

News Bytes

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Mississippi's 1st Black woman legislator won't seek new term

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Mississippi initiative proposal survives Capitol deadline

~ Click here ~

Winter storm causes 3rd day of dangerous, icy conditions

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Tom Brady retires at 45

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Safe Helpline

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Sesame Street "self-care"

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Navy Region Southeast top Air Traffic Controller and Technician named

By Jay Cope

Commander, Navy Region Southeast

Commander, Navy Region Southeast chose Electronics Technician 1st Class Erik Outlaw, from NAS Meridian, and Air Traffic Controller 1st Class Marquise Price, from NAS Corpus Christi, as the top Air Traffic Control Technician and Air Traffic Controller in the region.

These two outstanding Sailors will move on to compete for the prestigious Vice Admiral William P. Lawrence and Vice Admiral

Robert B. Pirie awards. These two award programs recognize outstanding contributions to mission readiness, operational effectiveness and safety of flight!

"Competition was tough with a lot of outstanding nominees from around the Region," said Rear Adm. Wesley McCall, Commander, Navy Region Southeast, in his congratulatory announcement. "I'm extremely proud of all their hard work and superb contributions in support of Naval Aviation."

● **Air Traffic, page 2**



ET1 Erik Outlaw



AC1 Marquise Price

NAS Meridian hosts "State of the Base" Breakfast



Naval Air Station Meridian hosted a "State of the Base" Breakfast, Jan. 30 to showcase the installation's successes over the last year, and highlight the new projects expected in the coming year -- as we celebrate 62 years of Training Excellence. Commanding Officer, CAPT Brent Moore took this time to thank our partners in the community for their support. Those recognized included the city of Meridian and City Council, Lauderdale County and Kemper County Board of Supervisors, The Montgomery Institute and the Mississippi Council of the Navy League. The mission of NAS Meridian is to train U.S. Navy and Marine Corps aviators in addition to aviators from France, the United Kingdom, Italy and Spain. Along with enlisted Sailors and Marines in administrative and supply class "A" schools, including: Logistics Specialist, Yeoman, Personnel Specialist, Retail Services Specialists, Aviation Maintenance Administration and advanced training in the Flag Officer Writer (Yeoman "C" School).

Photo by Adam Prince

Citadel Shield-Solid Curtain 2023 begins next week

Naval Air Station Meridian will participate in an annual force protection exercise, Feb. 6-17, 2023.

Exercise Citadel Shield-Solid Curtain 2023 (CSSC23) is conducted by Commander, U.S. Fleet Forces Command (USFFC) and Commander, Navy Installations Command (CNIC) on all Navy installations in the continental U.S.

Citadel Shield, which occurs the first week, is the field training exercise (FTX) portion led by CNIC. Solid Curtain occurs the following week and is the command post exercise (CPX) led by USFFC. This two-part approach was designed to enhance the readiness of Navy security forces and ensure seamless interoperability among the commands, other services and agency partners in order to protect life, equipment and facilities.

CSSC23 is a regularly scheduled exercise and is not being held in response to any specific threat.

Measures have been taken to minimize disruptions within local communities 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. Advanced coordination has taken place with local law enforcement and first responders.

For information about potential impacts due to the exercise, please follow our social media platforms www.facebook.com/nasmeridian or twitter @nasmeridianms. For more information, contact the Public Affairs Office at 601-679-2602.

Top 10 reasons to earn a naval-relevant AS in aviation maintenance

By MCC Xander Gamble

DoD News, Defense Media Activity

The U.S. Naval Community College will start taking applications for the Associate of Science in Aviation Maintenance Feb. 27, 2023.

This degree will be offered in partnership with Embry-Riddle Aeronautical University and will include a Naval Studies Certificate embedded in the program. Here are the top ten reasons you should apply for the AS in Aviation Maintenance with USNCC:

- ✓ Opportunities for advancement: Knowing more about aviation maintenance makes you a better maintainer. This means you will stand out amongst your peers when it comes to the work you do in the military and the field of aviation maintenance.
- ✓ Strong demand for skilled technicians: Both within the military and after your time in uniform, there is a strong demand for skilled technicians in the aviation industry. With a growing need for maintenance and repair of aircraft, having a degree in aviation maintenance makes you a stronger candidate for a continued career in the aviation industry.



- ✓ Transferable skill sets: The technical skills and knowledge you gain from an Associate of Science in Aviation Maintenance are transferable to other industries, including the automotive industry and the aerospace industry.
- ✓ Overseas and travel opportunities: If you enjoy your overseas duty assignments, continuing your career in the aviation industry after your time in service allows you opportunities to continue working overseas.

● **Aviation, page 2**

NAS Meridian Sailors of the Quarter



MA1 Daruis Cummings

Sailor of the Quarter
Security



RP2 Michael Halloran

Junior Sailor of the Quarter
Chapel



AC3 Martina Hatch

Blue Jacket of the Quarter
Air Operations

NAS Meridian Civilians of the Quarter



Sydney Clayton

Senior Civilian of the Quarter
MWR



Marilynn Kirksey

Junior Civilian of the Quarter
Air Operations

● Air Traffic

As the Ground Electronics Maintenance Division Leading Petty Officer, Outlaw led a team of 10 military and eight civilian personnel in the maintenance and upkeep of all radar, communications and navigation ATC support systems at three airfields. He supervised preparations for the 2022 Naval Air Training and Operating Procedures Standardizations inspection for NAS Meridian, yielding the highest score for the installation in the last five years. His technical expertise was vital in the installation's support of more than 175,000 safe military flight operations at the installation, and more than 10 additional FAA and regional airports.

"Naval Aviation is what we do at NAS Meridian," said CAPT Timothy Moore, Commanding Officer, NAS Meridian. "Petty Officer Outlaw has directly affected the mission readiness of our squadrons through his dedication and professionalism. His nomination is most well deserved."

Price serves as the Facility Watch Supervisor, Tower Chief for NAS Corpus Christi's ATC towers, and Naval Air Training and Operating Procedures Standardization instructor – positions that typically are held by more senior personnel. His performance was key in gaining a

"superb" facility rating with no major deficiencies during two major inspections. His guidance of more than 50 Sailors and seven civilian controllers ensured the safe completion of over 120,000 flight operations.

"Being a Tower Chief and training instructor at a Naval Aviation training command is no small task," said CAPT Ty Jurica, Commanding Officer, NAS Corpus Christi. "Our mission includes the training of flight students and how to talk and communicate with the tower. His steady hand has helped train thousands of future Naval Aviators and he is most deserving of this award."

All the Navy's initial pilot training takes place in Navy Region Southeast. Close to 1,000 aircraft operate at Naval Air Stations throughout the region, with 1,300 flight students taking to the skies from southeast airfields every year.

"Great Naval Air Stations don't just happen. They happen because of the dedication of people like Petty Officer Outlaw and Petty Officer Price. Sixty-five percent of all Naval Aviation assets reside in the Southeast Region. And our team provides them with the best and safest airfields in which to train," said McCall. "Best of luck to both as they represent Team Southeast in the forthcoming competition."

● Aviation

With airports around the world, there are aircraft everywhere that need good maintenance technicians to keep them flying.

- ✓ Zero-cost education: As a USNCC student, your tuition, books, and course fees are covered. This means you can focus on earning your education without having to worry about how the next course will be funded.
- ✓ Career growth opportunities: Continuing education earns you points in the Marine Corps, and an associate degree earns you two points on your advancement exam in the Navy. This translates directly to increased promotion opportunities and more money in your bank account.
- ✓ Dynamic and challenging work environment: Aviation maintenance is a constantly-evolving industry with new technological advancements. Lifelong learning keeps you on the cutting edge, which makes you a better maintainer.
- ✓ Stackable certificates: USNCC's Associate of Science in Aviation Maintenance degree includes an embedded

15-credit Certificate of Naval Studies and an embedded 18-credit Certificate of Aviation Maintenance. This means you are earning milestone credentials on the way to your degree.

✓ FAA credentialing: The Associate of Science in Aviation Maintenance prepares you for the written, oral, and practical examination for the Airframe and Powerplant License and, combined with the required experience, you can earn your Part 65 certification. This means your education and experience combined makes you a more qualified and competitive aviation maintenance technician.

✓ Online and asynchronous learning environment: It doesn't matter where in the world you are, as long as you have reliable internet access, you will be able to continue on your path to earn a naval-relevant associate degree in aviation maintenance. This means you can earn your degree on your schedule.

Sign up today for the Associate of Science in Aviation Maintenance degree on USNCC's website, www.usncc.edu.



The Skyline ~ Naval Air Station Meridian, Miss.

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Local Happenings

FEBRUARY

4: St. Paul & The Broken Bones at 8 p.m. at the MSU Riley Center. Paul Janeway's impassioned vocals drive the eight-piece band, still based in their hometown of Birmingham, Alabama. They drew their original inspiration from classic soul. Tickets to be announced; call 601-696-2200.

9: Jane Austen's Pride & Prejudice at 7:30 p.m. at the MSU Riley Center. Join us for an evening with the Aquila Theatre group. Tickets are \$20 adults, \$10 students; call 601-483-9810.

17: Masquerade at Merrehope from 6-8 p.m. at Merrehope. You'll enjoy live entertainment, the very best King Cakes ever, party fare . . . plus some fun Merrehope Mardi Gras surprises. It's BYOB with a \$10 admission at the door. Throw some beads around your neck, dress all out in Mardi Gras attire or come as you are. For information, call 601-483-8439.

18: Meridian Mardi Gras from noon- 6 p.m. at City Hall. Join us downtown event featuring parades, delicious food vendors, amazing bands, and MORE! Free to the public. Contact annagrace@mitchellcompanies.com.

25: Dr. Seuss' Silly Birthday Celebration from 10 a.m.-3 p.m. at the Mississippi Children's Museum – Meridian. Free to members, tickets are \$10, call 601-512-0270.

Navy launches CL1P to optimize fleet readiness

The Navy is partnering with best-in-class strategic industries like Four Inc., IBM and Cubewise to launch the Class 1 Common Operating Picture (CL1P), a program to optimize fleet readiness.

Leaders gathered for a ribbon cutting ceremony January 24, 2023, aboard USNS Robert E. Peary (T-AKE 5) to celebrate the occasion.

Spearheaded by Rear Adm. Matt Ott, director of fleet ordinance and supply for U.S. Fleet Forces Command, the program will tie many mission partners together and remove stovepipes of data and information flow while also removing additive steps the Fleet sailor uses today in a dated and reactive manner. The end goal is an improved end to end subsistence visibility, which will then help enable improved Naval readiness

and mission vibrancy.

"The technology we plan to employ may start with food, but to me, it is commodity agnostic and marries the right elements that drive integration across our supply chain ecosystem," said Ott. "We operate in a very dynamic environment and our logistics must pace, and in many cases, precede and propel, our operations."

"It's all about getting the right food to the right place at the right time," said Capt. Mark Bowmer, Fleet Supply Policy, U.S. Fleet Forces Command. "When we apply business intelligence, we will optimize the supply chain and support the force more effectively with sustained mission readiness."

-- From U.S. Fleet Forces Command Public Affairs

[Read more, click here](#)

USS Leyte Gulf (CG 55) arrives in Souda Bay, Greece

The Ticonderoga-class guided-missile cruiser USS Leyte Gulf (CG 55) arrived in Souda Bay, Greece, for a scheduled port visit, Jan. 30.

The port visit is part of Leyte Gulf's planned mid-deployment voyage repair (MDVR) maintenance period and allows Leyte Gulf Sailors much-deserved leisure time while taking in the sights, art, history and food of Crete.

"We are elated to return to Souda Bay," said Capt. Michael Weeldreyer, commanding officer of Leyte Gulf. "The time in port will be used to conduct needed maintenance and enjoy some well-earned rest and relaxation, not to mention continue to foster our friendships with partner nations."

Ships require preventative and regular maintenance to operate reliably,

much of which is completed underway. However, some maintenance items must be completed pierside due to work requirements or parts. Planned MDVRs allow U.S. ships to complete these corrective and preventative repairs to ensure the ship remains fully mission-capable throughout the entire deployment.

While in port, Sailors will also have the opportunity to engage with the local community by participating in a series of community relations (COMREL) events at a local dog shelter where the Sailors will assist in improving the shelter grounds and animal socialization, as well as picking oranges for local orphanages.

-- From MC2 Christine Montgomery

[Read more, click here](#)

U.S., international forces seize illegal drugs in Gulf of Oman

A U.S. Coast Guard vessel seized illegal drugs worth a total estimated U.S. street value of \$33 million from a fishing vessel transiting international waters in the Gulf of Oman, Jan. 30.

U.S. Coast Guard cutter USCGC Emlen Tunnell (WPC 1145) was patrolling regional waters in support of Combined Task Force (CTF) 150 when it seized 4,000 kilograms of hashish and 512 kilograms of methamphetamine from the smuggling vessel.

Currently led by the United Kingdom Royal Navy, CTF 150 is one of four

task forces organized under the Combined Maritime Forces (CMF). This was the first drug seizure in 2023 for CMF.

"This is just the beginning of our work in delivering maritime security operations in the region to stop illicit activities and drug smuggling," said UK Royal Navy Capt. James Byron, the CTF 150 commander. "This comes as a result of a valued partnership between CTF 150 and all partner nations in Combined Maritime Forces."

-- From U.S. Naval Forces Central Command Public Affairs

[Read more, click here](#)



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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.

New! 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

New! 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.

New! 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 shop-

ping 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

Sesame Workshop rolls out self-care content for military families

By Katie Lange

DoD News, Defense Media Activity

Like many Americans, emotional well-being is something that many military families have said they're struggling with since the pandemic started, according to Sesame Workshop, which works with the Defense Department to bring information to military families through its websites and free apps.

In response to that, Sesame Workshop has launched new digital resources for military parents and children that offer simple strategies for mental health and self-care. The resources include videos demonstrating the importance of finding the little wins, being flexible with routines, meal planning and even learning how to be still and quiet.

"I know it's not always easy, and self-care doesn't always feel attainable," explained Sesame Workshop's Tara Wright, who's a mother of three and a military spouse. "But these resources can be a nice little reminder that taking care of yourself really does help your family, and it can also be done with your family. It doesn't have to be apart."

For instance, in one of the videos, Elmo's mom, Mae, is frustrated when she's trying to make dinner. Elmo's dad is away with the National Guard, and Elmo really wants his mother to play with him. In that moment, Mae decides she's going to keep things simple and order a pizza, instead.

"She makes the choice right there: 'I don't have to do it all,'" Wright said. "We know that every night can't be pizza



Photo from Sesame Street

A video still shows the Muppet Elmo and his father looking toward the camera.

night, but, in that particular moment, her act of self-care was setting aside a routine that was causing her a lot of stress and instead focusing on spending time with Elmo."

Wright, who's raising three boys under age 5 while her Marine Corps husband is on temporary duty, said she definitely finds the videos relatable. After all, while children will enjoy the videos for the Sesame Street connection, the underlying messages are really for the parents.

"These are definitely giving some mod-

eling and encouragement to parents that it's okay to not be at our best all the time and that there are manageable, approachable things that we can do to feel a little bit better," Wright said. "My kids don't always understand why I feel frustrated ... but they do understand that I'm making the choice to connect with them. I think that's what the kids will see in these videos and, especially, what parents will see."

Sesame Workshop has several other military-related resources, including those that can support families dealing

with deployments, long-term caregiving, transition to civilian life, grief and more. A military spouse and mother of three named Alexis told Sesame Workshop that when her husband was away on temporary duty, it was hard for her to explain to her 3-year-old why he couldn't see his dad. The Sesame Workshop resources that focus on temporary duty really helped, Alexis said.

"It's almost like watching the stages of grief take place — they get angry, they get sad, they're trying to work through big feelings that they don't understand," Alexis said. "Having someone like Elmo who's going through this, too ... They can relate to how he's having a hard time and look up to how he's dealing with it. Just knowing that you're not alone in this from someone as relatable as Elmo — it's so comforting to have that."

For a lot of the families, it's the examples of everyday situations that have resonated with them.

"I think military families—everybody thanks us for our service, but, so often, the day-to-day challenges are not really well understood," Wright said. "It's really those day-to-day things that we've heard from families who say they're just really appreciative that they're being represented, and they feel seen."

The Sesame Workshop resources are free to families and providers and are available in English and Spanish at the Sesame Street for Military Families website and at sesamestreetincommunities.org.

Navy awards contract for Red Hill alternatives

By Kevin Knodell

Military News

The Navy announced recently that it has awarded a contract to Hawaii-based Nakupuna Cos. to develop a public outreach program to look for proposals on how to repurpose the underground Red Hill Bulk Fuel Storage Facility after the military removes the roughly 104 million gallons of fuel stored in the facility's aging World War II-era tanks.

"Nakupuna and its team of sub-consultants will solicit and consider all ideas received from the community with an emphasis on citizens on Oahu," the Navy said in a Tuesday news release. "Based

on this input, the Navy will meet with the Environmental Protection Agency (EPA) and Hawaii Department of Health (DOH) to select the top five ideas, from the public, with the most merit and benefit for further consideration. The top five ideas will be further evaluated on feasibility considering environmental, engineering, maintenance, safety, cost and benefit. The final analysis will be presented to the state, DOH and EPA for review and consideration."

In its news release, the Navy called Nakupuna "a Native Hawaiian-owned and local small business." Representatives of Nakupuna could not be reached for comment.

[Read more, click here](#)



Brain-building: Hit the gym for mental strength

Last week, I did something that might seem like a mundane, ordinary, every day task by most people's standards. But for me, it was a monumental undertaking that required me to battle my demons, silence my inner naysayer, and extract what was left of my tattered and torn willpower in order to complete this simple, everyday activity.

During my 56 years of life, I've been consistently active. I was a college swimmer, reluctant runner, step aerobics fan, group exercise class regular, weight lifter, and avid power walker.

Due to foot problems that made power walking painful, I adopted an ambitious weight-lifting program in early 2020. I was gaining momentum just when the pandemic struck. During the shut down, I was forced to power walk again and ended up developing a persistent limp. Two foot surgeries, a month-long bout

with respiratory infections, and many sedentary, depressing months later, I found myself in a mental and physical dark tunnel, unsure of the way out.

I didn't know exactly what was wrong with me, but I just didn't feel right. I felt low, unmotivated, weak, and susceptible to self-destructive behaviors to like over-eating, staying up late, and procrastinating. After the holidays, I resolved to snap out of it.

But then, the unthinkable happened — our dog unexpectedly passed away.

Without the constant, therapeutic presence of our beloved yellow lab Moby, my desire to improve my general mood became a desperate plea for mental strength. While I was grieving in that abyss of despair, an idea occurred to me: Could I possibly begin to build back my mental strength through physical activity? Would lifting weights or riding a bike or doing yoga give me the fortitude I need? It was worth a try.

That first day, I was at the gym for 30 minutes, during which I rode a stationary bike on Level 4, without hills or inclines. I listened to my most recent audio book and watched a television mounted on the wall playing something uninteresting about basketball. Afterward, I wiped the bike clean, filled my water

bottle, and left the building.

That's it. Nothing more.

Since then, I've been to the base gym every couple of days, each time riding the stationary bike for 30 minutes on Level 4. One day, I added hills. Another day tried the rowing machine for ten more minutes. I'm toying with the idea of doing a set of planks here and there. No biggie.

If I keep this up, I won't lose a significant amount of weight. My middle-aged ponch won't suddenly become a six-pack. I won't sign up for any Iron Man competitions. I'll never be bikini-ready.

But, I will undoubtedly be stronger.

It is well-established that physical exercise reduces mental stress, thereby lessening symptoms of anxiety and depression, and improving overall health and mental well-being. Furthermore, exercise has also been shown to improve mood, self-esteem and cognitive function; and alleviate symptoms of social withdrawal. Evidence also indicates that exercise reduces symptoms of PTSD and decreases the chances that someone will develop the disorder. Some studies show that women may get more psychological benefits from exercise than men.

The science behind the positive psychological effects of exercise involves

increased blood circulation that creates new brain cells through neurogenesis and influences the hypothalamic-pituitary-adrenal axis to mediate stress through a complicated communication system in our brains' amygdala and hippocampus. Brain chemistry changes during exercise, releasing anxiety-inhibiting serotonin and feel-good endorphins which can be as effective as taking antidepressant medications.

There's no need to get lost in the scientific weeds. Considering that about half of all Americans will be diagnosed with a mental health disorder in their lifetime, clearly everyone can benefit from adding exercise to their weekly routines.

As for me, in the brief time that I've been exercising, I've clearly noticed an improvement in my mood on the days I exercise, I'm sleeping better, and I feel more confident that I'll get through this rough patch. Although I'm not entirely out of the tunnel yet, I can definitely see the light and I'm headed in that direction.

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.

COLUMN



Molinari



NAS Meridian, MS • Morale, Welfare and Recreation

Facility Phone Numbers

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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		

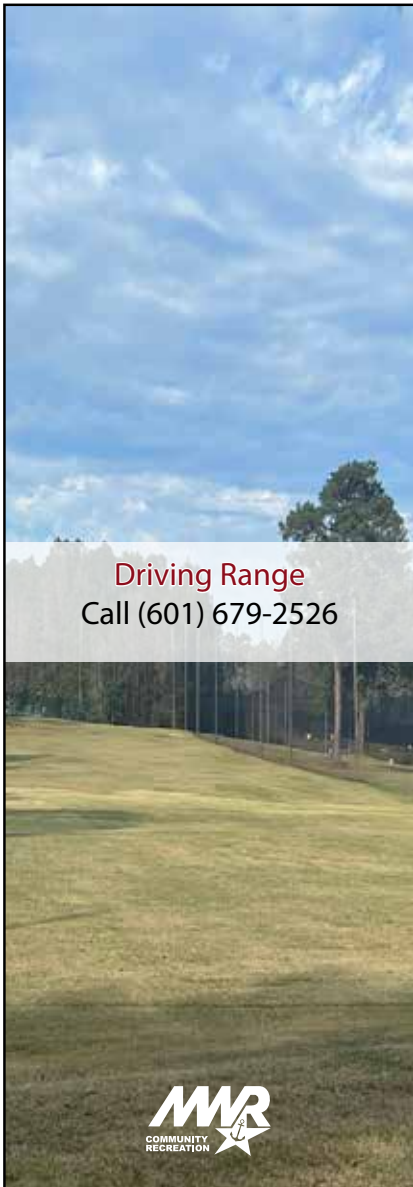
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Valentine's Day Giveaway

February 1st-13th

Complete the selected coloring page & bring it to McCain Recreation to be entered into our giveaway!

Names will be drawn & announced on Facebook, February 14th

Coloring pages will be available at all MWR recreational facilities!



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Painting with Friends

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Friendship Celebration

February 14 • 1400 • CDC

Come celebrate friendship with us at the CDC! Parents are welcome to attend!



NAVYMWRMERIDIAN.COM

President's Day Story Time

FEBRUARY 15 1000 LIBRARY

Come learn about Abraham Lincoln and George Washington at this week's story time!



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