

# THE SKYLINE



Volume 54, Number 20

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

September 29, 2016

## On Base...

✓ **Storytime**  
Wednesdays from  
10-11 a. m. at  
Andrew Triplett Library.

✓ **Autumn Fest**  
Oct. 22 at Rudders  
from 11 a.m.-2 p.m.  
Food and drink  
available. Pony rides,  
bouncy house, and a  
petting zoo. Please  
no pets allowed.  
For information call  
601-679-2608.

✓ **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.

✓ **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

**Sept. 29 1906** - USS Connecticut (BB 18) is commissioned. During World War I, USS Connecticut is employed as a training ship off the United States East Coast and in the Chesapeake Bay. In the first half of 1919, she serves as a transport, making four trans-Atlantic voyages to bring home veterans from France.

**1944** - USS Narwhal (SS 167) evacuates 81 allied prisoners of war from Lanboyan Point, Sindangan Bay, Mindanao, Philippines. They had survived the Sept. 7 sinking of Japanese POW transport Shinyo Maru.

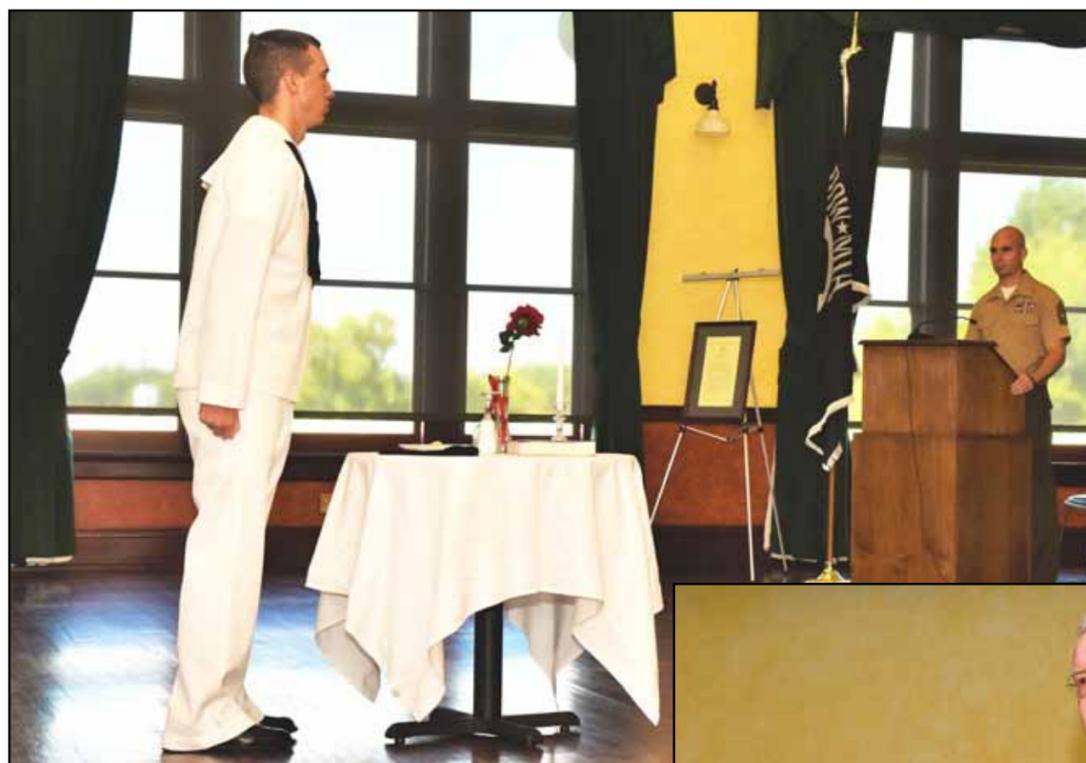
**1946** - Lockheed P2V Neptune, Truculent Turtle, departs Perth, Australia on a long distance non-stop, non-refueling flight to the mainland United States that ends on Oct. 1 at Columbus, Ohio. The flight breaks the world record for distance without fueling at 11,235.6 miles over 55 hours and 17 minutes.

**1959** - USS Kearsarge (CVS 33), with Helicopter Squadron 6 and other 7th Fleet units, begin six days of disaster relief to Nagoya, Japan, after Typhoon Vera.

--www.history.navy.mil

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

# Honoring POW/MIA's

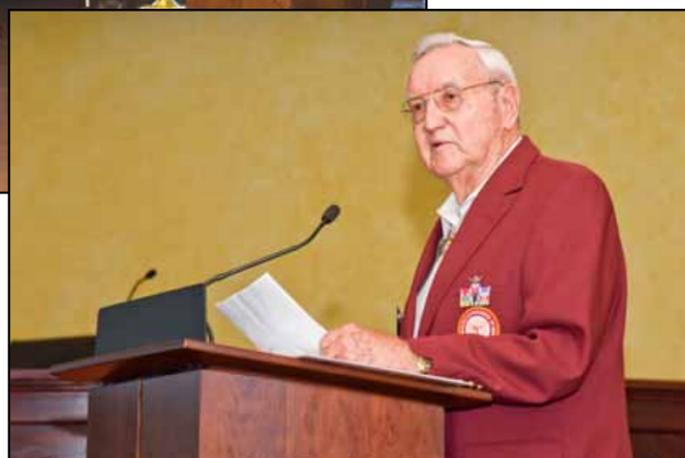


Retired U.S. Army Col. Quin Herlik addresses those in attendance at the annual POW/MIA ceremony Sept. 15. Herlik entered the Army as a 2nd Lieutenant of Field Artillery in 1955 and retired 30 years later as a colonel. His service varied between assignments in command and staff in both artillery and aviation branches of the Army. He was commanding an aviation company in Vietnam in 1969 when he was shot down and captured in Cambodia. He flew more than 4,000 hours in 19 types of Army aircraft and helicopters including 912 hours under combat conditions while flying 478 missions over South Vietnam.

Photo by MC2 Chris Liaghat

Logistics Specialist Seaman Apprentice Matthew Szczepanski, left, stands at attention during a ceremony for Prisoners of War and those still Missing in Action at Meridian's City Hall. NAS Meridian partnered with the 186th Air Refueling Wing to host the annual ceremony. Sailors, Marines and Airmen participated in the table ceremony that honors the POW/MIAs.

Photo by MC2 Chris Liaghat



## Aviator's journey to All-Navy Golf Team

By Adam Prince  
NAS Meridian Public Affairs

If you're a golfer (or you're related to a golfer), chances are you know where this is going – it's more than a hobby for some ... it's a passion. For Lt. Bryan "Mitch" Stoniecki, it's more than a passion – it's part of his job.

Stoniecki, an avid golfer since childhood, has taken his love of golf and combined it with service to his country; service that includes being an ambassador for the Navy as a member of the All-Navy Golf Team which is part of the All-Navy Sports Program.

"All-Navy teams participate in the Department of Defense's Sports program and compete in the Armed Forces Championships against teams from the Marine Corps, Army and Air Force," said Stoniecki, an instructor pilot with Training Squadron Seven.

The All-Navy sports program was established in 1975; it started with a just three sports -- today, there are 14 team sports that are open to both men and women, and one sport des-

ignated strictly for men."

"Their vision is to reach and develop Sailor athletes who have demonstrated the skills required to participate in higher-level sports competition. In addition enable them to serve as goodwill ambassadors representing the Navy, while keeping with the highest traditions of the United States Navy," Stoniecki said.

Stoniecki's journey started as many other journeys tend to start now-a-days ... with paperwork. The application process includes the following: an endorsement from your commanding officer, endorsement from your installation sports director, and letters of recommendations from local course professionals. The athlete must also maintain a USGA handicap.

"He is exceptional player," said Bryan Haight, local PGA teaching professional. "I'm not surprised at all that he made the team. He works very hard on his game, and is always improving and challenging himself."

● Golf, page 2



Photo by Adam Prince

Lt. Bryan "Mitch" Stoniecki practices his putting at the Ponta Creek Golf Course. Stoniecki is a member of the All-Navy Golf Team.



## WELCOME CHIEFS!

Fiscal Year 2017 chief petty officers stand at attention during an advancement ceremony at RuddersCommunity Center on board NAS Meridian, Sept. 16. During the ceremony, mentors placed combination covers on the new chiefs after family and friends were invited to pin on their new anchors. See more photos, page 3.

Photo by MC2 Chris Liaghat

## Look Inside



~ Page 3 ~  
Lt. j.g. Albin  
Droz-Bartholet  
earns  
Golden Stick



~ Page 4 ~  
Chief's  
Pinning  
Ceremony



~ Page 8 ~  
Information  
released for new  
blended  
retirement  
system

## Photo of Week



Photo by MC2 Kevin V. Cunningham

The forward-deployed Arleigh Burke-class guided-missile destroyer USS Barry (DDG 52) launches a vertical launch anti-submarine rocket (VLA) missile from its aft launchers during Valiant Shield 2016. Valiant Shield is a biennial, U.S. only, field-training exercise with a focus on integration of joint training among U.S. forces. This is the sixth exercise in the Valiant Shield series that began in 2006. Barry is on patrol with Carrier Strike Group Five (CSG 5) in the Philippine Sea supporting security and stability in the Indo-Asia-Pacific region.

# SRB update released

The Navy released an update to the Selective Reenlistment Bonus (SRB) award plan for active component (AC) and full time support (FTS) Sailors Sept. 20 in NAVADMIN 212/16, that closes two skills and announces new award levels for Nuclear ratings from the list released earlier this year in NAVADMIN 155/16.

Skill removals and award level decreases take effect 30 days after release of the NAVADMIN. The NAVADMIN contains the complete list of SRB skills award levels with changes.

Sailors should expect to see more frequent SRB updates via NAVADMIN as well as through the SRB page on Navy Personnel Command's website.

SRB rewards Sailors who attain special training in skills most needed in the fleet and helps meet critical skill reenlistment benchmarks. Award levels are adjusted as reenlistment requirements for specific ratings and skill sets are met.

Enlisted Community Managers continuously monitor the health of their community and make recommendations to leadership, as required, to maintain acceptable manning levels in critical skills.

As reenlistment requirements for specific ratings and skill sets are met, award levels are reduced to zero and posted on the Navy Personnel Command (NPC) SRB webpage <http://www.public.navy.mil/bupers-npc/career/enlistedcareeradmin/Pages/SRB.aspx/>.

Eligible Sailors desiring SRB reenlistment are encouraged to work with their command career counselors, command master chiefs and chain of command to discuss timing of reenlistment and procedures well before their EAOS. Requests are required to be submitted a minimum of 35 days prior to the requested reenlistment date.

Current SRB information can be found at <http://www.public.navy.mil/bupers-npc/career/enlistedcareeradmin/Pages/SRB.aspx/>.

NAVADMIN 212/16 can be read at <http://www.npc.navy.mil/>.

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

--From Chief of Naval Personnel

## Area Happenings

### OCTOBER

**6-11: Meridian Little Theatre presents "The Addams Family."** This entertaining musical, from the television classic, lights up the stage as Morticia, Gomez, Uncle Fester, and Lurch put on their macabre best when daughter Wednesday brings home a young suitor from the outside world. For information, call 601-482-6371.

**8: Asurion Day of Caring 5k** from 8-10 a.m. at the Asurion building at 1701 New Way. All proceeds will benefit the Care Lodge. There will be food, door prizes and age group medals. For information, call 601-553-9439.

**9: Mississippi's Walk for Diabetes** from 1-4 p.m. at Bonita Lakes. Registration starts at 1 p.m. and the Walk/begins at 2 p.m. There is a one-mile family fun walk as well as a 3.1 mile/5K walk/run. Participants are invited to join a free picnic lunch immediately following the event. Teams and individuals are welcome. For information, call 601-957-7878.

**10-16: Queen City Fair** at 5 p.m. at the Lauderdale County Agri-Center. Rides, petting zoo, popcorn, cotton candy, etc. Bring the whole family out for a week of fun. Military discounts available. For information, call 601-482-8498.

**15: 2nd Annual Meridian Craft Beer Festival** from 1-7 p.m. at the Brickhaus Brewtique 2206 Front St. Meridian.

**21: Keb'Mo'** at the MSU Riley Center. Show starts at 7:30 p.m. Mo' has won three Grammy Awards and 11 Blues Foundation Awards. He received additional mainstream recognition when the TV comedy series Mike & Molly used his "I See Love" as its theme song. For information, call 601-696-2200.

**25: Meridian Candy Crawl** from 4:30-6:30 p.m. on the City Hall lawn. Join us for a "kid friendly downtown festival" featuring pony rides, a petting zoo, pirate ship, arts & crafts, costume contest, downtown scavenger hunt, trick or treating and much more! The event is open to children ages 12 & under who are accompanied by a parent or guardian. For information, call 601-485-1944.

**27: Melissa Etheridge** at the MSU Riley Center. Show starts at 7:30 p.m. Known for her confessional lyrics and raspy, smoky vocals, Melissa Etheridge has remained one of America's favorite female singer-songwriters for more than two decades. She has won Grammy Awards for "Ain't It Heavy" and "Come to My Window" and an Academy Award for "I Need to Wake Up." For information, call 601-696-2200.

### 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.

**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. Visit us on Facebook at Fifteenth Avenue MOPS for meeting details or call 757-574-2557.

## What's on your mind...



**CO SUGGESTION BOXES ARE LOCATED IN ADMIN BUILDING 255, GALLEY, FIRE STATION #1, AIR OPERATIONS AND NAVY EXCHANGE. VOICE YOUR CONCERNS AND THEY WILL BE HEARD!!!!**

### • Golf

Eighteen males and four females were invited to this year's Navy tournament. They compete for the title of Navy Champion, and more importantly -- the top six males and top three females are selected for the "All-Navy Team."

"In this year's Navy Tournament, I shot rounds of 78-78-76-71 totally 303. The final round of 71 jumped me from fourth place into a tie for second place. I trailed the Navy Champion by a mere shot," Stoniecki added.

The Navy Tournament is just the first of several qualifying events for All-Navy Golf Team members.

The competition is a qualify-to-advance series. The first event is the Navy Tournament which was hosted by NSB Kings Bay in St. Mary's, Ga., at Tri-

dent Lakes Golf Course. It was 72-hole stroke play event over four days and a fifth day for a practice round.

The players who qualified then moved on to the U.S. Armed Forces Tournament at Fort Jackson Golf Club in Columbia, S.C. The U.S. Armed Forces tournament consisted of teams of six males and three females from the Navy, Army, Air Force and Marines.

"We again played a 72-hole stroke play tournament as both individuals and teams representing our respective services," Stoniecki said. "The prestigious awards to the top finishers are the Gold, Silver and Bronze medals and again, the top six golfers -- who have valid passports, have completed the required documents for

overseas travel and have permission from their commands -- qualify to represent the U.S. Armed Forces at the International Military Sports Council Tournament."

Lt. Stoniecki is a former collegiate golfer hailing from the United States Naval Academy (USNA) from the class of 2007. He was a 3-year letterman and team MVP during his junior year. He played a year of junior college and qualified for the NJCAA Division I Nationals as both an individual and as part of a team.

While in the Navy, he has been the club champion at the following bases: 2011, 2013 NAS Oceana (Aeropines Golf Course), 2013 NS Norfolk (Sewells Point Golf Course) and 2002 NWS Charleston (Redbank Plantation).

**Inbox**

- Awesome Video**  
This is an amazing video you have got to see. I laugh so hard watching this video. It really made my day. It should play as soon as you open this email. If not, just press the play button.....
- Bank Account**  
Due to the recent amount of fraud, we have upgraded the security of our online banking system. We need you to verify your account by logging in using this link and updating your information....
- Congratulations! You've Won!**  
This is to inform you that you have been awarded (GBP 800,000.00) British Pounds. In order to claim your prize you must complete this online form within the ASAP.....
- Check This Out!**  
You have got to see this website. You will not believe your eyes when you see this but you will want to share this with your friends. I was blown away. Just click on this link.....
- Delete Messages?**  
Yes No
- Pictures**  
A friend of mine just emailed me these pictures taken with a hidden camera in a college dorm. You have got to check these out. There is one photo of that person you thought was so hot.....

#OPSEC

**ALWAYS REMAIN VIGILANT**

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

**Command Staff**  
Commanding Officer ~ Capt. Scott Bunney  
Executive Officer ~ Cmdr. Matthew McGuire  
Command Master Chief ~ CMDCM Jonas Carter

**Editorial Staff**  
Public Affairs Officer ~ Penny Randall  
Public Affairs Specialist~ Adam Prince  
Staff Writer/Photographer ~ MC2 Chris Liaghat

### Hotlines & Helpful Numbers

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

This DoD newspaper is an authorized publication for members of the Department of Defense. Contents of The Skyline are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense, or NAS Meridian, Mississippi. The Skyline is published every other Thursday by The Meridian Star, a private firm in no way connected with the U.S. Navy, under exclusive written contract with the commanding officer of Naval Air Station, Meridian, Mississippi. The editorial content of this publication is the responsibility of the NAS Meridian Public Affairs Office. The Skyline solicits news contributions from military and civilian sources. It reserves the right to edit material selected for publication. The deadline for material is 4:30 p.m. the Thursday before publication. Send submissions to: The Skyline, 255 Rosenbaum Ave., Suite 163, Public Affairs Office, Naval Air Station, Meridian, MS 39309-5003 or e-mail: penny.randall@navy.mil or adam.prince@navy.mil. For more information, call (601) 679-2318 or (601) 679-2809. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or The Meridian Star of products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

# Six aviators earn 'Wings of Gold' in September pinning ceremony

There was a naval aviator designation ceremony Sept. 16 on board Naval Air Station Meridian.

Six 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."

**Those earning their wings include:**

- ✓ Lt. j.g. Albin Droz-Bartholet, French Navy, served as a Surface Warfare Officer (SWO) on the LHD "Tonnerre" from September 2012 to June 2013. He deployed to the Arabian Gulf in support of Operation Enduring Freedom in 2013. He also deployed off the coast of Somalia, in support of Operation Atalanta, a European operation fighting maritime piracy. He then served as a SWO on board the mine hunter "Cassiopee"

- from July 2013 to June 2014. He deployed three months in the Baltic Sea to find and destroy mines from the first and second world wars. He was selected for the naval aviation program in July 2014, and was named to the Commodore's List during Primary Flight Training. He carrier qualified in the T-45C on board the USS George H.W. Bush (CVN 77) Aug. 29, and was VT-9's "Top Hook" for that carrier qualification evolution. Droz-Bartholet completed Advanced Jet Flight Training with Training Squadron Seven.

- ✓ Lt. j.g. Michael David Hadel, USN, carrier qualified in the T-45C on board the USS George H.W. Bush (CVN 77) Aug. 29. Hadel completed Advanced Jet Flight Training with Training Squadron Seven.

- ✓ Lt. j.g. Bradley Richard Kerr, USN, earned two Navy "E's" for bombing accuracy, therefore being named the "Best Bomber" for his class during Advanced Jet Flight Training. He carrier qualified in the T-45C on board the USS George Washington (CVN 73) July 13. Kerr completed Advanced Jet Flight Training with Training Squadron Nine.

- ✓ 1st Lt. Zebulon Robert Oehlman,

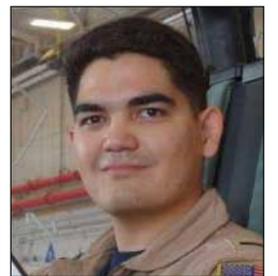
- USMC, was named to the Commodore's List during Primary Flight Training and was VT-9's Student of the Month for December 2015. During Advanced Jet Flight Training he earned two Navy "E's" for bombing accuracy. He carrier qualified in the T-45C on board the USS George Washington (CVN 73) July 14, and was named the VT-9's "Top Hook" for that carrier qualification evolution. Oehlman completed Advanced Jet Flight Training with Training Squadron Nine.

- ✓ Lt. j.g. Michel Blaine Reeher, USN, 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 13. Reeher completed Advanced Jet Flight Training with Training Squadron Nine.

- ✓ Lt. j.g. Williams Lawrence Shuttleworth, 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 Washington (CVN 73) July 13. Shuttleworth completed Advanced Jet Flight Training with Training Squadron Nine.



Droz-Bartholet



Hadel



Kerr



Oehlman



Reeher



Shuttleworth

## Golden Stick



Photo by MC2 Chris Liaghat

Mississippi Council of the Navy League representative Arjen Lagendijk, left, presents the Golden Stick to French Student Aviator Lt. Jg. Albin Droz-Bartholet during a winging ceremony at the chapel on board NAS Meridian, Sept. 16. The award is presented to the student aviator from a graduating class with the highest composite score.

## Command Quarters



Photo by MC2 Chris Liaghat

NAS Meridian military and civilian employees received awards during the monthly command quarters at the Air Operations building on board NAS Meridian, Sept. 22. During the ceremony, three letters of appreciation, one patrol officer of the month, one length of service award and one Navy and Marine Corps Achievement Medal were presented.

## Bells Across America



Photo by MC2 Chris Liaghat

Yeoman Seaman Recruit Kuron McDonald rings a bell at the Bells Across America memorial event on board Naval Air Station Meridian, Sept. 22. The event recognized the sacrifices of fallen service members and their families.

## Suicide Awareness



Photo by MC2 Chris Liaghat

Sailors participate in the Suicide Prevention Buddy Run at the Sonny Montgomery Sports Complex on board NAS Meridian, Sept. 20. The event was held to increase awareness of suicides in the military and veteran community.

## Chief's pinning ceremony



Photo by MC2 Chris Liaghat

HMC Stanlelle Billie has her anchors placed on by her husband and son. YNC Dimo Sanchez has his covered placed by his mentor; and ACC Devon McKernan has his anchors pinned on by his wife and son. The pinning ceremony is a traditional Navy ceremony honoring those who are promoted to the rank of Chief Petty Officer.

# Navy's first aviation PA earns Wings of Gold

By HM2 Matthew Clutter

Navy Medicine Operational Training Center Public Affairs

A family medicine physician's assistant (PA) became the Navy's first aviation PA in a historic "winging" ceremony held Sept. 21 at the Navy Aerospace Medical Institute (NAMI) in Pensacola, Florida.

Lt. William Grisham now reports to NAMI as a staff member, seeing naval aviators and aviation flight crew patients.

The culmination of Grisham's efforts gives the Navy another avenue from which to pull specialists in the field of aviation medicine, and creates a new program to train health care providers to work alongside flight surgeons.

"Lt. Grisham's designation as the first aeromedical physician's assistant is great for the fleet, Navy Medicine and the Medical Service Corps' physician assistant community," said Capt. John Wyland, NAMI officer-in-charge (OIC) at the time of Grisham's appointment in the program. "Aerospace medicine physician's assistants will serve as invaluable flight surgeon extenders in areas of direct patient care, preventive medicine, safety and readiness. They will fill critical operational billets, and the experience they receive should enhance their ability to serve in future leadership positions."

Grisham's endeavor to become a aviation PA began five years ago with an email. While working as a family medicine PA at Naval Branch Health Clinic Atsugi, Japan, he had already received orders to be a family medicine PA at Naval Air Station Whiting Field, Florida, when a hot-fill billet request popped into his email inbox.

"I immediately responded to the email and contacted my specialty leader to let him know I wanted that billet," Grisham said.

That billet was in aerospace medicine with Carrier Air Wing (CVW) 5. Instead of moving halfway around the world, Grisham transferred across the hall, remaining in Atsugi.

The opportunity allowed Grisham to work with flight

surgeons, and to receive hands-on training in aviation patient care. More importantly, his time with CVW 5 showed PAs could successfully operate as extensions of flight surgeons within the aviation medicine community. That set the stage for his historic formal training with NAMI three years later.

He admitted there was pressure being the first PA to complete the program.

"I definitely had people tell me, 'Better not screw this up,' or something like that," Grisham joked. "However, I can honestly tell you that the only pressure I felt was the pressure I put on myself to do well and successfully complete this training. Just like many of the student naval aviators and flight surgeons I trained with, I wanted to do well for myself and to prove I belonged here just like everyone else."

The training for Grisham and future aviation PAs is identical to what flight surgeons receive with some differences in responsibilities. The program lasts six months and includes academics and flight training.

The flight training portion consists of aviation preflight indoctrination and an abbreviated flight training syllabus with a training air wing at NAS Pensacola or NAS Whiting Field. The academic portion is held at NAMI and includes aerospace medicine topics in primary care, acute care, occupational health, preventative medicine and naval aviation safety. Graduates are assigned to a CVW medicine department where their duties are similar to a flight surgeon.

Grisham said his journey from family medicine to aviation medicine is one he didn't take alone, crediting everyone from leadership at CVW 5, NAMI and the Navy Medicine Operational Training Center (NMOTC) in Pensacola, Florida, to his wife.

"There have [been] so many great individuals involved in this process," Grisham said. "I also owe a great deal of gratitude to Commander, Naval Air Forces (CNAF) and Capt. Kris Belland, commander, Pacific Fleet surgeon, for helping make this opportunity possible and for their strong support every step of the way."



Photo by MC3 Kelsey L. Adams

**Chief Personnel Specialist Savannah L. Duker receives her chief's cover from her mentor during the Chief Petty Officer Pinning Ceremony at the Training Support Center on Naval Base San Diego.**

## Deadline approaching for alternate combination cover wear date

The Oct. 31 deadline for wear of the Alternative Combination Cover (ACC) is approaching and Navy leaders want to remind all officers and chiefs to acquire that cover or the current combination cover by that date.

The deadline for wear was announced last October in NAVADMIN 236/15, which detailed the plan to redesign several uniform elements for Sailors that improve uniformity across the force, as well as improve fit and function of the uniforms. This policy phased out the female "bucket" cover and mandated the ACC and the current combination cover for wear by both men and women. Wear-tests and Sailors' feedback were incorporated into the final designs that were announced.

Since the release of that message, the ACC has been available for purchase in Navy Exchange (NEX) Uniform Stores and through the call center.

The ACC and combination cover for officers and chiefs can be worn by both men and women in service and dress uniforms.

Based on availability in the NEX, Sailors are advised to make their purchase now to avoid any issues that would prevent them from having the cover in time for the wear date.

--from Chief of Naval Personnel

### Why civilians cannot shop at NEX/Commissary

Authorized Commissary and Exchange patrons, as defined by Department of Defense Instruction (DoDI) 1330.17, Armed Services Commissary Operations, and DoDI 1330.21, Armed Services Exchange Regulations, include: active duty, guard and reserve members, military retirees, Medal of Honor recipients, 100 percent disabled veterans, and their authorized family members. DoD civilians are not included as authorized patrons at installations within the continental United States. You can refer to these instructions for a complete list of authorized patrons, including organizations and activities, along with qualifications and any exception -- such as access by DoD civilians to U.S. commissaries and exchanges overseas. The commanding officer of Naval Air Station Meridian has no authority to determine whether a person is authorized to shop in the Commissary or Exchange, or to grant a person authority to shop there.

## Apples, oranges, milspouses

I know what you're all secretly wondering about me. So, why don't I address it right off the bat.

Yep, your suspicions are correct — I do weigh over 150 pounds.

I've worn double-digit sized pants since the eighth grade, I have a brick of Velveeta in my fridge, I can't remember my times tables when put on the spot, I never dust the ceiling fan blades, and I'll admit it — I let the dog lick me right on the mouth.

There, now you know, I'm not perfect.

Isn't it strange that humans instinctually size each other up, as if we're all part of some Darwinian survival of the fittest scenario? What's even more interesting is that competitive instinct affects military spouses differently than our civilian counterparts.

Often, civilians compete on a material level — who has the most expensive handbag, the best lawn, the best-dressed kids, the fastest car, the biggest house, the highest paying job, or the coolest vacations.

But in the military, uniforms broadcast rank and pay grade. Many of us live in identical base quarters, we take our trash to communal dumpsters, wearing the same lounge pants we all bought from the same PX clearance racks for \$9.99, and our trash contains the same K-cups and chicken bones we all picked up at the same commissaries.

Since our spouses' incomes and benefits are a matter of public record, the playing field for military spouses is entirely different than it is for civilians. We don't compare material possessions. We want to know: Who has moved the most? Who has lived in the worst base housing? Who has suffered the most deployments? Who has lived overseas the longest time?

Instead of tit-for-tats over who has the best Pottery Barn curtains, we military spouses wrangle over whose life is, strangely enough, harder.

But the matchup over military hardships breaks down, when you consider that military spouses' lives are really too diverse to compare.

According to the 2014 Military One Source Demographics Report, there are 665,619 active duty military spouses, and 381,773 selected reserve military spouses.

There are also at least 326,000 surviving military spouses and a whopping 15 million more spouses of US military veterans, according to the 2010 National Survey of Veterans.

We may all be known as "milspouses," but our differences are greater than our similarities.

Military spouses hail from every branch of the US Armed Forces. They grew up in big cities and small towns in every state. They are of varying ethnicities. Some are shy, others outgoing. Some have traditional careers, while others work at home. Some are young, and others, like me, are ... young-ish.

Also, like apples and oranges, our life experiences cannot adequately be compared due to variations in military communities. There are chaplains, aviators, culinary specialists, missile technicians, engineers, cryptologists, aircrew, submariners, infantry, artillery, tankers, and special forces, to name a few. Each community has its own subculture, deployment tempo, platform requirements, work schedules and social traditions.

As a young navy spouse, I felt inadequate when compared to friends in other military communities who were enduring more deployments. When my husband deployed for a year in 2007, I thought it was my chance to earn some "street cred." After the first six months alone with three kids, a huge dog, and endless home maintenance, I realized how silly I was for wishing hardship upon myself just so I would stack up to my friends.

Now, after 23 years as a military spouse, I appreciate the diversity of our individual journeys.

It's not who moved the most, who lived in the worst base housing, or whose spouse had the longest deployment. Each of us has our own distinctive experience based on our military community's subculture, our family make up, and our diverse backgrounds.

Rather than competing, let's focus on what military spouses have in common. We are hardworking, dedicated, and resourceful. We are strong in the face of hardship. We provide a constant presence at home. We share our active duty spouse's sense of duty, honor and patriotism.

Most importantly, every military spouse loves a US serviceperson, and like apples and oranges, they make all of our lives very sweet indeed.

A 21-year Navy spouse, Lisa Smith Molinari and her family are currently stationed in Newport, R.I. Her self-dedicated columns appear on her blog, [www.themeatandpotatoesoflife.com](http://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

### More Van Drivers Needed!



## Driving Veterans to VA Hospital in Jackson, MS

**WHEN:** Leave Meridian at 8:00 a.m., Mondays through Thursdays

**WHERE:** To the VA Hospital in Jackson, MS; Free Lunch; and Leave Jackson about 2:00 p.m. back to Meridian

**WHO:** Licensed drivers who care about our Veterans

**PROVIDED at No Charge:** Free Physical, Driving Orientation, VA Hospital Orientation and basic Background Check

**CONTACT:** Ken Storms at 601-527-8885 or [krstorms5496@gmail.com](mailto:krstorms5496@gmail.com) or Ricky Nelson at 601-917-1007 for details

Sponsored By



• "Give Parents a Break" •

• "Parents Night Out" •

• Oct 6, 13, 20 & 28 •

• Times: 6-10 p.m. •

• "Give Parents a Break" is a free •  
• program for military families! •

• "Parents Night Out" is for others, •  
• such as DoD civilians, and is \$16 •

• per child. Registration is required, •  
• please call 601-679-2652 for more •

• information. •

**Pvt. Damien France**  
 MATSS-1 Student  
 Hometown: Omaha, Neb.

# OOORAH!

**Pvt. Adriana Castellanos Ventura**  
 MATSS-1 Student  
 Hometown: Carson City, Nev.

Pvt. Damien France enjoys time spent at home with friends and family. "Whenever I'm at home, my buddies and I are always taking apart cars or going to the gym," said France.

France joined the Marine Corps May 16, to serve his country.

His most memorable and rewarding experience since joining was receiving his Eagle, Globe and Anchor on top of the reaper.

After completing school at NAS Meridian he would like to be stationed in California because he has never been to that part of the country and would like the experience. In his career he looks forward to making connections and to seeing new places.

The person that he admires most is his grandmother, Kathy Simpson for her optimistic attitude.



Pvt. Adriana Castellanos Ventura enjoys drawing, painting and reading for relaxation.

"It's also something I can do by myself without having a crowd around," said Ventura.

Her most memorable experience since joining was meeting her drill instructors. She remembers them all running up to her at once and yelling instructions.

After completing school at NAS Meridian she would like to be stationed on the West Coast where she has family. She would also enjoy being stationed overseas for the opportunity to travel to new places.

The person that inspires her most is her mother, Xochil Del Rocio Castellanos for always supporting her and for showing her hard work and dedication in life.

## Valiant Shield 16: Maintainers keep operations flowing

By Sgt. Jessica Quezada  
 3rd Marine Expeditionary Force

More than a week after touching down in Guam, Marine All Weather Fighter Attack Squadron 242 still hasn't rolled to a halt. Aircraft maintenance crew members with the squadron have been immersed in 24-hour flight operations -- and sweat induced by sub-tropical temperatures -- during Exercise Valiant Shield 16, an on-going field-training exercise here.

During this U.S.-only, biennial exercise, F/A-18D Hornets are flying an array of missions that emphasize joint integration, interoperability and expeditionary readiness.

The high operational tempo of VS 16 makes the aircraft maintainers' mission extremely important. Before each flight, a variety of specially trained Marines conduct comprehensive inspections to ensure the flights are safe and smooth: airframes mechanics inspect the airframe itself, flight controls, landing gear systems and the hydraulic systems; communication navigation technicians ensure pilots have properly functioning radios and radar systems; ordnance technicians maintain and repair the Hornet's armament

systems; and powerline mechanics control traffic on the flight line and inspect the aircraft's fuel and propulsion systems.

"Safety is always a concern in this environment and, as such, extra time is factored into planning for each mission, whether its maintenance or operations," said Marine Corps Staff Sgt. Christopher Callen, the maintenance control chief for VMFA(AW)-242.

Working closely with the aircraft maintenance Marines are the actual aircrew who execute missions, such as air combat training, defensive counter-air operations and live fire exercises with other U.S. forces.

"I like working with the pilots," said Lance Cpl. Daniel Peters, a powerline mechanic with VMFA(AW)-242. "It makes me feel important because their lives are in my hand when we are launching them out."

Peters explained that junior enlisted Marines in most Marine Corps communities rarely find themselves having to direct officers.

Marine Corps Capt. Adam Bueltel, a F/A-18D Hornet pilot for VMFA(AS)-242, said teamwork between the aircrew and maintainers is crucial.



Photo By Sgt. Jessica Quezada

Lance Cpl. Nick Cox, a powerliner assigned to Marine All Weather Fighter Attack Squadron 242 performs maintenance on an F/A-18D Hornet after a flight mission during Exercise Valiant Shield 16 at Andersen Air Force Base, Guam

"It requires a high level of readiness and qualifications from all of the shops, which VMFA(AW)-242 is really good about," said Bueltel. "When we go on large exer-

cises like Valiant Shield, it's our opportunity to test our detachment interoperability and see how those building blocks from Iwakuni come together."

Marines of VMFA(AW)-242

are continuing to work through the exercise with other U.S. forces, building interoperability within the squadron and facilitating clear lines of communication to enhance U.S. joint-operations.

### GREAT LAKES, ILL.



Photo by Cpl. Jennifer Webster

Former Marine Sgt. Warren Jorgenson, 96, holds the medals he was awarded during World War II, where he was taken by Japanese soldiers as a prisoner of war. Jorgenson spent years as prisoner before being liberated in September 1945.

### NASHVILLE, TENNESSEE

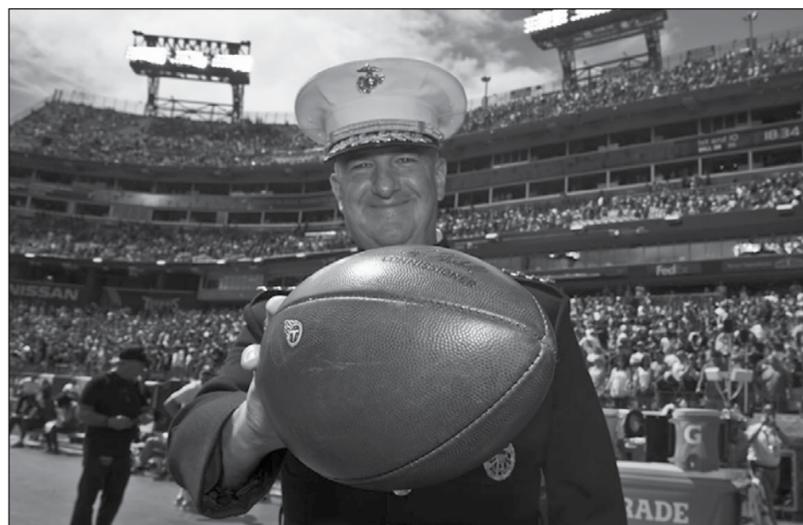
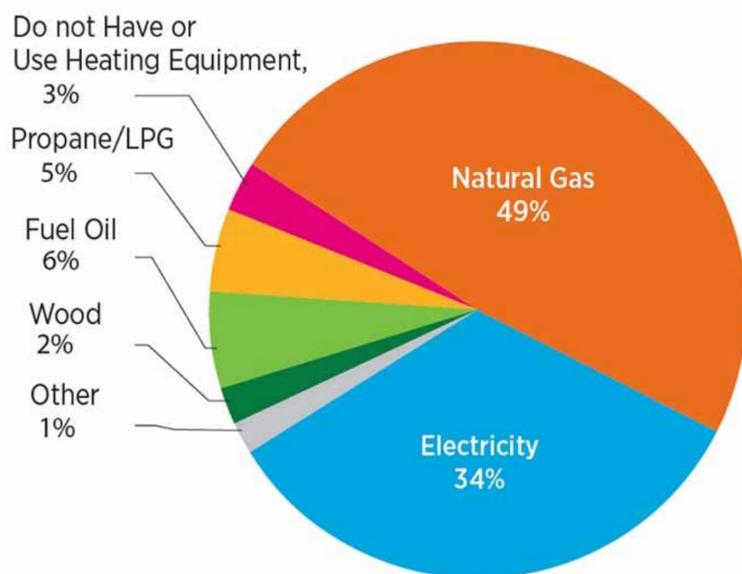


Photo by Lance Cpl. Hailey D. Clay

U.S. Marine Corps Gen. Glenn M. Walters, 34th assistant commandant of the Marine Corps, visits the city of Nashville where Marine Week 2016 is taking place, Nashville, Tn. Walters attended Marine Week as a guest of honor and representative for the Marine Corps.

## Safety & Energy Efficiency is Our Duty

Household Heating Systems: Although several different types of fuels are available to heat our homes, nearly half of us use natural gas.



### Indoor space heater safety

Safety is a top consideration when using space heaters. The U.S. Consumer Product Safety Commission estimates that more than 25,000 residential fires every year are associated with the use of space heaters. More than 300 people die in these fires. An estimated 6,000 people receive hospital emergency room care for burn injuries associated with contacting hot surfaces of space heaters.

As the weather begins to cool down and nights become longer, many people will begin to pull out space heaters. Space heaters are a great way to heat a personal living area or even an entire room.

Most space heaters rely on convection (the circulation of air in a room) to heat a room and some rely on radiant heating. Radiant heaters emit infrared radiation that directly heats up objects and people that are within their line of sight. If you plan to use space heaters to help heat your living spaces, use extreme caution and follow these tips:

- Do not plug any heat producing devices into

- a power strip or extension cord.
- Ensure you have a working fire extinguisher in the area the space heater will be occupying.
- Know what to do if a fire starts in your work or living space.



- Have a designated muster place and have a plan for accountability.
- Keep the space heater away from combustible materials at least 36 inches.
- Ensure the space heater has a temperature control NOT just an "ON/OFF" switch.
- Ensure the space heater has the automatic shutoff device.
- Ensure the space heater is UL approved
- When the room the space heater is in, is not occupied, "TURN OFF" the heater.

**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](http://www.navymwrmeridian.com)

Facebook: [www.Facebook.com/MWRMeridian](http://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, September 29**  
5pm, Minions, PG  
7pm, Me Before You, PG13
- Friday, September 30**  
5pm, Maleficent, PG  
7pm, Magic Mike XXL, R
- Saturday, October 1**  
1pm, Life of Pi, PG  
5pm, No Escape, R  
7pm, Magic Mike XXL, R
- Sunday, October 2**  
1pm, Minions, PG  
5pm, Me Before You, PG13  
7pm, No Escape, R
- Monday, October 3**  
4:30pm, Superman IV, PG  
6:50pm, Free State of Jones, R
- Tuesday, October 4**  
5pm, Alice Through the Looking Glass, PG  
7pm, Angels & Demons, PG13
- Wednesday, October 5**  
5pm, Batman Begins, PG  
6:30pm, Batman: The Dark Knight, PG13
- Thursday, October 6**  
4:30pm, Superman IV, PG  
6:50pm, Free State of Jones, R
- Friday, October 7**  
5pm, Alice Through the Looking Glass, PG  
7pm, Angels & Demons, PG13
- Saturday, October 8**  
1pm, Batman Begins, PG  
4:30pm, Batman: The Dark Knight, PG13  
7:10pm, Angels & Demons, PG13
- Sunday, October 9**  
1pm, Superman IV, PG  
4:30pm, Free State of Jones, R  
7pm, Batman: The Dark Knight, PG13
- Monday, October 10**  
4:30pm, Goosebumps, PG  
6:30pm, Superman Returns, PG13
- Tuesday, October 11**  
4:30pm, Ghostbusters, PG  
6:30pm, Independence Day, R
- Wednesday, October 12**  
5pm, Ghostbusters 2, PG  
7pm, TMNT: Out of the Shadows, R

### The Liberty Center

- Thursday, September 29**  
7pm, Magic Mike XXL, R
- Friday, September 30**  
7pm, No Escape, R
- Saturday, October 1**  
1pm, Me Before You, PG13  
7pm, Me Before You, PG13
- Sunday, October 2**  
1pm, Magic Mike XXL, R  
7pm, Magic Mike XXL, R
- Monday, October 3**  
7pm, Angels and Demons, PG13
- Tuesday, October 4**  
7pm, Batman: The Dark Knight, PG13
- Wednesday, October 5**  
7pm, Free State of Jones, R
- Thursday, October 6**  
7pm, Angels and Demons, PG13
- Friday, October 7**  
7pm, Batman: The Dark Knight, PG13
- Saturday, October 8**  
1pm, Free State of Jones, R  
7pm, Free State of Jones, R
- Sunday, October 9**  
1pm, Angels and Demons, PG13  
7pm, Angels and Demons, PG13
- Monday, October 10**  
7pm, Independence Day, R
- Tuesday, October 11**  
7pm, TMNT: Out of the Shadows, R
- Wednesday, October 12**  
7pm, Superman Returns, PG13
- Movies shown at McCain Rec Center and the Liberty Center are shown FREE of charge.

## Beginning October 3, 2016: Tutto Bene to add lunch hours and delivery service

**Beginning October 3, 2016**  
Open for Lunch & FREE Basewide Delivery  
Call (601) 679-2345 to place an order  
\*\$9 minimum order for free basewide delivery

<b>Pizzas</b>	<b>Calzone- 1 topping</b> \$5.25 (each additional topping \$ .50)	<b>Desserts</b>
14" 1-topping \$10.00	Jumbo Wing (5) \$6.00 (tossed in Buffalo Sauce \$ 25)	Blueberry Muffin \$2.50
Each additional topping \$1.00	Buffalo Wings (6) \$4.50	Chocolate-Bourbon Mini-Muffins (2) \$2.50
7" Personal Pan Pizza \$5.00	Boneless Wings (6) \$4.50	
Each additional topping \$ .50	Popcorn Chicken (6oz) \$4.50	<b>Drinks</b>
<b>Toppings</b>	Cheesesticks (6) \$4.50	Coca-Cola, Diet Coke, Sprite, Mello Yello & Bottled Water \$1.50
Pepperoni, Sausage, Beef, Canadian Bacon, Mushrooms, Green Peppers, Onions, Pineapple, Jalapenos, Banana Peppers, & Olives	Pepper Jack Bites (6) \$4.50	
	Stuffed Breadsticks (2) \$3.75	
	Additional Dipping Sauce \$ .50	
	Blue Cheese, Ranch, Sweet & Sour, Buffalo & Honey Mustard	

**Hours of Operation**  
Mon-Thur: 1030-1400 & 1700-2200  
Fri: 1030-1400 & 1700-2000  
Sat: 1700-2000  
Sun: 1700-2200



**Tuesday Terror Night**  
Every Tuesday in October Rudders will show a classic horror movie on the big screen!

**DJ Bosshogg Live at**  
Friday, October 14

**AutumnFest**  
October 22, 2016  
11am - 2pm  
at Rudders Community Center

The event is FREE and open to all eligible MWR patrons and will feature a petting zoo, pony rides, inflatables and extreme rides for all to enjoy. Food and Drinks will be available for a nominal fee (while supplies last).

\*Pets are not permitted for this event.

Find MWR On: Facebook • Twitter • Web

The Andrew Triplett Library presents  
**National Noodle Day**  
Come celebrate this great day with the Andrew Triplett Library on October 5, 2016 from 10-11am. Noodle stories, noodle crafts, noodle snacks and noodle decorations will make up this special program!

**Queen City Fair**  
a family fun tradition  
Meridian, Mississippi  
Oct. 14, 2016 . 1800-2200

\$30 INCLUDES: GATE ADMISSION, A HANDSTAMP FOR UNLIMITED MIDWAY RIDES. PATRONS ARE RESPONSIBLE FOR PURCHASING THEIR ADMISSION TICKET AND HANDSTAMP! SPACE IS LIMITED; SIGN UP BEGINS ON THE 7TH AT THE LIBERTY CENTER!

\*\*NEMESIS WILL REQUIRE 2 ADDITIONAL TICKETS TO RIDE WITH THE HANDSTAMP

\*Open to Liberty Patrons Only

### The Sandtrap Weekly Specials

- Thursday, September 29**  
Anthony's Fried Chicken  
Mashed Potato with Gravy, Squash, Cornbread and Drink for only \$6.
- Tuesday, October 4**  
Meatloaf  
Baked Potato Casserole, Green Beans, Roll and Drink for only \$7.50.
- Wednesday, October 5**  
Chicken Alfredo  
Broccoli, Garlic Bread and Drink for only \$6.
- Thursday, October 6**  
Taco Salad  
Don't miss the Sandtrap's famous Taco Salad. Served with a Drink for \$6.
- Tuesday, October 11**  
Chicken Fried Steak  
Mashed Potato with Gravy, Fried Okra, Cornbread and Drink for only \$6.
- Wednesday, October 12**  
Beef Tips over Rice  
Broccoli with Cheese, Squash, Roll and 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**  
NAVY CYP  
Hour care is available for ages 6 weeks to 12 years of age. For information stop by CDC or call 601.679.2652.

**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.

**Bring Your Teddy Bear to Work and School Day**  
Wednesday, October 12, 2016  
10am - 11am  
It's Bring Your Teddy Bear to Work and School Day (and to the Andrew Triplett Library!) Bring your favorite stuffed bear (or any other stuffed animal) and create something special. There is even bearie-hopping hours while the stuffed bears fill the library with fun!

**Cash Tournament Series**  
9 Hole • Individual Stroke Play (100% Handicap)  
Saturday, October 15 • 9am  
\$25 per person  
Sign-up by October 12, 2016  
\*Must have established USGA Handicap to receive strokes  
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](http://www.navymwrmeridian.com)

**National Chocolate Cupcake Day**  
Wednesday, October 19  
10am - 11am  
National Chocolate Cupcake Day is certainly a day to celebrate! Come to the Andrew Triplett Library and enjoy fun crafts, fun food, fun stories and fun times! There is even another way to celebrate chocolate!



# Sports

**Captain's Cup**  
**Flag Football**  
 Registration: Aug. 30 - Sept. 28  
 Season Begins Oct. 3  
 Games will be played on Mondays & Thursdays  
 Players need to register online @  
[www.navymwrmeridian.com](http://www.navymwrmeridian.com)

**NAVY RECREATION Captain's Cup**  
**Paintball Tournament**  
 Saturday, Oct. 8, 2016 • 10am Start  
 \$5 Field Fee plus Paint  
 Patrons will compete in bracket style tournament play. Teams will consist of 5 players. Play format will be "Capture the Flag". Register before 10/5/16 by calling 601.679.2526

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

**100 Mile Club**  
**Are You A Member?**

**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

## Upcoming at The Fitness Center

To sign up for Captain's Cup sports, please go to [navymwrmeridian.com](http://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.

**Fright Night Halloween 5K & 1 Mile Fun Run/Walk**  
 October 29, 2016  
 9am at the Ponta Creek Community Rec Complex  
 Register Online at [www.navymwrmeridian.com](http://www.navymwrmeridian.com)  
 until October 28, 2016, 12:00pm  
 Come in costume... if you dare!  
 (insert evil laugh here)

## October 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
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™	
12pm-1pm	Rev Wellbeats™						Stomp Wellbeats™
1pm-2pm		TKO Wellbeats™	Vibe Wellbeats™	TKO Wellbeats™	Vibe Wellbeats™	TKO Wellbeats™	
3pm-4pm	Fusion Wellbeats™						REV Wellbeats™
8pm-9pm		REV Wellbeats™	REV Wellbeats™		REV Wellbeats™		

## Navy announces new suicide prevention program

On Sept. 16, the Navy's 21st Century Sailor Office announced the new suicide prevention program known as Sailor Assistance and Intercept for Life (SAIL), aimed at supplementing existing mental health treatment by providing continual support through the first 90 days after suicide-related behavior.

"This program is designed to boost our existing efforts to prevent suicide across the Fleet by showing there is someone that will stay in touch with them and make sure they are doing well," said Capt. Michael Fisher, dir., Operational Stress Control and Suicide Prevention branch. "This is part of a wide range of actions we are taking to help our Sailors. Doing this will boost our suicide prevention work that's ongoing Navy-wide."

The SAIL program started in the Pacific Northwest Region on Aug. 29, 2016, with a phased regional rollout plan scheduled for completion by the third quarter of fiscal year 2017 throughout the Navy.

The program is designed to provide rapid assistance, on-going risk assessment and support for Sailors who have exhibited suicide-related behavior and was inspired by the Marine Intercept Program (MIP), a suicide prevention project with similar goals.

Navy Suicide Prevention Branch (OPNAV N171) is partnering with Navy Bureau of Medicine (BUMED), Commander Navy Installation Command (CNIC), and SAIL Case managers who are serving as Fleet and Family Service Center (FFSC) counselors to run this new program.

Upon receiving information from commands about a Sailor who has demonstrated suicide-related behavior, Suicide Prevention Coordinators (SPC) will work with CNIC, and in turn an FFSC case manager, whose responsibility will be to reach out to the individual Sailor to see if they would volunteer to participate in the SAIL program. Case managers will contact Sailors in the 90 days following suicide-related behavior.

Suicide Prevention is a cooperative Navy-wide effort that takes leadership engagement and awareness at all commands and ranks. OPNAV, BUMED, CNIC work together to provide a range of resources to include: mental health treatment, spiritual counseling, personal wellness counseling, crisis intervention as well as financial education.

The Military Crisis Line offers confidential support for active duty and reserve service members and their families 24 hours a day, 7 days a week.

--From Chief of Naval Personnel Public Affairs



Photo by MC2 Lorenzo John Burleson

Lt. David Dziengowski, left, Yeoman 1st Class Silvia Raya, and Lt. j.g. Victor Gutierrez, from the Chief of Naval Personnel office, show support for the 1 Small Act message as part of the Every Sailor, Every Day campaign during Suicide Prevention Month. The campaign is designed to encourage dialogue and provide early resources to prevent suicide.

## 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 Yama-**

**ha 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.

**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

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

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

**New! 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.

**New! 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 dis-

trict. 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 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. 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

**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](mailto: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](mailto:advertising@themeridianstar.com)

# Navy updates new blended retirement system

Navy has released information on the transition to the Blended Retirement System (BRS) and training requirements Sept. 27, in NAVADMIN 217/16.

Signed into law in November 2015, the FY16 National Defense Authorization Act (NDAA) created a new military retirement system for service members. The new Blended Retirement System goes into effect Jan. 1, 2018. However, Sailors who are currently serving in the Navy will be grandfathered into the current retirement system.

Active Component Sailors with less than 12 years of service (as of Dec. 31, 2017) and Reserve Component Sailors with fewer than 4,320 retirement points (as of Dec. 31, 2017) will be able to opt-in to the new retirement plan if they choose to do so.

Unlike the current retirement system which provides a retirement pension of 2.5 percent of base pay for every year of service (YOS), BRS provides automatic and government matching Thrift Savings Plan (TSP) contributions, a mid-career Continuation Pay and a retirement pension of 2.0 percent of base pay for every YOS.

Under BRS, members that leave the military before earning a retirement pension take with them their TSP account including government contributions after completing two years of service.

Additionally, members enrolled in BRS that earn a retirement pension can choose to receive a portion of their pension in a lump sum in exchange for a reduced retired pay until reaching full retirement age.

In an effort to facilitate a smooth transition to BRS, all Navy service members will be required to complete either the BRS Leader's Training course, which is now available on Joint Knowledge Online (JKO) and Navy E-learning or the BRS Opt-in Training course that will go live early in 2017 according to the NAVADMIN.

To ensure service members have the information they need to make informed choices on BRS, four targeted education courses are being developed and deployed including, the recently released training for leaders in October 2016, a course for financial and retirement counselors in early 2017, a course for Opt In Eligible members and in January 2018 a course that is specific for new accessions. Training will be available on JKO, Navy E-Learning or via DVD's which can be ordered from Defense Imagery Management Operations Center (DIMOC).

Sailors can also find information on BRS at the Department of Defense BRS web page <http://militarypay.defense.gov/blendedretirement/>. This page will be routinely updated with the most recent information and tools on the new retirement system.

Command pass liaisons have been tasked with ensuring that all command members have updated email addresses in Navy Standard Integrated Personnel System (NSIPS) Web to facilitate BRS eligibility notifications.

Command career counselors and command financial specialists are tasked with ensuring that they are knowledgeable on BRS and are able to provide Sailors' with information on the resources available for members that wish to learn more about BRS.

There are three training courses under development for new accessions who will be automatically enrolled in the new system. However, for those Sailors who are considering this blended option, training is available now on Joint Knowledge online ([http://jko.jten.mil/courses/brs/leader\\_training/Launch\\_Course.html](http://jko.jten.mil/courses/brs/leader_training/Launch_Course.html)). It discusses the basics of the new system and includes examples and other information to help Sailors make informed decisions. Additionally, commands without sufficient bandwidth can request CDs and training scripts.

--From Chief of Naval Personnel Public Affairs

**PREPARE FOR FINANCIAL READINESS AND RETIREMENT**



The Uniformed Services  
Blended Retirement System

January  
**1**  
2018

**COMMANDER'S RESPONSIBILITIES:**

- Encourage retirement preparation - ask your Service members "What is your retirement goal?"
- Remind eligible Service members the BRS Opt-In Course is mandatory.
- Ensure your Service members are provided time and access to retirement and financial management counseling.
- Encourage members to share and discuss financial and retirement information with their family members.

**KEY TALKING POINTS ABOUT BRS:**

- About 85% of Service members will receive some form of government retirement benefit.
- Receive automatic 1% DoD and up to 4% DoD matching contributions to Thrift Savings Plan.
- BRS adjusts the multiplier from 2.5 percent to 2.0 percent for calculating monthly retired pay.
- Service members can elect 25% or 50% lump-sum of their discounted retired pay in exchange for reduced monthly retired pay at retirement.
- Eligibility for continuation pay in exchange for committing to additional service.
- No one will be automatically switched to BRS.

Opting into the Blended Retirement System

Anyone serving  
**BEFORE Jan. 1, 2018** is  
grandfathered under  
the legacy retirement  
system.

Serving as of Dec. 31,  
2017 Active Duty  
with < 12 years or  
Reserve Component  
with < 4,320  
retirement points  
may Opt-In.

**AFTER Dec. 31,**  
2017 new accessions  
will be automatically  
enrolled into BRS.

Department of Defense graphic

The Blended Retirement Pocket Card arms leaders with information to help answer Sailors questions on the new Blended Retirement System. It can be downloaded by visiting the DoD Blended Retirement System webpage at <http://militarypay.defense.gov/BlendedRetirement>. The pocket card is located under the "Resources" section.



**Saint Patrick**

Catholic School est. 1873

[www.stpatrickcatholicschool.org](http://www.stpatrickcatholicschool.org)

2700 Davis Street, Meridian  
601-482-6044










**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](http://wmdn.net), [wgbctv.com](http://wgbctv.com), [goldenappleawards.com](http://goldenappleawards.com) or [meridianstar.com](http://meridianstar.com)**

A-OK student rewards program

The NEX has begun its annual A-OK student reward program and students can now sign up to receive prizes for earning good grades.

Most students have received their first progress reports of the new school year from teachers. For some, it was a happy occasion filled with phrases like "good job, way to go and we knew you could do it." Now, there are new phrases that students from the NAS Meridian population could here like, "Here is a free soda, you've been entered into a drawing to win up a savings bond up to \$2,500."

The program, which has been around since 1997, has rewarded more than half a million dollars in EE type savings bonds and other monetary awards to students who have shown academic excellence.

According to a published memo by the NEX-COM operations group, the program prizes are broken into two major categories. The first category of prizes is monetary, which are given out each quarter. More than \$22,000 each year is given out nationwide.

The second category of prizes are coupons on a punch card booklet. The Punch card coupons can be redeemed at the customer service counter at the NEX.

Items range from freebies of soda and potato chips to discounts on larger items. All students who qualify and enroll in the program will automatically be enrolled in the quarterly monetary drawing. The four awards are: \$2,500, \$1,500, \$1,000 and \$500 savings bonds.

To qualify for eligibility, students must hold a "B" average or equivalent. Once the students show their progress reports or report cards to the customer service staff at the NEX for verification, they will be enrolled in the program. Every time a student gets a new report card, they get a new punch card.

**Off limits establishments  
in Meridian:**

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



# Free absentee ballot mail tracking for Sailors overseas and on sea duty

**By Debbie Dortch**  
Naval Supply Systems Command

Sailors overseas and on sea duty, eligible family members, and U.S. civilians overseas casting absentee ballots between now and election day are eligible for free Express Mail service with free tracking at afloat and ashore military post offices.

"Sailors' votes count, no matter where they are located," said Naval Supply Systems Command (NAVSUP) Navy Postal Operations Director Gabe Telles. "This free tracking service gives Sailors peace of mind knowing their ballots are received and counted."

Customers will receive a copy of the Express Mail label number to track ballot delivery status at <http://www.usps.com/>.

"In November, our nation will elect our next president, vice president, federal, and local officials," said Vice Adm. P.H. Cullom in a Sept. 13 NAVADMIN message. "I strongly encourage you to take an active role in deciding our next elected leaders."

The Department of Defense, in cooperation with the U.S. Postal Service, is offering this expedited, free service to



Photo by MCSA Joshua Murray  
**Sailors label and sort mail in the hangar bay of the aircraft carrier USS Dwight D. Eisenhower (CVN 69) (IKE). IKE and its Carrier Strike Group are deployed in support of Operation Inherent Resolve, maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of operations.**

ensure all Americans' absentee ballots are counted, no matter the location from which they are mailed.

"Local voting assistance representatives are on hand to answer any questions Sailors may have about obtaining absentee ballots or mailing ballots," Telles said.

In addition, the Federal Voting Assistance Program (FVAP), is available 24/7 at 1-800-438-VOTE or online at <http://www.fvap.gov>.

Sailors voting from continental United States (CONUS) locations in Alaska, Hawaii, Guam, and U.S. territories should complete absentee ballots and mail from any U.S. post office. Express Mail service with free tracking is not available in these locations.

NAVSUP's mission is to provide supplies, services, and quality-of-life support to the Navy and joint warfighter. NAVSUP oversees logistics programs in the areas of supply operations, conventional ordnance, contracting, resale, fuel, transportation, and security assistance. In addition, NAVSUP is responsible for food service, postal services, Navy Exchanges, and movement of household goods.

# Last week in September marks National Child Passenger Safety Week

In the United States, motor vehicle crashes are a leading cause of death among children. In 2014, 602 children ages 12 years and younger died in motor vehicle crashes, and more than 121,350 were injured. But parents and caregivers can make a lifesaving difference.

Whenever you're on the road, make sure children are buckled in age- and size-appropriate car seats, booster seats, or seat belts. The safest way to ride for children under age 13 is properly buckled in the back seat.

**Data shows that:**

- In 2014, restraint use saved the lives of 252 children ages 4 years and younger.
- Car seats reduce the risk of death in car crashes by 71% for infants and 54% for toddlers ages one to 4.
- Booster seats reduce the risk for serious injury by 45% for children ages four to eight years.
- Between 1975 and 2014, child restraints saved an estimated 10,673 lives of children ages 4 and younger.

All children aged 12 and under should ride properly buckled in the back seat. Airbags can kill young children riding in the front seat. Never place a rear-facing car seat in the front seat or in front of an airbag.

As part of National Child Passenger Safety Week, September 24 is National Seat Check Saturday, when drivers with child passengers are encouraged to visit a child safety seat inspection station to have a certified technician inspect their car seat and give hands-on advice free of charge. Locate a car seat inspection station in your area.

Make sure children are always properly buckled in the back seat in a car seat, booster seat, or seat belt, whichever is appropriate for their age, height, and weight.

**Know the stages:**

Make sure children are properly buckled up in a car seat, booster seat, or seat belt, whichever is appropriate for their age, height, and weight.

- Birth up to age 2 – Rear-facing car seat. For the best possible protection, infants and children should be buckled in a rear-facing car seat, in the back seat, until age 2 or when they reach the upper weight or height limits of their particular seat. Check the seat's owner's manual and/or labels on the seat for weight and height limits.
- Age 2 up to at least age 5 – Forward-facing car seat. When children outgrow their rear-facing seats they should be buckled in a forward-facing car seat, in the back seat, until at least age 5 or when they reach the upper weight or height limit of their particular seat. Check the seat's owner's manual and/or labels on the seat for weight and height limits.
- Age 5 up until seat belts fit properly – Booster seat. Once children outgrow their forward-facing seat (by reaching the

**Using the correct car seat or booster seat can be a lifesaver: make sure your child is always buckled in an age- and size-appropriate car seat or booster seat.**

**REAR-FACING CAR SEAT**  
Birth up to Age 2\*  
Buckle children in a rear-facing seat until age 2 or when they reach the upper weight or height limit of that seat.

**FORWARD-FACING CAR SEAT**  
Age 2 up to at least age 5\*  
When children outgrow their rear-facing seat, they should be buckled in a forward-facing car seat until at least age 5 or when they reach the upper weight or height limit of that seat.

**BOOSTER SEAT**  
Age 5 up until seat belts fit properly\*  
Once children outgrow their forward-facing seat, they should be buckled in a booster seat until seat belts fit properly. The recommended height for proper seat belt fit is 57 inches tall.

**SEAT BELT**  
Once seat belts fit properly without a booster seat  
Children no longer need to use a booster seat once seat belts fit them properly. Seat belts fit properly when the lap belt lays across the upper thighs (not the stomach) and the shoulder belt lays across the chest (not the neck).

**Keep children ages 12 and under in the back seat. Never place a rear-facing car seat in front of an active air bag.**

\*Recommended age ranges for each seat type vary to account for differences in child growth and height/weight limits of car seats and booster seats. Use the car seat or booster seat owner's manual to check installation and the seat height/weight limits, and proper seat use.

Child safety seat recommendations: American Academy of Pediatrics. Graphic design: adapted from National Highway Traffic Safety Administration. [www.cdc.gov/motorvehiclesafety/cps](http://www.cdc.gov/motorvehiclesafety/cps)

Photo from Centers for Disease Control and Prevention

upper height or weight limit of their seat), they should be buckled in a belt positioning booster seat until seat belts fit properly. Seat belts fit properly when the lap belt lays across the upper thighs (not the stomach) and the shoulder belt lays across the chest (not the neck). Remember to keep children properly buckled in the back seat for the best possible protection.

- Once seat belts fit properly without a booster seat – Children no longer need to use a booster seat once seat belts fit them properly. Seat belts fit properly when the lap belt lays across the upper thighs (not the stomach) and the shoulder belt lays across the chest (not the neck). For the best possible protection keep children properly buckled in the back seat.

- Install and use car seats and booster seats according to the seat's owner's manual or get help installing them from a certified Child Passenger Safety Technician. Find a Child Passenger Safety Technician.

Buckle all children ages 12 and under in the back seat. Airbags can kill young children riding in the front seat. Never place a rear-facing car seat in front of an airbag. Buckle children in the middle of the back seat when possible, because it is the safest spot in the vehicle. Buckle children in car seats, booster seats, or seat belts on every trip, no matter how short. Set a good example by always using your seat belt.

--Centers for Disease Control

**A Site Just for You**

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

**MeridianStar.com**

**HONOR COURAGE COMMITMENT**

**Now Leasing to Civilians!**

NAS Meridian Homes now has select neighborhoods and a variety of home styles available to civilians for immediate move-in.

Call 855.756.4575 to schedule your tour today!  
[NASMeridianHomes.com](http://NASMeridianHomes.com)