



LifeonNSA

Sights & Sounds



By MCI William Jamieson
The Bluejacket

Personnel stationed aboard Naval Support Activity Mid-South and the Millington community came together to celebrate the founding of our nation with music, food and fireworks at the Flag City Freedom Celebration July 3.

More than 14,000 people attended the event, which included performances by the Dallas Cole Band and the Navy Band Mid-South along with food vendors and children's attractions.

National budget cuts had put the fate of the event in doubt, but the timely help of local private enterprises and the coordination efforts of the city of Millington and the NSA Mid-South Morale, Welfare and Recreation (MWR) department led to a waiver approval from Commander, Navy Installations Command (CNIC) which allowed the event to be held on Navy installation property.

During remarks made to the crowd, Capt. Stephen Fimple, NSA Mid-South commanding officer, said the success of the event was a testament to the support the Millington and Mid-South community provides to the base and the Sailors and civilians who work there.

"This celebration would not have been possible without the support of the city of Millington and our sponsors," said Fimple. "When we got the news we weren't going to be able to support the fireworks this year, this community didn't give up. They came together and ensured we could all be here to enjoy this night. I want to thank them and everyone who has come out tonight."

Ronnie Miles, the NSA Mid-South Morale, Welfare and Recreation (MWR) director, said the event was an unqualified success.

All funding for The Flag City Freedom Fireworks Celebration was obtained through outside sponsorships from private enterprises in the community including Homer Skelton Ford, Homer Skelton Chrysler Dodge Jeep, Allied Waste Services, Malco Theaters and Rock 103 and 600 WREC. No Department of Defense, Department of the Navy or Naval Support Activity Mid-South appropriated or non-appropriated funds were used in the funding of the Flag City Freedom Fireworks Celebration.





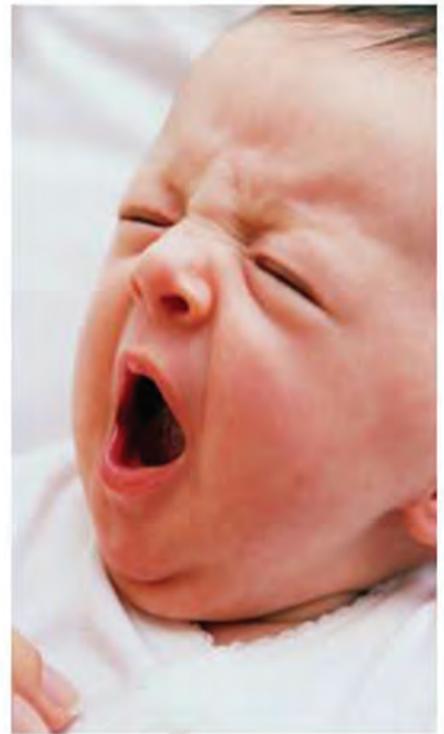
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NSA Mid-South June

2013 CRIME STATS

- ANIMAL CRUELTY - 1
- DUI - 1
- RETAIL THEFT - 1
- SUSPICIOUS PERSON'S / VEHICLE - 2
- THEFT OF PERSONAL PROPERTY - 1
- THEFT OF LAPTOP/ CELLPHONE - 1
- DAMAGE TO GOVERNMENT PROPERTY - 3
- DAMAGE TO PERSONAL PROPERTY - 2
- DRUG/ PARAPHERNALIA - 1
- OTHER NON-CRIMINAL REPORTS - 8
- WELFARE CHECK - 1
- MONITOR POINT/ AMAG ALARM - 8
- FORCED DOOR ALARM - 3
- DURESS ALARM - 4
- VERBAL ALTERCATION - 2
- Traffic
- TRAFFIC ACCIDENT - 4
- TRAFFIC ACCIDENT HIT & RUN - 2

Security Safety tip:

Each year there are more than 6,000 office fires in the United States. Every day Americans experience some incident with fire but most people don't understand fire. People have to remember: Fire is Fast, Fire is Hot, Fire is Dark and Fire is Deadly!

To protect yourself, it is important to understand the basic characteristics of fire. In just two minutes, a fire can become life-threatening. In five minutes, a residence can be engulfed in flames.

Heat and smoke from fire can be more dangerous than the flames. A Fire's heat alone can kill. Inhaling the super-hot air can sear and scorch your lungs. Fire produces poisonous gases that make you disoriented and drowsy.

People think fire is bright but it's not, its pitch black. Why? It starts out bright but because of the black smoke it produces it becomes pitch black nothing but darkness.

Smoke and toxic gases kill more people than

flames do. Fire uses up the oxygen you need and produces smoke and poisonous gases that kill. Breathing even small amounts of smoke and toxic gases can make you drowsy, disoriented and short of breath.

If a fire alarm sounds: Call the fire department immediately. Do not silence or reset the alarm until the Fire Department arrives and investigates the source of the alarm. All fire alarms are to be investigated by the Fire Department.

- Evacuate the building immediately and proceed to designated Emergency Assembly Area's (EAA) found on the building's emergency procedures poster

- Touch closed doors. Do not open them if they are hot.

- Move away from fire and smoke. Close doors and windows if time permits.

- If smoke, heat, or flames block your exit, stay in the room with doors closed. Place a wet towel under the door, if

available.

- Signal for help by opening a window and wave a brightly colored cloth or flashlight.

- Avoid smoke or fumes. If unavoidable, crawl under the smoke. The freshest air is near the floor. Keep a wet cloth over your nose and mouth, breathe through your nose only.

If there is a fire in your work area:

- Use extinguisher only if trained and fire is small (trash can size).

- If unable to extinguish fire, pull nearest fire alarm station and alert others in the immediate area.

- Do not let fire get between you and an exit.

- Avoid smoke and fumes.

- Close doors behind you as you exit. By closing doors, you help limit the spread of smoke and fire throughout the building. Doors should be closed by employees as they leave,

- Evacuate and

proceed to the building's designated Emergency Assembly Area (EAA).

Never use elevators during a fire emergency.

- Elevators often fail during a fire, trapping occupants

- Elevator shafts may fill with smoke

- The elevator needs to be available for

the use of arriving fire-fighters.

- Occupants must exit by way of stairwells only

You can report any accidents to the NSA MID South Emergency Dispatch Center at 874-5533 or Dispatch Non-Emergency at 874-5534.



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lisher shall refuse to print advertising from that source until the violation is corrected.

The deadline for all story and photo submissions is close of business the Monday before publication, and can be sent to Mill_NSA_Bluejacket@Navy.mil.

The Bluejacket can be reached at (901) 874-7421 and e-mail at Mill_NSA_Bluejacket@Navy.mil or write the Bluejacket at Attn: PAO 5722 Integrity Drive Millington, TN 38054.

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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.

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 Clif 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 marybazzell@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 marybazzell@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 marybazzell@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

Friday, July 12 - Monday, July 15
Navy Exchange Scratch Off Coupon Event

Just in time for Back to School Shopping!

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, July 19 - Mongolian BBQ dinner

Mongolian BBQ dinner special served Friday, July 19, 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 jalapeño peppers. Cost: 85 cents per oz. Call (901) 874-5132 for more information

Sunday, July 28 - Champagne brunch

Champagne brunch special served Sunday, July 28, 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.

Installation Vehicle Decals Eliminated

By NSA Mid-South Public Affairs

Naval Support Activity Mid-South will begin the process of eliminating vehicle decals for installation access July 1, as per Commander, Navy Region Midwest instruction.

Since Sept. 11, 2001, 100 percent I.D. card checks have been implemented at all DoD installations. Authorization to access any DoD installation is based on verification of a valid credential or I.D. card. Vehicle decals were used to ensure vehicles on Navy installations complied with state requirements for vehicle registration and insurance. State programs have become more uniform and efficient and uniform, eliminating one of the main reasons for vehicle decals.

Other issues prompting the change in policy include: Expense in administering the program; decals being moved from vehicle to vehicle and are easily counterfeited and cars sold to non-DON personnel with current decal still attached, all posed additional security risks to Navy installations.

Beginning July 1, Personnel will be required to remove decals issued by NSA Mid-South from their vehicles, and while personnel are not required to remove decals issued from other installations, it is important to remember that vehicles entering the installation must maintain current registration and insurance information with the visitor control center.

Because the state of Tennessee does not have an emissions program, vehicles that are currently registered require no further action.

To register a new vehicle, the driver must possess a valid driver's license, proof of insurance and the vehicle's registration form. Random parking lot inspections will be undertaken to ensure compliance with the registration requirement. If a non-registered vehicle is found on base a citation may be issued and repeat offenders may have their vehicles towed at their own expense.

Please be advised that the elimination of decals will require a more thorough ID check from our gate guards. This could result in increased wait times and personnel are advised to plan for delays. Our gate guards are working to ensure force protection measures are met, and we would ask that drivers cooperate with them to ensure this process is as efficient as possible.

Naval Support Activity Mid-South appreciates everyone's continued interest and support. If there are questions about the elimination of decals, please feel free to call the Visitor Control Center at (901)-874-5581 or NSA Mid-South Public Affairs Office at (901)-874-7421

Helping Our Own

Positions available at a world-wide not-for-profit organization

Contact local NMCRS for more details

The Navy Marine Corps Relief Society (NMCRS) is currently accepting applications for various volunteer positions. NMCRS is available to assist active duty, retirees and widows of service men and women. The primary goal of the Society is to assist members of the Navy and Marines with pressing financial needs. We also partner with other aid agencies to assist other branches of the military. All NMCRS offices are staffed primarily by volunteers. The Millington office is located in the Chapel on NSA Mid-South and is open from 9-2 Monday through Thursday. The Society is a great place to learn new skills, improve your skills and get involved with the community. This is a great place to develop leadership and communication skills as well as an opportunity to give back to the service men and women in the local community. The skills and knowledge that volunteers acquire while assisting NMCRS also contribute to their professional and personal development. The time you spend volunteering and the training received at the society can be applied to a professional resume for future job experience. There are various positions that are staffed by volunteers. The Client Services Assistant (CSA) is the individual that welcomes clients, answers the phone, inputs initial information, sets up appointments, and assists in the Quick Assistance Loan process. Caseworkers are responsible for assisting clients by assessing needs, identifying resources, and determining appropriate use of Society services and programs. The uniform locker attendant helps maintain a neat and orderly appearance of the facility and helps clients locate the items they are in need of. Most volunteers serve one day a week and childcare costs and mileage reimbursement is available. This is a great place to network, meet new people, give back to the community and learn new skills. Volunteers can be military spouses, active duty personnel, retirees and their spouses, civilians, college students or relatives of NMCRS employees. If you or someone you know is interested in volunteering their time with us, please contact the local office at 901-874-7350, or feel free to stop by and see what we are all about and how you can get involved.

Submitted by Susan Pascoe,
NMCRS volunteer Caseworker. Volunteering is good!

Let's go!
BACK TO SCHOOL

Registration day is
July 30, 2013.

Classes start
August 5, 2013.



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www.scsk12.org/backtoschool

Chaplain's Compass

Hope on our Journey

By Chaplain Dave Mowbray
NSA Mid-South Chaplain

This week's Compass is by LCDR Mike McConville, currently serving the USCG in Mobile, Alabama. Enjoy!

Just recently I watched a movie called "The Road," which is about a father and his son struggling to survive in a post-apocalyptic America. Some unnamed disaster has destroyed most of the Earth's population, with the exception of small pockets of people, most of whom have resorted to cannibalism in order to survive. The situation is so desperate that the gun carried by the father is not only meant for protection but also for their own suicide as a last resort. They can't afford to trust anyone. They are regularly exposed to the elements, go hungry almost daily, and expect to die any moment. It is a hopeless, helpless, depressing world, where everything that makes life enjoyable is stripped away. Despite their predicament, they have each other and the small glimmer of hope that if they keep moving (toward the sea), they might find a better life.

People who struggle with depression often describe their lives as hopeless, helpless, and filled with despair. Just like in the movie, they see no way out of their situation. They feel like a dark cloud is following them, stealing their joy and preventing them from attaining any measure of happiness. Some go through seasonal bouts of depression for various reasons; loss of a loved one, past trauma, or some major disappointment.

David, who authored most of the Psalms, wrote that as a result of his depression, he felt like his body was wasting away and that his energy was depleted as in the heat of summer. His poor disposition was the result of not only making terrible decisions, but also covering up his misdeeds. By keeping his sins secret, David suffered great inner turmoil. But after he admitted his sins, God forgave him and removed his guilt. The solution to David's depression was confession. The weight of sin was so heavy that it must have felt like he was carrying around an ILBE pack full rocks,

worthless weight that only hurts and saps our energy. When we confess to God our sin and admit to Him that we have fallen short of His standards, that heavy burden that we carry is removed, and we are restored. For believers in the Christian faith, the weight of sin that we carry is not only removed, but carried for us by Jesus on our behalf.

Unlike the movie, the Bible offers us real hope on our journey. Sometimes we will walk through the valley of shadow of death—but God is with us. Sometimes we will have to deal with personal and moral failure—but God is more than willing to forgive and redeem. Whatever you may be dealing with in your life at this very moment that is causing you grief, the answer is to simply trust that the Lord is with you every step of the way. Stay connected to Him and ask Him to

sustain you during the difficult times—and regularly take time to be thankful to Him for His many blessings.

"Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me (Psalm 51:10-12)."

Quote of the Week:

"Indeed, if we consider the unblushing promises of reward and the staggering nature of the rewards promised in the Gospels, it would seem that Our Lord finds our desires not too strong, but too weak. We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is

meant by the offer of a holiday at the sea. We are far too easily pleased." -C.S. Lewis

What's Happening:
NSA Mid-South Women's Summer Bible Study Kickoff!

Starting on Mondays beginning July 29 and through Aug 26, 6:30 pm - 8:00pm in the Chapel Center. We will be using a video series featuring Beth Moore, Jennifer Rothschild, Kay Arthur, Vicki Courtney, and Priscilla Shirer. Moms are welcome to bring infants. For more information: Facebook: NSA Midsouth Women's Bible Study or email mswomensbiblestudy@gmail.com.

Chapel Bible Studies

The chapel hosts a men's Bible study at 1130 each Thursday in the conference room. Ladies have a 1200 Thursday Bible study in the classroom next to the Navy and Marine Corps Relief office.

Youth Bible Study

Meets Sunday nights at 1730 in the Chapel Fellowship Hall. All teenagers are invited, and bring

an appetite!

Ramadan

The Muslim holiday of Ramadan began July 9th and ends August 8th. This is a month of religious obligation in which Muslims fast from food and drink during the day.

Feds Feed Families

This is a donation drive of non-perishables in support of our local food banks. Donations may be dropped off at the chapel center during business hours. Please encourage everyone in your command to donate! We will accept donations through 31 August!

You're Invited!

There are many places of worship in the Millington and Memphis area. Make plans to attend and plug into the great community of faith here in the Mid-South. If you have questions about what is available, please call Chaps at 874-5344.

You are always welcome to visit our interfaith service at the base chapel at 1000 each Sunday morning!

A Gash Doesn't Have To Be Part of Surfing Lesson #1

1. Welcome to the latest edition of the good old Summary of Mishaps, more examples of why you should expect the unexpected (of course, some halfway decent risk management would keep some things from being unexpected in the first place).

A. Here's a little story about why you shouldn't just wear a life preserver when you think you might end up in the drink. Our instructor is an E-3 master-at-arms who is one of three passengers in a vessel motoring north through a narrow, well-marked channel off the tip of Florida.

It is 0100. The dark and presumably peaceful night is suddenly livened up by the sudden appearance, just 50 yards away, of another boat's navigation lights.

Apparently, whoever was at the controls of that boat hadn't had them on, perhaps not expecting to meet another boat after midnight in that particular channel or for some other nonsensical/illegal reason. The captain on the E-3's boat eases off the throttle. However, the forward momentum and the stiff currents in the channel shove the boat into one of the channel markers.

The sudden stop catapults the E-3 into the dark sea, where he receives a 3-inch gash on his leg from an unidentified object.

The captain fishes him out, motors to the dock and drives the Sailor to a medical center, where docs close the wound with six staples.

The report doesn't say whether the E-3 was wear-

ing a life preserver or not. Let's assume he was. I think we can also assume that he didn't foresee that the boat would crash into something and chuck him overboard. Just put on your life preserver.

And turn on your lights after dark. B. Those of you who have been reading this series of messages for a decent amount of time have recognized that I can't resist slipping in an occasional vocabulary lesson. Such as right now. The word in question is "decent."

It occurs in the first sentence in this message, as well as at the end of the first sentence of the Declaration of Independence, which mentions "a decent respect to the opinions of mankind." And this, of course, brings us to a construction mechanic third class, who was firing up his grill one evening in July. He piled on the charcoal, and then added what the mishap report called a "decent amount of lighter fluid." He let it soak in for a few moments, then lit it. "Foon!" His hand and arm promptly felt like what the sliders and rollers feel like.

No, that wasn't a "decent" amount of lighter fluid. I'd call it a plethora. Extra credit if this reminds

you of El Guapo in "The Three Amigos."

C. One August afternoon at a California beach, an E-2 construction

mechanic was getting his very first surfing lesson from an experienced buddy. They'd rented boards and paddled out. "A big wave came up and they attempted to ride it," the mishap report said. However, they were too close together and getting closer.

The E-2 decided to hop off his board, wrongly assuming that the wave would carry the board away. Instead, the board flipped up and hit him above his eye. He tried shrugging it off, but his friend assured him that it was a deep gash. They paddled in and headed for the nearest E.R., where the E-2 got three stitches.

Note the adjective "big" in that quote above. This is not the ideal modifier for a wave when you're learning to surf. 2. That's all for this week, buckaroos. Until we meet again, repeat after me: "Kowabunga!"



Clinic Corner

HEAT PREVENTION

Week 2

Don't let yourself or your shipmates become a statistic this summer. Know when to exercise and learn the signs and symptoms of heat illnesses. The key to it all is hydration. So drink plenty of fluids--water, water, and more water.

HEAT PREVENTION TIPS

Be aware of flag conditions. Drink plenty of water before starting an outdoor activity. Drink extra water all day. Drink less tea, coffee, and alcoholic beverages, which can lead to dehydration.

Wear lightweight, loose-fitting, light-colored clothes.

Schedule vigorous outdoor activities for cooler times of the day.

Protect yourself from the sun by wearing a hat or using an umbrella.

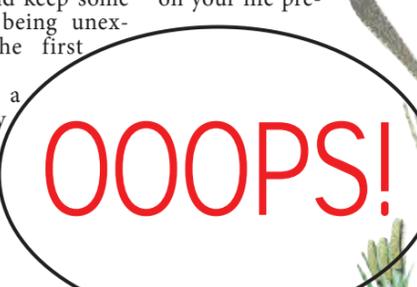
Increase the time you spend in daily outdoor activities slowly and gradually.

Don't spend time outdoors during the hottest hours of the day (1000-1500).

During outdoor activities, take frequent breaks and drink water or other fluids every 15 to 20 minutes, even if you don't feel thirsty. If you have clear pale urine, you are probably drinking enough fluids.

If you have a chronic medical problem, ask your doctor if the medicine you are taking can increase the

risk of heat injury. Watch for signs of dehydration (i.e., dizziness, upset stomach, dark urine, etc.)



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Active Duty and Reservist
YMCA Lap Swimming
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 This card will be valid from
October 1, 2012 and expire September 30, 2013.
 Questions or concerns?

MWR POC: Debra Howze
 Fitness and Sports Division Head
 901-508-1962 wk
 debra.howze@navy.mil

YMCA:
 Millington Family YMCA
 901-873-1434 wk
 901-873-1438 fax.

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 During the week of July 8th - July 14th
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Seniors(55+) \$15	Military \$24
Military \$15	Civilian \$18
	Civilian \$28

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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 ...
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To reserve a table and/or place an order for your group
 call 874-5415/5372 or send email to marybalzell@navy.mil.

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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

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

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.



Grizzlies Summer Basketball Camp July 15-19

9 a.m. - 12 noon North 82 Gymnasium
 7915 Memphis Ave. Millington, TN 38054
 Boys and Girls ages 7 - 16 | Cost \$115

5 day summer program designed to improve the skill level of any youth basketball player.

Each participant receives a future Grizzlies Game ticket, a Grizzlies T-shirt and a Grizzlies Camp Basketball!

Register online at www.tnbabasketball.com
 Code for Military Discount: **TNBACALL20**

For more information call 216.378.0932.



NORTH-82 GYM

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

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 0600 - 0900/1100 - 1330/1600 - 1900

Tuesday, Thursday & Friday
 0600 - 0900/1100 - 1330

Saturday 1200 - 1600
 Sunday and holidays Closed

 **NSAMidSouthSports**

Yoga @ Joe Dugger

MAY 26 - JULY 9, 2013 SCHEDULE

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)

No class July 16.
 Subs: July 11/ Robin, 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 yogiek@ymail.com

NSA MID-SOUTH SPLASH PARK

Open 0600 - Sunset
 7 days a week



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.

2013 Anchor Saddle Club Show Year



Our 2013 Point Shows Are:
 June 1, 15
 August 17, 31st (DP show)
 Sept. 14, 28
 Oct. 12

If show cancelled due to weather, the following Saturday will be make up show.

Shows start @ 7:00 pm, weather permitting. In the event of show canceling, please call Ranch house, Ann @ 601-6032 or Julie Walker 835-4076

SAMUEL ADAMS PUB

FREE WIFI & Navy Network connection too!

Menu

Smokey Brat- \$2.25
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 Char broiled Cheeseburger- \$2.75.
 Chef Salad- \$7.50.

located at East end of Bldg. S-449
 Open 7 days a week 4- 10 p.m.

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NSA MID-SOUTH YOUTH CENTER SCHOOL-AGE CARE (SAC) PRIORITY PLACEMENT REGISTRATION
 SUMMER DAY CAMP 2013 & BEFORE & AFTER SCHOOL PROGRAM (BASP) '13-14

Sponsors may register on or after the date listed for their category.
 A Waiting List will be established for any SAC program that exceeds the registration limit.
 Registration is held Tuesday, Wednesday & Thursday between 9:15 am - 1:15 pm.
 Alternate registration days & times are available through appointment only. Call 901-874-5155 to schedule your appointment.

Family Enrollment Fees: Summer \$52; Before School \$23; After School \$34; Before & After School \$56.
 Family Enrollment Fee is non-refundable; however it is applied to first weekly/bi-weekly fee.
 For further information, please call 901-874-5155.

CATEGORY	SMR CAMP 2013 REG.	BASP* 2013-2014 REG. BEGINS	DOCUMENTS REQUIRED TO REGISTER Sponsor's ID, up-to-date YC paperwork & copies of the following:
1	Currently enrolled CDC Pre-K participants	2-3 July	See below for the documents required for your category
2	IA, Wounded Warriors, Single Active Duty & Dual Active Duty	9 July	IA Orders; VA/command letter; LES(s); and Family Care Plan(s)
3	Active Duty w/working spouse & Active Duty w/student spouse	10 July	LES(s); paystub; and proof of school enrollment
4	Single DoD and Dual DoD	11 July	LES and separation or divorce papers
5	DoD w/working spouse & DoD w/student spouse	16 July	LES; paystub; and proof of school enrollment
6	Active Duty w/non-working spouse	17 July	LES
7	DoD w/non-working spouse	18 July	LES
8	DoD Contractors	23 July	Paystub(s) & supporting documents, as necessary
9	Military Retirees	24 July	LES(s); and pay stub(s)

*Before & After School Program
 NOTE: in the event that two sponsors' priority is equal, date and order of enrollment will determine placement on list (active and/or waiting).

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- DISCOUNT TICKETS
- REC LODGING
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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, July 19

at Resorts Casino in Tunica, Mississippi

\$17 per person includes round trip transportation plus buffet.
 Bus departs at base at 4:30 p.m. and returns 12:30 a.m.

 **ARMED FORCES VACATION CLUB**

7 DAYS FOR \$369* USD FOR MEMBERS ONLY

Visit www.afvclub.com or stop by the ITT office
 To make a reservation call 1-800-724-9988 and give the them the NSA Mid-South AFVC installation code #170.

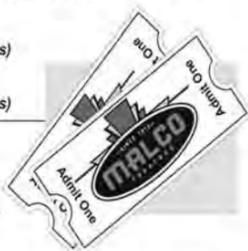


Discount tickets for Graceland

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.
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www.dodlodging.net
 (901) 874-5496.



(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



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



Mongolian BBQ

Friday, July 19

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.

It's a great time to play!



Check out our July specials

- Wed., July 17 Free sandwich bar to all players playing the current program 5-7 pm. Grill open 6:30-7:30 only.
- Fri., July 26 The "you pick um game" will be guaranteed for \$300.00 this night.

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.

Champagne Brunch

Sunday, July 28

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

MWR DINING & EVENT HIGHLIGHTS!

JULY 11 - 20, 2013 MWR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h3>Movie Birthday Party Package</h3> <p>Celebrate your birthday with us!</p> <p>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. Popcorn will be provided. 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 Plated Lunch 15 Plated lunch special Country fried steak</p> <p>Eagle's Peak Lunch Special Sandwich and Soup</p>	<p>Helmsman Plated Lunch 16 Plated lunch special Fried pork chops</p> <p>Eagle's Peak Lunch Special Taco Salad</p>	<p>Helmsman Lunch Buffet 17 Southern fried chicken Beef tips with rice</p> <p>Eagle's Peak Lunch Special BBQ</p>	<p>Helmsman Lunch Buffet 18 Carved roast beef Carved pit smoked ham</p> <p>Eagle's Peak Lunch Special Chef Choice</p>	<p>Helmsman Lunch Buffet 19 Fried catfish Lemon pepper broiled fish</p> <p>Eagle's Peak Lunch Special Catfish</p>	<p>13</p> <p>FAMILY MOVIE MATINEES!!</p> <p>Ellison Family Recreation Center Free movies in Cinema 36 1430 Monsters, Inc (G) 1630 Bedtime Stories (PG) 1830 Oblivion (PG-13)</p>
<p>14</p> <p>Free movie shown daily!</p> <p>Bldg. S-499 (5671 McCain St.) (901) 874-5455.</p> <p>Ellison Family Recreation Center Free movies in Cinema 36 1430 42 (PG-13) 1730 The Big Wedding (R)</p>	<p>Ellison Family Recreation Center Free movie in Cinema 36 1830 The Call (R)</p>	<p>NO YOGA CLASS @ Joe Dugger</p> <p>Ellison Family Recreation Center Free movie in Cinema 36 1830 Magic Mike (R)</p>	<p>COED YOGA @ Joe Dugger 12:00 noon - 12:30 p.m.</p> <p>BINGO Helmsman Complex</p> <p>Ellison Family Recreation Center Free movie in Cinema 36 1830 Great Gatsby (PG-13)</p>	<p>COED YOGA @ Joe Dugger 4:30 p.m. - 5:30 p.m.</p> <p>BINGO Helmsman Complex</p> <p>Ellison Family Recreation Center Free movie in Cinema 36 1830 Madagascar (2005) (PG)</p>	<p>BINGO Helmsman Complex</p> <p>Ellison Family Recreation Center Free movie in Cinema 36 1830 Mud (PG-13)</p>	<p>20</p> <p>FAMILY MOVIE MATINEES!!</p> <p>Ellison Family Recreation Center Free movies in Cinema 36 1400 Over the Hedge (PG) 1530 Private Event 1815 Star Trek: into Darkness (PG-13)</p>

This week in Navy History

July 11

1798 - Reestablishment of Marine Corps under the Constitution.
 1918 - Henry Ford launches first of 100 Eagle boats.
 1919 - Pay Corps renamed Supply Corps
 1943 - Gunfire from U.S. cruisers and destroyers stop German and Italian tank attack against Army beachhead at Gela, Sicily.

July 12

1836 - Commissioning of Charles H. Haswell as first regularly appointed Engineer Officer.
 1916 - North Carolina is first Navy ship to carry and operate aircraft
 1921 - Congress creates Bureau of Aeronautics to be in charge of all matter pertaining to naval aeronautics.
 1951 - Ninth Naval District forces assist in flood relief work in Kansas City through 20 July
 1953 - United Nations Fleet launches heavy air and sea attack on Wonsan; Major John Bolt, USMC becomes first jet ace in Marine Corps.
 1988 - SECDEF approves opening Navy's Underwater Construction Teams, fleet oiler, ammunition ships, and combat

stores ships to women.
 1990 - Commander Rosemary B. Mariner becomes first woman to command an operational aviation squadron (VAQ-34).

July 13

1863 - USS Wyoming battled Japanese warlord's forces.
 1939 - Appointment of RADM Richard Byrd as commanding officer of 1939-1941 Antarctic Expedition.
 1943 - During Battle of Kolombangara in Solomon Islands, U.S. lost USS Gwin. (DD-433) while Japanese lost light cruiser Jintsu.

July 14

1813 - LT John M. Gamble, the first marine to command a ship in battle (prize vessel Greenwich in capture of British whaler Seringapatam)
 1853 - Commodore Matthew Perry lands and holds first meeting with Japanese at Uruga, Japan
 1882 - Sailors and Marines from

Photo # NH 49555 Rear Admiral Bradley A. Fiske, USN, 1912



4 U.S. ships land to help restore order at Alexandria, Egypt. Farragut is named the first Rear Admiral
 1945 - U.S. warships bombard

Kamaishi, Japan; first naval gunfire bombardment of Japanese Home Islands.
 1950 - U.S. Marines sail from San Diego for Korean Conflict.
 1952 - Laying of keel of USS Forrestal, the first 59,900 ton aircraft carrier.

July 15

1870 - Act of Congress establishes Pay Corps, which later becomes the Supply Corps.
 1942 - First photographic interpretation unit set up in the Pacific.
 1958 - In response to request by President of Lebanon, Sixth Fleet lands 1,800 Marines at Beirut to support Lebanese government against Communist rebels.

July 16

1862 - Congress creates rank of Rear Admiral. David G. Farragut is named the first Rear Admiral

1912 - Rear Admiral Bradley Fiske receives patent for torpedo plane or airborne torpedo.
 1915 - First Navy ships, battleships Ohio, Missouri, and Wisconsin transit Panama Canal.
 1945 - First atomic bomb test at Alamogordo, NM.

July 17

1858 - U.S. sloop Niagara departs Queenstown, Ireland, to assist in laying first trans-Atlantic telegraph cable.
 1898 - Santiago, Cuba surrenders to U.S. Naval forces.
 1927 - First organized dive bombing attack in combat by Marine Corps pilots against Nicaraguan bandits who were surrounding U.S. Marine garrison at Ocotol, Nicaragua.
 1944 - Ammunition explosion at Naval Magazine, Port Chicago, CA.
 1975 - Docking in space of the U.S. Apollo (Apollo 18) and Soviet Soyuz (Soyuz 19) space craft. This was the first manned space flight conducted jointly by the 2 nations. Former naval aviator Vance D. Brand was the Apollo Command Module Pilot. The Apollo craft was in space for 9 days and 7.5 hours. Recovery was by USS New Orleans (LPH-11).

USS Dwight D. Eisenhower, USS Hue City, Carrier Air Wing-7 Return Home

From Eisenhower Strike Group Public Affairs

More than 5,000 Sailors serving as part of the Eisenhower Carrier Strike Group (IKECSG) returned to their homeports in Norfolk, Va. and Mayport, Fla. July 3, following five months of operations in the U.S. 5th and 6th Fleet areas of responsibility.

USS Dwight D. Eisenhower (CVN 69) and embarked squadrons of Carrier Air Wing (CVW) 7, along with the guided-missile cruiser USS Hue City (CG 66), are returning from their second deployment to the U.S. 5th Fleet and 6th Fleet areas of operations in the past year.

"Operating forward, from the Atlantic to the Mediterranean and into the Arabian Gulf, the Sailors of Eisenhower Strike Group exemplified the professionalism, flexibility, and combat readiness that are the hallmarks of our Navy," said Rear Adm. Mike Gilday, Commander Carrier Strike Group 8. "A second successful deployment would not have been possible without the inspirational teamwork on Ike and the rock-solid support from our families and friends back home. Our Sailors and their families are definitely America's All Stars."

While deployed, IKECSG served in the U.S. 5th and 6th Fleet areas of responsibility, conducting maritime security operations, theater security cooperation efforts, and missions in support of Operation Enduring Freedom (OEF).

"It's been a busy 12 months for the Ike Five Star Warriors. I am so proud of this winning team and the spectacular work they have done. No one could have accomplished the mission better," said Capt. Marcus Hitchcock, Ike's commanding officer. "We are thrilled to return home to our friends and family today - they have sacrificed equally and supported us wonderfully. I would like to thank the Ike Sailors and their families for their unflagging commitment and dedication to our Navy and nation. They have earned a heroes welcome home."

During the five months away from their homeports, Eisenhower and Hue City safely steamed more than 30,000 miles, conducted eight strait transits, two Suez Canal transits, and CVW-7 launched their first sorties into Afghanistan March 24. The air wing flew 1,362 combat sorties, 8,033 hours, equating to 51 days in support of OEF.

"The Carrier Air Wing 7 team has shined once again," said Capt. Terry Morris, commander of CVW-7. "Our Sailors worked hard day in and day out over the last several months. They've earned all of their praises."

Capt. Dan Uhls, commanding officer of USS Hue City, echoed Hitchcock's comments about the magnificent work his crew has done during the deployment.

"I have been utterly amazed by the professionalism of the wonderful men and women who sail aboard Hue City," said Uhls. "Their resiliency in the face of back-to-back deployments, along with their personal and professional accomplishments while conducting our nation's business in the Arabian Gulf is awe-inspiring. They are truly America's finest and I have been proud to sail with them for the past year."

Eisenhower CSG is made up of Commander, Carrier Strike Group 8, USS Dwight D. Eisenhower (CVN 69), guided-missile cruiser USS Hue City (CG 66), the eight squadrons of Carrier Air Wing (CVW) 7, and Destroyer Squadron 28. CVW-7 includes Carrier Airborne Early Warning Squadron (VAW) One Two One "Bluetails," Strike Fighter Squadron (VFA) One Zero Three "Jolly Rogers," Strike Fighter Squadron (VFA) One Three One "Wildcats," Strike Fighter Squadron (VFA) One Four Three "Pukin' Dogs," Strike Fighter Squadron (VFA) Eighty-three "Rampagers," Electronic Attack (VAQ) Squadron One Four Zero "Patriots," Helicopter Anti-submarine (HS) Five "Nightdippers," and Fleet Logistic Support Squadron (VRC) Forty "Rawhides."



Night & Day Fun

The Flag City Freedom Celebration attracted more than 14,000 visitors to enjoy the music, food and fireworks.



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

Family Matters

Dempseys Emphasize Importance of Supporting Military Children

By Terri Moon Cronk
American Forces Press Service

Military children are a great strength of the armed forces, the chairman of Joint Chiefs of Staff said today at the kickoff of the Military Child Education Coalition's 15th National Training Seminar.

Army Gen. Martin E. Dempsey told teachers, school liaisons, program directors and other professionals that he wanted to have a "conversation" with them on the importance of supporting the military child.

Interacting with attendees in a question-and-answer format, the chairman and his wife, Deanie Dempsey -- who have three children and seven grandchildren -- began by emphasizing the need for good education.

"I think what makes us the strongest democracy in the world is education," Dempsey said. "The strength of our democracy is education. There's no question. In fact, it's a precondition for democracy, I think."

Deanie Dempsey said the education children get by being part of the military and moving around is "pretty significant," adding that her family was in

Germany when the wall that separated the former East and West Germany came down.

"How many kids can say they were there for that?" she asked.

The chairman also said it's important for the nation to discuss how history will regard the men and women who have served in the last 10 to 12 years at war, and the audience should be aware of how that perception will impact the children of those veterans and service members.

"The image of the institution and the image of those who serve is also reflected on our children in how they represent this great country, this institution, in the schools in which they attend ... and just [in] the way they carry themselves," he said.

And while there are struggles at times, military children are "amazing kids," Deanie Dempsey said.

She also stressed that parents must be advocates for their children, recalling the mother of a military child whose father was overseas. The boy wasn't doing well in school. The staff researched the roster of students and found it had 13 military children of deployed parents. The staff formed a support group just for them, and the boy's school experi-

ence turned from negative to positive. "The more we reach out to them, the better off we all are," added Deanie Dempsey, who earned a master's degree in education.

The Dempseys said it's also vital to stay positive for children's well-being during a permanent change of station, which often take place in the summer months.

"But your children will reflect you. If you're positive about the move, they will be. If you're not ... they won't be," the general said.

Deanie Dempsey told the audience that her family looked at permanent change of station moves as a sort of vacation.

"As many of you know, there weren't ever many vacations," she said. "Of course our PCSs back then, you didn't have the movies in the car and stuff like the kids have today, which is great."

"So we'd play the license plate game. We'd sing Irish songs -- my kids all grew up singing Irish songs. So you'd do that for however many hours you were in the car."

"But we'd try and stop -- well, we'd try to make it a vacation-ish kind of thing," Deanie Dempsey said.

The chairman asked for the audi-

ence's help with letting leaders know during the conference what's happening with military families.

"This particular 'portal' into the challenges of military families and in particular, children, is really important as we do confront a future with some uncertainty," he told the attendees, encouraging their input on the needs of military children.

There's always uncertainty following wars, he said.

"After Vietnam, Desert Storm and the 9/11 decade, it's been a bit of a roller coaster, but we've always figured it out," the chairman said.

No decisions have been made to cut military children's programs, Dempsey said. "But if you're asking me 'Is it likely we will scrutinize all of those systems we've for the most part taken for granted over the years?' the answer is absolutely, we'll have to," he noted.

"I think we can make a case that full sequestration would be a bad idea for the nation, not just for the military," the general said.

"The entire enterprise is under scrutiny in order to find a way to provide the nation with that which it needs in terms of security at reduced levels of resources," he said.

"We're not exactly sure how deeply those resources will be reduced," he continued. "Of course, there will have to be changes made in family support programs," the chairman added, but there would be an effort to reach out to understand what the community of interest believes is most important.

"We're not going to do this from Washington with the famous 6,000-mile screwdriver and -- and come to any conclusions ourselves," Dempsey added.

"So the thought process is, instead of five kinds of programs out there, why not put the resources and make two really good ones? And you've still got what you had in all five, but just in those two," Deanie Dempsey noted.

The Dempseys said it is important for the audience members to let them know which programs are necessary, and to take a serious look at all their programs and focus on those that would benefit everybody.

The general expressed his gratitude for the work the audience participants do with military children.

"If you ever wanted to lead at a time when it's important, not just for the military, but for our country," the chairman said, "you're in the right place at the right time."



EYE ON THE FLEET

Engineman 3rd Class Alexander Wendell inserts a torch into a boiler during a manual boiler check aboard the amphibious dock landing ship USS Carter Hall (LSD 50). Carter Hall is part of the Kearsarge Amphibious Ready Group and is deployed in support of maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

(Photo by MC3 Sabrina Fine)

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