

THE SKYLINE



Volume 61, Number 15

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July 20, 2023

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NAS Meridian Change of Command



Moore



Davis

NAS Meridian will hold a change of command ceremony in the hangar onboard the installation, July 27 at 10 a.m. CAPT Luke H. Davis will assume command from CAPT Timothy B. Moore during the ceremony.



US Navy photo

Capt. Constance Solina renders a salute during a change of command ceremony for Naval Construction Group (NCG) 2, held onboard Naval Construction Battalion Center Gulfport, July 7.

NCG 2 in Gulfport changes command, welcomes its first woman commander

From Reannon Capuria

Naval Construction Group 2 Public Affairs

Capt. Constance Solina relieved Capt. Jeff Deviney as commander, Naval Construction Group (NCG) 2, during a change of command ceremony held on board Naval Construction Battalion Center Gulfport, July 7. Solina's assumption of command marks the first time a woman has commanded an NCG and all Atlantic-based Seabees.

Deviney, from Freer, Texas, led 4,500 personnel over the course of two years and oversaw their manning, training, and equipment readiness needs to ensure they deployed on time to five separate combatant commands. During his departing remarks, Deviney expressed gratitude for his crew and reiterated Solina's ability to continue the unit's success during her tenure.

"You know exactly what needs to be done to get the Seabees ready for the next fight," said Deviney. "With you in the lead, I know we have the right team in place going forward."

Deviney also shared his thoughts on the people he had the opportunity to lead. He said, "I want to say a special thanks to the troops and civilians of NCG 2 who work hard every day to ensure we have the best trained military engineers in the business and to the Atlantic Seabee units for upholding our historic "Can Do" legacy."

Rear Adm. Brad Andros, commander, Navy Expeditionary Combat Command, served as the keynote speaker for the ceremony. He discussed the importance of NCG 2's mission and thanked Capt. Deviney for his accomplishments during his tour.

● Gulfport, page 2

Here's how the Senate wants to boost military recruitment

By Rachel S. Cohen
Military Times

The U.S. military could soon start offering community college students a new path to enlistment, thanks to a legislative provision making its way through the Senate. If signed into law as part of the annual defense policy bill, it could be one tool to help reverse a historic recruiting crisis that threatens to hollow the armed forces for years to come.

The proposed Enlisted Training Corps would mirror the Reserve Officers' Training Corps units that have existed for more than 100 years at four-year colleges and universities across the country.

Just as ROTC provides students one option for commissioning as officers once they earn a bachelor's degree, the Enlisted Training Corps would prepare students to join the enlisted force without sending them to boot camp.

ROTC isn't completely off-limits to those pursuing an associate's degree: For instance, 125 community and junior colleges have agreements with nearby universities that allow their students to participate in the local Air Force ROTC chapter. That can give people a head start on the full ROTC program if they transfer to a four-year school.

But community and junior colleges don't have their own pipeline to military service — a gap that some in the Senate want to change.

"The military must provide new opportunities to expose Americans to military service," the Senate Armed Services Committee said in a statement accompanying the draft bill. "While high school students have the option of joining a Junior [ROTC] unit, and four-year college students have long been able to enroll in the Senior [ROTC], there are no formal programs that introduce community and junior college students to the prospect of military service."

Under the proposal, the Army, Air Force, Navy and Marine Corps would each receive \$5 million to jumpstart the program at a community college or junior college. Students who take part in the Enlisted Training Corps and agree to join the military could qualify for financial assistance, lawmakers said.

Though not defined in the legislation, the program could include much of the same drills, leadership courses and basic-level military training as ROTC.

Once the new corps is up and running, the defense secretary would report back to Congress each year on the program's progress.

The idea may still end up on the cutting room floor.

To become law, the provision must make it into the House and Senate's joint version of the defense policy bill, passed by both chambers of Congress and enacted by President Joe Biden, and funded by an appropriations package.

The House version of the bill, which narrowly passed July 14, does not include its own provision for an Enlisted Training Corps.

The idea is one of several provisions in the Senate Armed Services Committee's draft aimed at shoring up military recruitment.

Army, Air Force and Navy officials have all said they expect to fall thousands of enlisted troops short of their fiscal 2023 active duty recruiting goals due to a combination of a healthy private sector, a cumbersome medical processing system, a lack of interest in the military among today's youth and a dwindling population of qualified young adults.

The smaller Marine Corps and Space Force believe they will hit their own targets by the end of the fiscal year on Sept. 30.

In response, the Senate Armed Services Committee is encouraging the Air Force and Navy to aim for smaller workforces in fiscal 2024.

● Recruiting, page 4

NAS Meridian Sailors of the Quarter



AC1 Dominic Herman

Sailor of the Quarter
Air Operations



ABH2 Tariq Graham

Junior Sailor of the Quarter
Field Support



AC3 Malcolm Baskerville

Blue Jacket of the Quarter
Air Operations

NAS Meridian Civilians of the Quarter



Capt. Jason Kelley

Civilian Supervisor of the Quarter
Security



Brian McCrackin

Senior Civilian of the Quarter
Security



Sarah Chorniak

Junior Civilian of the Quarter
Administration

● **Gulfport**

“While successful operations and exercises matter, I am most impressed by your commitment to your people and the development of the force,” said Andros. “You should be proud to know the tangible impact you had on preparing disciplined Sailors for future operations.”

Solina is from McLean, Virginia, and most recently served as the Chief Engineer, Logistics Directorate for U.S. European Command before reporting to NCG 2.

“I am humbled, privileged and honored to assume command of NCG 2 and continue the tradition of Seabees providing a capability like no other to our Combatant Commanders,” said Solina. “I look forward to continuing the Seabee legacy, drawing on our rich history and traditions while adapting to the changing strategic environment to answer the call when our Nation needs Seabees and the ‘Can-Do’ spirit.”

Solina’s assumption of command marks another milestone of women in the Seabees and civil engineer corps. Since Ens. Kathleen F. Lux, became the first women to become a civil engineer corps officer in 1942, Seabee women have risen through both the officer and enlisted ranks. Constructionman Carmella Jones became the first enlisted woman Seabee when she cross-rated into the community as an equipment operator during the summer of 1972 following former Chief of Naval Operations Admiral Elmo Zumwalt, Jr.’s issuance of Z-gram 116 which authorized limited entry of women into all enlisted ratings.

Rear Adm. (ret.) Katherine Gregory was the first woman to command a battalion when she assumed command of Naval Mobile Construction Battalion 133 in 1999. Gregory later rose to the rank of rear admiral before she retired as Naval Facilities Engineering Command and the chief of civil engineers in 2015.

Navy Expeditionary Combat Command’s Naval Construction Force provides military construction and advanced general engineering support to military commanders globally. Read more about the Naval Construction Force on our webpage: <https://www.necc.usff.navy.mil/seabees/>.

<h2>The Skyline ~ Naval Air Station Meridian, Miss.</h2>		<p>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</p>	<p>This DoD newspaper is an authorized publication for members of the Department of Defense. Contents of The Skyline are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or NAS Meridian, Mississippi. The editorial content of this publication is the responsibility of the NAS Meridian Public Affairs Office. The Skyline solicits news contributions from military and civilian sources. It reserves the right to edit material selected for dissemination. The deadline for material is 4:30 p.m. the Thursday before publication. Send submissions to: The Skyline, 255 Rosenbaum Ave., Suite 163, Public Affairs Office, Naval Air Station, Meridian, MS 39309-5003 or e-mail: penny.l.randall2.civ@us.navy.mil or adam.w.prince.civ@us.navy.mil. For more information, call (601) 679-2318 or (601) 679-2809. The appearance of any advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or NAS Meridian of products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.</p>
<p>Command Staff Commanding Officer ~ CAPT Timothy B. Moore Executive Officer ~ CDR Jamie Epps Command Master Chief ~ CMDCM Craig Johnson</p>	<p>Editorial Staff Public Affairs Officer ~ Penny Randall Public Affairs Specialist~ Adam Prince Photographer~ MC2 Molly Crawford</p>		

Local Happenings

JULY

Saturdays in July – The Temple Theatre, 2320 8th Street, downtown Meridian hosts Summer Movie Days. Movies at noon and 3 p.m. \$5 per person. Doors open at 11 a.m. Purchase tickets online at www.thetempletheatre.com.

22: The Jazz Age on Stage at 7 p.m. at the Temple Theatre. Authentic 1920's Jazz by Warren Ertle's Hot Peppers Band. Step back into the 1920's as The Temple Theatre is turned into a speakeasy for a one-night roaring 20's party and concert. Purchase tickets online at www.thetempletheatre.com.

27: An Evening with Smokey Robinson at 7:30 p.m. at the MSU Riley Center. Smokey Robinson has won a Grammy Legend Award, Lifetime Achievement Award, National Medal of Arts, Kennedy Center Honors and many other accolades. Contact Penny Kemp at penny@leadingedges.net or call 601-483-9810.

28-29: Back to School Tax Free Weekend from 10 a.m.-8 p.m. at Uptown Meridian Mall. It's time to save some money. Call 601-693-3433, ext. 222.

29: Harry Potter's Birthday from 10 a.m.-3 p.m. at the Mississippi Children's Museum - Meridian. Festivities will include potion making, wizard training, muggle art, wizard chess and herbology class. Costumes are encouraged! Call 601-581-1550, ext 35.

AUGUST

10: Sister Hazel at 7:30 p.m. at the MSU Riley Center. The Gainesville, Florida, band burst onto the scene with the platinum 1997 album. Tickets range \$25-\$30; call 601-696-2200.

Area Happenings

AUGUST

1: Big Time Rush from 6- 10:30 p.m. at the Oak Mountain Amphitheatre, 1000 Amphitheater Rd, Pelham, AL. Call 205-985-0703.

25: The Doobie Brothers - 50th Anniversary Tour at 8 p.m. at the Radians Amphitheater, 750 Cherry Rd, Memphis, TN. Call 901-636-4100.

226: Chris Stapleton's All-American Road Show from 7-11 p.m. at the Ameris Bank Amphitheatre, 2200 Encore Pkwy, Alpharetta, GA. Call 404-733-5010.

Navy starts first class for Maritime Cyber Warfare Officers

The first three officers in the Navy's newest officer designation 1880, Maritime Cyber Warfare Officer (MCWO), started training in Computer Network Operator Qualification Course (CNO-QC), which is being taught for the first time at Information Warfare Training Command Corry Station, on July 10, 2023.

The new MCWOs will join with enlisted Sailors in CNOQC to receive basic level training for offensive cyber operations provided to Interactive On-Net (ION) operators, as the first step toward creating Maritime Cyber Warfare Officers with on-keyboard skills.

"We have offensive and defensive sides of cyber," said Cmdr. Gil Baughn, cyber program manager for the Center for Information Warfare Training (CIWT). "For me and for a lot of other folks, you want an officer to be able to be

able to go to either side and be able to manage teams on the offensive or defensive cyber mission."

"Having folks that are extremely skilled in cyber is more critical now than ever before," said Baughn. "The control of information has always played a role in war. But with the speed that everything travels now, the complexity of networks; and how infrastructure operates, and how critical infrastructure is; everything depends on that interconnectivity across the internet."

"Our defensive side protects our infrastructure and denies the enemy access to it," said Baughn. "However, to our adversaries that same infrastructure is important for them to protect, and we need to have people on our offensive teams that can go in, target, and exploit vulnerabilities in their systems."

— From Kurt Van Slooten

[Read more, click here](#)

NHB Preventive Medicine takes bite out of West Nile Virus

There's always a buzz with Naval Hospital Bremerton Preventive Medicine during the summer months.

The Preventive Medicine team is undertaking their seasonal surveillance and prevention for West Nile vector control on Navy installations in the Pacific Northwest.

According to Lt. Anurag Sharma, NHB Preventive Medicine department head and environmental health officer, West Nile virus is the leading cause of mosquito-borne disease in the United States.

"It's most commonly transmitted via the bite of an infected mosquito. It can cause health issues such as encephalitis

- inflammation of the brain - or meningitis, which is inflammation of the lining of the brain and spinal cord, just to name a few. Mosquitos become infected with this virus by feeding on infected birds," said Sharma.

Dealing with mosquitos is not just trying to eradicate a nuisance. Preventive Medicine measures are predicated on maintaining operational readiness. The region - home to the Navy's third largest fleet concentration - is a widely diverse locale of shore, surface and sub surface Navy assets which are all primarily centered near Puget Sound.

— From Douglas Stutz, Navy News

[Read more, click here](#)

DOD inspectors recognized for oversight excellence

Deputy Defense Secretary Kathleen H. Hicks underscored the vital role the Defense Department's Office of the Inspector General plays in maintaining the public's trust.

In her remarks at the DOD OIG's 34th Honorary Awards ceremony in Washington, Hicks said the work performed day-in and day-out by the OIG staff was critical to national security.

"As you all know, defending the na-

tion is Secretary [Lloyd J.] Austin's top priority, and what you do fits squarely within that priority," Hicks said. "Your audits, your evaluations, your investigations—they hold the Department accountable to American taxpayers. And by holding ourselves accountable, we build trust and rapport with the public that allows us to achieve DOD's mission—keeping the nation safe."

— By Joseph Clark

[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 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: 3BD/2BD home near Causeyville Road. Furnished in quiet neighborhood. \$900 per month. 954-895-

5485, 601-692-4048 or 606-571-0820.

For Rent: Water front home in Dalewood. Spacious two-story home facing the Lake; great for fishing and relaxing. Remodeled kitchen and new appliances. Rent is \$2,000; please call 813-406-9687.

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

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

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.w.prince.civ@us.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

Time to accelerate change in military to maintain deterrence

By Jim Garamone

DoD News, Defense Media Activity

The U.S. military must accelerate development and quicken moves to build a joint force ready for the challenges of tomorrow, Air Force Gen. Charles Q. Brown told the Senate Armed Services Committee.

Brown testified before the committee as part of the confirmation process to become the next chairman of the Joint Chiefs of Staff. If confirmed, Brown would be the 21st man to hold the position and the first airman since Richard B. Myers stepped down from the post in 2005. He would also be the second African American in the position. Army Gen. Colin L. Powell served as chairman from 1989 to 1993.

If confirmed, Brown would succeed Army Gen. Mark A. Milley in the position.

"I come before you today, having served the last three years as a service and joint chief," Brown said in his opening remarks to the committee. "But for the 11 years prior, I served in seven assignments across four combatant commands." The general served in the European Command, Africa Command, Central Command and Indo-Pacific Command.

"I've held leadership positions focused on our five national security challenges: China, Russia, North Korea, Iran and violent extremists," he said.

Brown's experience is with fielded forces and dealing with allies and partners. "Having led to warfighters abroad [has] shaped my thinking," he said. "As a result, I'm mindful of the security challenges at this consequential time and

"I'm mindful of the security challenges at this consequential time and a need to accelerate to stay ahead of the growing threat."

— Air Force Gen. Charles Q. Brown, nominee for Chairman of the Joint Chiefs of Staff

a need to accelerate to stay ahead of the growing threat."

The U.S. military is the most powerful in the world today, but leaders must make changes to ensure DOD can "implement the National Defense Strategy and prepare a joint force that can win the next war if called upon."

A prepared and capable joint force, simply, is the guarantor of deterrence and the key to peace, he told the committee.

Brown is fully aware of the role of Congress and promised to work closely with members on the Hill to invest in national defense and strengthen national security.

He also promised to work to sustain "faith and confidence with our soldiers, sailors, airmen, Marines, guardsians and DOD civilians and their families."

Beyond that, the general vowed to sustain and build the faith and confidence of the American people in their military. "Above all, I will dedicate myself to this proposition: That the American people should understand and know their military and its service members solely as unwavering defenders of the Constitution and our nation," he said.

Brown discussed — generally — some of the lessons learned from the Russian invasion of Ukraine. "Strategically, the thing I do think about is how the value of information early before the ... conflict started, and how that was able to bring not only a NATO closer together, but also to bring together allies or partners around the world," he said.

This emphasized to him the need to build relationships long before they are needed.

The Russian invasion also reemphasized the crucial importance of logistics. "I think the Russians learned, if you don't pay attention to the logistics, it's hard to win, and hard move forward," he said. More than that, he said, all operations take longer than planned.

"I think the other piece that I would highlight is just that the will to fight," Brown said. He said the determination and will of the Ukrainian people and their leadership was hard to measure before the conflict. "But it pays a huge dividend," he said.

His last observation is the value of air power. "Having watched what either side has been able to do, or not do, [emphasized] the value of air defense and integrated air defense, and how that's been helpful to the Ukrainians in defense of the nation," he said.

[Read more, click here](#)

● Recruiting

Its draft bill allows for 320,000 active duty airmen — 4,700 fewer than the Air Force requested — and 342,000 sailors, or 5,000 fewer than the Navy wanted.

"Legislating unreachable end strength numbers would set the military services up for failure by guaranteeing continued recruiting shortfalls, putting undue strain on recruiting forces, and ultimately compromising readiness by encouraging quantity over quality in recruiting," the Senate Armed Services Committee said. "The committee believes that the United States military is best served by bringing in high numbers of high-quality recruits." Lawmakers are offering the services nearly \$400 million more for recruiting activities and advertising.

They also suggest tweaking the rules around the Armed Forces Qualification Test, and tell the services that if more than 10% of recruits score lower than a 31 on that test, to create preparatory courses to improve their scores and ultimately put them in uniform.

The bill further proposes requiring secondary schools to admit military recruiters to career

fairs when asked to join, and to penalize universities and colleges that don't provide information on students to recruiters within 60 days of their request.

A briefing on the Pentagon's approach to regional recruitment is due to Congress by March 1, 2024, as well as a briefing on its outreach to diverse student populations by Feb. 29, 2024.

And the committee requests a deeper look at the military's recruiting waiver system, the medical standards Americans must meet to join up, and ways to change those requirements without putting the military or the recruit at risk.

Other suggestions to make the military an attractive employer include overhauling the outdated pay schedule and, potentially, covering the cost of freezing the eggs, sperm and embryos of active duty troops.

"The current economic environment and the effects of high cost inflation require a careful review of the rates of military basic pay to ensure competitiveness with the private sector, which ultimately will help address current recruiting challenges," the committee said.

It's Hot Out!

Don't Leave Your Pet in the Car!



A car can overheat **even** when the window has been left cracked an inch or two.



Young, overweight or elderly animals, or those with short muzzles or thick or dark-colored coats are **most at risk** for overheating.



Shady spots offer **little** protection on hot days, and move with the sun.

90°

Even if the temperature outside is only 70°, the inside of your car may be as much as 20 degrees hotter!

102°

On an 85° day, it only takes ten minutes for the inside of your car to reach 102°.

120°

Within just 30 minutes, the car's interior can climb from 85° to a scorching 120°.



Many states and local governments have laws that prohibit leaving an animal unattended in a motor vehicle under dangerous conditions, which includes hot days. Your car could be damaged or you could be charged with a crime.



If you see an animal trapped in a car on a hot day, try to locate the owner or call 911! **Stay by the car until assistance arrives.**

Military medicine changes affect force's past and future

Making the turn into the unguarded Naval Clinic gate, I glance south at the long-abandoned buildings with crumbling soffits and vines invading their broken windows.

COLUMN

The Naval Hospital closed in 1997, leaving the handsome brick buildings to ruin.

I turn away from the cracked concrete tufted with weeds and make my way to the Clinic on the medical campus. Near the entrance stands a neat line of new Navy recruits, garbed in regulation blue sweats, waiting for a government van to take them back to base.

Inside I carry my ID card to the scanning machine. I grumble, seeing that the old machine I'd used since we'd PCSed here in 2013 was gone, replaced by a newfangled model.

I hold my ID up to a lighted slot, but nothing happens. No bleep, no bloop, no

nothing. After waving my ID around, I see another lighted slot a foot lower. I do half plié squat to save my lower back from bending and hear, "BLEEP!"

The machine's screen asks me a series of questions before spitting out #F361. I grab a copy of the free town newspaper, take a seat, and turn to the sudoku puzzle.

Across from me sits a very old man wearing a cap emblazoned with "WWII Veteran." A young pharmacy tech walks out to personally explain his medications. Everyone else has to wait to be called to the windows. He deserves special treatment. The tech talks loudly to the WWII vet, who takes shaky notes. "You gotta go to college to figure this stuff out!" he jokes. Behind the WWII vet stand a dozen more new recruits in blue sweats, waiting for their numbers to be called.

The Navy's past and future rely on military medicine. I've relied on it, too, for three decades, but something seems fundamentally changed. Even with Tricare updates, Genesis systems and newfangled machines, military health-care has become exponentially more frustrating and unresponsive.

While waiting for #F361 to be called, I recall my recent visit with my newly-

assigned primary care manager at the clinic. I'd brought a list of my current health concerns and planned on asking my PCM to renew two expired referrals and assess pains I was having in my neck and back. Fifty-seven is no picnic.

First, the corpsman made a thorough record of my concerns. Then, my PCM entered the room, carrying only a pen and Post-It Notes. I assumed the corpsman had briefed her, but she stared blankly at me and said, "Why am I seeing you today, Mrs. Molinari?"

I reached into my purse, smoothing the written list I'd already crumpled, and rattled off my health concerns again. She thinks I'm a hypochondriac, I realized, then said, "I swear, I'm usually quite healthy, but I've been having a lot of joint and back pain lately."

"Hot compresses?" she suggested when I explained the pain in my neck.

"A chiropractor?" she suggested when I explained my lower back pain, never writing anything on her Post It Notes.

After leaving the clinic, I concluded that my PCM had declined to address my neck and back pain — for those issues, I was on my own.

Inevitably, my neck pain got worse, until it burned and radiated down my shoulders. A few weeks after my

appointment, I felt a shooting pain in my left shoulder, which gradually got worse. "I'd better call my PCM," I thought.

"Appointments are at least three weeks out," the scheduler said. "Currently, she is the only provider available at this facility. If you can't wait, you'll have to go to Urgent Care in town to ask for referrals."

Refusing to use Urgent Care as my PCM, I booked an appointment at the Naval Clinic three weeks out. In the meantime, my nursing student daughter fashioned a sling out of a scarf to support my painful shoulder as if we were pioneers.

At the pharmacy, a second old man stares at the newfangled ID scanner.

"What's wrong?!" the WWII vet bellows jovially to his comrade, "Having trouble with that machine? You gotta go to college to figure this stuff out!"

"Ticket #F361 at window number four," an automated voice commands, rescuing me from my melancholy.

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.



Molinari



COED KICKBALL TOURNAMENT

Registration:
July 31st - September 3rd

Team Meeting:
September 7th at 1500

Games begin:
September 12th at 1730

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 NAVYMWRMERIDIAN.COM 

Sunday Bingo

July 30th • 1800 • Liberty Center

This is NOT your grandma's bingo! Join us at Liberty for a chance to win prizes & enjoy popcorn and refreshments!

 NAVYMWRMERIDIAN.COM

Homeschool Registration

August 2 • 1030-1200 • Library

LARRY MULLINS, NAS MERIDIAN SCHOOL LIAISON, INVITES PARENTS TO OUR HOMESCHOOL REGISTRATION EVENT FOR THE 2023-2024 SCHOOL YEAR. SCHOOL ATTENDANCE OFFICER, TORY FITCH, WILL BE IN ATTENDANCE TO REGISTER STUDENTS. LIBRARIAN STEVEN HAZEL, WILL PROVIDE INFORMATION ABOUT HOMESCHOOL RESOURCES AVAILABLE AT THE LIBRARY.



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BACK TO SCHOOL CARNIVAL

August 5th • 1200 • Field by SAC

COME OUT TO PLAY YOUR FAVORITE CARNIVAL GAMES LIKE RING TOSS, BALLOON DARTS, SLAM DUNK, & GO FISH! POPCORN AND REFRESHMENTS WILL BE AVAILABLE WHILE SUPPLIES LAST.



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