

On Base

Rudders:

Evening food service with limited menu options resumes on Thursdays, Fridays and Saturdays starting Jan. 20. Dine-in and takeout will be open to all authorized patrons with base access.

~ page 3 ~
New! Items in For Sale



~ page 4 ~

Kitty Hawk towed away for scrapping

Follow us on
www.facebook.com/NASMeridian

VT-7 to hold change of command



Porter



Enzinger



Thompson

File photos

Training Squadron Seven (VT-7) will change command during a ceremony at 10 a.m. in the hangar onboard NAS Meridian, Jan 21. CDR Dylan Porter will be relieved by CDR Gregory Enzinger. CDR Bradley Thompson will be the incoming executive officer of VT-7.

Solid Curtain-Citadel Shield

Naval Air Station Meridian will participate in an annual anti-terrorism force protection Exercise Citadel Shield-Solid Curtain 2022 (CS-SC22), set for Jan. 31-Feb. 11. The exercise is conducted by Commander, U.S. Fleet Forces Command and Commander, Navy Installations Command on all Navy installations in the continental U.S.

Measures have been taken to minimize disruptions to our neighbors in the local community and to normal base operations, but there may be times when the exercise causes increased traffic around bases or delays in base access. Area residents may also see or hear security activities associated with the exercise. Please do not be alarmed.

The exercise is designed to enhance the readiness of Navy security forces and ensure seamless interoperability among the commands, other services and agency partners. Exercise CS-SC22 is not in response to any specific threat, but is a regularly scheduled exercise. Advanced coordination has taken place with local law enforcement and first responders. For more information, contact NAS Meridian Public Affairs Office at 601-679-2602.

Tuskegee Airman Charles McGee dies at 102

By C. Todd Lopez
DoD News, Defense Media Activity

Tuskegee Airman Charles McGee died in his home Jan. 16. He was 102 years old. According to a news release put out by Tuskegee Airmen Inc., McGee died peacefully in his sleep. “He had his right hand over his heart and was smiling serenely,” his youngest daughter, Yvonne McGee, said.

McGee was preceded in death by his wife, Frances. The couple raised three children, were grandparents to ten children, and also had numerous great-grandchildren.

“He was a wonderful human being,” McGee’s son, Ron McGee, said. “I feel proud and privileged to be called his son.”

In March 1942, McGee was a college student studying engineering at the University of Illinois in Champaign. Less than four months prior, the Japanese had bombed Pearl Harbor in Hawaii, and the U.S. was at war.

“In ROTC I learned to handle a rifle pretty well,” McGee said during an interview several years ago. “But because I was in school, my draft board wasn’t pulling my number.”

McGee figured it wouldn’t be long before the draft board would come for him, especially as things heated up in Europe.

“Had they, I would have probably been on the ground with that rifle,” he said.

In nearby Rantoul, Illinois, McGee said he learned the Army Air Corps had set up a training school for Black aircraft mechanics on Chanute Air Field.

“I was in school [at the] university 14 miles away — and that’s really where I learned about the program,” he said. “The Army policy was they couldn’t use [Black] pilots because they had no Black mechanics.”

The Army training Black aircraft mechanics meant the Army was also looking for Black pilots as well, McGee figured — something which interested him more than the prospect of being a ground-pounder with a rifle.

● Tuskegee, page 2

Nation observes anniversary of Operation Desert Storm

By David Vergun
DoD News, Defense Media Activity

Operation Desert Storm began 31 years ago — on Jan. 16, 1991 — five months after Iraqi forces invaded and annexed Kuwait.

That operation to oust the Iraqis is also known as the Gulf War; it came about after Iraqi President Saddam Hussein refused to withdraw his forces from Kuwait.

In response, the United States and partner nations began a buildup of arms and forces in Saudi Arabia. That phase, leading up to Operation Desert Storm, was known as Operation Desert Shield.

Early on Jan. 16, 1991, the air campaign began with U.S. Army and Air Force helicopters knocking out Iraqi anti-aircraft facilities and Hellfire missiles destroying Iraqi radar sites.

Then, fixed-wing aircraft from the Air Force, Navy, Marine Corps and coalition forces, augmented by cruise missiles,

pounded Iraqi positions and supply lines for the next 42 days.

Iraqi forces were not idle. On Jan. 29, 1991, they attacked and occupied the city of Khafji, Saudi Arabia. Two days later, they were driven out of Saudi Arabia by U.S. Marines, Saudi and Qatari forces.

On Feb. 24, 1991, the ground war began with U.S. and allied forces penetrating deep into Kuwait and Iraq before the end of the day. The advance was so swift that masses of Iraqi troops began surrendering within hours.

By Feb. 28, 1991, U.S. and allied ground forces in Iraq and Kuwait decisively defeated a battle-hardened army — the fourth largest in the world — and liberated Kuwait.

During air and ground operations, U.S. and allied forces destroyed over 3,000 tanks, 1,400 armored personnel carriers, 2,200 artillery pieces, and countless other vehicles.

Ninety-six service members were killed in action; an estimated 30,000 Iraqi troops were



Air Force photo

F-16A Fighting Falcon, F-15C Eagle and F-15E Strike Eagle fighter aircraft fly over burning oil fields in Kuwait during Operation Desert Storm.

killed.

The war illustrated the importance of the 35 allies and partners that comprised the coalition to liberate Kuwait, which included several Arab nations.

The war also included some notable firsts:

✓ It was the first war in which TV news broadcasts were aired live from the frontlines.

✓ It featured the largest tank battle in U.S. history.
✓ The Patriot missile system was used in combat for the first time; it was used to intercept Iraqi Scud missiles.

Storied carrier USS Kitty Hawk towed away for scrapping

From Maritime Executive

The decommissioned carrier USS Kitty Hawk has departed Bremerton, Washington for a scrapyard in Brownsville, Texas. She will be taking the long way around, as she is too large to fit through the Panama Canal.

The vessel had her hull cleaned at Puget Sound Naval Shipyard to remove fouling prior to transit. Still, the speed of the tow will be low, and the 16,000-mile final voyage will take up to four months - a far cry from the 30-knot pace she used to muster with her steam turbines.

Two groups had lobbied the Navy to donate Kitty Hawk for use as a museum ship, but the effort was not successful. In October, International Shipbreaking Ltd. of Brownsville won the contract to demolish Kitty Hawk and near-sister ship USS John F. Kennedy for the amount of \$0.01 each.

The vessels will be scrapped and recycled in a secure facility. For former Kitty Hawk crewmembers and naval enthusiasts, International says that it will have challenge coins created from the brass scrap

removed from the ship and will make these available for sale, along with 3x5” sections of steel plate from the hull. There will also be a commemorative ceremony at the end of the demolition project.

The carrier has a storied history. She was delivered in 1961 by New York Shipbuilding Corporation and decommissioned in 2009 after nearly 49 years of service. Though she was the first vessel in her class, she outlasted all three of the follow-on vessels - Constellation, America and John F. Kennedy - to become the last conventionally-powered carrier in operation in the U.S. Navy.

Over the span of her career, Kitty Hawk had multiple combat deployments. Her first combat flights over Vietnam began in November 1965, and she rotated in and out of combat operations “on the line” in the Gulf of Tonkin through 1972. During that period, her air wing flew tens of thousands of sorties against Vietnamese forces, delivering millions of pounds of ordnance. The ship received the Presidential Unit Citation for her role in beating back the Tet Offensive in 1968.

In October 1972, towards the end of her participation in the Vietnam War, a race



Photo by MC1 Heather C. Wamsley

Navy tug boats support the ex-USS Kitty Hawk’s towing in its final transit from Naval Base Kitsap – Bremerton, Washington, Jan. 15, to a shipbreaking facility in Brownsville, Texas. Kitty Hawk, the Navy’s last commissioned conventional-powered aircraft carrier, operated for 48 years before it was decommissioned in 2009

riot broke out on board Kitty Hawk. After a series of run-ins between black and white members of the crew, a group of black crewmembers armed themselves with makeshift weapons and assaulted their crewmates. In all, 50-60 crewmembers were injured, and three were medevaced for treatment. The riot was widely covered in the media and led to an acceleration of the racial reforms begun by then-CNO Adm. Elmo Zumwalt.

Kitty Hawk’s other combat deployments included multiple airstrikes against Iraqi forces in 1990s, after the First Persian Gulf War, and again in 2003, when she contributed to the massive naval strike operations at the outset of Operation Iraqi Freedom.

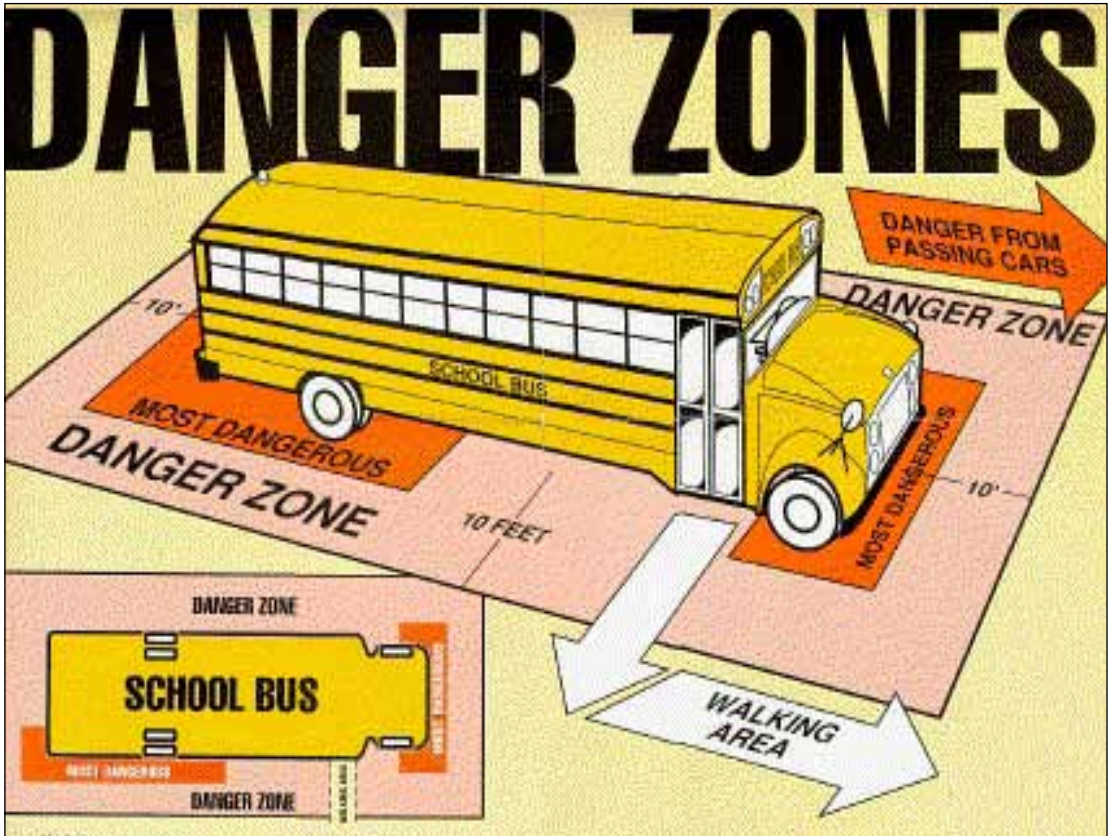
She wrapped up the last years of her career by serving as the Navy’s sole forward-deployed carrier, based out of Yokosuka, Japan.

Wounded Warrior Hunt 2022



Photo by Jeremy Sollie

Six hunters and six guides participated in Wounded Warrior Hunt onboard NAS Meridian, Jan. 15-16. Despite inclement weather, participants claimed five deer.



● Tuskegee

McGee opted to get involved in something that interested him, and soon found himself in Tuskegee, Alabama, learning to fly military aircraft.

“I heard about the aviation opportunity and passed the exams,” he said. “[After] my first flight in a PT-17 — to be able to go up there and loop roll and spin and come back and put your feet on the ground — I was hooked! Never have I forgotten that first day.”

McGee ended up flying in World War II for the Army as part of what are now called the Tuskegee Airmen — a group of Black pilots and ground personnel with a remarkable service record during the war.

“I served in the Mediterranean theater in WWII in the 302nd Squadron of the 332nd Fighter Group,” he said. “We went directly to Italy in the spring of 1944, and I served almost a year because I ended my time there in November.”

In Europe, he said, one of his proudest missions involved providing an escort for aircraft that would repatriate hundreds of downed crewmen who were being protected from the Germans by the Yugoslavians.

“It was just wonderful to realize that the hundreds of Americans were able to get back home,” he said.

The second world war ended in 1945, and shortly after,

in 1947, the U.S. Air Force was created from the Army Air Corps. McGee stayed on and became part of the new service.

It was around that time, he said, the U.S. armed forces began to integrate — and the Air Force was the first to make it happen. Another war would speed things up for the services who were dragging their heels.

“The Navy and the Army were pretty slow,” he said. “Well, they really got on board in the Korean timeframe. But the Air Force led our country in providing equal access and equal opportunity for all.”

McGee served in WWII, the Korean War and Vietnam, and flew more than 400 combat missions across all three wars. He also earned a Distinguished Flying Cross while serving in Korea — it was one of his proudest moments, he said. He retired from service in 1973 as an Air Force colonel, and in 2007 was, along with other Tuskegee Airmen, awarded the Congressional Gold Medal. On February 4, 2020, President Trump promoted McGee to brigadier general.

In WWII, McGee and other pilots who were part of the Tuskegee Airmen had broken down barriers for the Black service members who would follow. But he said he and the others didn’t see it that way when they were training or

flying missions.

“We didn’t go south to say we’re going to go set the world on fire,” he said. “For some it was an opportunity that they had always wanted — they saw an airplane when they were little, or had a ride and wanted to do that. They were there for that. For myself, or [the] country to come out of 10 years of depression, the declaration of war to support our allies in Europe — it didn’t change segregation, but it changed opportunity. The need opened that door.”

While McGee said he didn’t think about changing the world when he chose to go fly for the Army, two things he was thinking about were freedom and opportunity.

“What freedom means to me is the fact that although there were those who said I couldn’t do something because of my happenstance of birth,” he said. “Freedom provided the opportunity to serve and prove that it’s not just an idea for somebody to tell you can’t do something — it also requires the endeavor from yourself, that yes I can. And it’s in freedom that you get the opportunity to prove that you have abilities. They can be developed to not only help you as an individual, but what it means in the area of business, jobs and opportunities — you can’t beat it. Freedom is the key to providing such opportunity for one and all.”

The Skyline ~ Naval Air Station Meridian, Miss.

Command Staff

Commanding Officer ~
CAPT Timothy B. Moore

Executive Officer ~
CDR JP Falardeau

Command Master Chief ~
CMDCM Craig Johnson

Editorial Staff

Public Affairs Officer ~
Penny Randall

Public Affairs Specialist~
Adam Prince

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
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.randall@navy.mil or adam.prince@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

JANUARY

22-23: Matilda, Jr. – the Musical At 3 p.m. at the McCain Theater at aMeridian Community College. Tickets: \$10 for adults; \$5 for children. Call 601-484-8650 or visit meridiancc.edu/artsandletters.

27: WineDown: Sparkling Wines from 6-8 p.m. at the Mississippi Arts + Entertainment Experience. Put together a team of 2–3 wine lovers and bring three identical bottles of your favorite sparkling wine (two for tasting, one for “the pot”) to our January WineDown. Each participant will receive a complimentary MAX wine glass. Space is limited. Registration required. Admission is \$15 per person, free for members. Call 601-581-1550.

29: Sam Bush, Mike Marshall, Edgar Meyer, George Meyer at 7:30 p.m. at the MSU Riley Center. American music masters Sam Bush, Mike Marshall, and Edgar Meyer join with George Meyer for the kind of special collaboration usually heard only at a bluegrass festival. Tickets range from \$25-\$75; call 601-696-2200.

FEBRUARY

3: Mingle with the Maestro at 7 p.m. at the Meridian Museum of Art. Sample fine wines and enjoy hors d’oeuvres as you listen to beautiful music by MSO harpist Rebeka Atkinson, while pursuing The Meridian Museum of Art’s diverse installations by Mississippi artists at this one-of-a-kind multisensory cultural arts experience. Tickets: \$35 single; \$60 couples; call 601-693-2224.

26: Dr. Seuss’ Silly Birthday Celebration from 9 a.m.-5 p.m. at the Mississippi Children’s Museum - Meridian. Tickets \$10; call 601-512-0278.



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

Navy extends boot camp training to 10 weeks

Recruit Training Command (RTC), the Navy’s enlisted boot camp, has extended the duration of its basic military training (BMT) program from eight to 10 weeks.

Recruits who arrived Jan. 3 and thereafter will be enrolled in the 10-week BMT program.

“We’ve added more leadership and professional development to the basic training toolkit, which Sailors can rely on throughout their careers,” said Rear Adm. Jennifer Couture, commander, Naval Service Training Command.

“This additional training reinforces character development with a warfighting spirit so our Navy is strong, lethal and ready.”

“Sailor for Life,” a new training phase in the additional two weeks, provides recruits with more training in mentorship, small-unit leadership, advanced Warrior Toughness training, and professional and personal development through the Navy’s MyNavy Coaching initiative.

-- From Naval Service Training Command Public Affairs

[Read more, click here](#)

eNavFit announced for the active component of the fleet

The Chief of Naval Personnel (CNP) released NAVADMIN 004/22 today announcing eNavFit for the active component of the Fleet starting in February 2022.

The Chief of Naval Personnel (CNP) released NAVADMIN 004/22 today announcing eNavFit for the active component of the Fleet starting in February 2022.

With eNavFit’s release to both the active and reserve force, the Navy’s Talent Management Task Force (TMTF) has delivered the first in a series of Performance Evaluation Transformation and Talent Management (PET-TM) programs designed to better develop, assess and retain top talent in the Navy.

Upon release, active component

Sailors can access eNavFit through BUPERS Online (BOL) within Navy Personnel Command Document Services. eNavFit enables Sailors to draft, edit, electronically route, and digitally sign performance evaluations with electronic submission to the Sailor’s Official Military Personnel File in a matter of days. eNavFit was designed to operate in both traditional office and disconnected environments. The functionality of eNavFit will improve report accuracy, timeliness, and quality as well as reduce evaluation processing, submission errors, and routing delays. NAVFIT98A is scheduled to sunset in late fiscal year 2022.

-- From MC2 Chad Swysgood

[Read more, click here](#)

Record seizures in 2021 after NAVCENT and CMF increase patrols

U.S. and international forces operating under U.S. Naval Forces Central Command, U.S. 5th Fleet and Combined Maritime Forces (CMF) have seized record amounts of illicit cargo during maritime interdictions in 2021.

Led by Vice Adm. Brad Cooper, the maritime organizations conducted more seizures in 2021 after increasing patrols in the Gulf of Oman and Arabian Sea.

CMF seized illegal drugs worth more than \$193 million (at regional wholesale prices) during counter-narcotics operations at sea in 2021. This is a higher total value than the drugs CMF interdicted in the previous four years combined.

CMF is the world’s largest multinational naval partnership and includes 34 nations. It is headquartered in Bahrain with U.S. Naval Forces Central

Command and U.S. 5th Fleet.

U.S. 5th Fleet warships seized approximately 8,700 illicit weapons in 2021, including 1,400 AK-47 assault rifles confiscated from a stateless fishing vessel in the North Arabian Sea, Dec. 20.

The stateless vessel was assessed to have originated in Iran and transited international waters along a route historically used to traffic weapons unlawfully to the Houthis in Yemen. The direct or indirect supply, sale or transfer of weapons to the Houthis violates U.N. Security Council Resolutions and U.S. sanctions.

Guided-missile cruiser USS Monterey (CG 61) seized dozens of advanced Russian-made anti-tank guided missiles ...

-- From NAVCENT Public Affairs, U.S. Naval Forces Central Command / U.S. 5th Fleet

[Read more, click here](#)

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.

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

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 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, larged fenced in yard. Convenient to shopping and base. \$139K. Call 601-513-3395 or 601-227-1870.

MISCELLANEOUS

New! 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

Study: More evidence links a virus to multiple sclerosis

By Lauran Neergaard
AP News

There's more evidence that one of the world's most common viruses may set some people on the path to developing multiple sclerosis.

Multiple sclerosis is a potentially disabling disease that occurs when immune system cells mistakenly attack the protective coating on nerve fibers, gradually eroding them.

The Epstein-Barr virus has long been suspected of playing a role in development of MS. It's a connection that's hard to prove because just about everybody gets infected with Epstein-Barr, usually as kids or young adults -- but only a tiny fraction develop MS.

Thursday, Harvard researchers reported one of the largest studies yet to back the Epstein-Barr theory.

They tracked blood samples stored from more than 10 million people in the U.S. military and found the risk of MS increased 32-fold following Epstein-Barr infection.

The military regularly administers blood tests to its members and the researchers checked samples stored from 1993 to 2013, hunting antibodies signaling viral infection.

Just 5.3% of recruits showed no sign of Epstein-Barr when they joined the military. The researchers compared 801 MS cases subsequently diagnosed over the 20-year period with 1,566 service members who never got MS.

Only one of the MS patients had no evidence of the Epstein-Barr virus prior to diagnosis. And despite intensive searching, the researchers found no evidence that other

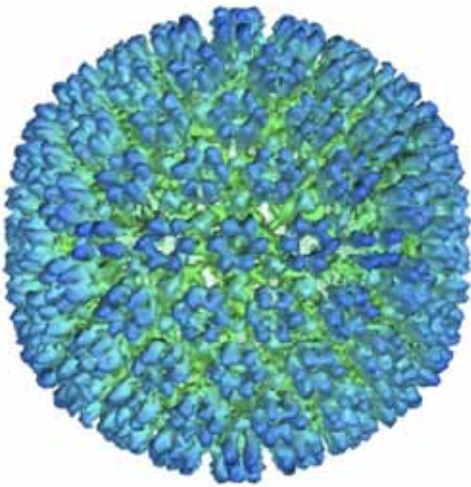


Photo from U.S. Department of Health and Human Services via AP
Illustration of the outer coating of the Epstein-Barr virus, one of the world's most common viruses. New research is showing stronger evidence that Epstein-Barr infection could set some people on the path to later developing multiple sclerosis

viral infections played a role.

The findings "strongly suggest" that Epstein-Barr infection is "a cause and not a consequence of MS," study author Dr. Alberto Ascherio of the Harvard T.H. Chan

School of Public Health and colleagues reported in the journal Science.

It's clearly not the only factor, considering that about 90% of adults have antibodies showing they've had Epstein-Barr -- while nearly 1 million people in the U.S. are living with MS, according to the National Multiple Sclerosis Society.

The virus appears to be "the initial trigger," Drs. William H. Robinson and Lawrence Steinman of Stanford University wrote in an editorial accompanying Thursday's study. But they cautioned, "additional fuses must be ignited," such as genes that may make people more vulnerable.

Epstein-Barr is best known for causing "mono," or infectious mononucleosis, in teens and young adults but often occurs with no symptoms. A virus that remains inactive in the body after initial infection, it also has been linked to later development of some autoimmune diseases and rare cancers.

It's not clear why. Among the possibilities is what's called "molecular mimicry," meaning viral proteins may look so similar to some nervous system proteins that it induces the mistaken immune attack.

Regardless, the new study is "the strongest evidence to date that Epstein-Barr contributes to cause MS," said Mark Allegretta, vice president for research at the National Multiple Sclerosis Society.

And that, he added, "opens the door to potentially prevent MS by preventing Epstein-Barr infection."

Majority of US states pursue nuclear power for emission cuts

By Jennifer McDermott
AP News

As climate change pushes states in the U.S. to dramatically cut their use of fossil fuels, many are coming to the conclusion that solar, wind and other renewable power sources might not be enough to keep the lights on.

Nuclear power is emerging as an answer to fill the gap as states transition away from coal, oil and natural gas to reduce greenhouse gas emissions and stave off the worst effects of a warming planet. The renewed interest in nuclear comes as companies, including one started by Microsoft founder Bill Gates, are developing smaller, cheaper reactors that could supplement the power grid in communities across the U.S.

Nuclear power comes with its own set of potential problems, especially radioactive waste that can remain dangerous for thousands of years. But supporters say the risks can be minimized and that the energy source will be essential to stabilize power supplies as the world tries to move away from carbon dioxide-emitting fossil fuels.

Tennessee Valley Authority President and CEO Jeff Lyash puts it simply: You can't significantly reduce carbon emissions without nuclear power.

"At this point in time, I don't see a path that gets us there without preserving the existing fleet and building new nuclear," Lyash said. "And that's after having maximized the amount of solar we can build in the system."

The TVA is a federally owned utility that provides electricity to seven states as the nation's third largest electricity generator. It's adding about 10,000 megawatts of solar capacity by 2035 — enough to power nearly 1 million homes annually — but also oper-

ates three nuclear plants and plans to test a small reactor in Oak Ridge, Tennessee. By 2050, it hopes to hit its goal of becoming net zero, which means the amount of greenhouse gases produced is no more than the amount removed from the atmosphere.

An Associated Press survey of the energy policies in all 50 states and the District of Columbia found that a strong majority— about two-thirds— say nuclear, in one fashion or another, will help take the place of fossil fuels. The momentum building behind nuclear power could lead to the first expansion of nuclear reactor construction in the U.S. in more than three decades.

Roughly one-third of the states and the District of Columbia responded to the AP's survey by saying they have no plans to incorporate nuclear power in their green energy goals, instead leaning heavily on renewables. Energy officials in those states said their goals are achievable because of advances in energy storage using batteries, investments in the grid for high-voltage interstate transmission, energy efficiency efforts to reduce demand and power provided by hydroelectric dams.

The split over nuclear power in U.S. states mirrors a similar debate unfolding in Europe, where countries including Germany are phasing out their reactors while others, such as France, are sticking with the technology or planning to build more plants.

The Biden administration, which has tried to take aggressive steps to reduce greenhouse gases, views nuclear as necessary to help compensate for the decline of carbon-based fuels in the nation's energy grid.

U.S. Energy Secretary Jennifer Granholm told the AP that the administration wants to get to zero-carbon electricity, and "that means nuclear, that means hydropower, that means geothermal, that means obviously wind on and offshore, that means solar."

[Read more, click here](#)

Training our inner cave dweller to accentuate the positive

Apparently, I haven't evolved all that much.

No, I don't grunt. My knuckles don't drag on the ground. I don't wear animal skins. I feel no cravings for capybara meat or palm nuts. I'm not suffering from intestinal parasites, at least that I know of. And I don't have the urge to beat my husband, Francis, over the head with a club.

Well, maybe sometimes.

COLUMN



Molinari

But according to science, I have "negativity bias" just like my Paleolithic ancestors did two million years ago.

Although modern people are highly evolved when compared to early humans, we all inherited cognitive biases that, though outdated, served our prehistoric predecessors well. One of those outdated tendencies is the inclination to spend more time fretting over negative information.

When today's humans are exposed

to both negative and positive information of equal importance, we focus on and remember the negative over the positive. In modern society where most people have adequate shelter, food, and protection from sabertooth tigers, it doesn't make much sense to behave this way. However, prehistoric people paid more attention to negative information because it was a matter of life or death.

Although we no longer need negativity bias to survive, it continues to control our behavior. Today's news organizations are aware of this, which is why they feed us a 24/7 diet of bad news. "If it bleeds, it leads," they say, justifying overly-negative news coverage by way of newspapers, magazines, television, radio, and the internet. We also feed our own fears, consuming more books, television, and movies involving drama and turmoil than positive themes.

During the pandemic, scientists have been looking at the affect negative information has on our health. Those who consume a lot of negative news or engage in internet "doom scrolling" show evidence of cognitive distortions, have more nightmares, and are more prone to PTSD, anxiety and depression. Furthermore, consuming negative information also increases our risk of heart attack.

Ironically, this bad news makes me

want to go hide in a cave.

All joking aside, these findings should be of particular concern to military families, who experience frequent unpredictability, change, and deployments. Military life is difficult enough - we shouldn't let outdated negative biases unnecessarily add to our stress.

For example, when making decisions, modern humans are still so risk-averse, we aren't prone to taking chances, even when potential gains outweigh losses. This kept our ancestors safe from giant hyenas and poisonous berries, but it might turn a military spouse into "Debbie Downer." We need to understand our own risk-aversion so that we don't pass up good opportunities related to our careers, social lives, personal growth, recreation and enrichment.

Also, studies show that the ancient hunter-gathers in us are too concerned about what other people think. Back when humans needed to be accepted in order to survive, being rejected by one's group could spell disaster — exposure, starvation, danger and certain death. Today, social rejection isn't life-threatening, but we continue to worry about acceptance. Anyone who has ever posted a photo on social media and received many positive comments, only to lay awake at night fixating over that one

negative comment, understands how self-destructive negativity bias can be.

As much as we worry too much about social acceptance, our negativity bias also makes us less likely to accept others. When evaluating people as potential friends, our tendency to put more weight on negative character traits than positive ones gets in the way of relationship formation. No wonder it's so hard to make friends after each PCS move!

As military spouses, we must empower ourselves and our families with the awareness that we are hard-wired for negativity. We can actively limit our consumption of negative information, and engage in positive psychology interventions such as gratitude journaling, imagining a "best future self," and training our brains to attend to good experiences.

It would be easier if we we could simply wack our prehistoric inner worry wart over the noggin. Since we can't do that, we'll take her gently by her hairy, calloused hand and teach her that it's okay to trust others, take chances, make friends, laugh, dance, and enjoy life.

Lisa Smith Molinari's self syndicated columns appear on her blog, www.themeatandpotatoesoflife.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

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		

