1600+ sq ft; large, fenced-in back yard. Asking \$128K. Call 601-513-2577.

For Rent: 4BD/3BA available as unfurnished, fenced-in backyard; pets welcome. All appliances supplied; washer and dryer negotiable. \$1,200 per month/\$600 deposit. Call 601-513-7111.

For Rent: 2BD/1BA furnished, washer/dryer, water, garbage pick up, and yard maintenance included. Country feel in the city, safe and quiet. \$700 per month/\$300 deposit. Call Allison at 601-462-6672.

For Rent: Country wood frame studio home 15 minutes from NAS. Open floor plan, stainless appliances -- including washer and dryer

and gas fire place. \$570 per month/\$350 deposit; includes water, garbage and yard work. Seeking long-term tenant; no pets; no smoking. Available Oct. 1. Call 601-575-5062 or 601-527-2587.

For Rent: 3 BD/2BA 1800 sq. ft. 3205 10th Ave. 15 minutes from NAS Meridian. \$1200 per month; \$500 refundable deposit; pet deposit required. Call Ralph at 702-769-9121.

For Rent: 3 BD/2BA home located in military-friendly neighborhood only 15 minutes from NAS. Nice fenced yard, non-smoker and no pets. Home available Sept. 1. Asking \$1,200 per month; \$1,000 refundable deposits. Call 601-227-1493.

For Rent: 2BD/1BA mobile home at Dalewood. Very peaceful and quiet; 100 ft. of water frontage. Call 601-683-6038.

For Sale: 4BD/4BA home -- includes guest house. 2017 sq. ft. remodeled (interior/main home) in 2010. Poplar Springs School District -- 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 farmhouse style kitchen with open floor plan. Call 601-934-9161.

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

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 Betty-alford@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. 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. Lots of room to roam. \$89,000 Call Bill at 601-681-6609 or 601-481-5124.

MISCELLANEOUS

New! Leather and micro-fiber brown swivel chair: great condition. \$50. Call Miranda at 601-986-8378.

New! Frigidaire Washer. Front loading; super capacity, tumble-action Washer for \$50; if interested I will deliver it. Call Matt at 812-216-9588.

AKC Lab puppies for sale. They are up to date on shots and wormer. Two males left with great bloodlines; asking \$200 each. Call Brandon at 601-934-1016.

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

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

Navy's most advanced warship, USS Zumwalt commissions in Baltimore

The Navy's newest and most technologically advanced warship, USS Zumwalt (DDG 1000) was commissioned into active service Saturday, Oct. 15, at North Locust Point in Baltimore.

Zumwalt, the lead ship of a class of next-generation multi-mission destroyers, features a state-of-the-art electric propulsion system, wave-piercing tumblehome hull, stealth design, and the latest warfighting technology and weaponry available.

Secretary of the Navy, the Hon. Ray Mabus, delivered the ceremony's principal address.

"This ship is an example of a larger initiative to increase operational stability and give the U.S. a strategic advantage," said Mabus. "Our Navy and our Marine Corps, uniquely, provide presence - around the globe, around the clock - ensuring stability, reassuring allies, deterring adversaries, and providing the nation's leaders with options in times of crisis."

The ship's co-sponsors, Ann Zumwalt and Mouzetta Zumwalt-Weathers, are daughters of former Chief of Naval Operations Adm. Elmo R. Zumwalt, Jr., after whom the ship is named. The sisters were an integral part of the ceremony, giving the order to "man our ship and bring her to life," in keeping with naval tradition.

The Zumwalt-class destroyer will be capable of performing a range of deterrence, power projection, sea control, and command and control missions while allowing the Navy to evolve with new systems and missions. It does all of this while maintaining its stealth - making this visually imposing ship difficult to find whether close to the shore or far out to sea.

"Today's ceremony marked the culmination of over three years of dedication and hard work by some of the finest Sailors I have had the pleasure to lead," said Capt. James A. Kirk, commanding officer of Zumwalt. "The only thing more impressive than the capabilities of the ship are the capabilities of its fine crew."

Zumwalt will challenge adversaries and their way of thinking about how we employ our forces, providing an asymmetric advantage. Working with Arleigh Burke-class destroyers, littoral

"After all, the best warships in the world are of no avail without the crews to sail and fight them."

Adm. Elmo Zumwalt, Jr.
19th Chief of Naval Operations



Photo by PO1 Nathan Laird

Balloons fly and the crowd applauds as the Navy's newest and most technologically advanced warship, USS Zumwalt (DDG 1000), is brought to life during a commissioning ceremony at North Locust Point in Baltimore.

combat ships, and amphibious ships to form adaptive force packages, Zumwalt-class destroyers will use its computing capabilities to make these groups more lethal through increased range, deception, computer integration, and data analysis from various platforms.

With its stealth, size, power, and advanced combat systems, this warship will serve as a centerpiece for deterrence and stability in the maritime environment.

"This destroyer, like the others in our fleet, is capable of projecting power, no doubt," said Mabus. "The Zumwalt-class is much larger than today's destroyers with a considerably larger flight deck - enough space to operate host Joint Strike Fighters, MV-22 Ospreys, and unmanned systems and a Vertical Launch System second to none."

In addition to its size, the Zumwalt class will be the first

Navy warships to utilize an integrated power system that will produce enough power to run current systems, as well as the power required for future weapons, computing, and sensor systems. Zumwalt generates approximately 78 megawatts of power, almost as much as a nuclear-powered aircraft carrier. This means the ship can operate all of its systems and still generate enough electricity to power a small town, which provides the extra capacity to accommodate future weapons and computing systems. Combined with its size and power, Zumwalt will be able to integrate emerging technologies and new capabilities as they are delivered to the fleet.

USS Zumwalt embodies the legacy of warfighting excellence and innovation of Adm. Elmo R. Zumwalt, Jr., a veteran of World War II and the conflicts in Korea and Vietnam. He exemplified honor, courage and commitment

during 32 years of dedicated naval service. Believing it was his job to "modernize and humanize" the Navy, Zumwalt chose to embrace change and to lead it from within.

"I witnessed as he [Zumwalt] transformed our Navy, one Z-gram at a time... removing demeaning and abrasive regulations and moving to eliminate the scourge of racism and sexism from within our Navy," said Mabus. "Among many initiatives, he opened flight training to women and increased recruiting of under-represented Americans. And, as has always been the case when we open opportunities in our Navy and Marine Corps, we got stronger."

As the nineteenth Chief of Naval Operations, Zumwalt embrace of innovation resulted in a number of successful new programs, including the Oliver Hazard Perry-class frigate, the Ohio-class ballistic missile submarine and the F-14 Tomcat, all of which had

lasting impacts on the warfighting readiness of the Navy.

Chief of Naval Operations (CNO) Adm. John Richardson, also spoke at the ceremony, commenting on the significance of the ship's namesake.

"Admiral Zumwalt, especially during his time as CNO, ensured that our institution lived by its values," said Richardson. "He was the 'The Sailor's Admiral,' looking at new ideas, acting to the limit of his authorities, and adjusting along the way to make his Navy ready for combat - but also with full cognizance of the impact on the Sailors that made up that Navy."

Perhaps most importantly, Adm. Zumwalt was a social reformer who recognized the primary force-multiplier of the U.S. Navy continued to be its Sailors, and as such began quality of life improvements throughout the Fleet. He was considered a "thinking officer" who was devoted to Sailors and creating an environment where everyone was treated equally - a legacy that can be seen today in the diversity of the fleet. His "one Navy" mentality reminds today's Sailors that taking care of our warfighters ensures the Navy remains tough, bold and ready.

"To say the Navy was transformed by Admiral Zumwalt is an understatement. Indeed, every leader on this stage and the great crew standing before us has benefited from Bud Zumwalt's passion to make the Navy even better," said Vice Adm. Tom Rowden, commander, Naval Surface Forces during the ceremony. "So today we welcome this revolutionary warship to the fleet. A ship that demonstrates daring design and cutting-edge capability."

"On behalf of the U.S. Naval Surface Force, I proudly accept ownership of the Navy's newest ship to the fleet," Rowden said.

Zumwalt is scheduled to begin her transit to San Diego, making several port visits along the way. Upon arrival in San Diego, USS Zumwalt will begin installation of her combat systems, testing and evaluation, and operational integration with the fleet.

Once fully integrated, Zumwalt's stealth, power and lethality will provide a vital link from the Navy's current needs to its future capabilities.

-From USS Zumwalt (DDG 1000) Public Affairs

Saint Patrick Catholic School est. 1873
www.stpatrickcatholicsschool.org
 2700 Davis Street, Meridian
 601-482-6044

MERIDIAN COMMUNITY COLLEGE

Honoring Outstanding Teachers and Educators in East Mississippi and West Alabama

Do you have a teacher who has made an impact on you or your child's life?

Do you have a teaching colleague whose style you admire?

Nominate them for the **Golden Apple Award!** Then, encourage others to do the same!

Nominations may be submitted by students, parents, faculty, or community members.

Nominees must be someone employed full-time in the K-12 education field (public or private) within the following counties: Lauderdale, Neshoba, Kemper, Clarke, Newton, Choctaw & Sumter

LaBiche Jewelers * John O'Neil Johnson Toyota
Southern Pipe and Supply * Meridian Coca-Cola Bottling Company

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

Energy Action Month 2016

POWER. PRESENCE.

IT'S YOUR TURN...

This week we asked students at the Child Development Center, "What are you going to be for Halloween and why?"

By PO2 Chris Liaghat



Jennifer Simmons

9 years old

"Wonder Woman because I want to be a super hero!"



Kaylee Thorn

6 years old

"A singing cat because it is from Monster High, my favorite movie."



Caroline Kappes

5 years old

"Shine, a genie from the show 'Shimer and Shine', because she is magical and helps people."



Rayjon Sims

9 years old

"A S.W.A.T. police officer because I was a police officer last year and I got a promotion."



Westin Wright

10 years old

"An evil jester because it's the scariest thing I could find that fit me."

Fleet & Family Support Center

Building stronger families

We know that keeping your relationships healthy and strong is very important to you. Maintaining happy and fulfilling relationships can be challenging even under normal conditions. When you factor in the stressors and demands of military life, you might have to work even harder to maintain the communication, cooperation and closeness that keep your relationships strong.

As parents, we've all had one of those never-ending days full of stresses, messes and fussy kids. Even those seemingly perfect parents face temper tantrums, spills and sleepless nights. There are a few simple things you can do to help alleviate that stress and make sure your family is happy, healthy and safe.

Protective factors are conditions in families and communities that, when present, increase the health and well-being of your family. They can help you create a great family environment that promotes healthy child development and reduces the headaches of parenthood. These six protective factors build on your family's strengths and can easily be incorporated into your everyday routine:

- Nurture and attachment – We all know that kissing a scratch or a big bear hug can go a long way to turning a frown into a smile on our children's face. Research has shown that simple acts of affection, such as hugs or loving words, have a significant impact on the positive growth and development of your children. With our older children, this can also mean taking more time to listen to their worries or be involved with after-school activities. Nurturing children of any age encourages healthy physical and emotional development.

- Knowledge of parenting and child development – While you are an expert in understanding your children's personalities and unique behaviors, you might not always know what to expect of them in terms of typical developmental milestones. Knowing what your children are capable of and setting realistic

expectations for their behavior can take a lot of stress and frustration out of parenting on a day-to-day basis.

That is why keeping up with the latest information about parenting techniques and child development is so important.

- Parental resilience – Life comes with ups and downs. When the downs seem like they outnumber the ups, it's important to know how to deal with the stress in a way that doesn't affect your parenting. As a parent, you have inner strengths and support systems you can tap into, such as your faith, sense of humor or relationships with friends and family.

The ability to identify stress and deal with it in a healthy way not only increases your well-being, but also shows your kids a model for positive ways to cope.

- Social connections – There is truth in the adage, "It takes a village to raise a child". Having a solid group of friends and family to offer assistance and give you advice can take the edge off a rough day, and allow you to enjoy your family even more.

- Concrete supports for parents – There are lots of things that can greatly affect the stability of your family, such as financial insecurity, lack of adequate housing or employment issues. That is why it's important to have support measures in place, both in the community and at home, to help you overcome these challenges. Contact the FFSC at 601-679-2360 to learn about programs and services that might be able to help your family.

- Social and emotional competence of children – Your children's ability to connect and interact with the world around them has a positive impact on their relationships. Whether it's playing with the neighborhood kids or expressing emotions, your kids are learning different ways to connect. However, they will always make mistakes and their behavior can be challenging at times.

-- 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

Nov. 1 from 9:30-1030 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

Nov. 1 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!

• Winging

Those earning their wings include:

- ✓ Lt. j.g. Matthew Christopher Briggs, USN, earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN 77) Aug. 29. Briggs completed Advanced Jet Flight Training with Training Squadron Nine.

- ✓ 1st Lt. Thomas Keith Brouger, USMC, enlisted in the Marine Corps in 2005 as an Infantry Machine Gunner. Upon completion of his training, he was assigned to 3rd Battalion 1st Marines out of Camp Pendleton, Calif. During his tour, he was deployed to Iraq in support of Operation Iraqi Freedom. After his tour with 3/1, he served as a Combat Instructor with Infantry Training Battalion. 1st Lt Brouger was named to the Commodore's List during Primary Flight Training and earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN 77) Aug. 29. Brouger completed Advanced Jet Flight Training with Training Squadron Seven.

- ✓ 1st Lt. William Howard Coats, USMC, earned three Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN 77) Aug. 30. Coats completed Advanced Jet Flight Training with Training Squadron Nine.

- ✓ 1st Lt. Alexander Joseph Dominic, USMC, earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN 77) Aug. 31. Dominic completed Advanced Jet Flight Training with Training Squadron Seven.

- ✓ Lt. j.g. Justin Ray Duell, USN, earned one Navy "E" for bombing accuracy During Advanced Jet Flight

Training. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN 77) Aug. 29. Duell completed Advanced Jet Flight Training with Training Squadron Nine.

- ✓ Ensign Guillaume Garrigues, French Navy, carrier qualified in the T-45C on board the USS George H.W. Bush (CVN 77) Aug. 31. Garrigues completed Advanced Jet Flight Training with Training Squadron Seven.

- ✓ 1st Lt. Stuart Craig Griffiths, USMC, earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS George Washington (CVN 73) July 14. Griffiths completed Advanced Jet Flight Training with Training Squadron Nine.

- ✓ 1st Lt. Hector Santillan Huizar Jr., USMC, enlisted in the Marine Corps in Nov 2003 and graduated top of the class in Aviation Mechanic School in August 2004 becoming an F/A-18 Power Plant and Fuel Systems Mechanic. During 2005-2008, he deployed three times aboard CVN 70 and CVN 68 with VMFA-323 and VMFA-232 in support of Operation Iraqi Freedom and Operation Enduring Freedom. He was named to the Commodore's List during Primary Flight Training and earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the George H.W. Bush (CVN 77) Aug. 30. Huizar completed Advanced Jet Flight Training with Training Squadron Seven.

- ✓ 1st Lt. Michael Harlan Humiston, USMC, earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the George H.W. Bush (CVN 77) Aug. 31. Humiston completed Advanced Jet Flight Training with Training Squadron Seven.

- ✓ 1st Lt. Drake Charles McBairty, USMC, carrier qualified in the T-45C on board the USS George H.W. Bush

(CVN 77) Aug. 30. McBairty completed Advanced Jet Flight Training with Training Squadron Seven.

- ✓ Lt. Jason Daniel Metzger, USN, was named to the Commodore's List during Primary Flight Training and was VT-9's Student of the Month for January 2016. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN 77) Aug. 30. Metzger completed Advanced Jet Flight Training with Training Squadron Nine.

- ✓ Lt. Timothy Mark Preece, Royal Navy, earned two Navy "E's" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the George H.W. Bush (CVN 77) Aug. 29. Preece completed Advanced Jet Flight Training with Training Squadron Nine.

- ✓ Lt. Jeff Robert Smith, Royal Navy, earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN 77) Aug. 29. Smith completed Advanced Jet Flight Training with Training Squadron Nine.

- ✓ 1st Lt. Toland James Taylor, USMC, enlisted in the Marine Corps in July of 2001 and served as an Ordnance Division Chief, Quality Assurance Safety Observer, Aerial Observer/Gunner and Primary Marksmanship Instructor During Advanced Jet Flight Training he earned two Navy "E's" for bombing accuracy. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN 77) Aug. 29. Taylor completed Advanced Jet Flight Training with Training Squadron Seven.

- ✓ 1st Lt. Tyan Matthew Zsido, USMC, earned one Navy "E" for bombing accuracy during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN 77) Aug. 30. Zsido completed Advanced Jet Flight Training with Training Squadron Seven.

Two students earn Golden Stick award



Photos by PO2 Chris Liaghat

Above: Mississippi Council of the Navy League member Arjen Legendijk, left, presents the Golden Stick award to French student aviator Ensign Guillaume Garrigues during a winging ceremony at the chapel on board NAS Meridian Oct. 21. Below: Legendijk, left, also presents the Golden Stick award to Marine Corps student aviator 1st Lt. Ryan Matthew Zsido. The Award is presented to the student from a graduating class with the highest composite score. There was a tie for the top score in this class.





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