

THE SKYLINE



Volume 61, Number 6

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March 16, 2023

On Base

Women's History Program:

March 23 at 11 a.m. in the auditorium of Building 361 (Administrative Schoolhouse). The guest speaker will be Mrs. Ellen Mustain who currently serves as the secretary for the commanding officer and executive officer for Naval Technical Center Meridian (NTTC). Hosted by NTTC Meridian and NAS Meridian's Multi-Culture Heritage Committee.

Spring Fling & Egg Hunt:

April 1 at 11 a.m. at the outdoor pavilion by Rudders. There will be bounce houses, face painting and a visit from the Easter Bunny. Open to all authorized patrons with base access.

What's Inside

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LTJG Webber wins the Golden Stick

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Threefoot Festival in area happenings



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NASA Day at the MCM

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Officials break ground on \$3 million Airfield Wildlife Exclusion Fence



Photo by MC2 Molly Crawford

From left: Navy Region Southeast Chief of Staff CAPT Greg Smith; Lauderdale County Board of Supervisors President Jonathan Wells; Mississippi Gov. Tate Reeves; NAS Meridian Commanding Officer CAPT Brent Moore; Derek Collins of Delta Specialty Contractors and Public Works Officer LCDR Damian Allen shovel the ceremonial first scoop of dirt to break ground on the new \$3 million Airfield Wildlife Exclusion Fence during a ceremony onboard NAS Meridian, March 7. The partnership between the State of Mississippi, the Lauderdale County Board of Supervisors and Naval Air Station Meridian ensures mission sustainability of McCain Airfield by installing a fence to reduce the risk of wild animal and aircraft incursions.

U.S. Marines, Japanese forces conclude Iron Fist Exercise

By 1st Lt. Iris Robare
31st Marine Expeditionary Unit

Members of the Japan Self-Defense Force and U.S. Marines with the 31st Marine Expeditionary Unit completed the first Japan-based Iron Fist exercise.

Iron Fist is an annual exercise designed to increase interoperability and strengthen relationships between the U.S. Marine Corps, the U.S. Navy, the Japan Ground Self-Defense Force, and the Japan Maritime Self-Defense Force. This iteration of Iron Fist included ships from the JMSDF for the first time, which conducted rehearsals and integration with the 31st MEU and 1st Amphibious Rapid Deployment Regiment throughout the exercise.

Iron Fist 23 demonstrated the strengthening of bilateral response capabilities with the JMSDF through conducting combined amphibious operations including counter-piracy and search and rescue operations. The JMSDF tank landing ship JS Osumi (LST-4001) and the America Amphibious Ready Group swapped landing craft, air cushions, conducted combined amphibious reconnaissance, and performed a combined amphibious landing on

the island of Tokunoshima during the exercise.

The final integrated event was an amphibious landing at Okinawa between the JMSDF, JGSDF, and U.S. Marines and Sailors, which simulated a combined response to provide security in a crisis. Among several tactical activities, this event featured a bilateral mass casualty evacuation scenario.

The mass casualty evacuation scenario began with a simulated emergency medical evacuation request in the Camp Hansen training area. Casualties were transported in a JGSDF ambulance, with U.S. and JGSDF medical personnel performing in-route care, to a helicopter landing zone where they were evacuated by a JGSDF CH-47 helicopter from the JS Osumi for a higher echelon of care aboard the amphibious assault ship USS America (LHA-6).

"The ability of our quick, seamless bilateral medevac procedures demonstrates our crisis response capabilities," said U.S. Navy Lt. Cmdr. Chandler Getz, the 31st MEU surgeon. "Combined medical operations allow us to learn best practices and integrate as a more robust and capable united crisis response force."

[Read more, click here](#)



Photo by MC2 Molly Crawford

Roger Burke, center, President of the Mississippi Council of the Navy League presents Hospital Corpsman 3rd Class Jung Tai with the AC2 Whitney Powell Memorial Military Citizen of the Year Award during a luncheon at Weidmann's in downtown Meridian, March 3. Also pictured, from left: Logistic Specialist 2nd Class Dennis Short, Aviation Maintenance Administrationman 1st Class Tina-Marie Anthony and Religious Program Specialist 2nd Class Michael Halloran.

Navy League hosts Military Citizen of the Year luncheon

From Staff Reports

Hospital Corpsman 3rd Class Jung Tai was named the 2023 AC2 Whitney Powell Memorial Military Citizen of the Year during a luncheon on March 3 in downtown Meridian.

Tai is attached to Navy Medicine Readiness and Training Unit onboard NAS Meridian. She volunteered her personal time to the local Meridian community through various volunteer programs including the USO, Mississippi Children's Museum-Meridian, Mississippi Arts & Entertainment Experience, American Legion Leg-

acy Run, Rise Hattiesburg Hot Air Balloon Festival, and the St. Patrick's Catholic Church Clean-up. Corpsman Tai was selected as the Volunteer of the Quarter by the Mississippi Children's Museum.

The annual award -- sponsored by the Mississippi Council of the Navy League, East Mississippi Business Development Corporation and Navy Federal Credit Union -- honors enlisted military member who dedicate much of their personal time to community service while they are station at NAS Meridian.

● MCOY, page 4

Military celebrates Women's History Month

By David Vergun

DoD News, Defense Media Activity

March is Women's History Month. This year's theme, "Celebrating Women Who Tell Our Stories," acknowledges the pioneering women, past and present, as important contributors to the achievements of the military services and civilian workforce, stated Gilbert R. Cisneros Jr., under secretary of defense for personnel and readiness in a Feb. 27 memorandum.

"We recognize the accomplishments of women in the department and their contributions to national security which helps maximize the department's warfighting capabilities," he stated, providing examples:

Capt. Rosemary Mariner, the first woman to command an operational naval aviation squadron during Operation Desert Storm.

In 2018, 1st Lt. Marina Hierl became the first woman in the Marine Corps to command an infantry platoon.

On Nov. 21, 2022, Air Force Capt. Rhea McFarland became the first African American female C-17 pilot to receive the Distinguished Flying Cross for her leadership in Afghanistan.

These women and their stories represent the many untold stories in DOD of women who took on mission-critical assignments and advanced as leaders in the military, research, science and technology.

[Read more, click here](#)

Five aviators earn 'Wings of Gold' in March pinning ceremony

There was a naval aviator designation ceremony March 10 on board Naval Air Station Meridian.

Five 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."

Golden Stick



Laura Carmichael, representative from the Mississippi Council of the Navy League, left, presents the Golden Stick award to LTJG Matthew Webber during a ceremony in the Chapel onboard NAS Meridian, March 10. The Golden Stick is awarded to the student naval aviator with the highest composite score achieved during training.

Photo by Adam Prince



LTJG Cameron Jones



LTJG Yogaish Khasigir



LTJG Jacob Lindow



LTJG Braden Timpe



LTJG Matthew Webber

Public Works holds Awards Quarters



Submitted photo

CAPT Brent Moore, NAS Meridian commanding officer, presents David Chisolm with the Public Works Meridian Wage Leader of the Year award for 2022.



Submitted photo

CAPT Moore presents Christopher Robinson with the Public Works Wage Grade Employee of the Quarter award.



Submitted photo

LCDR Damian Allen, NAS Meridian public works officer, presents Chris Nutt with his 20-year civilian service certificate.



Submitted photo

LCDR Allen presents Jason Clayton with his 15-year civilian service certificate.



Submitted photo

LCDR Allen presents Gregory Freeman with his 15-year civilian service certificate.



Submitted photo

LCDR Allen presents Benjamin Carpenter with his 5-year civilian service certificate.

The Skyline ~ Naval Air Station Meridian, Miss.

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Hotlines & Helpful Numbers

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SAPR Civilian Victim Assistance: 601-486-3122
SARC: 601-481-4274
SAFE Helpline: 877-995-5247
Suicide Hotline: 800-273-8255
Military OneSource: 800-342-9647
CEAP (DoN Civilian): 844-366-2327
EAP (NAF Civilian): 800-932-0034
FFSC Meridian: 601-679-2360
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Local Happenings

MARCH

23-24: Just You Wait! - MLT's 90th Anniversary Musical Supper Club from 6:30-9 p.m. at the Meridian Little Theatre. We are celebrating 90 years of storytelling at Meridian Little Theatre in partnership with Meridian Symphony Chorus to host a musical revue supper club. See highlights from your favorite productions over the last 90 years from "My Fair Lady" to "Newsies" while you enjoy a three-course dinner. Ticketing information to be announced. Call 601-482-6371.

APRIL

1: Sipp & Savor from 5-9 p.m. at the Mississippi Arts + Entertainment Experience (MAX). Sipp & Savor Food & Drink Experience is the major annual fund raiser for The MAX in downtown Meridian, and features dozens of award-winning chefs, master brewers and craft distillers. Call 601-581-1550.

1-2: Maker Faire Meridian from 10 a.m.-5 p.m. at the Soule Steam Feed Works. Mississippi Industrial Heritage Museum will join Maker Faires from around the world for the greatest show and tell on Earth. Event is free; call 601-693-9905.

13: Tig Notaro at 7:30 p.m. at the MSU Riley Center. Comedian, writer, public radio contributor, podcaster, frequent talk show guest and actress, Tig Notaro returns to her native state. Born in Jackson and raised in Pass Christian, Notaro wrote, produced, and starred in One Mississippi, a semiautobiographical comedy series on Amazon. Call 601-483-9810 for ticket information.

21-22: Threefoot Festival Friday 5- 10 p.m. and Saturday 10 a.m.-4 p.m. in downtown Meridian. It's back! Last year's Threefoot Festival was bigger and better than ever. This year promises even more family friendly fun. More exciting details coming soon. Call 601-917-4664; free to the public.

27: Earth's Bounty + The MAX: NightMarket from 5- 8 p.m. at the Mississippi Arts + Entertainment Experience. The MAX and Earth's Bounty invite you to Night Market and to celebrate The MAX's five year anniversary. Stop by The MAX for great food and drink, artists, artisans, farm vendors, food trucks, children's activities, music, and more. Free to the public; call 601-581-1550, ext 35.

28: Petals and Prosecco at Merrehope from 5-9 p.m. at Merrehope. Demonstration & Reception with Dr. Jim DelPrince Horticulture Specialist with MSU Extension Leader of the Master Floral Designer Program. Tickets are \$40; limited seating available; call 601-483-8439.

Top Gun: Maverick star visits George H.W. Bush

Top Gun: Maverick producer and star Tom Cruise, writer and producer Christopher McQuarrie, and editor Eddie Hamilton, along with Ted Lasso star Hannah Waddingham departed the Nimitz-class aircraft carrier USS George H.W. Bush (CVN 77) after completing a visit, March 3, 2023.

The team led a Top Gun: Maverick viewing in the ship's hangar bay and took time to visit with Sailors aboard the ship during their visit. The ship and its crew has been deployed since departing Naval Station Norfolk on Aug. 10, 2022.

Throughout its deployment, the George H. W. Bush Carrier Strike Group (CSG) has worked alongside NATO allies and partners to increase interchangeability and increased capacity for the Alliance.

"I know our Sailors will never forget that night in the hangar bay, and I am equally as certain that neither will Mr. Cruise," said Rear Adm. Dennis Velez, commander, CSG-10, George H.W. Bush CSG. "The Sailors of the George H.W. Bush Carrier Strike Group represent what is best about America. Their commitment and courage is on display every day, and I know Tom and his entire team left with a fuller appreciation of the capabilities and power of U.S. Navy's carrier strike groups -- and the dedication and grit of our Sailors that make it all possible."

Velez was not the only leader aboard the ship who recognized the impact the visit had on everyone aboard.

-- From USS George H.W. Bush Public Affairs

[Read more, click here](#)

USS Nitze (DDG 94) arrives in Valletta, Malta

The Arleigh Burke-class guided-missile destroyer USS Nitze (DDG 94) arrived in Valletta, Malta, for a scheduled port visit.

The port visit marks the ship's fourth in the U.S. Sixth Fleet area of operations since departing Norfolk, July 17, 2022, for a scheduled deployment as part of Carrier Strike Group (CSG) 10. Nitze's port visit allows the U.S. to build on its important relationship with Malta and affords the ship's crew an opportunity to experience the ancient Maltese culture.

"We are honored that Malta has welcomed us to Valletta," said Cmdr. Katie Jacobson, commanding officer of Nitze. "This visit not only affords my crew time for rest and relaxation, but

it expands their cultural horizons. We thank the Maltese for allowing us to experience their heritage and look forward to building upon our longstanding friendship."

During the ship's time in Valletta, the crew will explore the sights, history, cuisine, and culture of Malta.

"I'm excited to explore the historical sites related to the succession of rulers including the Romans, Moors, Knights of Saint John, French and British," said Electronic Technician 1st Class Devin Lane. "I am intrigued and want to learn more about the diverse history of Malta while interacting with locals and enjoying the local dining!"

-- From MC2 Cryton Vandiesal

[Read more, click here](#)

A clash of doctrine: VBSS in the Western Indian Ocean

Within the Bandari Maritime Academy of Mombasa, Kenya, participants in exercise Cutlass Express 2023, hailing from Djibouti, Georgia, Kenya, Madagascar, Mauritius, Mozambique, Seychelles, United Kingdom, and the United States, gathered to address a common challenge – Visit, Board, Search and Seizure.

The game is in the name – operators visit suspect vessels; board them, sometimes with crews brandishing guns; search them, looking for smuggled goods or people; and seize them, returning suspects to police forces for further evidence collection.

Often, when militaries look at how to train VBSS capabilities, they focus on the VB – 'how do we best arm and train our people to board non-compliant vessels.' It's a lot of gun, boat, hand-to-hand, and room clearing training, and aligns with the foundations of their military training. What's more difficult is the criminal investigation piece, or the SS in VBSS. Militaries, and navy's especially, aren't great at civilian-style law enforcement – they're not trained for it, they're not practiced in it, and it's not a part of the mission set. Except when it is.

-- From MC1 Cameron C. Edy

[Read more, click here](#)

Sale... Or

BOATS/CAMPERS/TRAILERS

New Price 21 foot - 2021 Jayco Travel Camper. Like new; beige & walnut interior and mattress kept in original plastic. Selling to upgrade to larger size – Price is \$15,000 some accessories included. To view or request pics please contact: Gary 601-575-5062.

2018 Mallard M185 Travel Trailer. Sleeps 4 with 1 queen bed/2 bunks. Easy to tow at 3,575 lbs; only selling because mili-

tary 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.

2012 VW Jetta Turbo diesel, Auto trans, 118-K Miles. Asking \$5,500; call 601-479-1456.

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

480-5100.

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

HOMES/APARTMENTS

For Sale: 3BD/2BA Home with 2,560 sq. ft. Sits on 1 & 1/2 lots on dead end with privacy woods on 3 sides. Asking \$180,000. Contact: lucindawnichols@gmail.com, call 601-527-7829 or 601-917-6145.

For Rent: 2 BD/1 1/2 BA 1100 square foot home in Dalewood with main lake access. Asking \$1300 a

month. Email: rosscandeloproperties@gmail.com for information..

For Rent: Lake Cabin near NAS Meridian. 1 BD/1 BA; \$700 month. Unfurnished.

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

For Rent: 3BD/2BA private gated home with 2-car garage in West Lauderdale; 15 minutes from the base. Call 601-737-4569 or 601-934-0739.

For Rent: 2BD/1.5BA

Home at 3702 Rollins Dr, Lauderdale in Dalewood. 2136 sq ft on a .29 acres lot. Beautiful newly renovated single family home. Call 973-876-5006.

For Rent: 2BD/1.5BA single family home in Dalewood - fully renovated. Fenced in back yard with boat slip & pier. Pets allowed. Pet deposit \$300. \$1,300 rent per month. Call 973-876-5006.

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

Call 601-513-3395 or 601-227-1870.

MISCELLANEOUS

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

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

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

Pancake Breakfast



Submitted photo

The First Class Petty Officer's Association recently hosted a Pancake Breakfast for all E4 Sailors on the day of the E5 exam to encourage them. Pictured are AC1 Octavia Alston-Wilson, AC1 Justin Clark, MA1 Calvin Green and MA1 Darius Cummings.

NASA Day at MCM



Submitted photo

Student Naval aviators from Training Squadron Seven onboard NAS Meridian recently participated in NASA Day at the Mississippi Children's Museum-Meridian, where they read books and talked to children about aviation.

● MCOY

In 2013, the award was named in honor of Powell, a well-known Sailor who was extremely active in the community. Powell died from injuries sustained in a car accident in Meridian on Feb. 7, 2013.

This year's nominees included:

Aviation Maintenance Administrationman 1st Class Tina-Marie Anthony, Naval Air Technical Training Center Meridian nominee

Petty Officer Anthony enjoys knitting baby blankets for Navy-Marine Corps Relief Society Budget for Baby program. On Thanksgiving, Petty Officer Anthony spent facilitating the logistics of transporting students to and from the Fleet Reserve Association Local Chapter for their annual Feed the Troops event. During American Indian Heritage Month, Petty Officer Anthony reached out to members of the Choctaw Tribe located in Philadelphia, Mississippi, where she coordinated a visit from the 2022 Choctaw Indian Princess Cadence Nickey, who was able to share with the staff at the schoolhouse many different traditions, culture and crafts from the Choctaw Tribe. The highlight of the day was actually demonstrating her favorite game "stick ball."

Religious Program Specialist 2nd Class Michael Halloran, Naval Air Station Meridian nominee

Petty Officer Halloran volunteers much of his off duty time at St. Patrick's Church in the Meridian community by cooking and providing meals to church members and helping with repairs to the church facilities. During the holiday season, RP2 worked with community entities to provide 15 food baskets for base personnel. He led a toy drive, supporting the donation of 30 toys to community organizations for local families in need. RP2 Halloran coordinated the collecting of maternity clothes and baby supplies to support local women's shelters and the Crisis Pregnancy Center of Meridian.

Logistic Specialist 2nd Class Dennis Short, Navy Reserve Center Meridian nominee

Petty Officer Short devoted over 50 off duty hours to Meridian Youth Soccer Organization as a soccer coach and mentor. He continually promotes sportsmanship and teamwork to help athletes realize their full potential. LS2 Short serves as a positive role model and helps teach children the values of fair play, good sportsmanship, teamwork, dedication, and commitment.

Kiss me, whether I'm Irish or not

St. Patrick's Day is one of those ambiguous special occasions that can be quite confusing for non-Irish adults like me.

As a kid, the allure of St. Patrick's Day was uncomplicated. I got to wear something green to school, and if I begged, my mom would take me to McDonalds for one of my all time favorite seasonal treats. Mildly green, with just a hint of mint, the Shamrock Shake was strangely delicious when paired with a side of fries for dipping. And I didn't need to be Irish to enjoy it.

As a college student, having Irish heritage was still irrelevant when March 17th rolled around. No one I knew was interested in getting in touch with their roots. To the contrary, St. Patrick's Day was simply an excuse to drink green beer at the local bars until we made

COLUMN



Molinari

complete idiots out of ourselves. In fact, my best St. Patrick's Day memory was during my senior year in college at Miami University in Oxford, Ohio. Our marathon annual "Green Beer Day" celebration ended at dusk, when the shopping cart we were riding down an alley while laughing hysterically came to a stop in front of a police officer.

Good times.

But when I turned into a middle-aged adult, St. Patrick's Day's relevance in my life became muddled. My taste buds had lost their longing for fast food shakes, and it was inappropriate for a mother of three to be drinking pitchers of green beer at the bars, so I had to adopt different traditions. One might think that pouring a pint of Guinness and requesting The Cranberries on Pandora is everyone's God-given right on March 17th, but I've discovered that non-Irish Americans are marginalized on St. Paddy's Day.

People with Irish blood have more rights on St. Patrick's Day. Even if their only connection is that your great uncle thrice removed was one-seventh Irish. Even if the closest thing they've ever had to Irish culture was a bowl of Lucky Charms. Even if they were born and

DOWNTOWN MERIDIAN

ALE TRAIL

ST PADDY'S CELEBRATION

BEER - MUSIC - FOOD

FRIDAY MARCH 17
5PM - 10PM

| | | | | |
|----------|-------------------|-------------|------------|---------------|
| V Lounge | Threefoot Brewing | Spacey's | The Boxcar | Mia's |
| Aie's | Weidmann's | Theiland601 | Brickhaus | Harvest Grill |

Pick up Ale Trail Cards at Harvest Grill from 5pm - 6pm
Go to 5 out of 10 Restaurants - Turn in Card at Threefoot Brewing before 9:30pm - Doorprizes at 9:45pm

raised on a chili pepper farm outside of Albuquerque. As long as they are technically Irish, they are afforded full privileges on St. Patrick's Day.

Pseudo-Irish Americans have carte blanche to suddenly speak with the rolling "Rs" and over-enunciated "Ts" of Irish brogue. They're permitted to utter phrases like "Top O' the mornin' t'ya!" and "She's a fine young lassie!" They can unattractively fist pump to U2's "Sunday Bloody Sunday" even though all they know is the chorus. Without the slightest bit of credibility, they can suddenly develop a hankering for bland Irish Soda Bread and pungent Crock-pots of fatty corned beef and mushy cooked cabbage.

On the other hand, we non-Irish, despite our identical American upbringing, are not afforded the same liberties as our pseudo-Irish friends. We must simply stand back and repeatedly listen to that insensitive saying about the only two kinds of people in the world - "the Irish and those who wish they were."

The only way for the non-Irish to avoid this annual humiliation is to concede defeat, no matter how unjust it seems. And don't try to reason with them because it simply won't work. I

once drew a comparison between my direct Welsh heritage, with its Celtic language and similar agrarian way of life, to the Irish culture. Despite the fact that Wales and Ireland are only separated by the tiny Irish Sea, my analogy was met with indignant outrage by a distantly Irish in-law who was born and raised in New Jersey, "You're not Irish!"

I've learned that, in order for we non-Irish to enjoy St. Patrick's Day, we need to tell a little white lie - or green as it were - and exclaim that we wish we were Irish too. Like amnesty for undocumented immigrants, simple surrender will authorize us to wear tacky green beads and silly plastic hats, to guzzle Guinness and slop stew, to adorn ourselves with buttons that obnoxiously demand "Kiss me, I'm Irish!" and to shamelessly dangle shamrocks from our ears and rear view mirrors.

In other words, when dealing with the "fighting Irish" on St. Paddy's Day, it's always best to roll with the punches.

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.



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 | | |

GROUP EXERCISE SCHEDULE

Classes are free and open to all authorized patrons with base access. For more information, call (601) 679-2379.

GROUP RUNS: Runs are 2-5 miles on average and open to all skill levels / **HIIT:** High Intensity Interval Training
POWER HOUR: 30 minutes of spin followed by 30 minutes of strength / **STRENGTH:** Improves power and strength / **YOGA:** Open to all skill levels
ASK A FITNESS STAFF MEMBER ABOUT SCHEDULING YOUR FITNESS ASSESSMENT OR ORIENTATION SESSION TODAY!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------|------------------------------------|------------------------------|------------------------------------|------------------------------|
| HIIT 1100 w/ Jenni | POWER HOUR 1100 w/ Jenni | HIIT 1100 w/ Jenni | POWER HOUR 1100 w/ Jenni | HIIT 1100 w/ Jenni |
| HIIT 1500 w/ Jenni | POWER HOUR 1500 w/ Jenni | YOGA 1200 w/ Ryan | | |
| HIIT 1630 w/ Jenni | YOGA 1630 w/ Ryan | HIIT 1630 w/ Jenni | | |



PERSONAL TRAINING SESSIONS AND NOFFS/COMMAND PT SESSIONS AVAILABLE BY APPOINTMENT

