



Life on NSA NSA Mid-South Night Audit Reaping Dividends



Capt. Stephen Fimple, commanding officer of Naval Support Activity (NSA) Mid-South, briefs Assistant Secretary of the Navy (Energy, Installations and Environment) Roger Natsuhara on the NSA Mid-South photovoltaic car charging port. The carport will recharge their current fleet of 17 electric vehicles with renewable electricity in approximately four hours. In addition to charging vehicles connected through either 110V or 220V plugs, the carport will also provide excess electricity to the local power grid, further reducing the base's electricity costs. The charger became operational in May of this year.

(Photo by MCI William Jamieson)

By MCI William Jamieson

In January, Naval Support Activity (NSA) Mid-South Public Works Department conducted a night audit of base buildings which has resulted in energy awareness and savings programs that could total more than \$100 thousand in savings over the fiscal year.

The audit's purpose was three-fold and focused on overnight energy awareness, increased Building Energy Monitor (BEM) accountability and decreased energy usage.

Capt. Stephen Fimple, recently departed commanding officer of Naval Support Activity Mid-South, said the efforts were a testament to group action in achieving energy goals.

"We all know the budget has been and will be tight going forward, but the efforts and buy-in from the tenant commands and our own team show me that we have a group of people who are committed to being part of the solution," said Fimple. "Every light switch or computer monitor powered off when not in use, makes a difference, and I'm proud to say our Sailors and civilians have gotten that message and are doing their part."

Many of the ideas being implemented as part of energy saving efforts have come from sources outside the public works department energy team, which is indicative of the level of buy-in from the entire NSA Mid-South team.

Lt. Cmdr. Gregg Benton, Naval Facilities Engineering Command (NAVFAC) NSA Mid-South public works officer, said the night audit has been instrumental in bringing energy awareness to the forefront and BEMs on base have risen to the challenge by lowering energy usage through their own initiatives.

"We have been constantly getting new ideas for energy savings from our Building Energy Monitors from the tenant commands," said Benton. "One of them suggested de-lamping the water tower, which is saving more than \$1,000 over the fiscal year. They have taken it upon themselves to install timers on lights and equipment. It has been outstanding how night savings have really translated into day savings. We just want to keep that

positive movement going forward, and I think we are headed in the right direction."

Steve Rhodehamel, the supervisor of Navy Personnel Command (NPC) BEMs said his teams had experienced energy conservation success through increasing awareness of the personnel who occupy their buildings.

"We have really tried to get the message across that energy savings mean a better utilization of our resources," said Rhodehamel. "These are tight economic times and if we aren't helping cut down where we can, we are part of the problem. The personnel at NPC realize that, and have been extremely helpful. From removing underutilized refrigerators to just turning off lights when they leave a room, to just being understanding when the air conditioning settings are bumped up, they are really stepping up to ensure we meet our energy conservation goals."

Another command on base that has had success in energy reduction goals is Navy Manpower Analysis Center (NAVMAC). The command has cut energy usage by de-lamping lighting fixtures, removing personal refrigerators and reducing lighting at night for unused parking lots. The BEM, Senior Chief Aviation Structural Mechanic John Geary, of NAVMAC, said his chain of command had made it easy to increase the energy efficiency in their building.

"Our chain of command at NAVMAC was on board with this project from day one," said Geary. "We all got the message that we have to look at saving money in any way possible, and everyone wanted to do their part. Two of the chiefs at the command, Chief Fire Controlman Travis Wharton and Chief Fire Controlman Kendall Phillips, have been especially helpful, but it has been an all-hands effort. My success is due to everyone who has taken part in our efforts. We just want to keep it going."

The NSA Mid-South Energy Awareness Program is an aggressive, proactive multi-phase effort to increase energy awareness, while meeting NSA Mid-South's mandated Energy Conservation Goals and Executive Orders, as well as ensuring compliance with the Navy Region Midwest Instruction 4101.2A.

Sailor Adopts Fourth Child

By MCSN Tyler Fraser
Navy Recruiting Command
Public Affairs

There are an estimated 153 million orphans worldwide. Without assistance these orphans can continue in the cycle of poverty, HIV/AIDS, trafficking, prostitution and slavery. Lt. Cmdr. Claude McRoberts, Director of Enlisted Programs for Navy Recruiting Command (NRC), has decided to do something about this problem and is in the process of adopting his fourth child.

"It'll be my sixth child, my fourth adopted one," said McRoberts. "I currently have two biological boys that are 12 and eight." I have two girls adopted from Vietnam that are both six. I have a boy adopted from South Korea that is three and I am currently in the process of adopting a 15-year-old boy from Latvia.

McRoberts explains that adopting is something he and his wife have always wanted to do.

"We always thought about adoption but after my wife's second pregnancy that was very complicated, we decided to pursue it," said McRoberts. "We still wanted to grow our family and we've always had a desire to help the orphans get adopted."

"As a Christian, the Bible says we are to take care of the orphans and the fatherless," said McRoberts. "If I don't go ahead and take care of these kids and give them a family then who will?"

Having already adopted three younger children, McRoberts says that it was a video that persuaded him and his wife to adopt a teenager as their fourth child.

"We were originally in foster care to adopt an infant and then while we were taking the classes for parenting we watched videos of people that talked about the whole time they were in foster care they wanted someone to adopt them just so they could change their last name and have a family forever," said McRoberts. "Watching that video started us looking into some of these teenagers in foster care that would never have a family."

McRoberts says that with this fourth adoption the child's age has been a major factor in his decision to adopt.

"When the children get to 16 years old they are taken out of the foster care system or orphanage," said McRoberts.

This young man was in a hosting program called Harmony in upstate New York. Harmony helps raise funds and helps people in these orphanages come to the United States for four weeks to stay in a house



Lt. Cmdr. Claude McRoberts poses with his family for a photo at his home in Millington, Tenn. (Top Row, Left to Right) Jewel McRoberts, Edgars McRoberts, Claude McRoberts. (Middle Row, Left to Right) Malachi McRoberts, Noah McRoberts. (Bottom Row, Left to Right) Eden McRoberts, Isaac McRoberts, Jordan McRoberts.

(Photo by Mass Communication Specialist Seaman Tyler R. Fraser)

with a host family. Hopefully that host family will then be willing to adopt them. This family in upstate New York hosted this 15-year-old boy and they wanted to adopt him but they couldn't because they were only 17 years and two months older than him. In Latvia you have to be 18 years older than the child to adopt. McRoberts says he knew he and his wife had to adopt the 15-year-old boy before he turned 16 and was taken out of the Harmony program.

McRoberts explains that this adoption from Latvia has been very expensive and fundraising was needed to make it possible.

"It is going to cost \$36,000 to adopt this 15-year-old boy," said McRoberts. "I told my wife if we can fundraise \$24,000 we can do it; we'll pay for the rest."

McRoberts and his wife used Facebook and blogs to get their information out. They used websites for direct donations. They also had a church wide yard sale where people donated items and they sold it. They also had some other items donated to them that they auctioned off.

"We're almost at that \$24,000 mark on fundraising; we're at around \$21,000," said McRoberts. "The rest we'll be paying for out of pocket."

McRoberts says that the Navy has played a huge role in making this adoption process possible.

"There are a lot of ways where the Navy has been very beneficial in helping our family and the adoption needs," said McRoberts. "I would say that the Navy has been a very supportive organization; I don't think I could be more satisfied with what the Navy is doing to support adoption."

McRoberts says the Navy has policies that are very supportive of adoption and the leadership has always been very supportive as well.

"The Navy has adoption leave, which is 21 days of non chargeable leave for every adoption," said McRoberts.

"The Navy's medical care starts with placement so once we have someone placed with us, even though the adoption isn't final, they're covered by Tricare." The military also reimburses you after an adoption up to \$5000 so that helps McRoberts says.

McRoberts says that he doesn't plan to adopt another child in the future but also says that his plans are always subject to change.

"I would say that right now my plan is to not adopt for a while but I may go back when my kids get old enough," said McRoberts. "My plan could always change and God could put somebody in my path; my intent way back in the day was to have three children but by the end of this I'll have six."

NRC consists of a command headquarters, two Navy Recruiting Regions and 26 Navy Recruiting Districts which serve hundreds of recruiting stations across the country. With 70 percent of the world covered in ocean, 80 percent of the world's population living near coasts and 90 percent of the world's commerce traveling by water, America's Navy continues to be forward deployed as a global force for good. Navy Recruiting Command's mission is to recruit the best men and women for America's Navy to accomplish today's missions and meet tomorrow's challenges.

Keep Your Data Safe When Using Unsecured Wi-Fi Hotspots

By NSA Mid-South Public Affairs

Sitting back at the local coffee shop and enjoying browsing the web is an activity many are familiar with, but what they might not know, is that their personnel data could be compromised through the use of public Wi-Fi hotspots.

Anyone with a mobile electronic device or Wi-Fi enabled laptop can connect directly to any unsecured Wi-Fi server and therein lays the problem, once

connected to the same wireless network even a moderately skilled data thief can see any information available on your laptop, cell phone or tablet.

However, just because there are dangers in connecting to an unsecured Wi-Fi hotspot doesn't mean you have to give up enjoying your lattes while posting photos and tweeting. It just means you need to follow a few basic rules to make yourself less of a target and more secure. Here are a few tips for upgrading your web

security. Install a good firewall and/or anti-malware program. Firewalls can help to protect your device from attacks on the outside.

Don't stay connected to unsecured hotspots for extended periods. The longer you are on the more likely you are to become the victim of an attack.

Always ask an employee which network is the correct one. If you don't, you could be connecting to a device which allows an open port for attackers.

Never conduct private business on an unsecured connection. If you wouldn't want someone malicious to know what you are doing, it is better to do it a home on a secure web connection.

Change up your passwords. This can be a pain, but not as big a pain as cleaning up the mess an identity thief can make of your personnel info and finances.

Whenever possible use the encrypted version of any website you visit. Encrypted websites use the prefix https instead of http.

Most banking websites already use these types of encryption, but many social media platforms have the ability to use them as well.

Keep in mind, these tips can't keep you completely safe, but every little bit helps. Unsecured Wi-Fi is convenient and a great way to pass the time while getting a caffeine fix, but if used incorrectly, can provide more headaches than having a little too much coffee. So try to help yourself by keeping your data and your devices secure.



Navy Ball Tickets Go On Sale

"...Call it Courage." That's the theme for the 2013 MidSouth Navy Ball scheduled for 18 October 2013 in historical downtown Memphis. The venue will be the Memphis Cook Convention Center conveniently located on the Main Street Trolley Line. All military branches, area and tenant commands are cordially invited to attend.

Head Coach of the Memphis Tigers and "C-USA Coach of the Year for 2013, Josh Pastner, has asked to speak at this year's ball, but is still trying to resolve a scheduling conflict with ESPN (We will have final confirmation by 18 August).

We are once again lucky enough to have the NSA Mid-South Navy Band perform at the ball. They will be play-

ing throughout the evening beginning with the reception at 1800 and ending with the evening's dance music.

Tickets go on sale 1 August.
DoD (Active/Reserve/Retired/Civilian/Spouses) Tickets prices are:
\$65 for O4-10/GS14-15
\$55 for E7-9/O1-3/Midshipmen/GS12-13
\$45 for E5-6/GS10-11
\$35 for E1-4/GS1-9

*Ticket prices will increase \$5 per ticket for purchases made after October 2, 2013.

The last day to purchase tickets will be October 9, 2013.

Meal Choices will be a rib-eye (cooked medium), grilled chicken breast, or Gnocchi. For special dietary needs or food allergies, please contact

Ms. Sherry Olive at sherry.olive@navy.mil.

Attire: Dinner Dress Blue Jacket for O-4 and above (optional for O-3 and below)

Dinner Dress Blue for O-3 and below

(<http://www.public.navy.mil/bupers-npc/support/uniforms/uniformregulations/chapter3/Pages/default.aspx>)

Black Tie/Formal for civilians

The Memphis Downtown Marriot Hotel (soon to become the Sheraton) has blocked 80 rooms at a special rate of \$109 per night, so reserve yours early. You can call 901-527-7300 to reserve your room and ask for the MidSouth Navy Ball group rate.

On-site childcare is TBD; please contact a Navy Ball POC if you are interested in this service.

For more information, to volunteer or to become a sponsor, you can go to our website www.midsouthnavyball.com, visit us on FaceBook <http://www.facebook.com/midsouthnavyball>, email at midsouthnavyball@gmail.com or contact one of our POCs listed below.

Points of Contact:
NSA - M C 1
William Jamieson x7421
NAVMAC - A Z C
Marc Foster x6249
Goetich Bldg - L T
John Williams x4541
Lassen Bldg - Y N 2
Floyzell Gay x6507

Whitten Bldg - N C C
Joseph Seiler x4851
Jessica Sparkman x2343
Byron Fjeld x3820
John Williams x4541
Bldg 750 - Y N C
Dennis Chambers x7614
Bldg 784/NRC - NCCS
Brad Evans x7339
At Large LT Benjamin
Addison x9135 M s .
Sherry Olive x7616 x9427

POCs may change as needed.

Back to School SAFETY TIPS



By NSA Safety Office

As school starts up again, it is prudent to teach your children safe habits to live by while they are young. Here are a few safety items to go over with your children to avoid tragedy. This list of items have been determined to be either directly or indirectly contributory to actual school-related injuries.

--If they haven't met, it is advisable for parents or guardians to introduce themselves and their child to the bus driver, so that the driver can match up each child with their appropriate escort. Tell your children to never talk to strangers on the street, or to go with them. Tell them to run away.

--Young children must

know exactly where they will be picked up after school and what to do if their ride is late.

--Children should be reminded of the safe procedure before crossing the street. Each child should stop and look each way twice, to see if cars are coming and wait to make sure cars see them. Children should be reminded never to expect the on-coming car to stop for them in a crosswalk. Drivers can be easily distracted, so they must raise their awareness level higher in school zones.

--If a child drops something near the bus, he/she should inform the bus driver. Remind the child never try to pick it up first as the driver may not be able to see him or her. The bus driver has very

limited vision directly in front and behind the bus.

--When on the bus, tell the child to find a seat, sit down and not to raise their voice. Remind the child that loud talking or other noise can distract the bus driver, causing a mishap.

--Don't overstuff a backpack; it should weigh no more than 10 to 20 percent of your child's body weight. If the child brings home all of his/her heavy books, you may want to get a roll-away bag instead of a backpack.

--On the play ground, more children are injured falling off climbing equipment or horizontal ladders than anything else on the playground. Children under 4 shouldn't play on this equipment without close

adult supervision.

--Kids are often reluctant to tell adults about bullying because they are ashamed, embarrassed or fearful of retaliation, so it is important to praise them for being brave enough to speak up. Serious emotional problems could result from bullying.

The safety of your children is your highest priority, so use your knowledge of Operational Risk Management (ORM) to detect hazards as you set about your child's routines. What they learn at an early age, they are likely to carry with them into adulthood, so it's very important to start out right. Take a lot of pictures and enjoy watching them grow!



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This week in Navy History

August 8

1813- US Schooners Hamilton and Scourge founder in storm on Lake Ontario

1959 - Announcement of Project Teepee, electronic system to monitor 95 percent of earth's atmosphere for missile launchings or nuclear explosions. System developed by William Thaler, Office of Naval Research physicist.

1972 - Women authorized for sea duty as regular ship's company

August 9

1815 - CAPT Stephen Decatur concludes treaty for U.S. with Tripoli

1842 - Signing of Webster-Ashburton Treaty under which U.S. and Great Britain agreed to cooperate in suppressing the slave trade.

1865 - Return of Naval Academy to Annapolis after 4 years at Newport, RI

1919 - Construction of rigid airship ZR-1 (Shenandoah) authorized

1941 - Atlantic Charter Conference is first meeting between President Roosevelt and Winston Churchill

1942 - Battle of Savo Island begins; First of many sea battles near Guadalcanal

1945 - Atomic bomb dropped on Nagasaki, Japan. Navy weaponeer arms the atomic bomb.

1949 - First use of pilot-ejection seat for emergency escape in U.S. made by LT Jack I. Fruin of VF-171 near Walterboro, SC

August 10

1916 - First Naval aircraft production contract, for N-9s

1921 - General Order establishes the Bureau of Aeronautics under RADM William Moffett

1944 - Guam secured by U.S. forces.

1964 - Signing of Gulf of Tonkin Resolution which is used as the starting point of the Vietnam Conflict

August 11

1812 - USS Constitution captures and destroys brig Lady Warren

1877 - Professor Asaph Hall of Naval Observatory discovers first of two satellites of Mars. He found the second one within a week.

1921 - Carrier arresting gear first tested at Hampton Roads.

1960 - USNS Longview, using Navy helicopters and frogmen, recovers a Discoverer satellite capsule after 17 orbits. This is first recovery of U.S. satellite from orbit.

August 12

1812 - USS Constitution captures and destroys brig Adeona

1918 - SECNAV approves acceptance of women as yeoman (F) in U.S. Navy

1942 - USS Cleveland (CL-55) demonstrates effectiveness of radio-proximity fuze (VT-fuze) against aircraft by successfully destroying 3 drones with proximity bursts fired by her five inch guns.

1944 - LT Joseph P. Kennedy, Jr., USNR, the older brother of John F. Kennedy, was killed with his co-pilot in a mid-air explosion after taking off from England in a PB4Y from Special Attack Unit One (SAU-1). Following manual takeoff, they were supposed to parachute out over the English Channel while the radio-controlled explosive filled drone proceeded to attack a German V-2 missile-launching site. Possible causes include faulty wiring or FM signals from a nearby transmitter.

1957 - In first test of Automatic Carrier Landing System, LCDR Don Walker is landed on USS Antietam.

1958 - USS Nautilus (SSN-571)

arrives Portland, England completing first submerged under ice cruise from Pacific to Atlantic Oceans.

August 13

1777 - American explosive device made by David Bushnell explodes near British vessel off New London, CT.

1846 - Joint expedition led by CDR Robert Stockton seizes Los Angeles, CA

1870 - Armed tug Palos becomes first U.S. Navy ship to transit Suez Canal

August 14

1813 - HMS Pelican captures USS Argus

1886 - SECNAV establishes Naval Gun Factory at Washington Navy Yard

1941 -

1945 - Japan agrees to surrender; last Japanese ships sunk during World War II (15 August in DC)

Family Matters

Military Spouses Choir to Perform on 'America's Got Talent'

By Tim Hipps
U.S. Army Installation
Management Command

A group that got its start in Army Entertainment is the driving force behind the American Military Spouses Choir, an "America's Got Talent" quarterfinalist scheduled to perform tonight at Radio City Music Hall in New York.

The show will be televised live on NBC at 9 p.m. EDT.

The competing choir consists of 37 spouses of active-duty military personnel, including 10 Army wives whose husbands range in rank from sergeant to major general. All told, there are 50 military spouses in the choir, ranging in age from 19 to 54, whose husbands range in rank from corporal to two-star general.

The group is the brainchild of Victor Hurtado, an Army Entertainment veteran who has performed in and directed programs such as the U.S. Army Soldier Show, Operation Rising Star, Military Idol and Stars of Tomorrow, among others, for nearly three decades. Hurtado also founded CAMMO, a nonprofit Center for American Military Music Opportunities, which supports the military wives choir.

The group was assembled for a May 6 performance at the 2012 Kennedy Center Spring Gala in Washington, D.C., where they sang "The Promise That We Make," an original song co-written by Charlie Midnight, who penned "Living in America" for James Brown, and Bernie Herms, who arranged the Natalie Grant version of "Joy to the World."

"They were supposed to do a one-night performance at the Kennedy Center," Hurtado deadpanned. "And, oh, by the way, I put them together over the Internet while directing the last two weeks of Soldier Show last year."

Several clips of Foster introducing the American Military Spouses Choir are available on YouTube, as is footage of them singing "Ain't No Mountain High Enough" on "America's Got Talent."

The lead vocalist for that number, Melissa Gomez, won Army Entertainment's 2010 Operation Rising Star, a military singing contest about to embark on its ninth season.

"Melissa has risen to the top from the very beginning," Hurtado said. "Her training that she got over the years with Army Entertainment was extremely evident."

The military wives climbed their first mountain, which obviously was not high enough, May 10 in Chicago, and advanced to the second round in Las Vegas, where they were told July 16 to pack their bags for a trip to New York.

"Their performance was strong enough to put them through," said Hurtado, who explained that 60 acts advanced to the "America's Got Talent" quarterfinals in New York, where 12 will perform each week for five weeks.

"There were a few that were put through without having to perform again [in Las Vegas]," Hurtado said. "It's going to keep going, because these ladies ain't playin'."

Vicki Golding, Army Entertainment's 2006 Military Idol champion, is the choirmaster for the American Military Spouses Choir.

"She is the reason why we're able to do what we do," Hurtado said. "I send her the arrangements, she writes out the parts, and then Joey [Beebe] checks our work. She has become a real viable music director/choirmaster."

Beebe, another former Soldier Show performer, currently serves as music director of Army Entertainment's marquee program. He also works with soldiers and military family members competing in Operation Rising Star.

"Joey Beebe is the music director for CAMMO, so that makes him the music director for all the artists that fall under CAMMO," Hurtado said. "When the ladies first met, they actually met the night before the gig at the Kennedy Center. They had never met before. And Joey has had that choir since that night. He taught them the song. He made it sound amazing. And they performed the next day at the Kennedy Center."

"David Foster said it was some of the best vocal choral work, dynamically, musically, pitch-wise, everything, that he had ever experienced in his life," Hurtado continued. "And he told Joey that himself. Joey just stood there and listened. I've never seen Joey at a loss for words like that before."

Ron Henry, another former Army Entertainment performer and original member of the 4TROOPS recording group, also helps the American Military Spouses Choir.

"He's in line to work with the ladies when one of us is not there," Hurtado said. "Vicki, Joey, Ron and I have all groomed so well that we can all sing, fill in for 4TROOPS, or conduct a choir. To have that sort of stable, that we are all interchangeable like that, is pretty satisfying for someone who had Sergeant Henry coming to Alaska with me, and Specialist Beebe coming to be the first assistant director, or Vicki Golding, who won Military Idol and sings so beautifully and is such a skilled music director. Who knew, right?"

And then there are the ladies getting it done on stage for their troops.

"I have been a military spouse for 34 years, and this choir experience validates what I have learned about all military spouses," said Karen Gravin Bartell of Fort Eustis, Va. "They are strong, loyal, resourceful, supportive, kind-hearted, honest and, of course, talented. 'America's Got Talent' and Radio City Music Hall are giving us the chance to show that to America."

"I love being part of a choir that sings in tribute to our military," said Michelle Gable, of Fort Meade, Md. "I sing to say 'thank you.' I sing to say 'I love you.' I sing so that those who are silent will be remembered."

"Being in the choir is a dream come true for me," said Gomez, an Army veteran and spouse with the 7th Special Forces Group at Eglin Air Force Base, Fla. "I feel I am part of something so special that is afforded to me because I am a military spouse. Being in New York is still surreal. Performing at Radio City Music Hall solidifies our status as true artists in the music industry, and our cause is one worthy of recognition."

"First and foremost, I am in total awe, total shock of where we are now: New York City!" said Yari Dominguez, of Fort Rucker, Ala. "And we'll be performing at Radio City Music Hall, where the big dogs perform -- where legends have paved that path for others' dreams. It's a true honor to be singing with such an amazing group of ladies, knowing we all represent and stand for the same reason. It's a blessing -- a once-in-a-lifetime experience."

The experience is more than just a competition, said Crystal Wood, of Joint Base Anacostia-Bolling in Washington, D.C.

"This choir has given me a sisterhood and a support system that I have never had," she added. "The love and support we have received from not only military families, but also from the public, is incredible. So many times as a military family, we are isolated and struggle alone."

"Since being on the show," she continued, "so many families have said that we have inspired them, when in fact their support has inspired us. We are representing not only military families but also anyone who has been separated from their loved ones or experienced difficult situations. We are a beacon of hope for so many, that no matter how difficult the journey may be, you can always find a glimmer of light and the end of even the darkest tunnel. Performing at Radio City Music Hall is affirmation that as a society we all should support each other and we can overcome even our darkest moments."

Stephanie Holberg of Fort Leavenworth, Kan., said being in the choir means she is not alone.

"It's a blast being in New York City, beyond a dream to perform at Radio City Music Hall, and a huge honor to give military spouses a voice," she said. "In a world where you hear so much negative news, this is such an amazing forum to share our stories and share something positive and patriotic like military spouses singing for their husbands and choir."

The remaining Army wives in the choir are Brandy Albert and Rachael Smith, both of Fort Belvoir, Va.; Deidra Lee Stubbs of Walter Reed National Military Medical Center in Bethesda, Md.; and Sonja Perry of Joint Base Langley-Eustis, Va.

Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, dropped by to visit during one of the American Military Spouses Choir rehearsals and his wife, Deanie, personally thanked the ladies.

More than 35,000 acts auditioned last autumn for this season of "America's Got Talent," which will culminate in September.



EYE ON THE FLEET

Marines with the 31st Marine Expeditionary Unit (31st MEU) and a Sailor approach the well deck of the amphibious transport dock ship USS Denver (LPD 9). Denver is on patrol with the Bonhomme Richard Amphibious Ready Group and is conducting routine joint force operations in the U.S. 7th Fleet area of responsibility.

(Photo by MC3 Christopher Lindahl)

Navy Advancement Center Announces Enlisted Examination Answer Sheet Change



Fire Controlman 3rd Class Stephen Palau, of Moreno Valley, Calif., takes the Navywide Petty Officer 2nd Class advancement exam in the mess decks of Arleigh Burke-class guided-missile destroyer USS Lassen (DDG 82). Lassen is part of Destroyer Squadron 15, forward deployed to Yokosuka, Japan, and is underway to conduct exercise Foal Eagle 2013 with allied nation Republic of Korea in support of regional security and stability of the Asia-Pacific region.

(Photos by MC3 Ricardo R. Guzman)

By Tom Uppdike
Naval Education Training
Professional Development Technology
Center

The updated enlisted examination answer sheet announced Aug. 5 in naval administrative message (NAVADMIN) 195-13 will be implemented for the E4-E6 Navy-wide advancement exams, administered starting in Aug. 2013 for Reserve and Active Duty personnel.

The new form, NETPDTTC 1430/2 (REV 3-2013), is green in color and replaces the red answer sheet which has been in use for more than 10 years. A key change to the new form is the use of the Department of Defense Identification Number (DOD ID). The DOD ID is a unique 10-digit number that is associated with personnel and their common access card (CAC). A DOD ID is assigned to each person registered in the Defense Enrollment and Eligibility Reporting System (DEERS).

"The new green exam answer sheet is part of a larger effort within NEAS (Navy Enlisted Advancement System)

to support the Department of Defense's social security number reduction plan," said Cdr. Scott Briquet, Navy Advancement Center (NAC) director. "We are taking steps to inform all command ESOs (Educational Services Officers) of the answer sheet change in advance of the upcoming exam cycles."

The NAC ships and processes more than 300,000 examination answer sheets each year.

The use of the DOD ID rather than an individual Sailor's social security number (SSN) mitigates exposure of advancement candidates' personally identifiable information (PII).

CACs issued after June 2011 will have the DOD ID number displayed on the back of the card. Sailors with access to an NMCI computer can also get their DOD ID number by looking for the window containing the 10-digit DOD ID number during log in or upon removal of the CAC.

The new green answer sheet must be used for all future examination cycles. Command ESOs should destroy any outdated red answer sheets held. Use of a red answer sheet will result in scan-

ning errors and exam discrepancies.

NAC also updated the Advancement in Rate or Change of Rating Worksheet (NETPDTTC 1430/3 REV 06-13) which is used locally by commands to perform calculations and establish eligibility for enlisted advancement cycles. Advancement information on the form, such as a Sailor's performance mark average (PMA) and individual award points is copied from the cycle worksheet to the examination answer sheet on the day of the exam. The new worksheet also requires the use of the DOD ID. The form can be downloaded on the Navy Enlisted Advancement System (NEAS) Web at <https://neasonline.navy.mil/>.

"We are also using NEAS Web to help ESOs look up individual advancement candidate DOD IDs to support exam ordering and processing," added Briquet.

For more information about the Navy Advancement Center and the Navy Enlisted Advancement System visit <https://www.facebook.com/pages/Navy-Advancement-Center>.

CALENDAR OF EVENTS

Mid-South Commissary Tour by a registered Dietitian - dates are available upon request. Go on a free 90-minute interactive tour of the DeCA commissary with a registered dietitian for inside tips on how to identify tasty, healthful food choices and discover popular food and marketing trends. To register call 874-6178. The Information, Tickets and Travel office (ITT) and, Navy Getaways has moved into the newly renovated Ellison Family Recreation Center (Bldg. S-499 | 5671 McCain St.) Our hours of operation are Monday - Friday 11 am - 9 pm, Saturday and Sunday 2-9 pm and holidays 2-7 pm. Date for our grand opening remains to be announced. Updates to this information will be available online at www.facebook.com/MillingtonITT.

Domestic Violence Awareness - The Memphis NCIS office is currently offering Domestic Violence Awareness Briefings for NSA Mid-South Commands. Interested Units and Commands should contact NCIS agent Chad Willie at 901-874-5387 to schedule a briefing.

Insider Threat Counter Intelligence Briefing Opportunities - The Memphis NCIS office is currently delivering "Insider Threat" Counter-Intelligence and Counter-Terrorism Briefings for NSA Mid-South Commands. Interested Units and Commands should contact Deborah Cross at 901-874-5387 to schedule a briefing by an NCIS Special Agent.

Tobacco Cessation Classes - (TBD) Monthly at Naval Branch Health Clinic. If you are unable to attend a class, individual appointments are also available. Call Beth McKinzie RN, CDE Health Promotion/Education at 874-6178 to register.

Child abuse and Exploitation Briefings - NSA NCIS office. Interested Units and Commands should contact Deborah Cross at

901-874-5387 to schedule a briefing by NCIS Special Agent Chad Willie.

The Rock - A teen bible study, every Sunday evening from 5:30 p.m. to 7:00 p.m. This is a FREE, basic religious instruction for the military teen. Free food and drinks provided. Join us for a fun and informative time at the NSA Mid-South Chapel Center. Please call 874-5341/7232 for more information.

NSA Mid-South & MWR present "Summer Family Fun"

Millington Family YMCA Summer Membership May 25 thru September 3, 2013. Program is for Active Duty Military and their immediate family members only. Purchase your Millington Family YMCA "Summer Fun 2013" Membership at Joe Dugger Fitness and Sports Complex. Activation will take 2-5 business days. For more information call 901-874-5497. Updates to this information will be posted online at www.facebook.com/navyfitnessmidouth.

Hands Only CPR Class - One quarter of Americans say they've been in a situation where someone needed CPR. If you were one of them, would you know what to do? Studies have shown that being trained in hands-only CPR can make the lifesaving difference when someone suffers sudden cardiac arrest. If you are interested in completing this fifteen-minute manikin hands-on training, contact Cliff Oliver at the NSA Safety Office 874-5398 to sign up for an upcoming class. Groups of six or more can request the training be brought to their worksite on base.

At Eagle's Peak... We'll have your food ready and at your table in a jiffy! Give us 24 hours notice and we will give you ...our Speedy Southern hospitality group service! To reserve tables and/or place an order for your group call 874-5415/5372 or send email to mary-balzell@navy.mil.

balzell@navy.mil.

At Eagle's Peak... Every Friday 4-6 p.m. join us for Happy Hour. Come in for food, drinks and friendly conversation! For more information call 874-5415/5372 or send email to marybalzell@navy.mil.

At Eagle's Peak... We'll have your food ready and at your table in a jiffy! Give us 24 hours notice and we will give you ...our Speedy Southern hospitality group service! To reserve tables and/or place an order for your group call 874-5425/5372 or send email to mary-balzell@navy.mil.

Every Friday - Trivia Night at Eagles Peak.

Trivia night 7 - 9 p.m. Every Friday Night Team sign ups start at 7 p.m. (Teams 4-6 people.) Prizes awarded for 1st, 2nd and 3rd place teams. Grill open 6:30 - 9 p.m. Call 901) 874-5415 for more information.

Every Wednesday and Thursday - Free Yoga Class

If you can breathe, you can do Yoga. Free Coed Lunch Break Yoga class will be held Wednesdays and Thursdays at Joe Dugger Fitness and Sports

Complex. For more information call 874-5497 or visit www.facebook.com/933Yoga.

Every Thursday - The NSA Mid-South Toastmaster Club Meeting

The NSA Mid-South Toastmaster Club can help you: 1) become a better speaker and presenter, 2) communicate with more confidence, 3) develop better leadership skills, and 4) listen more effectively. All military and civilians are invited to be guests at our weekly meetings held Thursdays, 1135-1235, Whitten Bldg (791), Rm B102. For more information on the benefits of joining Toastmasters, please contact Julieanna Walker at 901-874-6898 or Julieanna.walker@navy.mil.

Chief Petty Officer's Association 200 Mile Club - Open to all NSA Mid-South personnel, both Military and Civilian. Log 200 miles running or walking to be officially recognized as a member of the 200 mile club and receive your 200 mile club T-shirt

SEE: FCC ALLRED 874-5071 BLDG-S237

FOR MORE INFORMATION AND TO JOIN \$5.00 REGISTRATION FEE

Naval Support Activity Mid-South Food Drive - Non-perishable canned goods are now being accepted through August 31, 2013 at the NSA Chapel Center. All donations will go to the Feds Feeds Families Campaign to assist them in their fight to stop hunger across America. Contact the Chapel at 874-5341 for more information.

Navy Exchange Hours Will Not Change

The current Navy Exchange hours will remain the same throughout the furlough period. These hours of operation are as follows: Monday through Friday: 0800-1900 Saturday: 0900-1900 Sunday: 1000 - 1700

The NSA Mid-South Splash Park is open for the 2013 summer season.

The NSA Mid-South Splash Park is open 7 days a week 6 a.m. until sunset. The Splash Park provides the families of the NSA Mid-South community a place to gather and relax while children of all ages enjoy the water based activity during the hot summer days we experience here in the Mid-South. Splash Park is located near the baseball field just off Singleton Avenue.

Watercolor 101 with Barrie Foster

Barrie Foster, a nationally award winning artist, will be teaching beginning adult (age 13 and older) watercolor classes at the Ellison Recreation Center on Wednesdays

from 11 a.m. to 1 p.m. in the Ellison Family Recreation Center (Bldg. S-499 / 5671 McCain St.) No previous art experience necessary and no drawing! The class will explore all aspects of watercolor while having lots of fun! The cost of the 5 week course is \$60, payable to ITT Office in advance. Classes will be held: 11 a.m. - 1 p.m. Wednesdays (May 15, May 22, May 29, June 19, and June 26.) Class Updates to this information will be available online at <http://www.facebook.com/MillingtonITT>.

Friday, August 16 and September 13 - ITT Tunica Trips

Join ITT on a bus trip to Gold Strike Casino and Resort in Tunica Mississippi. Enjoy Seafood Night at the newly renovated Buffet Americana! Leave the driving & parking to ITT! Trip Itinerary: Depart North-side parking lot at 4:30 p.m. Arrive Gold Strike by 6 p.m. Depart 10:30. Return to NSA Mid-South by midnight. Trip cost \$17 per person. Upon arrival at Gold Strike you will receive \$5 & one \$10 food coupon! Sign up by 1 week prior to trip departure. Note minimum required—20 passengers to conduct these trips. The ITT office is located in the Ellison Family Recreation Center (Bldg. S-499 | 5671 McCain St.) For more information call 874-5652 or visit www.facebook.com/MillingtonITT.

Sunday, August 18 - Champagne brunch

Champagne brunch special served Sunday, August 18, 11 a.m.-1 p.m. at the Helmsman Complex (bldg. S-760 | 7611 Singleton Ave.) Menu includes Carved top round of beef with au jus, Southern fried chicken, Broiled tilapia, Whipped potatoes with gravy, Country style green beans, Broccoli casserole, Creamed corn, Scrambled eggs, Sausage links, bacon, grits, French toast with syrup, Soup and salad bar, Dessert bar, coffee, tea, orange juice and champagne. Patrons must be 21

years of age to be served champagne. Adults \$10.50, Children 5-10 \$5.75, Children under 4 eat free. Call (901) 874-5132 for more information.

Friday, August 23 - Mongolian BBQ dinner

Mongolian BBQ dinner special served Friday, August 23, 5 - 7:30 p.m. at the Helmsman Complex (bldg. S-760 | 7611 Singleton Ave.) Menu includes an array of meats, vegetables and sauces cooked to your liking served with rice and rolls. Choose ... turkey, pork, beef, shrimp, green cabbage, bean sprouts, water chestnuts, celery, red/green and white onions, bamboo shoots, snow peas, carrots, mushrooms, pineapple and jalapeno peppers. Cost: 85 cents per oz. Call (901) 874-5132 for more information.

October 4 and 5 - Smokin' by the Lake.

Cooking teams from all over will spread the pleasing aroma of hickory smoke and BBQ throughout the Navy Lake picnic area as they compete for cash and prizes in the Smokin' by the Lake BBQ Cooking Contest Oct. 4 and 5 at Navy Lake. This event has evolved from a side activity for amateur BBQ Cookers in our Navy community (that were unable to compete in the Memphis in May competition previously hosted a Navy Mid-South) into a major community event. Because participation grew to exceed the hosted event in which it was associated, the 2013 event is certain to be one of the most highly anticipated annual events of the year. Competition Categories: Pork Shoulders * Pork Ribs * Chicken * Beans * Chicken Wings * Brisket * Anything But and Sauce Competition awards to be announced. Entry forms available at Ellison Family Recreation Center (Bldg. S-499 | 5671 McCain St.) To sign up and/or for more information call (901) 508-1982 or visit www.facebook.com/MWRSmokinbythelakeBBQcontest.

Chaplain's Compass

Working for the Glory of God

By Capt J.F. Vieira
U.S. Navy Chaplain

Brother Lawrence was a monk who lived 300 years ago and worked in the galley of his monastery. He wrote a book, The Practice of the Presence of God which today is considered a classic in the area of Christian devotion.

Brother Lawrence spent much of his time in the monastery scullery scrubbing pots and pans. He also had a collateral duty as the monastery cobbler. In these jobs, he said, he learned to glorify God in simple tasks and to pray with his hands. By bringing to each small job the best of his ability, he developed the practice of living prayer.

Whether he was bustling around the galley, repairing shoes or kneeling in prayer, he learned to grow spiritually as well as mentally and to cultivate a never-ending, ever-deepening sense of God's presence.

Each day you do hundreds of small tasks. Perhaps you feel at times unrecognized or unnoticed, or that your job is insignificant in the great scope of things. The fact is it doesn't matter what you do or what position you hold. What really matters is the spirit in which you work, and how you approach your work.

Brother Lawrence teaches us an important and very wise lesson: Even the simplest tasks, when done to the best of your ability, are important in God's eyes. Whenever you bring to any job the best of yourself, your fullest mind, an honest heart, and a striving for excellence, then your work, no matter what you do, becomes like a living prayer to God. - CAPT J. F. Vieira, CHC, USN

Prayer: Lord, help us to be mindful of our duties and obligations to you, our families, our country, and our service in the military. Help us to remember that we not only work for the military, but for

you! In these tough economic times, thank you for allowing us the opportunity to work.

We pray for those searching for work, or for a better position. Guide them and us, and give us all the wisdom to be aware of opportunities to succeed, while strengthening us to overcome adversity. I pray this in your holy name, amen.

Verse of the Week: "And God is able to make every grace overflow to you, so that in every way, always having everything that you need, you may excel in every good work." - 2 Corinthians 9:8

Name that Tune: (Hint: These all have a work-related theme.)

- 1) "All day long they work so hard, til the sun is goin' down."
- 2) "... you better start from the start."
- 3) "... Let me thank you for your

Putting the "Who" Into It

In California, a 31-year-old O-3 was driving his home from an extended session at a local bar. It was 3:55 a.m. He came to a sharp left turn, followed by a sharp right turn.

Here's how the mishap report described what happened next: the Ford Explorer he was driving "failed to follow the roadway, crossed over to opposite left lane and struck the guardrail."

No. The Ford didn't fail to do anything. It was operating just fine. It started when he had stabbed his key into the ignition, and it had moved forward when he put it in gear and stepped on the gas.

All of the failures leading up to the wreck were human. The driver failed to stop drinking when he'd had a reasonable amount. He failed to call a cab when his BAC was 0.151. He failed to realize that trying to drive home was the worst idea he'd had in a long time.

When he got to the curve, he failed to slow down. And then he failed to keep control of his vehicle, which, by the way, skidded along the guardrail, flipped



over the guardrail, and then rolled down into some woods.

The only good thing was that he hadn't been too drunk to forget his seatbelt. He ended up with severe trauma to his head and a concussion.

Here's another example, a civilian woodworker who had just finished using a nail gun. "He laid the gun down with the nailing end pointing towards him," the mishap report said. "It went off, shooting a nail through the index finger of his left hand."

"It went off"? Is that what those things do? Doesn't that make them a little hard to use, not to mention dangerous, being so inherently unpredictable? On the last nail gun I used, you had to make it go off by pressing a trigger.

Back in the day, especially around aviation maintainers, you always heard about "Murphy's Law," which, in its original and purest form, was this: "If it is possible to install a part two different ways, and one way in right and the other is wrong, sooner or later someone will install it wrong." This law said a lot about human error and the need for QA.

But through the years, the law got bastardized into something more on the order of "Bad stuff happens." It wasn't human error. It was bad luck, or being in the wrong place at the wrong time, or some other manifestation of malign destiny.

You are invited to a
FREE VETERAN CREMATION SEMINAR
This is a short luncheon seminar (Only 1 1/2 hours, including your meal)
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Topics Covered Include:

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- All the options with cremation
- Why so many people are choosing cremation

Call 888-344-6653
You will be glad you did!



Clinic Corner

IMMUNIZATION AWARENESS

Week 2

August is National Immunization Awareness Month and the perfect time to remind everyone to get caught up on their shots.

Immunizations (or vaccinations) aren't just for babies and young kids. We all need shots to help protect us, our family members and our community from serious diseases and illness. Everyone over age 6 months needs a seasonal flu shot every year. Here are some other shots people need at different ages:

Young children: Children under age 6 get a series of shots to protect against measles, polio, chicken pox, and

hepatitis.

Preteens: All 11- and 12-year-olds need shots to help protect against tetanus, diphtheria, whooping cough, and meningitis.

Doctors recommend girls & boys also get the HPV vaccine to protect against the most common cause of cervical cancer and genital warts.

Adults: All adults need a tetanus shot every 10 years.

People age 65 and over need a one-time pneumonia shot. Talk to your doctor or nurse about which shots you and your family need.

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 www.facebook.com/NSAMidSouthMWR 



JOE DUGGER FITNESS AND SPORTS COMPLEX
 Bldg. S-499 (5671 McCain St.)
 Monday thru Thursday 5 a.m. - 9 p.m.
 Friday 5 a.m. - 7 p.m. Saturday 9 a.m. - 5 p.m.
 Sundays and holidays 12 - 4 p.m.
 Gear Issue 874-5497
 Managers Office 874-5491

Closed August 14
 Joe Dugger Fitness and Sports Complex
 will be closed August 14
 to conduct building maintenance.

Active Duty and Reservist
YMCA Lap Swimming
 Supporting the Navy's Fitness Enhancement Program (FEP)
 To participate in this program,
Active Duty and Reservist members (ONLY)
 will go to the Joe Dugger Fitness and Sports Complex (JDFSC)
 and complete the registration form
 to receive a YMCA Lap Swim Access Card.
 This card will be valid from
 October 1, 2012 and expire September 30, 2013.

 **NavyFitnessMidSouth**



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 Pro shop • Rental Clubs • Putting Green • Driving Range
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 Open 7 days a week 7 a.m.-1:30 p.m.
 breakfast available 7 a.m.-10:30 a.m. only
 Give us 24 hours notice and we will give you ...
 our Southern hospitality group service!
 To reserve a table and/or place an order for your group
 call 874-5415/5372 or send email to marybalzell@navy.mil.

Eagle's Peak Bar
 Open 7 days a week 10 a.m. - 8 p.m.
 Open to the general public.
 www.facebook.com/eaglespeakbarandgrill 

NSA Mid-South & MWR present
Summer Fun
 Millington Family YMCA Summer Membership
 May 25 thru September 3, 2013
 Program is for Active Duty Military and their immediate family members only.

Summer membership will include:

- Indoor swimming pool, outdoor water park
- Sauna, steam room, whirlpool
- Kid zone/nursery/youth station
- Fit kids classes
- Free weights & techno gym circuit weights
- Fitness Orientation and evaluation
- Trekking
- Various aerobic classes (Pilates, abs, yoga, step, Y Cycle, Zumba, etc)
- Bikes, treadmills, stair climbers, cross trainers with touch screen technology.
- Family events
- Silver Sneakers, various Senior activities
- Healthy Living and Nutrition Topics; classroom education
- Diabetes and Chronic Disease Self Management Program

Millington Family YMCA hours of operation

- Monday-Friday 5:30 am 9:00 pm
- Saturday 7:00 am 5:00 pm
- Sunday 1:00 am 5:00 pm

"Summer Fun 2013" membership cost:
 (Millington Family YMCA only)

- \$199.00. Must be paid in full prior to membership activation

Purchase your Millington Family YMCA Summer Membership at:

- Joe Dugger Fitness and Sports Complex
- Questions? 901-874-5497; FAX 901-874-5657
- Cash, cashiers check, MasterCard; Visa
- If needed; 3 easy payments are available!
- Activation will take 3-5 business days.

Joe Dugger Fitness and Sports Complex will notify the member once YMCA is ready for membership processing.

Fee based options available, but not included in summer membership:

- Swim lessons
- Private swim lessons
- Swim team
- Personal training
- Buddy training
- Smart cart grocery tours & diet analysis
- Summer Sports Program



SMOKIN' BY THE LAKE
BBQ COOKING CONTEST
 NAVAL SUPPORT ACTIVITY MID-SOUTH
 (Navy Lake, Millington, TN.)

Oct. 4 & 5
 The most fun you'll ever have
 at a BBQ competition!!

Competition Categories
 Pork Shoulders * Pork Ribs * Chicken
 * Beans * Chicken Wings * Anything But and Sauce * Brisket *

Tentative plans for competition awards include:
 The Grand Champion award: \$\$\$ and trophy
 1st Place award in each category: \$\$\$ and trophy.
 2nd Place award in each category: trophy.
 3rd Place award in each category: trophy.

Cooking contest open to general public and civilians may participate.
 For more information call Billie Jean Bridges (901) 508-1982.

 www.facebook.com/MWRSmokinByTheLakeBbqContest 

event sponsors:



Neither the Navy, nor any other part of the federal nor any municipal government officially endorses any company, or sponsor, or their products or services.



NORTH-82 GYM
 Sports and Fitness Complex
 Bldg. N-82 | 7915 Memphis Ave. | 874-5188

Monday & Wednesday
 0600 - 0900/1100 - 1330/1600 - 1900
 Tuesday, Thursday & Friday
 0600 - 0900/1100 - 1330
 Saturday 1200 - 1600
 Sunday and holidays Closed

 **NSAMidSouthSports**

MAY 28 - JULY 31, 2013 SCHEDULE

Yoga
 @ Joe Dugger

Free Coed/Beginners Yoga Classes
 Tuesdays from 4:30 p.m. to 5:30 p.m.
 (instructor: Robin)

Wednesdays from 12:00 noon to 12:30 p.m.
 (instructor: Robin)

Thursdays from 4:30 p.m. to 5:30 p.m.
 (instructor: Eileen)

Subs: July 17/Eileen

For more information, call 874-5497

For more information on Robin's classes, visit www.facebook.com/933Yoga

For more information on Eileen's classes, email her at yoglek@gmail.com



NSA MID-SOUTH
SPLASH PARK

Open 0600 - Sunset
 7 days a week



ARE YOU READY FOR SOME FOOTBALL?



It's time to start putting our rosters together for the 2013 Intramural Flag Football Season!!

More exciting details to follow next week.
 For more information N82 Gym quarterdeck 901-874-5188

Have you ever wondered...
 What it feels like to have the wind beneath your wings?
 Here's your chance to find out!
 Enjoy the sights and sounds or stop over on your cross-country for some hangar time. The Memphis Navy Flying Club offers flight training at extremely competitive rates, whether you are just getting started or are a seasoned pilot already. Flight instructors are available by appointment throughout the week and on weekends.

The Club office is located just off the airfield at Millington Municipal Airport in building N-110 on Eniwetok St.
 For more information, please contact the MWR Department or leave a voice mail message at 901-874-7793.



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 Smokey Brat- \$2.25
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located at East end of Bldg. S-449
 Open 7 days a week 4- 10 p.m.

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www.facebook.com/NSAMidsouthMWR

CLOSED AUG. 14
 The Ellison Family Recreation Center, ITT and Navy Getaways closed to conduct building maintenance.
 Navy Getaways check ins/payments accepted at the housekeeping office of in building 448.

Ellison

Recreation Center

MWR LIBERTY NAVY Getaways ITT CNIC

(901) 874-5496 Bldg. S-499 (5671 McCain St.)
 Monday - Friday 11 am - 9 pm
 Saturday and Sunday 2-9 pm
 holidays 2-7 pm.

CASINO NIGHT

Friday, August 16 and September 13
 at Gold Strike Casino and Resort in Tunica, Mississippi
 Upon arrival at Gold Strike you will receive \$5 & one \$10 food coupon!
 Cost \$17 per person. Sign up by 1 week prior to trip departure.
 Bus departs base at 4:30 p.m. and returns at midnight.



Discount tickets for Graceland
 Experience the magic of Elvis with a tour of Graceland. For more information call (901) 332-3322 or visit www.elvis.com.
Combo tour (the mansion, auto museum, custom jets and the Sincerely Elvis Exhibit)
 Platinum - Adult \$31.00
 Platinum - Child \$16.00 (7-12 yrs)
 Regular ticket (mansion only)
 Mansion only - Adult \$27.00
 Mansion only - Child \$13.00 (7-12 yrs)



Malco Movie Vouchers
 Treat the whole gang to a movie. VIP vouchers good for any movie anytime. Visit www.malco.com for theater show times.
 Admission Vouchers - \$8.50
 Concession Combo pass (free refills) \$8.50

Pink Palace Museum
 Tennessee's most visited museum is located in the heart of Memphis. A regional natural history, science and cultural museum. Crew Training International IMAX Theatre.
 Imax & Exhibits General Admission Adults - \$11
 Imax Only General Admission Adults - \$6.50



The Memphis Zoo
 Closed some holidays. Tour length up to 3 hours. Last admission is one hour before closing. A must see attraction for every family to explore. See Cat Country, Primate Canyon, Animals of the Night, Once Upon a Farm, Tropical Bird House and so much more. For more information call (901) 276-WILD
 Memphis Zoo - Adult \$13.00
 Memphis Zoo - Child \$9.00 (2-11 yrs)

NAVY Getaways
 Navy Recreational Lodging and Campgrounds Reservations Center
 www.dodlodging.net
 (901) 874-5496.

ITT
 INFORMATION TICKETS & TRAVEL
 (901) 874-5652/5455
 1-800-779-4252
 www.facebook.com/MillingtonITT

Ellison Family Recreation Center Bldg. S-499 (5671 McCain St.) (901) 874-5496.
 Monday - Friday 1100 - 2100 | Saturday and Sunday 1400 - 2100

at the **HELMSMAN COMPLEX**
 Bldg. S-760 Navy Mid-South...for information call 874-5132

Join us in the **Seven Seas Dining room**

We're bigger and better than ever!
Lunch served
 Monday - Friday 11 a.m.-1:30 p.m.

It's a great time to play!



It's a great time to play Bingo! Bring your friends and family for a night of fun and excitement. Cash bar and food service available each night. The MWR bingo program is open to all MWR authorized patrons. MWR authorized patrons are defined as all personnel who live and work onboard Navy Mid-South as well as Active Duty, Retired, and Reserve Military Personnel, Naval Support Activity Mid-South civilian personnel and their family members. Patrons must be 18 years of age to attend. Bingo is played in the Helmsman Complex (bldg. S-760) Navy Mid-South. For more information call 874-5443.

Wed., Aug. 7 free 20 oz soda with dinner purchase
 Fri., Aug. 9 5-8 on regular program \$200.00
 Wed., Aug. 14 free ice cream at half time
 Fri., Aug. 16 9-12 on regular program \$200.00

Champagne Brunch
 Sunday, August 18
 11 a.m. - 1 p.m.

Menu includes carved top round of beef au jus, southern fried chicken, Broiled tilapia, whipped potatoes with gravy, country style green beans, Broccoli casserole, Creamed corn, scrambled eggs, sausage links, bacon, grits, French toast, soup and salad bar, dessert bar, coffee, tea, orange juice, and champagne (must be 21 years of age to be served Champagne)
 Adults \$10.50
 Children age 5-10 \$5.75
 Children 4 and younger eat free

Mongolian BBQ

Friday, Aug. 23
 5-7:30 p.m. in Oaks Dining Room

An array of meats, vegetables and sauces cooked to your liking served with rice and rolls. Choose ... turkey, pork, beef, shrimp, green cabbage, bean sprouts, water chestnuts, celery, red/green and white onions, bamboo shoots, snow peas, carrots, mushrooms, pineapple and jalapeno peppers.

Cost: 85 cents per oz.

MWR DINING & EVENT HIGHLIGHTS!

AUGUST 8-17, 2013 **MWR**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Movie Birthday Party Package Celebrate your birthday with us! 2 1/2 hour birthday party package includes: Table & chairs set up in designated area for the party decorated with plastic table coverings (red, blue, pink or yellow) and 12 helium balloons. A G-Rated Movie will be scheduled in the 36-seat movie theater. Chaperones are responsible for maintaining control of party attendees. Birthday party scheduling is based on availability. Cost \$45 - for a Saturday party at 2:30 or 4:30. Ellison Family Recreation Center (901) 874-5455 Bldg. S-499 (5671 McCain St.)</p>						
<p>Helmsman Lunch Buffet 8 Carved roast beef Carved pit smoked ham Eagle's Peak Lunch Special Hamburger steak with onion gravy, mashed potatoes, buttered carrots, a roll and drink \$8.00</p>	<p>Helmsman Lunch Buffet 9 Fried catfish Red beans & rice Eagle's Peak Lunch Special Catfish, White Beans, Slaw, Hush-puppies and drink \$8.00</p>	<p>Helmsman Lunch Buffet 10 FAMILY MOVIE MATINEES!! Ellison Family Recreation Center Free movies in Cinema 36 1430 Brave (PG) 1630 Pitch Perfect (PG-13) 1830 Jack Reacher (PG-13)</p>	<p>COED YOGA @ Joe Dugger 4:30 p.m. - 5:30 p.m. Ellison Family Recreation Center Free movie in Cinema 36 1630 Oz the Great & Powerful (PG)</p>	<p>Helmsman Lunch Buffet 15 Carved roast beef Carved pit smoked ham Eagle's Peak Lunch Special Hamburger steak with onion gravy, mashed potatoes, buttered carrots, a roll and drink \$8.00</p>	<p>Helmsman Lunch Buffet 16 Fried catfish Lemon pepper broiled fish Eagle's Peak Lunch Special Catfish, White Beans, Slaw, Hush-puppies and drink \$8.00</p>	<p>Helmsman Lunch Buffet 17 FAMILY MOVIE MATINEES!! Ellison Family Recreation Center Free movies in Cinema 36 1430 Monsters, Inc. (G) 1630 Monsters University (G) 1815 After Earth (PG-13)</p>
<p>Helmsman Plated Lunch 11 Fried pork chops Whipped potatoes with gravy Eagle's Peak Lunch Special Pick two (Soup/ sandwich or Soup/ salad) and drink \$7.00</p>	<p>Helmsman Plated Lunch 12 Fried pork chops Whipped potatoes with gravy Eagle's Peak Lunch Special Pick two (Soup/ sandwich or Soup/ salad) and drink \$7.00</p>	<p>Helmsman Plated Lunch 13 Country fried steak with onion gravy Eagle's Peak Lunch Special Taco Salad, Refried Beans and drink \$7.00</p>	<p>Helmsman Lunch Buffet 14 Southern fried chicken Beef tips with rice Eagle's Peak Lunch Special BBQ Bun, Baked Beans, Slaw and drink or Nachos, Cheddar Cheese Sauce, condiments and drink Bldg. S-499 and Business Operations including Joe Dugger, ITT and Rec Lodging Closed for Maintenance</p>	<p>COED YOGA @ Joe Dugger 4:30 p.m. - 5:30 p.m. Ellison Family Recreation Center Free movie in Cinema 36 1830 Ratatouille (G)</p>	<p>CASINO NIGHT Sign up at the ITT office in the Ellison Recreation Center 874-5652</p>	<p>Helmsman Lunch Buffet 18 Carved roast beef Carved pit smoked ham Eagle's Peak Lunch Special Hamburger steak with onion gravy, mashed potatoes, buttered carrots, a roll and drink \$8.00</p>



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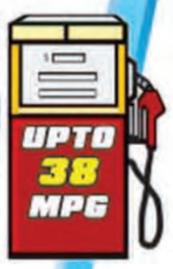
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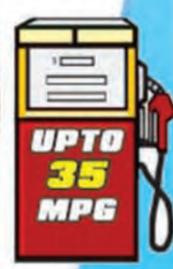
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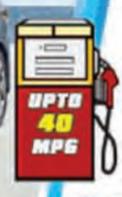
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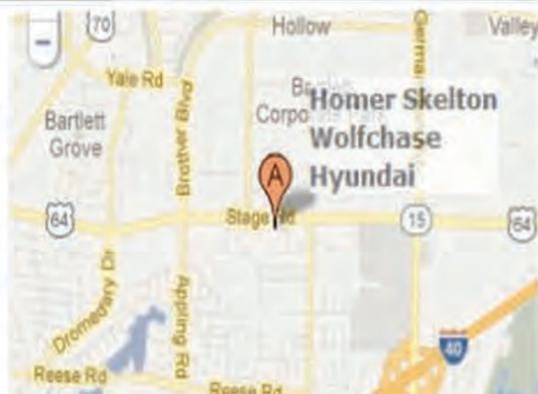
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VA Grants Up to One Year of Retroactive Veterans Benefits

From a Department of Veterans Affairs News Release

The Department of Veterans Affairs announced yesterday that veterans filing an original fully developed claim for service-connected disability compensation may be entitled to up to one-year of retroactive disability benefits.

The retroactive benefits, which are in effect Aug. 6, 2013, through Aug. 5, 2015, are a result of a comprehensive legislative package passed by Congress and signed into law by President Barack Obama last year.

"VA strongly encourages veterans to work with veterans service organizations to file fully developed claims and participate in this initia-

tive, since it means more money in eligible veterans' pockets simply by providing VA the information it needs up front," said Allison A. Hickey, Undersecretary for Benefits. "At the same time, it helps reduce the inventory of pending claims by speeding the process."

Filing an FDC is typically the fastest way for veterans to receive a decision on their claims because fully developed claims require veterans to provide all supporting evidence in their possession when they submit their claims. Often, this is evidence that VA legally must attempt to collect on the veteran's behalf, which is already in the veteran's possession, or is evidence the veteran could easily obtain, like private treatment

records.

When veterans submit such evidence with their claims, it significantly reduces the amount of time VA spends gathering evidence from them or other sources -- often the longest part of the claims process. While VA will still make efforts to obtain federal records on the veterans' behalf, the submittal of non-federal records [and any federal records the veteran may have] with the claim allows VA to issue a decision to the veteran more quickly. Typically, VA processes FDCs in half the time it takes for a traditionally filed claim.

FDCs can be filed digitally through the joint, DOD-VA online portal, eBenefits. VA encourages veterans who cannot file online to

work with an accredited veterans service organization that can file claims digitally on veterans' behalf.

While submitting an FDC provides a faster decision for any compensation or pension claim, only veterans who are submitting their very first compensation claim as an FDC are potentially eligible for up to one year of retroactive disability benefits under the newly implemented law.

FDCs help eliminate VA's claims backlog because they increase production of claims decisions and decrease waiting times. Also, VA assigns FDCs a higher priority than other claims which means veterans receive decisions to their claim faster than traditional claims.

VA continues to prioritize other specific categories of claims, including those of seriously wounded, terminally ill, Medal of Honor recipients, former prisoners of war, the homeless and those experiencing extreme financial hardship. As part of its drive to eliminate the claims backlog in 2015, VA also gives a priority to claims more than a year old.

In May, VA announced a new partnership with veterans service organizations and others known as the "Community of Practice," an effort that seeks to reduce the compensation claims backlog for veterans by increasing the number of FDCs filed by veterans and their advocates.

VA is continuing to implement several initiatives

to meet the Department's goal to eliminate the claims backlog in 2015.

In May, VA announced that it was mandating overtime for claims processors in its 56 regional benefits offices to increase production of compensation claims decisions through the end of fiscal year 2013. In April, VA launched an initiative to expedite disability compensation claims decisions for veterans who have waited a year or longer.

As a result of these initiatives, VA's total claims inventory remains at lower levels not seen since August 2011. The number of claims in the VA backlog -- claims pending over 125 days -- has been reduced by 17 percent compared to the highest point in March 2013.

A Moving Experience

New Navy Transportation Tool Takes Off

By David Smalley
Office of Naval Research

In a significant advance for military transportation, a new web-based tool sponsored by the Office of Naval Research (ONR) brings an Expedite-like search capability to Navy planners looking to move personnel or equipment around the world quickly and affordably.

The Transportation Exploitation Tool (TET) is software that allows transportation planners to easily find available space among the thousands of military and commercial flights, and ship movements, that take place each day. In so doing, it enables supplies or personnel to get to a destination in the quickest, most efficient

way possible—and provides the Navy, Marine Corps and Coast Guard significant cost savings at the same time.

The new system has already saved the naval services more than \$30 million in transportation costs to date, even in limited use, officials say. When fully implemented, savings estimates range to over \$200 million over 10 years.

"This system is truly revolutionary," said Bob Smith, program manager at ONR. "TET uses advances in technology to provide outstanding optimization of available flights and ship routes, saving our logisticians enormous amounts of time—and that can literally mean saving lives."

An example of how TET works: Imagine a scenario where a U.S. Navy

ship in a foreign port urgently needs a particular engine part to complete its mission. TET allows the user to simply enter what cargo needs to be shipped and where it's going, and then provides the planner with all available space on transports across military and commercial sectors, with recommendations for the most efficient routes.

Previously, planners had to search multiple databases to access all civilian and military space availabilities, which could require hours or even days. In the worst cases, separate flights had to be chartered.

"TET will give our Sailors and Marines a better, faster and more efficient planning system," said Smith. "An automated tool to perform transportation planning using the most opportune lift assets has been a serious capability gap for our warfighters."

The cloud-based system, which recently transitioned to the Financial

and Air Clearance Transportation System program of record, is now being supported by the U.S. Transportation Command for joint use.

In a sign of how important TET's capability will be for the Navy, the Deputy Chief of Naval Operations for Fleet Readiness and Logistics, Vice Adm. Phil Cullom, last month named Greg Butler, who was the driving force behind TET's development at Naval Supply Systems Command (NAVSUP), as the 2012 Adm. Stan Arthur Award winner. The prestigious award recognizes military and civilian personnel who epitomize excellence in logistics planning and execution.

"There has been a real need to get things to the fleet faster and more efficiently," said Butler, "and without breaking the bank in this austere fiscal environment. The naval services continue to work on ways to save money and give our Sailors and

Marines every advantage we can."

The system was developed with coordinated support from several ONR teams, including the Expeditionary Maneuver Warfare and Combating Terrorism Department, Swampworks and Technology Insertion Program for Savings, with NAVSUP in the lead.

About the Office of Naval Research The Department of the Navy's Office of Naval Research (ONR) provides the science and technology necessary to maintain the Navy and Marine Corps' technological advantage.

Through its affiliates, ONR is a leader in science and technology with engagement in 50 states, 70 countries, 1,035 institutions of higher learning and 914 industry partners. ONR employs approximately 1,400 people, comprising uniformed, civilian and contract personnel, with additional employees at the Naval Research Lab in Washington, D.C.

Fire Hydrant Flushing Begins Aug. 5

By Rachel Methvin
NAVFAC Midwest PWD Mid-South Environmental Division

NSA Mid-South will be performing the annual fire hydrant flushing throughout the month of August and into September.

During the flushing, the water in your facilities or houses may appear cloudy.

This occurs when the sediments in the water that accumulated in the bottom of the pipe over the year are stirred up during the flushing exercise.

The sediments are harmless and occur nor-

mally in a water distribution system. The cloudiness will clear up a couple of days after the flushing. Listed are the areas and schedules of the flushing effort:

August 5th – 20th - South side
August 19th - 30th - South side housing
August 25th – Sept 7th - North side.

For more information, please contact Rachel Methvin, NAVFAC MW, PWD Mid-South Environmental Dept at 901-874-5904 or Jim Heide, NSA Mid-South Installation Environmental Program Manager, at 901-874-5367.

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