

## News Bytes

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**Queen Elizabeth II's coffin takes long road through Scotland**

~ Click here ~  
**9/11 terror attacks reverberate as US marks 21st anniversary**

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**Sailor killed at Pearl Harbor to be laid to rest, at last**

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**Cowboys QB Prescott to miss multiple weeks with hand injury**

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**New home for sale in "For Sale..."**



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**Modernizing the Armed Forces**

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## James Honea takes the helm as the next MCPON

From Office of the Master Chief Petty Officer of the Navy

Master Chief Petty Officer of the Navy Russell Smith passed the ceremonial cutlass, via the Chief of Naval Operations Adm. Michael Gilday, to Master Chief Petty Officer of the Navy James Honea during a change of office and retirement ceremony September 8.

The ceremony held at the U.S. Naval Academy's Mahan Hall marked the end of more than three decades of Naval service for MCPON Smith.

Smith has served as the 15th MCPON since August 29, 2018. During his term, he instituted Laying the Keel, an updated leadership development career path, revised the command master chief instruction, and the Sailor of the Year program.



Honea

More importantly, he tirelessly advocated policy and program improvements for the Navy's Sexual Assault Prevention and Response program as well as increased Sailor access for mental health care to congressional members during his annual

testimonies before the House Armed Services Committee.

Gilday presided over the ceremony and highlighted Smith's accomplishments during his naval career while thanking him for his leadership.

"Your tireless efforts to provide Sailors with mental, morale, and spiritual support has helped make our fleet more resilient and much more effective," said Gilday. "Your leadership ensured that our most important resource, our people, are ready to serve and defend the Nation we love. Having conducted more than 200 fleet visits all over the world, your outreach and willingness to be there for Sailors and their families is what truly made your service so remarkable. Thank you for everything you have done over these past four years. Our

Navy and our Navy family are much stronger than it was four years ago."

After the ceremonial passing of the MCPON cutlass, MCPON Honea took the helm of the enlisted force as the Navy's 16th MCPON. During the ceremony, he spoke about his top priorities: warfighting competency, professional and character development, and quality of life.

"When I was selected for MCPON, I thought heavily on what my tenure means and what I could bring to you all," said Honea. "I'm glad I chose to be challenged by this adventure and I'm proud of what it has brought me. I thank you all for accepting the same challenge and being on this journey with me. I have always been proud to be your Shipmate, and I'm privileged to be your MCPON."

### Congratulations

### 2023 Chief Petty Officer Selects



**NAS Meridian:**  
 MAC(SEL) Samuel Clark  
 ACC(SEL) Robert Gabrelcik  
 MAC(SEL) Craig Palmer  
 ACC(SEL) Chereigne Smith  
 ACC(SEL) Andrew Wheeler  
 ACC(SEL) Patrick Kiger (Recently Transferred)



**NTTC Meridian:**  
 RSC(SEL) Daphne Lindsay

**CNATT:**  
 AZC(SEL) Kevin Hedgepeth

**NMRTU (Clinic):**  
 HMC(SEL) Quenton Morgan (Recently Transferred)

## CNO: A Navy ready to fight tonight is the focus

By David Vergun  
 DoD News, Defense Media Activity

While investments in a future fleet are vital, so is maintaining the readiness of the current fleet so that it's ready to sail into harm's way, should that be necessary, the chief of naval operations said.

The other focus is on the sailor and his or her family's wellbeing, said Adm. Michael Gilday, who spoke virtually today at the State of Defense conference, sponsored by Defense One.

Modernizing the current fleet is important, he said, since 60-to-70% of that fleet will still be in service a decade from now.

"We're not going to have a navy larger than we can sustain," he added.

The U.S. shipbuilding industry, which is made up of five companies, is another vital aspect, Gilday said.

"We're trying to turn the corner here in terms of giving the shipbuilding industry steady and predictable demand, certainly in terms of ship numbers," he said. "We need to sustain that steady demand signal."

The current proposed shipbuilding budget is \$27 billion, which is the highest ever, he said. The goal is to grow the number of ships to 350.

[Read more, click here](#)

## NAS Chiefs hold 9-11 remembrance ceremony



Photos by Adam Prince

Left: ACC (sel) Robert Gabrelcik speaks during a Patriot's Day ceremony in front of the Administration building onboard NAS Meridian, Sept. 12. Right: MAC (sel) Craig Palmer reads from a timeline of Sept. 11, 2001, events followed by a moment of silence before morning colors. NAS Meridian Chief Petty Officers and the seven CPO Selects took part in the ceremony.



## Suicide Awareness Proclamation



Photo by Penny Randall

CAPT Timothy B. Moore, seated, signs a proclamation stating September as Suicide Awareness and Prevention Month onboard NAS Meridian. He is supported by the staff of Fleet and Family Support Center and NAS Meridian's executive officer and command master chief. If you need to talk call the Military Crisis Line 24/7/365 at 1-800-273-8255, press 1 or [www.militarycrisisline.net](http://www.militarycrisisline.net).

## CPO Selects



Photo by Adam Prince

2023 Chief Select Petty Officers muster for morning colors in front of the Administration building onboard NAS Meridian, Sept. 12.

## Ombudsman Breakfast



Photo by Adam Prince

From left: Senitria Elam, Fleet and Family Support Center (FFSC) staff; Ben Ahner, NTTC admin staff; Sarah Chorniak, NAS Meridian Ombudsman; Master Chief Craig Johnson, NAS Meridian command master chief; and LT Matt Purmont, NAS Meridian chaplain; pose for a picture during the Ombudsman Appreciation Breakfast at FFSC onboard NAS Meridian, Sept. 13.



**WE** **YOU!**

**NEED**


# NAS Meridian Navy-Marine Corps Relief Society

# VOLUNTEERS NEEDED!

**NMCRS office needs volunteers for the Office, On-Call Case worker, and the Uniform Locker.**

- On call case workers should be E-6 and above, but E-5 can volunteer also as long as they have CO approval on Command Letterhead.
- Military spouses are welcome to volunteer!!
- A short course of training is provided

**Contact Lisa Johnson, Chairman of Volunteers at 601-679-2504 (Tue or Thu 8am-2pm), or email: [gulfport@nmcrs.org](mailto:gulfport@nmcrs.org)**



## Thrift Savings Plan Webinars


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**Join the TSP Training and Liaison Specialists from the Federal Retirement Thrift Investment Board for engaging presentations on the TSP topics that matter most to you.**

**Ideal for all federal employees, uniformed service members, agency/service representatives, military financial educators, and anyone else who is interested in learning about the TSP. All times listed are Eastern Time.**

<b>TSP Contributions (1-Hr)</b> Oct 6 - 10:00 am Oct 18 - 10:00 am	<b>TSP Pre-Separation (2.5-Hr)</b> Oct 5 - 12:00 pm Oct 26 - 12:00 pm
<b>TSP Investment Funds (1-Hr)</b> Oct 4 - 10:00 am & 1:00 pm Oct 25 - 10:00 am & 1:00 pm	<b>TSP Distributions (1-Hr)</b> Oct 11 - 10:00 am & 1:00 pm Oct 20 - 10:00 am & 1:00 pm
<b>TSP In-Service Withdrawals (1-Hr)</b> Oct 6 - 10:00 am	<b>Welcome to the New TSP (1-Hr)</b> Oct 18 - 1:00 pm
<b>TSP Loans (1-Hr)</b> Oct 6 - 1:00 pm	<b>Early to Mid Career (2.5-Hr)</b> Oct 12 - 12:00 pm Oct 19 - 12:00 pm
<b>TSP to Retirement &amp; Beyond (4-Hr)</b> Oct 19 - 11:00 am	<b>TSP Death Benefits (1-Hr)</b> Oct 13 - 10:00 am
<b>Turning 50 (1-Hr)</b> Oct 6 - 10:00 am Oct 20 - 10:00 am	<b>Intro to TSP (1-Hr)</b> Oct 6 - 1:00 pm Oct 13 - 1:00 pm

 Register under online learning at [tsp.gov/webinars](http://tsp.gov/webinars)

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

<b>Command Staff</b>	<b>Editorial Staff</b>
Commanding Officer ~ <b>CAPT Timothy B. Moore</b>	Public Affairs Officer ~ Penny Randall
Executive Officer ~ <b>CDR Jamie Epps</b>	Public Affairs Specialist~ Adam Prince
Command Master Chief ~ <b>CMDCM Craig Johnson</b>	

### Hotlines & Helpful Numbers

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

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# Local Happenings

## SEPTEMBER

**17: The Gatlin Brothers** at 7:30 p.m. at the MSU Riley Center. Celebrating their 67th anniversary in the music business, Larry, Steve, and Rudy Gatlin thrill audiences with an exciting list of greatest hits. Call 601-696-2200 for ticket information.

**23: EMBDC Golf Classic** from 7:30 a.m.-5 p.m. at Northwood Country Club. Entry fee \$125; call 601-693-1306.

## OCTOBER

**4: Full Moon on 5th** from 6-9 p.m. at Dumont Plaza. This laid back event has great food, live music, and a revolving showcase of local art talent. Come enjoy the arts with friends at this free event in our beautiful downtown -- look for the giant moons! Free to public; no outside beverages; contact markrd55@gmail.com for information.

**7: Jay Leno** at 7:30 p.m. at the MSU Riley Center. Acclaimed TV show host, comedian, children's book author, corporate speaker, voice-over artist, car enthusiast, and philanthropist Jay Leno has earned the title of hardest-working man in show business. Call 601-696-2200 for ticket information.

**15: ACES presents: FEASTival on Fifth** from 5-9 p.m. at Dumont Plaza. A Cultural Celebration of Food. Participants will sample the favorite food of twenty countries, and be able to purchase servings of special treats from around the globe. Admission is \$15; contact markrd55@gmail.com for information.

## NOVEMBER

**4-5: Soule' Live Steam Festival** from 9 a.m.-4 p.m. at the Soule Steam Feed Works. The 19th Annual Soule' Live Steam Festival in Meridian, Mississippi gives visitors the opportunity to see how things were made and how hard people worked back in the early 20th century. Admission adults-\$10; child/student-free; call 601-693-9905.

## Ross completes homeport shift to Norfolk

The Arleigh Burke-class guided-missile destroyer USS Ross (DDG 71) returns to Naval Station Norfolk, marking the end of a nearly 10 year tour of her time as a Forward Deployed Naval Forces-Europe (FDFNF-E) Destroyer, Sept. 10, 2022.

Ross turned over her duties in Rota, Spain with USS Paul Ignatius (DDG 117), where Paul Ignatius will patrol the Mediterranean, strengthening our alliances and partnerships while operating alongside NATO Allies and regional partners.

Capt. James Johnston, U.S. 2nd Fleet's maritime operations center director, spoke to the crew of Ross upon their return to Norfolk.

"On behalf of Vice Adm. Dwyer, Commander, U.S. 2nd Fleet, I am honored to be the first one to welcome you home on this beautiful summer day. As an FDFNF-E destroyer, your team proudly

represented our Navy and our nation, working side by side with our Allies and partners, building interoperability and providing invaluable defensive capabilities over the course of 12 patrols within 6th Fleet," said Johnston.

Throughout Ross' time in U.S. 6th Fleet, the ship participated in previous iterations of Exercise Sea Breeze, Breeze, African Lion, FOST, BALTOPs, Formidable Shield, and other multi-lateral maritime training opportunities with partners to include Cyprus, France, Georgia, Greece, Italy, Morocco, Norway, Romania, Ukraine and the United Kingdom. Mission sets during these exercises included surface warfare, anti-submarine warfare, anti-air warfare, and strike warfare scenarios that focus on maintaining maritime stability and security.

-- From PO1 Ryan Seelbach, Commander, U.S. 2nd Fleet Public Affairs

[Read more, click here](#)

## USS Harry S. Truman returns home from 9-month deployment

The Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75), flagship of the Harry S. Truman Carrier Strike Group (HSTCSG), and the embarked commands and staffs of Carrier Air Wing (CVW) 1, Destroyer Squadron (DESRON) 28, and Carrier Strike Group (CSG) 8 returned home to Naval Station Norfolk, Sept. 12, 2022, marking the end of their nine-month deployment after operating in the U.S. 6th Fleet area of operations in response to Russia's unprovoked invasion of Ukraine.

The ship sailed more than 65,000 nautical miles, all while conducting multiple operations in the region to include enhanced air policing missions, dual and tri-carrier operations, and the NATO-led vigilance activities Neptune

Shield 22 and Neptune Strike 22. During its historic deployment, the Truman strengthened relationships with NATO Allies and partners while deterring aggression in the region.

Together with CVW 1, Truman demonstrated the Navy's continuing regional commitment to the U.S. European Command (EUCOM) area of responsibility, the NATO Alliance and our regional partners. Truman hosted more than 400 guests.

"This has been an outstanding deployment by every measure due to the expertise and professionalism of our Sailors," said Capt. Gavin Duff, Truman's commanding officer.

-- From Commander, U.S. 2nd Fleet

[Read more, click here](#)

## Truman strike group Sailors become U.S. citizens

Petty Officers 3rd Class John Gacad and Francian Manaog became U.S. citizens during a naturalization ceremony aboard the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75), Sept. 9.

Gacad and Manaog swore the naturalization oath of allegiance with the help of more than 16 U.S. Navy Judge Advocates, Legalmen, and civilian paralegals, spread throughout three countries and at sea, and the U.S. Citizenship and Immigration Services (US-CIS) Washington Field Office.

"I'm proud and honored to be a part of this historic event," said Manaog,

who is assigned to Airborne Command and Control Squadron (VAW) 126. "Our names will be in the history books."

Gacad, who is assigned to Strike Fighter Squadron (VFA) 211, also expressed his delight in reaching this milestone on his journey to citizenship.

"I'm very happy after this long process," said Gacad. "I can finally say I'm proud to be an American."

Gacad started the process of becoming a citizen in March 2021. However, he had to postpone his naturalization due to the scheduled deployment.

-- By PO1 Justin Wolpert, USS Harry S. Truman (CVN 75) Public Affairs

[Read more, click here](#)

## Are You Prepared?

NFAAS is used to muster and request assistance during a disaster.

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CNIC

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**2017 Dodge Challenger,** grey with racing stripe. \$24k. Call 601-880-3237.

**For Rent:** Lake Cabin near NAS Meridian. 1

BD/1 BA; \$700 month. Unfurnished. More info and photos can be viewed at: <https://www.facebook.com/marketplace/item/851262408853834/>

### HOMES/APARTMENTS

**New! For Sale:** 3BD, 2BA home with washer/dryer, wifi, lawn service and water included. \$1500/month. Call 601-917-8594.

**For Rent:** 3BD/2BA

private gated home with 2-car garage in West Lauderdale; 15 minutes from the base. Call 601-737-4569 or 601-934-0739.

**For Rent:** 2BD/1.5BA Home at 3702 Rollins Dr, Lauderdale in Dalewood. 2136 sq ft on a .29 acres lot. Beautiful newly renovated single family home. Call 973-876-5006.

**For Rent:** 2BD/1.5BA single family home in

Dalewood - fully renovated. Fenced in back yard with boat slip & pier. Pets allowed. Pet deposit \$300. \$1,300 rent per month. Call 973-876-5006.

**For Sale By Owner:** 3BD/3BA brick home with sunroom, larged fenced in yard. Convenient to shopping and base. \$139K. Call 601-513-3395 or 601-

### MISCELLANEOUS

227-1870.

**Service for hire:** Dixie Lawn LLC, lawn care in Meridian. Call 850-376-4499. Military owned company.

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

Listings in the "Sale...Or" column are free for anyone who works at NAS Meridian. To include your announcement, email [adam.prince@navy.mil](mailto:adam.prince@navy.mil)





Photo from NASA's Lewis Research Center

An artist's rendering depicts a hypersonic vehicle.

## Modernization of Armed Forces a collaborative effort

By Dave Vergun

DoD News, Defense Media Activity

The Defense Department, in collaboration with academia, industry, allies and partners, is developing cutting-edge technology to ensure the warfighter has the upper edge on the battlefield.

Heidi Shyu, undersecretary of defense for research and engineering, provided virtual opening remarks at the Inaugural Defense Department Basic Research Conference in Arlington, Virginia.

The fiscal year 2022 National Defense Strategy sets out three main themes, she said.

The first theme is integrated deterrence. Research and engineering, or R&E, is working to ensure that the joint force can operate seamlessly across all domains — air, land, sea, cyber and space — and in concert with allies and partners, she said.

R&E is advancing several international partnerships, including with Australia, the United Kingdom,

Israel and NATO, she said.

“Our foreign comparative test program also promotes coalition interoperability and strengthens our shared defense industrial base. Our mission engineering division is using modeling and simulation to assess joint capability gaps, and how we’re integrating critical enabling technologies into mission architectures,” Shyu said.

The second theme is campaigning. This relies upon R&E’s efforts to work with partners across the interagency, including the Departments of Treasury and Commerce, the State Department and the Small Business Administration, she said.

The Rapid Defense Experimentation Reserve program has embarked on a continuous campaign of joint experimentation to close the gaps in joint warfighting capability, she said. These joint experiments are scenario-based and will be conducted in six-month cycles starting next year.

This experimentation, she said, will involve 14 critical technology

areas for the warfighter. The technology areas include biotechnology; quantum sciences; advanced materials; future G, which is beyond 5G technologies that also have a lot of commercial development, trusted artificial intelligence and autonomy; microelectronics; space technology; renewable energy; integrated network; systems of systems; advanced computing and software; human-machine interfaces; hypersonics; direct energy; and integrated sensing and cyber.

The third theme is building enduring advantages, Shyu said. R&E is working to identify reforms to accelerate the development and acquisition of critical technologies and is making necessary investments to the workforce.

“We’re supporting the future defense innovation base through initiatives to support small businesses, startups and other nontraditional companies and encouraging them to work with the DOD,” she said.

[Read more, click here](#)

## Ukraine’s success was a surprise only to the Russians

By Jim, Garamone

DoD News, Defense Media Activity

Ukraine’s success in its counteroffensive against the Russian invasion did not surprise its allies and partners, Pentagon Press Secretary Air Force Brig. Gen. Pat Ryder said.

“I think if anyone was surprised, just based on the reports that we’ve seen in terms of the Russian military’s response, it was probably the Russians,” he said.

Ukrainian President Volodymyr Zelenskyy told reporters that Ukrainian service members had liberated more than 2,300 square miles of the country from the Russians. The president said Ukrainian troops are pressing Russian forces northeast of Kharkiv and many of the invaders have fled across the border into Russia.

“Certainly, since the beginning of Russia’s invasion into Ukraine, we’ve seen the Ukrainians demonstrate a remarkable adaptability and their ability to use their warfighting capabilities to great effect,” Ryder said during a Pentagon news conference. “So, it’s not surprising to us that they have pushed as quickly as they have.”

The Ukrainian military also took advantage of military opportunities that presented themselves on the battlefield. The Kharkiv counteroffensive is proof of that, the general said.

Western weapons and supplies played a part in the success of the counteroffensive and at a meeting of the Ukraine Defense Contact Group in Ramstein Air Base, Germany, Secretary of Defense Lloyd J. Austin III and counterparts from nearly 50 other nations pledged to keep the supply chain moving and increase aid that can be applied to mid-term and long-term Ukrainian defenses, Ryder said.

Russians unprovoked invasion of Ukraine is a challenge to the international rules-based order that has prevented wars among major powers since the end of World War II.

Countering Russia requires a mix of aid that will make a difference today, and aid that presents Ukraine the capabilities it will need to fight and/or deter Russia in the future, defense officials have said.

“Secretary Austin and other U.S. government leaders continue to regularly engage with our Ukrainian counterparts,” Ryder said during the press conference. “I think last week’s meeting at Ramstein is a good example of how seriously we’re taking this and that we are constantly engaged in a dialogue to determine what are the needs of our Ukrainian partners, based on the conditions on the ground.”

[Read more, click here](#)

## Dissecting your teen when side-hugs begin

OPENING SCENE: [Mom cheerfully sweeps kitchen

floor. Front door opens. Brooding Teen enters, shuffles down hall toward bedroom.]

MOM: “Hi Honey! How was school today?”

TEEN: [Without looking.] “Nghu.”

MOM: “What was that?”

TEEN: “Nghoo.”

MOM: “I’m sorry, Sweetie, but I don’t understand. One more time.”

TEEN: “Ngood.” [Teen slams bedroom door, leaving Mom dumbfounded in hall.]

END SCENE.

If this after school vignette sounds familiar to you, then you have teenagers. Our own son, Hayden, reenacted this scene day after day, week after week, month after month, for about four years until he left for college.

Hayden’s father and I used to rock his world. He’d burst out of elementary school each day and find me waiting

there to walk him home. His eyes would light up, and he’d plow into me with open arms. He’d linger a few seconds so I could run my hand through his sandy hair and kiss him on the head.

But soon, Hayden grew into a teenager, and all affection, conversation and attention became forced. No more open-armed greetings or shampoo-scented smooches. A reluctant side-hug was as good as it was gonna get.

When Hayden first started withdrawing from us, I panicked and thought, “Why did I let him watch that PG-13 movie when he was twelve?! He’s always resented me for those bowl hair cuts I used to give him. I should have never yelled at him when he put that waffle in the VCR! Oh God, what have I done!?”

We worried and watched, waiting for a call from the police informing us that Hayden was holding the school principal hostage or that he was hitchhiking across the country on a crime spree.

The police never called, but we feared that Hayden’s withdrawal from us was clear evidence that he was on the brink of a teenage breakdown, all caused by our overbearing demands and inadequate parenting.

Eventually, we did receive reports of Hayden’s behavior, but not from law

enforcement or school authorities. Other parents told us what Hayden had done.

“My daughter told us the funniest story about Hayden at supper last night — apparently he had the whole literature class laughing yesterday at school.”

“That skit Hayden did for our Cub Scout den was priceless. We videotaped it!”

“Hayden was so chatty and polite when I gave him a ride after football practice yesterday.”

“You must be so proud that the Biology teacher played Hayden’s cell project video to all the classes. It was so well done.”

Initially, we thought, “Are you sure you have the right kid here? Hayden is the one that wears a hooded sweatshirt, doesn’t make eye contact and grunts. What skit? What cell project?”

Slowly, we began dissecting this brooding man-child living in our house. When we stopped blaming ourselves and instead, began discretely examining Hayden’s separate parts and distinct personalities, we started to understand the creature our son was becoming.

We discovered that Hayden wasn’t an axe murderer, he was just a teenager.

Outside our home, he was a smart, funny, outgoing football player, scout

leader, band geek and math tutor.

When he arrived home, Hayden hid his burgeoning identity from us, afraid that we’d interfere or attempt to change him. His “split personality” gave him the freedom to grow, mature, and as much as we hated it, become independent from of us.

Eventually, we gave Hayden space to create himself without interference. In the meantime, we discovered meaning in the grunts and grumbles he emitted.

We learned that “Nghu” really means, “Thanks for asking about my day at school, Mom — it went quite well despite the fact that I missed you terribly and couldn’t wait to come home and eat your delicious home cooking.”

While side-hugging Hayden, I interpreted the pained expression on his face to mean, “Mother, my gratitude and respect for you are so intense that I can only bear it for a second or two before I must shove you away.”

Another thing I learned: Asking one’s teen for a kiss on the cheek definitely requires bribery. Chocolate chip cookies always worked for me.

Lisa Smith Molinari’s self syndicated columns appear on her blog, [www.themeatandpotatoesofflife.com](http://www.themeatandpotatoesofflife.com) and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life* Follow [Lisa@MolinariWrites](mailto:Lisa@MolinariWrites.com).

### COLUMN



Molinari

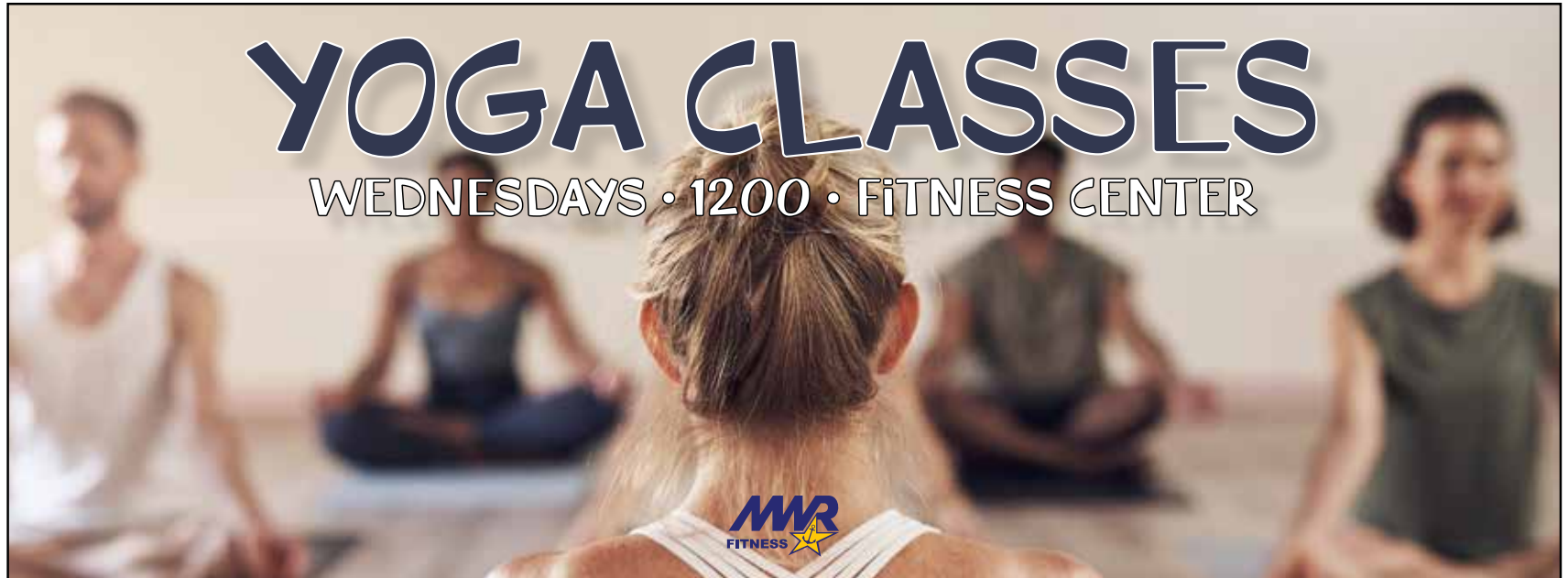




# NAS Meridian, MS • Morale, Welfare and Recreation

## Facility Phone Numbers

Fitness Center	679-2379	Library	679-2326	MWR Admin.	679-2551
Liberty Center	679-3760	Rudders Pub & Grill	679-2780	MWR Jobs Line	679-2467
Tickets	679-3773	CDC/CDH	679-2652		
McCain Rec Center	679-2651	SAC	679-5252		
Equipment Rental	679-2609	School Liaison	679-2473		



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Our Community Recreation office is located inside the McCain Recreation Center. They can be reached by phone at (601) 679-2526.

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**Saturday, October 15, 2022 | 9AM**  
@ Fitness Center Parking Lot

REGISTER AT: [www.tinyurl.com/NavyBDRun](http://www.tinyurl.com/NavyBDRun)

PRESENTED BY **BlueCross BlueShield**

Custom medals will be given to the TOP 3 male and female finishers at each installation. The TOP 3 male and female finishers in the region will be awarded commemorative plaques.

**This free 5k is open to all ages and participants will receive a free commemorative t-shirt!**