



Crime Tips

Secure your car. When you park your vehicle, do so in a well-lit area and never leave anything of value in plain view, and always lock the doors and roll up the windows. Break-ins can occur in even in the safest neighborhoods, and an unlocked car is one of the easiest possible targets. Never leave a spare key in the visor or anywhere else inside, even if the car is locked.

Off Base



~ MLT ~
"Something Rotten"
 May 12-15 at the Meridian Little Theatre, [click here](#)



~ page 4 ~

SECDEF testifies on defense budget

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Medical Training ... for dogs



Photos by MC1 Krystina Coffey

NAS Meridian recently hosted a day-long training event for military working dog handlers, veterinarians, and vet technicians from seven military bases in the Southeast region, May 4. The class includes instruction on first aid for bleeding wounds, allergic reactions, signs of dehydration and heat injury. Left: Army Corporal Alexia Stuckey, middle, assigned to Tindle Air Force Base, instructs Air Force Staff Sergeant Dustin Hadsock, left, and Senior Airmen Victor Henderson, both assigned to Keesler Air Force Base, to intubate a simulated working dog during the medical training. Right: Army Captain Victoria Kidder, left, assigned to Eglin Air Force Base, instructs Lt. Joe Doll, right, and Master-at-Arms 2nd Class Alex Hoven, both assigned to Naval Construction Battalion Center Gulfport security forces, how to properly wrap an injured paw on a simulated working dog.

Motorcycle safety: Time to 'throttle' back and reinforce fundamentals

From Leslie Tomaino

Naval Safety Command Safety Promotions

May is Motorcycle Safety Awareness Month and Secretary of the Navy, The Honorable Carlos Del Toro, reaffirmed motorcycle safety remains the Department of the Navy's (DON) priority in a recent ALNAV message.

So far in fiscal year 2022, the DON has lost 10 (five Navy, five Marine Corps) Sailors and Marines due to motorcycle mishaps. Del Toro stresses reinforced leadership involvement to ensure Navy and Marine Corps riders have the training, programs and support to operate safely on our nation's roads.

"Losing one Sailor or Marine to a motorcycle fatality brings a significant loss to family, friends, and shipmates, but what is most tragic is that the majority of causal factors can be mitigated," said Del Toro. "As we prepare to ramp up for spring and summer, we need to aggressively address motorcycle safety and protect our Sailors and Marines."

The National Highway Traffic Safety Administration (NHTSA) states that in 2020, motorcycle-related deaths accounted for 14% of total highway fatalities. Other disturbing statistics note, motorcyclists were 28 times more likely than vehicle occu-

pants to die in a motor vehicle accident and four times more likely to be injured. These figures show just how vital motorcycle safety is.

"Basic riding fundamentals, sound decision-making and individual responsibility are important for our riders to mitigate unnecessary risks every time they think about getting on a motorcycle," said Del Toro. "While May is observed as Motorcycle Safety Awareness Month, I encourage all levels of the chain of command to get involved with their riders to ensure they are taking every precaution to ride safely."

One resource available is a motor vehicle safety-focused public awareness campaign from the Department of Transportation (DOT) that includes four areas of focus: Motorist Awareness of Motorcycles, Ride Sober or Get Pulled Over, Rider Safety and Share the Road. The first focuses on helping motorists understand driving behaviors and learn how to drive safely around motorcycles on our roadways.

The second focuses on impaired riding prevention. The third focuses on ways that motorcyclists can increase their riding safety, and the fourth promotes motorcyclist awareness and safety for both motorcycle riders and motor vehicle drivers.



State Department photo

U.S. Passports

DOD personnel, families can now renew passports online

By David Vergun

DoD News, Defense Media Activity

Active-duty, reserve and retired service members; and Defense Department civilians, contractors and their families can now renew their U.S. passports online, according to the State Department.

The online portal enables customers to renew their passports 24/7 without having to go to a post office to mail their application and supporting documents, an official said.

The requirements include:

- ✓ Applicants must be 16 years of age or older.
- ✓ The most recent passport is valid or must have been valid for 10 years. It's OK if the passport is expired.
- ✓ The passport was issued over nine years ago (2013 or earlier) from the renewal date but no earlier than 15 years ago (2007). No changes were made with respect to name, gender or other personal information, such as date or place of birth.

✓ No travel internationally can be made within five weeks of the date the application is submitted. The State Department will offer routine (8-11 weeks) and expedited processing times (5-7 weeks).

✓ Online applications may be for a passport book only; passport cards may not be requested online.

✓ Applications must be for regular (tourist) passports only. Special issuance diplomatic or official passports may not be renewed online.

✓ Applicants must live in the U.S. in either a state or territory. An applicant cannot be stationed at an overseas post in a foreign country or have an APO or FPO address.

Applicants must have their current passport in their possession. It cannot be damaged, mutilated, or previously reported as lost or stolen.

Applicants must agree that their most recent passport will be immediately invalidated and cannot be used for international travel.

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

There was a naval aviator designation ceremony April 29 onboard 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."



1ST LT Benjamin Gurary



LTJG Nathaniel Masson



LTJG Michael McMullin



LTJG Brandon Penafiel



Capt. Elliot Perko



1ST LT Thomas Sheldon

Golden Stick



Photo by Adam Prince

CDR Greg Enzinger, commanding officer of VT-7, presents 1ST LT Thomas Shelton with the Golden Stick award during a ceremony in the chapel onboard NAS Meridian, April 29.

Public Works Awards



Submitted photo

CDR Rob McCharen, right, Public Works Officer, present David Taylor with an Employee of the Year certificate during a luncheon at Lake Martha onboard NAS Meridian, April 29.



Submitted photo

McCharen presents Billy Gardner with a length of service award.



Submitted photo

McCharen presents Gary Bone with an Employee of the Year certificate at Lake Martha. The luncheon also served as a going away party for McCharen.



Submitted photo

McCharen presents Lauren Laboy with a length of service award.



Submitted photo

McCharen presents Matt Copeland with an Employee of the Year certificate. Employees of the year will go on to compete at NAVFAC Southeast later this year.



Submitted photo

McCharen presents Tom Cook with length of service award during a Public Works luncheon at Lake Martha.

Practice HEAT SAFETY Wherever You Are

Heat related deaths are preventable. Protect yourself and others from the impacts of heat waves.

Job Sites
Stay hydrated and take breaks in the shade as often as possible.

Indoors
Check up on the elderly, sick and those without AC.

Vehicles
Never leave kids or pets unattended - LOOK before you LOCK

Outdoors
Limit strenuous outdoor activities, find shade, and stay hydrated.

weather.gov/heat

The Skyline ~ Naval Air Station Meridian, Miss.

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 Penny Randall
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 Staff Writer/Photographer~
 MC1 Krystina Coffey

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
 CEAP (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

MAY

12: Mitchell Distributing Business After Hours from 4:30-6 p.m. at Mitchell Distributing, 100 49th Ave., Meridian. Mitchell Distributing will host an EMBDC Business after Hours to celebrate their 75th Anniversary. Call 601-693-1306.

13-14: Threefoot Festival Friday 5:30-8:30 p.m.; Saturday 10 a.m.-5 p.m. in downtown Meridian. Featuring live music, arts and crafts, fine food and more, the festival has something for everyone. Contact Holley Davis at artsalive@artsmeridian.org. Free to the public.

26: Glenn Miller Orchestra at 7:30 p.m. at MSU Riley Center. The sweet sound and lush melodies of the Glenn Miller Orchestra continue to captivate audiences 78 years after Miller himself disappeared while flying over the English Channel during World War II. Tickets range \$45-100; call 601-696-2200.

30: Memorial Day Ceremony from 10-11 a.m. at Lauderdale County Courthouse. The annual Memorial Day Ceremony gives the community the opportunity to pause and reflect on the sacrifices made by our local men who have given their lives in the defense of our nation. Guest speaker for the occasion will be Kerry Gilmer, Master Sergeant, U.S. Army (Retired). Call 601-604-0097.

Kearsarge ARG-22 MEU concludes training in Norway

Elements of the Kearsarge Amphibious Ready Group (ARG) and 22nd Marine Expeditionary Unit (MEU) concludes a successful bilateral training event with Norwegian Armed Forces, May 6, 2022.

The training event started April 11 and was conducted throughout northern Norway, including in Setermoen and Blatind. U.S. and Norwegian Armed Forces conducted cold weather training, multiple integrated live fire events, shock trauma platoon medical training, casualty evacuation drills, explosive ordnance training, and reconnaissance and marksmanship training.

The training began with the Wasp-class amphibious assault ship USS Kearsarge (LHD 3), flagship of the Kearsarge ARG and 22nd MEU, and Whidbey-Island class dock landing ship USS Gunston Hall (LSD 44) arriving in Tromsø and Narvik, respectively, to offload MEU elements and equipment.

"We thought coming to Norway would be a challenging opportunity. We were right – it was," Col. Paul C. Merida, commanding officer of the 22nd Marine Expeditionary Unit, said. "Operating in this part of the world is a challenge at sea, in the air, and on land. But as Marines, we have to come up here and do it. I've never heard of an ARG-MEU team operating above the Arctic Circle, but we proved it can be done. This was a superb experience with our Norwegian Allies and the unit to unit partnership was first class."

Lt. Col. Ryan B. Cohen, commanding officer of the 2nd Battalion 6th Marines, 22nd MEU Ground Combat Element, echoed Col. Merida's sentiments about the importance of the training event for professional and personal development alongside Norwegian Allies.

– From Lt.j.g. Jordan Trias, Commander, Amphibious Squadron Six

[Read more, click here](#)

Navy hospital ship departs for Pacific Partnership 2022

Military Sealift Command hospital ship USNS Mercy (T-AH 19) departed San Diego, May 3, marking the beginning of Pacific Partnership 2022 (PP22).

Now in its 17th year, Pacific Partnership is the largest annual multinational humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Pacific. The Pacific Partnership 22 team will work with host nation counterparts and regional partners to provide tailored medical, dental, and veterinary care and conduct bilateral engineering civic actions, and exchange information related to disaster response processes and procedures.

As part of PP22, Mercy and the mission

team will conduct missions throughout Oceania and the Western Pacific. Typical Pacific Partnership events include the building of schools, medical and engineering expert exchanges, and host nation outreach events.

"Pacific Partnership is a unifying mission that builds trust among nations to work efficiently together in preparing to respond in crisis," said U.S. Navy Capt. Hank Kim, Pacific Partnership 22 mission commander.

"I look forward to exchanging experiences and expertise with our host and partner nations to collectively build skills that will last well after the mission."

– From Pacific Partnership Public Affairs

[Read more, click here](#)

NRL scientist searches for gravitational waves from monster black holes

A U.S. Naval Research Laboratory researcher is leading the way in helping understand gravitational waves generated by super-massive black holes in a new way.

These low-frequency waves stretch out so long that, even traveling at the speed of light, it takes years for each wave crest to pass the earth. The waves are produced when pairs of black holes, millions to billions of times more massive than the sun, spiral towards each other. Such pairs are formed when galaxies--each of which harbors its own supermassive black hole---collide and merge. Many black hole mergers are occurring through the universe, each producing gravitational waves, and they fill space with a gravitational wave

background.

To detect these faint gravitational waves, scientists carefully monitor pulsars. These neutron stars---the extremely dense remnants of exploded massive stars---emit regular trains of pulses. Gravitational waves bend spacetime, so as the waves pass through, they must take a slightly longer path than if the gravitational waves were absent, slowing the pulse down. By looking for tiny variations in the time it takes a pulse to reach earth, scientists can detect and characterize the waves. These experiments are called pulsar timing arrays, and to date they have used sensitive radio telescopes.



– From Paul Cage, U.S. Naval Research Laboratory Corporate Communications

[Read more, click here](#)

5

THINGS TO KNOW ABOUT

BEING PREPARED FOR A HURRICANE

- 1 Writing down your plan will ensure you don't make mistakes when faced with an emergency.
- 2 Document all of your valuables and possessions with a camera or video camera well before the storm.
- 3 Gather all vital documents, like passports and medical records, and put them somewhere that you can quickly access.
- 4 Make planning and preparedness a family affair to ensure everyone knows what to do.
- 5 It does NOT matter how many hurricanes are forecast for this year. It only takes one storm.

Sale... Or

BOATS/CAMPERS/TRAILERS

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

New! For Rent: 2BD/1BA Home in private, gated compound. Open

concept with big tub. \$880 per month; \$880 deposit; \$25 per pet. Credit check; references required. Call Kim at 601-880-6350.

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 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.

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

227-1870.

MISCELLANEOUS

New! Service for Hire: Dixie Perfect Lawn LLC, lawn care in Meridian call 850 376 4499.

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

Austin makes case for military budget to senate committee

By Jim Garamone

DoD News, Defense Media Activity

Secretary of Defense Lloyd J. Austin III and Army Gen. Mark A. Milley, the chairman of the Joint Chiefs of Staff, described to the Senate Appropriations Committee today, DOD's strategy and how the budget request supports that strategy.

The threats are real. "We are now facing two global powers, China and Russia, each with significant military capabilities, both who intend to fundamentally change the current rules-based order," Milley said. "We are entering a world that is becoming more unstable, and the potential for significant international conflict between great powers is increasing, not decreasing."

"We're still focused on three key priorities at the Department of Defense: Defending our nation, taking care of our people and succeeding through teamwork," Austin said. "And our budget request helps us meet each one of those priorities."

The secretary broke down how the request supports the domains of warfare. He said the request proposes \$56 billion for air power, more than \$40 billion for sea power — including nine new battle force ships — and "almost \$13 billion to support and modernize our combat-credible forces on land."

At a time when Russian leaders casually threaten nuclear strikes, the budget request also "funds the modernization of all three legs of the nuclear triad to ensure that we maintain a safe, secure and effective strategic deterrent," Austin said.

But the secretary stressed time and again, that none of these capabilities means a thing without the trained and motivated people who use them. He called for a 4.6 percent pay raise for military and civilian personnel. "We also plan to invest in outstanding and affordable childcare, in the construction of on-base child develop-

ment centers, and in ensuring that all our families can always put good and healthy food on the table," he said.

The department also is working to counter the problems of suicide in the ranks and implementing the recommendations of the Independent Review Commission on Sexual Assault. Austin said both are issues of leadership, and he vowed to continue leading.

Supporting Ukraine in its fight against Russian President Vladimir Putin's unjust and unprovoked war is another global priority. He noted that the meeting he convened last week in Ramstein Air Base, Germany, attracted more than 40 nations. "That gathering sent a powerful signal that nations of goodwill are intensifying their efforts to help Ukraine better defend itself," he said.

Milley called the Russian invasion "the greatest threat to peace and security of Europe — and perhaps the world — in my 42 years in uniform. The Russian invasion of Ukraine is threatening to undermine not only European peace and stability but global peace and stability that my parents and generations of Americans fought so hard to defend. The islands of the Pacific [and] the beaches of Normandy bore witness to the incredible tragedy that befalls humanity when nations seek power through military aggression across sovereign borders. Despite this horrific assault on the institutions of freedom, is heartening to see the world rally and say never again, the specter of war in Europe."

The United States has been able to supply Ukraine with technologies that have allowed their fighters to push the invaders back from the capital of Kyiv and more than hold their own in terrific fighting in the Donbas region.

"Even before Putin started his war of choice, we provided Ukraine with a billion dollars worth of weapons and gear through presidential drawdown authority," Austin said. "And since Russia's invasion, the United States has committed some \$3.7 billion to

Ukraine. But the war is changing, and the coming weeks will be crucial."

The U.S. goal is to get the Ukrainian military the capabilities that will be most useful in the fight in the Donbas and in the southern part of the country, the secretary said. Congress has a role to play in this effort and he urged the legislators to quickly pass the \$33 billion supplemental budget request, "which will help us continue to meet Ukraine's urgent requirements without interruption."

If passed, the request would provide \$16 billion for the Department of Defense, \$5 billion of additional presidential drawdown authority, \$6 billion for the Ukraine Security Assistance Initiative and \$5 billion "for critical investments and to help cover the operational costs of bolstering NATO's eastern flank," Austin said.

While Russia is dangerous, China remains America's pacing threat, Austin reminded the legislators. The budget allots \$6 billion in the Pacific Deterrence Initiative. "In keeping with our new National Defense Strategy, we are going to enhance our force posture, infrastructure, presence and readiness in the Indo-Pacific — including the missile defense of Guam," he said.

Again, threats from nation-states are not the only problem confronting the United States. "We must be prepared for threats that pay no heed to borders, from pandemics to climate change," the secretary said. "And we must tackle the persistent threats posed by North Korea, Iran and global terrorist groups."

The military is well-positioned today to fight these threats, but it must remain effective in the years ahead. The budget request allots \$130 billion for research, development, testing and evaluation. "This includes \$1 billion for artificial intelligence, \$50 million for 5G, nearly \$28 billion for space capabilities and another \$11 billion to protect our networks and develop a cyber mission force," Austin said.

STORM SAFETY TIPS

Stay safe. Your personal safety is the priority.



AVOID DOWNED POWERLINES



TUNE IN AND TAKE COVER



DO NOT TOUCH WET APPLIANCES



RUNNING WATER, EVEN AT A TRICKLE, CAN HELP KEEP PIPES FROM FREEZING

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Instagram: @topjshuttleservice
Facebook: @topjshuttle
Office Number: 601-566-1206 Drivers call: 601-819-0802

ONE PASS:	\$20.00
The One Pass allows customers to purchase a ticket to ride Top J's Shuttle one way. The One Pass can be used to travel to/from NAS Meridian or Downtown Meridian.	
DAY PASS:	\$55.00
The Day Pass allows customers to purchase a ticket to ride Top J's Shuttle from NAS Meridian, to downtown Meridian, continuously back-and-forth throughout the day the ticket is purchased.	
WEEKEND PASS:	\$155.00
The Weekend Pass allows customers to purchase a ticket to ride Top J's Shuttle from NAS Meridian, to downtown Meridian, continuously back-and-forth throughout the day for the entire weekend (Friday, Saturday, Sunday).	
JACKSON INTERNATIONAL AIRPORT (JAN) : \$150.00 - \$80.00	
The Airport Pass to Jackson International Airport (JAN) is a service offered to Military Students attached to Naval Air Station Meridian. The Airport Pass allows service members to purchase a ticket to ride Top J's Shuttle from/to NAS Meridian, to/from Jackson International Airport (JAN).	
(1-rider = \$150.00 / 2-riders = \$125.00 ea / 3-riders = \$100.00 ea / 4-riders = \$90.00 ea / 5+ riders = \$80.00 ea)	
HAPPY HOUR: FRIDAY & SATURDAY 1600 - 1700	
\$5.00 OFF ONE PASS OR \$10.00 OFF DAY PASS	
Happy hour is a feature offered to Military Students attached to Naval Air Station Meridian. If you book a ride on Top J's Shuttle between the hours of 1600 - 1700 on Friday or Saturday you will receive \$5 off a One Pass, or \$10 off a Day Pass.	

We offer professional transportation services throughout the Meridian, MS area to include service on the base. Our team will work hard to ensure we handle all your transportation needs. Pride in ownership are important to us, we will put your satisfaction as our #1 priority. What really makes us stand out is our dedication to ensure our service members have the ability to transition freely within the community during liberty hours, along with great prices and attention to detail. Contact us to learn more from one of our expert staff on how our professional team can help you!

- Book online
- Book in person on the shuttle
- We accept crypto currency payments!

At-risk military teens foreshadow at-risk military future

Why aren't parents panicking? Why isn't this a top story in the media? Why aren't political, military and healthcare leaders shouting this from the rooftops? Why is there so much apparent apathy for an issue that is crucial to our future?

In October 2021, the American Academy of Pediatrics, the American Academy of Adolescent and Child Psychiatry, and the Children's Hospital Association issued a joint statement, declaring a National State of Emergency in children's mental health, due to dramatic increases in childhood mental health disorders, mental-health related emergency room visits, and suicide attempts. "We are caring for young people with soaring rates of depression, anxiety, trauma, loneliness, and suicidality that will have lasting impacts on them, their families, and their communities," the statement read, calling for immediate action to

COLUMN



Molinari

solve the crisis.

If the general population of teens are experiencing dramatic increases in mental health problems, what about military teenagers? Does their unpredictable mobile lifestyle with frequent deployments and disruptions put them at even greater risk?

The answer is a resounding yes, according to the 2022 Military Teen Experience Survey (MTES) conducted by the National Military Family Association (NMFA) and Bloom: Empowering the Military Teen. "Military kids look just like any other kid, so you don't realize what's happening in their homes and the weight of the responsibilities that they're carrying. We learned that weight is heavier than we knew," said Besa Pinchotti, NMFA's CEO.

The 2022 MTES shows 37 percent of military teens reported have thoughts of harming themselves or others, and over 90 percent have "at risk" mental well-being in low to moderate ranges. The report states that the 28 percent of military teens who scored in the lowest mental well-being range reported having trouble thinking clearly and making decisions. "They also rarely felt optimistic, did not often feel relaxed, and felt disconnected from others," common experiences associated with depressive symptoms, according to the survey report.

Factors associated with lower mental well-being included being an older teenager, having dual military parents, changing schools more frequently, experiencing more deployments and separations, and having thoughts of self harm.

Sadly, 46 percent of military teens also reported having food insecurities due to military families' unique financial challenges, compared to only 11 percent of U.S. households that experience food insecurities. According to the 2022 MTES report, food insecurity is also linked to increased thoughts of self harm and low mental well-being in military teens. "We need to understand more about our military teen's mental health and well-being, but all of these issues are really interconnected. It's hard to feel okay when you're worried about having enough to eat. It's hard to feel okay when you don't know if you have access to the care you need," Pinchotti said.

"Military teens told us they often don't feel seen or heard," the 2022 MTES report states. Although "the Fiscal Year 2021 (FY2021) National Defense Authorization Act included a mental health scheduling pilot to help service members and families access the care they need," they say much more needs to be done by Congress and DoD, including building robust mental health provider networks that

accept TRICARE, decreased copays for mental healthcare, and removing barriers for military spouses to enter the mental health field.

Military teenagers may feel invisible, but there's one survey result that should get every American's attention. Although only 11 percent of all U.S. teenagers claim that they'll join the military one day, and although only .7 percent of Americans actually do, the 2022 MTES showed that over four times as many military teenagers intend to serve, and many plan to enlist right after high school. With 90 percent of military teenagers at-risk for mental health issues, it is frightening that we might fill the ranks of our future force with military legacies with a history of psychological struggles.

Pinchotti says NMFA and Bloom won't stop shedding light on these issues. "This isn't a one and done scenario... We are committed to learning more about our teens' experiences and working with policy makers for long-term solutions to support our teens of today and, for nearly half of them, the force of tomorrow."

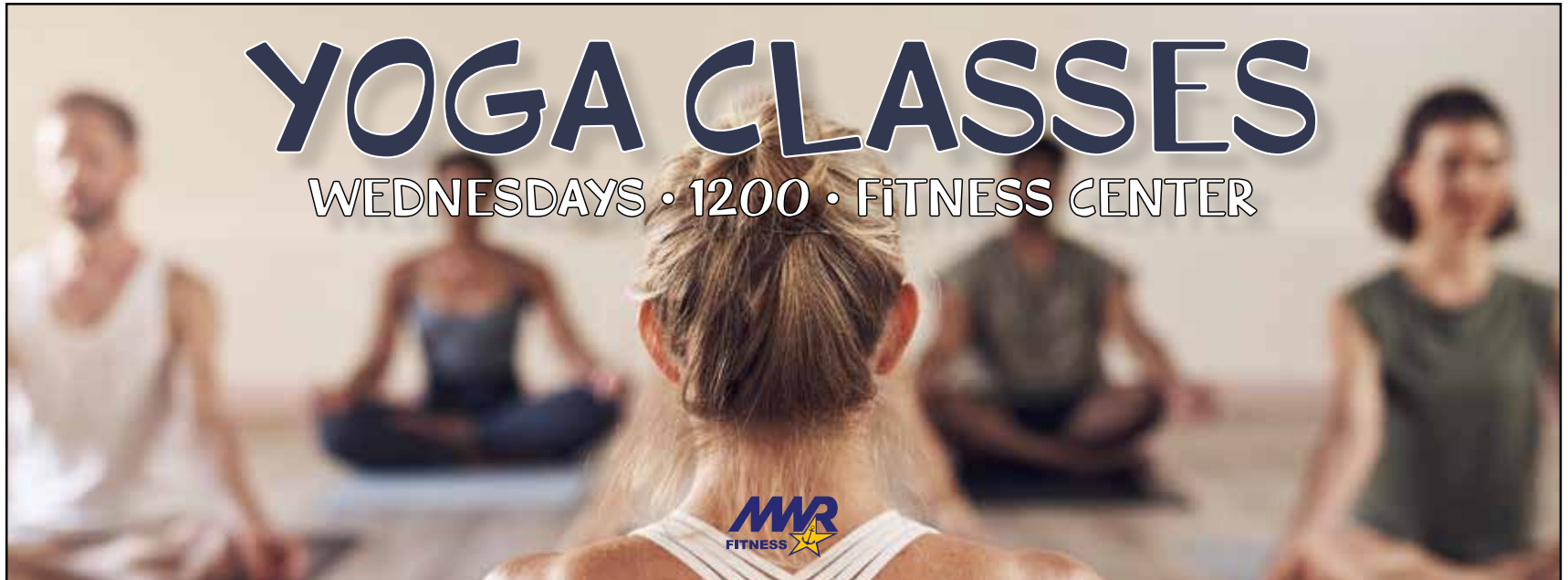
Lisa Smith Molinari's self syndicated columns appear on her blog, www.themeatandpotatoesofflife.com and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life* Follow [Lisa@MolinariWrites](https://www.instagram.com/LisaMolinariWrites).



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		



SWIM LESSONS

SESSION 1: JUNE 6-30 SESSION 2: JULY 5-AUGUST 1

Course:	Age:	Days:	Time:
Parent/Child	Ages 6mo-3yrs	Monday/Wednesday	1115-1145
Preschool Level 1	Ages 4-5	Monday/Wednesday	1200-1230
Preschool Levels 2-3	Ages 4-5	Monday/Wednesday	1245-1315
Learn to Swim Levels 1-2	Ages 6-12	Monday/Wednesday	1330-1400
Learn to Swim Levels 3-4	Ages 6-12	Monday/Wednesday	1500-1530
Learn to Swim Levels 5-6	Ages 6-12	Monday/Wednesday	1545-1615
Learn to Swim Levels 1-2	Ages 6-12	Monday/Wednesday	1715-1745
Adults (Free to Active Duty)	Ages 13+	Monday/Wednesday	1800-1830

Course:	Age:	Days:	Time:
Parent/Child	Ages 6mo-3yrs	Tuesday/Thursday	1115-1145
Learn to Swim Levels 1-2	Ages 6-12	Tuesday/Thursday	1200-1230
Learn to Swim Levels 3-4	Ages 6-12	Tuesday/Thursday	1245-1315
Preschool Level 1	Ages 4-5	Tuesday/Thursday	1330-1400
Learn to Swim Levels 3-4	Ages 6-12	Tuesday/Thursday	1500-1530
Preschool Levels 2-3	Ages 4-5	Tuesday/Thursday	1545-1615
Adults (Free to Active Duty)	Ages 13+	Tuesday/Thursday	1715-1745
Learn to Swim Levels 5-6	Ages 6-12	Tuesday/Thursday	1800-1830

REGISTRATION CAN BE COMPLETED AT THE MCCAIN RECREATION CENTER FOR \$50/SESSION (8 LESSONS), AND \$25/SESSION FOR EACH ADDITIONAL CHILD. FOR MORE INFORMATION, PLEASE CALL (601) 679-3384.

LESSONS WILL BE LIMITED TO 10 PARTICIPANTS/LESSON A PARENT OR GUARDIAN MUST BE IN THE WATER IF THEIR CHILD IS UNABLE TO STAND UP IN THE POOL OR MANAGE INDEPENDENTLY. MAKEUP LESSONS WILL BE HELD ON FRIDAYS (SESSION 1: JUNE 10, JUNE 17, JUNE 24 & JULY 1 / SESSION 2: JULY 8, JULY 15, JULY 22, JULY 29). MAKEUP LESSONS WILL NOT BE AVAILABLE FOR NO CALLS/NO SHOWS.

