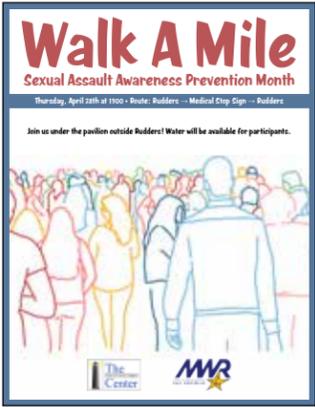


On Base

SAAPM
“Walk a Mile”
on April 28



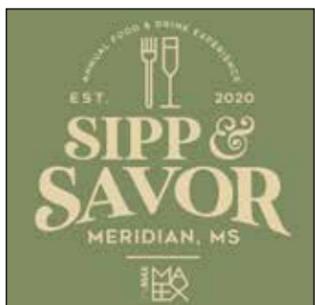
NEWS BYTES

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Giants' Alyssa Nakken becomes 1st MLB female coach on field

~ Click ~
Lots of broadband money, but US expansion finds speed bumps



~ page 4 ~

Sipp & Savor returns to Meridian

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NAS Meridian firefighter honored by Town of Marion

By Thomas Howard
Special to The Skyline

Marion aldermen and city officials recently named officer Sammie Pierce the 2022 Marion Police Department Officer of the Year.

Police Chief Randall Davis said Pierce, who also serves as a firefighter and EMT onboard Naval Air Station Meridian, was a dedicated public servant who was unafraid to speak up for his town.

“I tell you, ever since Officer Pierce joined the department, he has made it a lot better,” he said.

Davis said Pierce had pushed him to be a better leader for the department and was unafraid of speaking up when needed. Leaders need good people behind them, Davis said, and Pierce was one of the drivers behind Marion Police Department’s success.

“I’ve always believed as a chief or whatever leadership position you’re in, you don’t have to be the best. You don’t have to know it all,” he said. “You have to surround yourself with good people.”

Mayor Larry Gill said Pierce has always been willing to lend a hand and put in work where he sees a need. Even beyond the police department, he said Pierce has gone above and beyond to help out the town clerk, office staff and board of aldermen to help serve Marion’s residents.

“I’ve always preached in our meetings and things like that about being proactive, and he is very much so,” Gill said. “If he sees something out of the ordinary, he is going to check it out.”

Pierce said he was surprised and honored to be named the 2022 Officer of the Year. Marion police



Photo by Thomas Howard / The Meridian Star

Marion Police Chief Randall Davis, left, and Mayor Larry Gill, right, award officer Sammie Pierce, center, the 2022 Officer of the Year for his service to the community and Marion Police Department.

officers are committed to protecting the citizens of Marion, he said, and it was an honor to be a part of that.

“I’m humbled to receive and award because I’m not one of those that look for an award or feedback,”

he said. “I do it because I love doing it, and the more we can help our organization with efficiency and whatever else that we can do, that’s what I try to strive to do, to make it a better place for you the citizens and for the officers here at Marion.”

Happy 129th Birthday Chief Petty Officers



Photos by Adam Prince

Left: Chief Petty Officers from NAS Meridian and tenant commands muster at morning colors in commemoration of the 129th birthday of the rank of the Chief Petty Officer outside the Administration building onboard NAS Meridian, April 1. Right: NAS Meridian Command Master Chief Craig Johnson and ACAA Martina Alves De Oliveira cut the Chief Petty Officer’s birthday cake during a ceremony at the LCPL Roy M. Wheat Galley. The oldest and youngest Sailors traditionally cut the cake to signify the passing of tradition and experience.

Multiple factors contribute to Ukraine’s battlefield successes

By David Vergun
DoD News, Defense Media Activity

The United States is supplying an immense amount of materiel to Ukrainian forces, said a senior Defense Department official who briefed the media today.

Since the start President Joe Biden’s administration, roughly \$2.5 billion worth of security assistance has been supplied. That equates to more than half of Ukraine’s defense budget for last year, which was about \$4.2 billion, the official said.

“It’s an immense amount, and we’re committed to doing more; and I think you will see us do more very, very soon,” the official said, mentioning the most recent Javelin missiles and Switchblade unmanned aerial systems coming from the United

States.

Some 30 other nations are also providing security assistance in various quantities, the official said. Many nations have provided weapons and systems that the Ukrainians know how to use and are using effectively, the official said.

“I think there’s a lot of things that have gone into the Ukrainians’ ability thus far to fight so well and so skillfully and to really beat back the Russians on so many multiple lines of axes,” the official said.

Through their ability and will, Ukrainian fighters have adapted to Russian tactics in real time, the official said. “They are skilled and courageous fighters, and you just can’t take that away from them.”

Another factor for Ukraine’s successes is its command and control, the official said. Ukrainian President Volodymyr Zelenskyy and his top leader-

ship still have effective command and control over their forces. “They know where they are. They’re moving them around as needed. They’re being very nimble and have not had the challenges that the Russians have had with respect to command and control.”

An additional factor is that, over the last eight years, Ukraine has received excellent training from the United States and NATO allies like the United Kingdom and Canada, the official said.

That training has helped Ukraine become a more battlefield-effective force in terms of the development of their noncommissioned officer corps, operational maneuverability, logistics and sustainment, communications and long-range fires, the official said.

[Read more, click here](#)

Two aviators earn 'Wings of Gold' in April pinning ceremony

There was a naval aviator designation ceremony April 8 onboard Naval Air Station Meridian.

Two 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."



1ST LT Russell Keating



1ST LT Kenneth Sheehan

SAAPM Ribbon Tying



Photo by Adam Prince

Representatives from NAS Meridian and various tenant commands gather for the SAAPM ribbon tying ceremony onboard NAS Meridian, April 4. This year's SAAPM theme is "STEP FORWARD. Prevent. Report. Advocate." This theme focuses on highlighting the power of acts that can bolster prevention, increase reporting, and promote advocacy for a safer DoD Community.

Month of the Military Child



Photo by Adam Prince

NAS Meridian Commanding Officer CAPT Brent Moore, center, is joined by Sailors and their families during a proclamation signing in honor of the Month of the Military Child at the Child Development Center onboard NAS Meridian, April 1.

CAPM/SAAPM Proclamations



Photo by Adam Prince

From left: Hospital Corpsman Second Class Elliot Johns, SAPR victim advocate; Pam Litton, FFSC education services facilitator; CAPT Brent Moore, NAS Meridian commanding officer; Jennifer Nissen, NAS Meridian sexual assault response coordinator; and Bill Johnson, SAPR victim advocate gather for proclamation signings in honor of Child Abuse Prevention Month and Sexual Assault Awareness and Prevention Month in the Administration building onboard NAS Meridian, April 1.

Senior Chief Ellis Reenlistment



Chief Warrant Officer 5 Mitch Allen, NAS Meridian administrative officer, presides over the reenlistment of Senior Chief Aviation Boatswain's Mate (Handling) Charles Ellis during a ceremony outside the Administration building onboard NAS Meridian, April 1.

Photo by Adam Prince



**See, Something,
Say Something...**
Onboard NAS Meridian contact
Justin Powell
Command Investigator
601-679-2293

The Skyline ~ Naval Air Station Meridian, Miss.

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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

APRIL

20: An American In Paris: The Musical at 7:30 p.m. at the MSU Riley Center. The musical features the music of the legendary composer-lyricist team George and Ira Gershwin. The 2015 Broadway production, inspired by the Academy Award-winning 1951 film starring Gene Kelly, won four Tony Awards. Tickets range from \$48-\$100; call 601-696-2200.

28: Three Dog Night at 7:30 p.m. at the MSU Riley Center. Three Dog Night, now celebrating over 50 years of recording and touring, has accomplished some of the most astonishing feats in popular music. From 1969 through 1974, the band racked up 21 consecutive Top 40 hits, including three number one singles. Tickets range from \$45-1000; Call 601-696-2200.

30: Red Hills Horse Show at 10 a.m. at the Lauderdale County Agri-Center. Red Hills Horse Show Association returns to Lauderdale County Agri-Center for its 2022 season. Judges events start at 10 a.m.; speed events begin at 2 p.m. Fees vary; contact Sedera at 601-562-5715.

MAY

5: Raise the Roof with Steve Forbert at 6 p.m. at the Temple Theater. Meridian's favorite son Steve Forbert will return to his hometown for this very special concert to support historic Merrehope. Doors open at 6 p.m. Tickets available online at www.itickets.com/events/463285. Tickets range from \$25-33.

7: 97OKK Jimmie Rodgers Singer/Songwriter Competition from 11 a.m.-noon at City Hall Lawn. Think you got what it takes to make it on stage before a live audience? If you do, we're looking for you! 97OKK presents the Annual Jimmie Rodgers Singer/Songwriter Competition, which will take place during the Bud N' Boilin' Crawfish Cookoff. Visit 97okk.com/jimmie-rodgers/ to register. Call 601-938-7427.

Navy League of the United States hosts Sea-Air-Space Expo 2022

The Navy League of the United States hosted the 2022 Sea-Air-Space Exposition (SAS) to bring together defense industrial base, private-sector U.S. companies, and key military decision-makers for an innovative, educational and professional maritime-based event at the Gaylord National Convention Center, National Harbor, Maryland, April 4-6, 2022.

The day prior, on April 3, the Navy League held a day-long STEM Expo where different exhibits demonstrated ideas and mechanics in the areas of science, technology, engineering,

and mathematics.

"This STEM Expo is designed to attract young men and women in our underserved communities," said Mike Stevens, retired master chief petty officer of the Navy and current CEO of the Navy League of the United States. "We want to introduce them to STEM in a maritime space. We'd love to one day see these young men and women become the shipbuilders of America, the aircraft designers of America that support the sea services."

-- From Defense Media Activity

[Read more, click here](#)

U.S., Iceland kick off Exercise Northern Viking 2022

U.S. Sailors and Marines joined multiple Allied Nations in kicking off U.S. Sixth Fleet's Exercise Northern Viking 2022 (NV22) in Keflavik, Iceland, April 2, 2022.

U.S. Sailors and Marines joined multiple Allied Nations in kicking off U.S. Sixth Fleet's Exercise Northern Viking 2022 (NV22) in Keflavik, Iceland, April 2, 2022.

Participating NATO Allied Nations include France, Germany, Iceland, Norway, Portugal, the United Kingdom and the United

States. The combined forces bring significant capabilities across the air, land and at-sea domains.

U.S. Navy and Marine Corps forces include the USS Kearsarge (LHD 3) Amphibious Ready Group / 22nd Marine Expeditionary Unit, P-8A Maritime Patrol Aircraft from Keflavik Air Base, the Henry J. Kaiser-class underway replenishment oiler USNS Patuxent (T-AO-201).

-- From U.S. Sixth Fleet Public Affairs

[Read more, click here](#)

Mississippi Council of the Navy League
Presents
Wings & Tails 2022
May 3rd
Social Hour 5:30
Dinner 6:30
(Shrimp, potatoes, corn, catfish & chicken wings)
Key Brothers Hangar
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From NAVSUP FLC Jacksonville

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2018 Mallard M185 Travel Trailer. Sleeps 4 with 1 queen bed/2 bunks. Easy to tow at 3,575 lbs; only selling because military member is moving overseas. Great living quarters with lake view. Hooked up and ready to live in, including cables, hoses, plus the \$500 towing kit. Asking \$17,000. Call 360-434-3035.

AUTOMOBILES, ETC.

2018 Subaru Outback 2.5 limited, 12k miles; Subaru safety features and warranties included. Asking \$29k. Call 601-480-5100.

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

HOMES/APARTMENTS

For Rent: 3BD 2BA home with 1 car garage,

all new appliances and flooring. 13 miles from NAS. Rent \$1200, security deposit will be half of 1st month rent. Move in ready June 1st. Call 757-589-2174.

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/>

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. Pets allowed. Pet deposit \$300. \$1,300 rent per month. Call 973-876-5006.

For Rent: 2BA/1BA on the water at Dalewood \$600 per month. Call 601-683-6038.

MISCELLANEOUS

For Sale By Owner: 3BD/3BA brick home with sunroom, large fenced in yard. Convenient to shop-

ping and base. \$139K. Call 601-513-3395 or 601-227-1870.

For Sale: Office desk with file cabinets and hutch. Item retails for well over \$1000; selling it for \$300 (or best offer). Please contact LtCol Topping at 858-736-5812.

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

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

Lethal means safety is key to suicide prevention

By Karin A. Orvis

Defense Suicide Prevention Office

Every death by suicide is an unnerving tragedy, and the Defense Department is taking a comprehensive public health approach to save lives through widespread education and evidence-based prevention practices in the face of one of the military's — and the nation's — most vexing public health crises.

There is no simple reason why anyone, including a service member, takes his or her life. As with civilians, military personnel and their families are not immune from life's daily challenges, and there's no single solution to preventing suicide.

DOD recognizes the complex interplay of risk and protective factors and take a bundled approach to prevention that focuses on reducing suicide risk for service members and their families.

Service-related challenges can play a role in service members' and their families' circumstances — exposure to the battlefield may result in traumatic injuries or compounding stressors, for example. But this doesn't tell the whole story. The complexity

extends to social and environmental factors: relationship and financial challenges, substance abuse, or legal issues, can also contribute to a downward spiral and suicidal thoughts.

A focus on lethal means safety is one centerpiece in the DOD's suicide prevention efforts. Lethal means are objects (e.g., firearms, medications, sharp objects) that can be used to engage in suicidal behavior. Safety measures that secure lethal means include safe storage options such as cable locks, locked safes and medication lock boxes.

Safe storage of lethal means is an evidence-based part of a comprehensive suicide prevention strategy; it also includes safe prescribing practices of medications and safety counseling to reduce the risk of suicide by limiting access to all lethal means.

DOD's "Annual Suicide Report" for 2020 showed that firearms were the primary method of suicide for service members (approximately 70% across DOD) and for more than half of our military family members.

Research tells us that while owning a firearm does not cause someone to be suicidal, storing a loaded firearm at home increases

risk suicide for everyone in that household. Likewise, our data show us that medications are the leading method for suicide attempts. This is a primary reason DOD's education and communications put a spotlight on safe storage, personally-owned firearms and medications.

Prolonged stress and the stigma of seeking help and support can also characterize aspects of military family life. At the same time, DOD and national research indicate that protective factors — such as social connectedness and feelings of belonging — are buffers against suicide risk.

Traditional military culture and the premium it places on self-reliance also plays a role; prevailing attitudes often work against service members and their families getting help for mental health conditions or other life challenges. Although receding, stigmas can still reinforce a service member's tendency to handle challenges internally; fear of negative career impacts is a concern.

Consider these statistics:

✓ Suicide was among the top 10 leading causes of death among Americans ages 10-

64.

✓ It's the second leading cause of death for people ages 10-34, according to the Centers for Disease Control and Prevention.

✓ According to DOD's 2020 "Annual Suicide Report," the suicide rate statistically increased from calendar years 2015 to 2020 — from 20.3 to 28.7 suicides per 100,000 among active-component service members.

Research also confirms the potent and mitigating effects of lethal means safety. Adding safe storage practices to lethal means, such as firearms and medications, are effective ways to reduce suicide and protect people.

Research also shows it can take less than 10 minutes between thinking about suicide to acting on it. For many people, thoughts of suicide and the desire to end one's life come quickly and intensely. But these thoughts also tend to subside and reduce in intensity just as quickly. Safe storage practices increase the time it takes for a person experiencing suicidal thoughts to access a lethal item.

[Read more, click here](#)

Sipp & Savor offering 15% military discount to April 23 event.

From Staff Reports

This year Sipp & Savor will welcome 16 of the best chefs from Mississippi and surrounding states and will be featuring some great distilleries and breweries from the south as well.

Jean Paul Bourgeois from Meateater and Duck Camp Dinners will be headlining the April 23 event at the Mississippi Arts & Entertainment Center in downtown Meridian.

There will be lots of improvements with layout this year to keep the crowd better dispersed. Front street will be better utilized with the chefs spread out down the street and there will be a couple of beverage lounge areas!

Come enjoy really great food, drinks and live entertainment by Blackwater Brass, a New Orleans style brass band.

This event supports the funding of educational programs at The Max downtown. You can purchase tickets at <https://www.sippandsavor.com/buy-tickets>. Use code: eagle





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Beyond fitness standards: A Navy retiree's nutrition wheel

This month, the Army is implementing new Combat Readiness Testing (ACRT) that eases fitness standards for soldiers struggling to pass the former gender- and age-neutral test. After a long period of cancelled testing due to COVID-19, the new Navy Physical Readiness Test (PRT) is being implemented during the April 1 to September 30

Physical Fitness Assessment (PFA) cycle. The Air Force also rolled out a new PT test in 2022, as did the USMC. The Space Force is expected to launch its new PT program in 2023.

Although the new fitness policies aim to provide safer exercises and fairer scoring, all branches still require that service members pass weight standards. *Groan*

During his 28 years of active duty service in the Navy, my husband, Francis, sweated when the PRT rolled around. Although he exercised

COLUMN



Molinari

regularly and could pass the physical skills with flying colors, Francis carried a few extra pounds. A "big eater" who stretched the limits of his Navy-issue polyester khakis, Francis dreaded the PRT's body composition testing.

About two weeks prior to each test, Francis would starve himself, hit the sauna, and pop diuretics in a desperate effort to make weight standards. He didn't fit into the Navy's standard height/weight charts, so he had to submit to tape measurements to determine the ratio between his neck and waist circumference. Francis employed any means necessary to endure this humiliating body composition test, including sucking in his gut, bulging out his neck, and shamelessly schmoozing the testing official.

Miraculously, he always passed.

Upon retiring from the Navy five years ago, Francis finally experienced life without military fitness limitations. Like many fresh retirees, he felt a new sense of liberation when answering questions like, "Would you like a side of fries with that?" and "Seconds, anyone?"

Naturally, Francis gained weight. Although his doctor ordered him to drop 40 pounds, Francis lacked the motivation to restrict his calorie intake, especially now that he'd finally

unleashed and expanded his culinary repertoire. After 28 years of Navy weight standards hanging over his head like a guillotine, Francis wasn't about give up his newfound freedom.

But then, his college roommate made him a bet that if he lost 25 pounds on the South Beach Diet, he'd take him to South Beach in Miami. Soon, boxes of frozen meals, shake packets, and portion-controlled snacks arrived at our house. It cost a small fortune, but Francis won the bet and had a blast in Miami, where he ate enough pork Cubanos and drank enough margaritas to gain the pounds back.

To his credit, Francis walks 10,000 steps every day, and has created his own version of the nutrition wheel to keep his post-retirement health in check.

The standard USDA "My Plate" food wheel recommends a 2,000 per day calorie intake that includes 5.5 ounces of protein, 2.5 cups of vegetables, 2 cups of fruit, 6 ounces of grains, and 3 cups of dairy. It warns against excess fats, sugar and sodium, and is primarily intended to promote good health and longevity.

Francis' nutrition wheel is somewhat different. It blatantly ignores calories and encourages cocktail pairings. Like a pizza (which Francis loves, btw), it is divided into generous slices of Francis' favorite foods in unrestricted

amounts. Some wedges are small, like "Vegetables" for example, which wouldn't be on the chart if it weren't for onions and tomato sauce. "Fruit" made the wheel mainly due to Francis' raisin intake.

On the other hand, "Meats" comprise a large wedge, generally in the form of cheeseburgers, sausages, bacon, meatballs and Slim Jims. "Grains" are also a significant piece of the pie, although the included foods — crackers, tortilla chips, hamburger buns, sub rolls, popcorn, and oatmeal cookies — are only "technically" associated with grains.

Francis' dairy intake is covered by three distinct wedges labeled "Cheese" (eaten with crackers or melted on anything), "Half-and-half" (guzzled with coffee throughout the day), and "Ranch Dressing, Mayonnaise, and Creamy Dips" (no explanation needed). Finally, "Peanuts" make up the last slice, because Francis enjoys the salted legumes every night in front of the television.

All this talk of slices has me hungry for dinner. Pizza anyone?

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



NAS Meridian, MS • Morale, Welfare and Recreation

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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		
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