

On Base

Tickets & Travel @ Community Rec

Offers a variety of tickets to popular vacation destinations, such as Walt Disney World, Universal Studios Orlando and more. Call 679-2526

Cosmic Bowling Nights

Every Saturday @ 1900 McCain Rec Center

Story Time

Every Wednesday @ 1000 Andrew Triplett Library

RUCK Workout

Wednesdays @ 0515 Fitness Center

Get Connected



SCAN for the Captain's Virtual Suggestion Box



Follow us!



Scan to see FFSC's Facebook!

NAVFAC Southeast awards \$16.8 million contract for hangar roof replacement at NAS Meridian

By Jeffrey Hamlin
Naval Facilities Engineering Systems Command Southeast

Naval Facilities Engineering Systems Command (NAVFAC) Southeast awarded a \$16.8 million firm-fixed-price construction contract on Sept. 16 to CCI Prime Contractors of Niceville, Florida, for the replacement of the roof on an aircraft maintenance hangar at Naval Air Station (NAS) Meridian, Mississippi.

The project provides for the complete re-roofing of the aircraft maintenance hangar, the full reinstallation of the lighting protection system, and the cleaning, preparation, and painting of the steel roof superstructure. These upgrades will ensure the hangar remains a safe and functional facility for aircraft maintenance operations well into the future. "Maintaining and modernizing our hangars is essential

to increasing the Navy's lethality," said NAVFAC Southeast Commanding Officer Capt. Matthew Williams. "By investing in infrastructure improvements at NAS Meridian, we are directly contributing to the Navy's ability to fight and win by keeping aircraft mission-ready and training aviators who are ready for combat." NAS Meridian leadership echoed the importance of the project for daily operations.

"This hangar plays a vital role in supporting the training and readiness of our aviators," said Capt. Luke Davis, commanding officer of NAS Meridian. "The improvements will give our maintainers the reliable facilities they need to keep aircraft safe, effective, and available to meet mission demands." Work will be performed in Meridian, Mississippi, and is expected to be completed by June 2027.

Navy Chief, Navy Pride!



Photos by MC2 Molly Tice

Congratulations to Chief Electrician Mate Teresa Ruiz, above, (NTTC Meridian) and Chief Boatswain Mate Humberto Pena, below, (Navy Reserve Center Meridian, MS) who earned their anchors today during a Chief's Pinning Ceremony onboard NAS Meridian after 6 weeks in intensive training. This year 3 members of the staff from Marine Aviation Training Support Squadron ONE (MATSS-1) were invited to participate in the process. Congratulations to our Honorary Chiefs... Gunnery Sgt Christina Valencia Davis, Gunnery Sgt Cindy Reyes and 1stSgt Israel Casterjon.





Celebrating the 250th Navy Birthday

Navy Ball hosted by NAS Meridian

Northwood Country Club
4300 Country Club Dr. Meridian, MS

Saturday, October 11, 2025
Social Hour 6-7 p.m.; Program at 7 p.m.
Event concludes at 11:30 p.m.

Ticket Prices:

\$30: Officers, E-7, GS-11, NF-4 & above
\$20: E-5 to E-6, GS-7 to GS-9, NF-3
\$10: E-4 & below, GS-6, NF-1 to NF-2



venmo

Uniform

O5 and Above: Dinner Dress
Blue Jacket w/Mini Medals
E7-O4: Service Dress Blue w/Ribbons
(Mini Medals optional)
E6 and Below: Service Dress Blue w/Ribbons
(Mini Medals optional)



SQUARE

BELLS ACROSS AMERICA FOR FALLEN SERVICE MEMBERS

Tolling in Remembrance of Our Nation's Fallen

Join us as we pay tribute to the brave men and women who died in service to our nation and recognize the sacrifices of those who have been left behind.

September 25th, 2025

Local Information:
NAS Meridian
Navy Reserve Center Meridian
Time: 9:00 A.M.
POC: Brittney Butchee
Brittney.a.butchee.naf@us.navy.mil
Phone: 601-679-2360



Sponsored by

Navy Mutual

www.NavyGoldStar.com • 1-888-509-8759 • [Facebook.com/NavyGoldStar](https://www.facebook.com/NavyGoldStar)

No Navy endorsement implied.

For optimal digital viewing, open The Skyline with an internet browser or turn off protected view on your Abode reader.

Three aviators earn Wings of Gold in September ceremony

From Staff Reports

There was a naval aviator designation ceremony September 12 onboard Naval Air Station Meridian. Three 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.”

LTJG Rachel Annemiek Arkema, USN, is a graduate of Drake University, where she received a Doctor of Pharmacy and a Bachelor of Arts degree in Spanish. LTJG Arkema completed Advanced Jet Flight Training with Training Squadron Seven.

LTJG Benjamin Michael Weisel, USN, is a graduate of the University of Virginia, where he received a Bachelor of Science degree in Systems Engineering. While in Advanced Jet Flight Training, he earned three Navy “E’s” for bombing accuracy. LTJG Weisel completed Advanced Jet Flight Training with Training Squadron Seven.

LTJG Morgan Carl Edward Wheeler, USN, is a graduate of the University of Arizona, where he received a Bachelor of Science



Arkema



Weisel



Wheeler

degree in Mechanical Engineering. During Advanced Jet Flight Training, he earned

three Navy “E’s” for bombing accuracy. LTJG Wheeler completed Advanced Jet Flight

Training with Training Squadron Seven.

Volunteer Firefighters

Congratulations to NAS Meridian’s Command Master Chief Randy Griffeth, left, and Landon Nixon who both earned their Volunteer Firefighter I class certification after successfully completing their skills testing Sept. 13 at the state of Mississippi Fire Academy. Master Chief Griffeth is a member of Collinsville Fire and Rescue. Landon Nixon is a employee with NAS Meridian’s Public Works Department and a volunteer with Clarkdale Volunteer Fire Department. Well Done and thank you for serving our community.



Submitted photo

Golden Stick Award



Photo by Penny Randall

Mississippi Council of the Navy League President Joe Mercado has the honor of presenting the Golden Stick award to LTJG Benjamin Weisel, USN, during a winging ceremony in the chapel onboard NAS Meridian, September 12. The Golden Stick is awarded to the student with the highest composite score during training and sponsored by the Mississippi Council of the Navy League.

Reenlistment



Photo by Penny Randall

Congratulations to Religious Program Specialist 2nd Class Kentaia Brown who reenlisted in the U.S. Navy for 4 years! Bravo Zulu Shipmate!

Base clean up

Thank you to the members of the Junior Enlisted Association for volunteering their time to clean up Fuller Road on base, Sept. 17. Bravo Zulu!



Submitted Photo

Beat the Heat

Drink plenty of water • Avoid caffeine
Protect yourself from the sun • Use sunscreen
Try to keep cool • Wear light clothing
Watch for signs of heat stroke

The Skyline ~ Naval Air Station Meridian, Miss.

Command Staff

Commanding Officer ~
CAPT Luke H. Davis

Executive Officer ~
CAPT Mike Missler

Command Master Chief ~
CMDCM Randy Griffeth

Editorial Staff

Public Affairs Officer ~
Penny Randall

Public Affairs Specialist~
Evelyn Reese

Photographer~
MC2 Molly Tice

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 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 dissemination. 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.l.randall2.civ@us.navy.mil or evelyn.m.reese3.civ@us.navy.mil. For more information, call (601) 679-2318 or (601) 679-2809. The appearance of any advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or NAS Meridian 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.

LOCAL HAPPENINGS

Sept. 20 from 8:30 a.m.- 1 p.m. - Ruck 22 Fundraiser to support Mission Vigilant, a non-profit organization based out of Madison, Mississippi, that provides support, mental health resources, & other outreach services to military veterans, law-enforcement, first responders, and their families through access to our network of various counselors, health professionals, and partnering organizations. There will also be family fun to include police vehicles, helicopters, fire trucks, music and a kid’s area which is Free. Registration for the Rick is \$45 and can be completed at <https://www.missionvigilant.org/>

Sept. 20 from 10 a.m.-noon: Touch a Truck at Highland Park! We’re putting kids in the driver’s seat with a chance to climb into fire trucks, police cars, dump trucks, and a variety of big rigs! Face painting, great food, and much more await you at Highland Park. For more information, please call 601-485-1802.

Sept. 20 from 10 a.m.-3 p.m. Mississippi Science Fest at The Mississippi Children’s Museum – Meridian 403 22nd Avenue, Meridian. The 10th Annual Mississippi Science Fest (MSF) a statewide celebration of science, technology, engineering, and math (STEM), originally founded by the LeFleur Museum District in Jackson. Science Saturday at MCM – Meridian will bring STEAM to life with activities like a teddy bear clinic, live insect encounters, hands-on science challenges, and much more! As part of this coordinated statewide event, we’re joining forces to spark curiosity, encourage creativity, and inspire a lifelong love of learning across Mississippi. <https://mschildrensmuseum.org/event/mississippi-science-fest-2/>

Sept. 27 from 10 a.m.-4 p.m.: Lean On Me Jubilee at The MAX! The second annual Lean on Me Jubilee to remember those affected by suicide, provide support for survivors, and highlight community resources for those affected by suicide. This will be a family friendly festival with food vendors, small businesses, entertainment, a dedicated children’s area, and fun that is free to the community.

Sept 27-Nov. 1 opens at 10 a.m.: Lazy Acres Fall on the Farm. Experience a fun-filled Fall on the Farm at Lazy Acres. Family-friendly attractions include the pumpkin patch, Mississippi mine slide, pig racing, wagon rides, the Chunky choo choo, piggie riders, yard games, the always popular jumping pillow, and much more! Fall on the Farm will be open this year from September 27 – November 1, on Wednesdays – Sundays. Go to: <https://www.lazy-acres.com/fall-festival>

Oct. 2-5: Meridian Little Theatre presents “The Wizard of Oz”. A magical journey perfect for the whole family. Join Dorothy, the Scarecrow, the Tin Man and the Cowardly Lion as they discover courage, friendship and the true meaning of home in this colorful, music-filled adventure that reminds us to appreciate our community. Shows are at 7 p.m. except the Sunday Oct. 5 show is a matinee at 2 p.m. For information, click <https://www.onthestage.tickets/show/meridian-little-theatre/67f303846eebd40f57a98424> or call the Box Office at 482-6371.

Oct 3 from 6-9 pm.: Full Moon on 5th at 2211 5th Street, downtown Meridian - Featuring the band “MojoHand”, lots of food trucks and fun for kids.

Oct. 4 from 8 a.m.-6 p.m.: Inaugural Plein Air & Urban Sketchers Festival in Downtown Meridian. Art is not what you see, but what you make others see. – Edward Degas “Plein-air” painting is painting in the “open air.” Often the artist is painting landscapes. ACES is proud to launch the Inaugural Plein Air & Urban Sketchers Festival in downtown Meridian. Artists can register at <https://www.acesmeridian.org/event-details/inaugural-plein-air-urban-sketchers-festival>

Oct. 4 from 8 a.m.-noon: Earth’s Bounty at The MAX, Downtown Meridian, 2155 Front Street. This seasonal festival features the freshest farmer’s market produce, locally made products, plants, and more: kids’ activities, live music, and special demonstrations throughout the season. Earth’s Bounty is held the first Saturday of each month, April-November.

This information is provided for informational purposes only. The Department of the Navy does not approve, endorse, or authorize these entities or their products/services.

NAVY 250th
BIRTHDAY
CELEBRATION

OCTOBER 18TH
1600-1900

(FIELD ACROSS FROM BLDG 255)
Must be an authorized patron and have a
government ID to access the installation.
No pets allowed

Live Bands ★ Carnival Rides ★ Beer Garden
Bounce Houses ★ Games ★ Inflatables and much more!



Sale... Or

HOMES/APARTMENTS

For Rent: 3 BD/2 BA. West Lauderdale School District. No HUD, Renter is responsible for all utilities, 1 year lease, \$1700 a month, \$1700 deposit. Contact 662-694-1696

For Rent: 2 BD/1 BA, 600 sq. ft. Rent is \$1275/Month with a \$1275 Security Deposit. Rent includes an 8x11 Storage Unit, In Unit Stackable Washer/Dryer, granite countertops and Stainless Steel appliances. Pets are negotiable. No Smoking. Contact Rhonda at 601-488-1963

For Rent: 3 BD/2 BA, 1100 Sq. Ft. Rent is \$1425/Month with a \$1425 Security Deposit. Rent includes an 8x11 Storage Unit, In Unit Stackable Washer/Dryer, granite countertops and Stainless Steel appliances.

es. Pets are negotiable. No Smoking. Contact Rhonda at 601-488-1963

For Rent: 2 BD/1 BA unfurnished home in North Hills. Available May/June. Call 601-504-5415.

For Rent: 3 BR/2 BA home in a quiet family neighborhood comes with all appliances (incl. W/D), and is convenient to NAS Meridian, schools, shopping, activities and major employers in the area. Outside, there’s a large fenced yard with patio and an attached 2-car garage with keypad entry. All electric with central AC/heat. Contact Leslie Turner, 601-527-4670 to view. See Zillow listing for more information and to submit applications. Rent \$1,750 per month.

For Sale: 3 BD/4 BA home with 2965 sq ft of lake view home in beautiful, gated Lake Eddins

in Pachuta. Entertainer’s kitchen with huge eat at bar. Brick floors in main living areas, all new floor covering in remaining areas, total remodel. Gorgeous brick w/natural cypress home, 2 car garage w/bonus room. Asking \$299,900. Will include additional lot on water for fishing/boat storage w/asking price. Call 601-720-1420.

For Rent: 1 BD/1 BA. Entire House in North Hills District. Listed on AIRBNB or can book direct. Daily or weekly rates plus cleaning fees. Contact: 601-504-5415.

MISCELLANEOUS

Event Space for Rent: Deer Creek Banquet Hall. 6000 sq. ft. indoor with 1600 sq. ft. outdoor spaces for rent for gatherings and events. Call Reginald at 251-455-1559.

Listings in the “Sale...Or” column are free!
Submission deadline is the Wednesday prior to production.
Email information to nasmeridianpao@airmail.com

9/11 Remembrance Ceremony



Photos by Penny Randall

NAS Meridian held a 9/11 Remembrance Ceremony today to honor those who lost their lives during the terrorist attacks on September 11, 2001. Our Chief Selects and Marine staff presented Fire Chief Twaskie Graham and Security Officer LT Ashlee South with a photo to honor first responders. Thank you to all first responders for everything you do to keep us safe each day.

U.S. Navy begins removal of USS Arizona mooring platforms

From Navy Region Hawaii Public Affairs

JOINT BASE PEARL HARBOR-HICK-AM, Hawaii — The U.S. Navy, in coordination with the Pearl Harbor National Memorial, will begin operations for the removal of two World War II-era mooring platforms from the USS Arizona, Sept. 3. This effort will help preserve and protect the USS Arizona and the memorial structure above, while also preventing harm to the environment.

After meticulous planning, analysis, preparation and training, divers from the U.S. Navy’s Mobile Diving and Salvage Unit 1, advised by the Navy Supervisor of Salvage and Diving, and supported by locally contracted salvors, will start to carefully extract the aging concrete platforms from the Arizona’s hull.

“This salvage operation will help preserve the Arizona for generations to come and assist in the safety of the more than 1.7 million

visitors the Pearl Harbor National Memorial receives annually,” said Rear Adm. Brad Collins, Navy Region Hawaii commander. “The Navy is proud to partner with the memorial and private industry partners to protect the USS Arizona and the memorial.”

U.S. Pacific Fleet directed the establishment of Task Force Arizona under Navy Region Hawaii to accomplish the mission, while working closely with federal regulators, the State of Hawaii, and key stakeholders to preserve and protect the USS Arizona and the memorial structure above.

The battleship, sunk during the Dec. 7, 1941 attack on Pearl Harbor, is not only incredibly important to naval history and heritage but also serves as the final resting place for more than 900 Sailors and Marines who died defending against the attack.

In the aftermath of the Pearl Harbor attack, the Navy installed two mooring plat-

forms in 1942 to aid in the salvaging of the Pennsylvania-class battleship’s ammunition and armament for reutilization in the ongoing war effort. After more than 80 years since the original salvage, the platforms remain attached to the ship, clearly visible for the visitors who come to the Pearl Harbor National Memorial each year.

It was during a routine inspection, Oct. 26, 2023, when park rangers reported one of the platforms had partially collapsed. Ultimately, the Navy decided the removal of the platforms would prevent possible harm to the USS Arizona, its memorial and the environment.

“The removal of the platforms will be conducted in a manner that respects the ship’s historic importance to the nation, its sacred war grave status, marine life and the local community,” said Bill Manley, Navy Region Hawaii environmental director. “The Navy is working deliberately with appropri-

ate agencies throughout the process to ensure continued safety to the environment.”

While the operation takes place, the Pearl Harbor Visitor Center will remain open. However, the National Park Service suspended advanced reservations to the USS Arizona Memorial in preparation for the removal work to avoid cancelling any tours. The suspension of reservations began July 9. During removal work, there may be days where the operational schedule allows for visits to the memorial. When that happens, tours will be on a first-come, first-served basis until the completion of the operation. Once the mission is complete, the park will return to the normal reservation process where reservations are released 56 days in advance and the day prior to each tour date.

attack who were later interred.

For the official history of the vessel, visit <https://www.history.navy.mil/research/histories/ship-histories/>

A decade of impact: 10 Years of U.S. military partnership with NCAA improves concussion research and care

By Derik Crofts

Office of the Assistant Secretary of Defense for Health Affairs/Military Health System

As college football season gets underway, it’s worth remembering that the games we cheer for are also linked to one of the most ambitious brain health research efforts ever undertaken. Ten years ago, the Department of Defense (now Department of War) and the NCAA launched a bold partnership: the Concussion Assessment, Research and Education program, better known as the NCAA-DOD Grand Alliance CARE Consortium. The idea was simple but powerful — by combining the experiences of athletes and service members, researchers could better understand traumatic brain injury and concussion, improving safety and care both on the athletic field and in the line of duty.

“What began as a research collaboration has grown into the largest concussion and TBI study in history,” said Dr. Paul Pasquina, professor and chair of the department of physical medicine and rehabilitation at the Uniformed Services University of the Health Sciences. “More than 60,000 student-athletes and service members have participated, generating insights that have transformed how concussions are recognized, diagnosed, and managed.”

CARE has helped to define the natural history of concussion, advance the science of recovery, and guide evidence-based policy changes across sports and the military.

In recent years, the partnership expanded through the Service Academy

Longitudinal mTBI Outcomes Study, referred to as SALTOS.

“By following cadets and midshipmen across their academic and military training, SALTOS is uncovering how brain injuries affect long-term readiness, performance, and health,” added Pasquina.

Together, CARE and SALTOS represent a model of cross-sector collaboration — universities, clinicians, military researchers, and athletes working side by side.

The results have been profound and impactful. Findings from these initiatives have informed concussion protocols used across the NCAA, influenced U.S. military health policies, and sparked new innovations in diagnostics, imaging, and biomarkers.

“As we reflect on a decade of CARE and SALTOS, it’s clear that this partnership has done more than advance science — it has improved outcomes and led to further changes that aim to reduce head impact exposures and concussions,” said Dr. Deena Casiero, NCAA chief medical officer. “By uniting athletes and service members in this research, we’ve accelerated knowledge in ways that would have been impossible alone. This collaboration continues to set the standard for how we protect brain health, both on the field of play and in service to our nation.”

As the collaboration marks its tenth year, the mission is far from complete.

“The results from CARE/SALTOS have helped shift the culture,” said Ms. Kathy Lee, director, of Warfighter Brain Health Policy. They encourage early reporting,



Photo by Sgt Eli Baker

Four AH-64 Apache helicopters assigned to 1-17 Air Cavalry Squadron, 82nd Combat Aviation Brigade (CAB), 82nd Airborne Division, are conducting the flyover during the Army vs. Navy football game on Northwest Stadium, Landover, MD, Dec. 14, 2024. The CAB conducted the flyover during the Army vs. Navy football game, which is hosted yearly as an age-old tradition between the two branches.

address the stigma of injury, and emphasize that protecting the brain is essential to long-term readiness. The next decade promises advances in precision medicine, digital health tools, and preventive strategies.”

And just as athletes and warfighters

both push themselves to the limit — one in pursuit of victory, the other in defense of our nation — CARE and SALTOS remind us that protecting the brain is key to sustaining peak performance, resilience, and readiness for all who play and all who serve.

FFSC Hours:
Mon.-Thurs.:
0800-1630
Fri.:
0700-1530

N9 Nook

Check here to see the latest news with
Fleet & Family, Child and Youth Programs, & MWR!

September

MON	TUE	WED	THU	FRI	SAT	SUN
1 PREVENTION SCAVENGER HUNT IS ON!	2 STOP AT FLEET AND FAMILY FOR A MESSAGE OF HOPE!	3 POSITIVE PENCIL DROP OFF AT THE LIBRARY!	4 9AM CHALK THE WALK @ FFSC	5 PAINT THE BASE PURPLE AND TEAL	6 SELF CARE SATURDAY: DO SOMETHING CREATIVE LIKE PAINTING OR CRAFTING!	7 AFFIRMATION SUNDAY: "I AM ENOUGH"
8 988 DAY	9 YOU ARE ENOUGH	10 WORLD SUICIDE PREVENTION DAY	11 FOLLOW US ON INSTAGRAM!	12 POSITIVE PENCIL DROP OFF AT THE SAC!	13 SELF CARE SATURDAY: GO FOR A WALK OR MEDITATE AROUND NATURE	14 AFFIRMATION SUNDAY: "I CHOOSE PEACE OVER PERFECTION"
NATIONAL SUICIDE PREVENTION WEEK						
15 FOLLOW US ON FACEBOOK!	16 COME BY FLEET AND FAMILY AND GRAB SOME INFORMATION!	17 National Physician Suicide Awareness Day	18 PAINT AND SIP @ HOUSING	19 POPCORN FOR PREVENTION AT FFSC!	20 SELF CARE SATURDAY: WRITE IT OUT. JOURNAL YOUR THOUGHTS, GRATITUDE, OR WORRIES.	21 AFFIRMATION SUNDAY: "I AM WORTHY OF LOVE AND KINDNESS"
22 STOP AT FFSC TO GET A PREVENTION STICKER!	23 PAINT AND SIP @ LIBERTY	24 POPCORN FOR PREVENTION AT THE LIBRARY!	25 Need to talk? FFSC offers Military Counseling Services 1-855-205-0740	26 LAW ENFORCEMENT SUICIDE AWARENESS DAY	27 SELF CARE SATURDAY: TREAT YOURSELF TO SOMETHING THAT MAKES YOU HAPPY	28 AFFIRMATION SUNDAY: "I AM STRONG, CAPABLE AND RESILIENT"
29 FIREMAN/EMT SUICIDE AWARENESS DAY	30 TURN IN YOUR COMPLETED SCAVENGER HUNT TO FFSC!					

important numbers

Suicide and Crisis Lifeline
988

CHAPS 601-679-3629

Fleet and Family 601-679-2360

SAIL Crisis Line 1-800-273-8255

Military One Source 800-342-9647

Naval Branch Health Clinic 601-679-2210

REMEMBER

You are STRONG

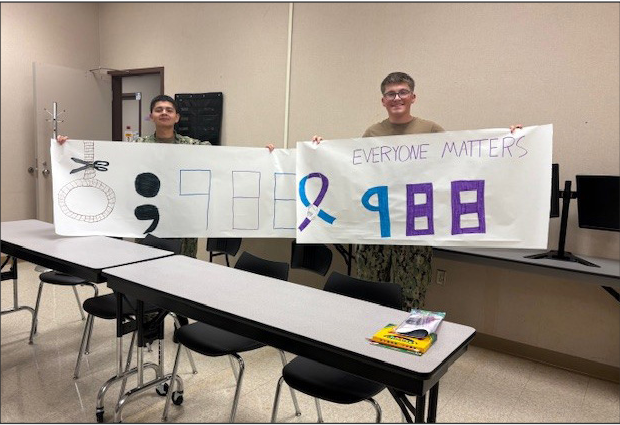
You are WORTHY

You are ENOUGH

FFSC Events

Fleet and Family has been working hard to raise awareness for Suicide Prevention Month! Some events include Chalk the Walk, Positive Pencils, making banners, and other outreach efforts! Follow FFSC on social media to keep up with new happenings for the rest of the month!

Submitted Photos



GROUP EXERCISE SCHEDULE

All classes are FREE to authorized patrons. For more information call 601.679.2379.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
915 HIIT Jenni	915 Lower Body Strength Jenni	515 Ruck Jenni	915 Upper Body Strength Jenni	915 FIIT Friday (NOFFS Endurance Series) Jenni
1100 Circuit Training Jenni	1200 YOGA Ryan	915 HIIT Jenni	1100 Total Body Jenni	NOFFS & COMMAND PT SESSIONS AVAILABLE BY APPOINTMENT

HIIT a workout that consist of short energy burst followed by quick recovery
Total Body Strength: a workout that works lower and upper body and core
Lower/Upper Body Strength: workouts that are done using machines and free weights to increase muscle strength
Circuit Training: a workout that consist of multiple workout stations that are rotated through during the workout

Follow these programs to see updates!

FFSC:

MWR:



Facebook

Instagram

Facebook

Instagram