



# THE BLUEJACKET



Life on NSA

# Zero Tolerance

## NSA Mid-South Welcomes New Civilian Sexual Assault Prevention and Response Victim Advocate

By MCI William Jamieson  
*The Bluejacket*

Sexual assault is a crime that has no place in the armed forces, and there is a new ally in the fight against these crimes and in support of victims aboard Naval Support Activity Mid-South.

Susanna Parkinson, the new civilian Sexual Assault Prevention and Response (SAPR) victim advocate, brings 18 years of experience to her new position having worked in various jobs at Child Protective Services, the 30th Judicial District and as a first responder at a rape crisis center among others.

Parkinson said that while she is new to working around the military, she does possess an understanding of the culture.

"I grew up as an Army brat," said Parkinson. "So I do have a

little exposure to the military, and I know in the past the culture has made it hard for some victims to feel comfortable reporting an incident. I hope having someone on base that isn't part of any chain of command or the military culture can provide a venue that makes victims feel comfortable reporting. I believe that was the intent of my hiring. My number one goal is to improve reporting of incidents."

The goals of the SAPR program are to promote sensitive, coordinated, and effective management of sexual assault cases, to reduce the incidence of sexual assault through awareness and prevention education, and to standardize reporting of sexual assaults.

During a crisis situation, it is imperative, said Parkinson, for a victim to get treatment which can

allow them to move on through their lives without making the assault the center of their lives.

"My first concern is the safety of the victim," said Parkinson. "After that, I'm there to support whatever decision the victim makes. They have a right to self determination, and I'm there to be objective and neutral and support the victim where they are."

However, Parkinson made it clear that she does hope that victims can find the strength to

report the crimes they have been victims of.

"I would love to see all sexual assaults reported," said Parkinson. "Reporting these crimes helps to make the community safer. We are here to support the victim's decisions, but that doesn't mean we don't have opinions."

Sexual assault prevention is an important element of the readiness area of the 21st Century Sailor and Marine initiative, which consolidates a set of objectives and policies, new and existing, to maxi-

mize Sailor and Marine personal readiness, build resiliency and hone the most combat-effective force in the history of the Department of the Navy (DoN). DoN is working aggressively to prevent sexual assaults, to support sexual assault victims, and to hold offenders accountable.

Parkinson said if she could share one message with NSA Mid-South personnel it would be don't think it can't happen here.

"In 1985, Lance Cpl. Susan Collins was assaulted and killed in Millington," said Parkinson. "That was a case that caused me to want to help and treat sexual assault victims. I think her case drives home the fact that sexual assault is not someone else's problem."

The NSA Mid-South SAPR office can be reached at (901)-874-5723

**In 1985, Lance Cpl. Susan Collins was assaulted and killed in Millington. That was a case that caused me to want to help...**

— Susanna Parkinson



Deborah Douglas speaks at the Women's Equality Day Program at NSA Mid-South.

(Photo by MCI (SW/AV) William Jamieson)

## NSA Mid-South Celebrates Woman's Equality

By MCI William Jamieson  
*The Bluejacket*

Sailors and civilians stationed aboard Naval Support Activity Mid-South gathered at the chapel complex to celebrate women's equality.

This annual observance celebrates the contributions women have made throughout history working toward full equality in the United States.

This year's guest speaker was Mrs. Deborah Douglas, a 20-year Navy veteran and member of the Women Accepted for Volunteer Emergency Service (WAVES), Women of Sea Service and Memphis Belles Unit 151.

During her remarks, Douglas stressed the importance of empowered women in all areas of society, by describing their qualities.

"She [the empowered woman] has a true grip on her mental and physical being," said Douglas. "She is prepared for whatever life brings her way."

Women's Equality Day was established by Congress in 1971 to commemorate the long

struggle of generations of women to gain the right to vote. According to the National Women's History Project, while originally created to commemorate the passing of the 19th Amendment, the observance today recognizes the anniversary of women's suffrage and of the continued efforts toward equality.

Offering closing remarks, Capt. Doug Walker, NSA Mid-South commanding officer, said, as a father to daughters and a husband, women's equality was a cause close to his heart.

"I take a personal interest in women's equality," said Walker. "My mother was one of these empowered women you described, and I remember growing up and going to women's equality movement functions with her as a child. This observance was a wonderful opportunity to here a wonderful speech from a great lady, and I appreciate you all and appreciate you inviting me here today."

After the ceremony, attendees were invited to stay, enjoy refreshments and talk with one another about their experiences with women's equality and strong female role

models in their lives.

Logistics Specialist 2nd Class Nadia Noel said the event was an opportunity to show young females that the sky was the limit.

"There is always room for growth in trying to achieve true equality and I think events like this are a great way to help that growth along," said Noel.

Today, over 67,000 women serve in the Navy in the active and Reserve components, comprising 18 percent of the Total Force. There are currently 38 female flag officers, two female Fleet Master Chiefs, and one female Force Master Chief in the Navy. Additionally, nearly 50,000 women serve across the Navy in a wide range of specialties as civilian employees, with 67 female senior executive service members.

All Navy commands are encouraged to reflect on and celebrate the accomplishments of women throughout the armed services during this observance.

For more information about women in the Navy, visit <http://www.public.navy.mil/bupers-npc/organization/bupers/WomensPolicy/Pages/default.aspx>.

## RLSO Midwest Change of Command

Thursday, August 15, 2013, was a bitter sweet day for the Sailors and civilians attached to Region Legal Service Office Midwest. Command events on the 15th of August included a change of command wherein CAPT Terry Costello, JAGC, USN assumed command of Region Legal Service Office Midwest and CAPT Mark Hunzeker, JAGC, USN, the former Commanding Officer, retired after 25 years of honorable service.

Participants in this day's events included family, friends, shipmates, and senior leaders including the Deputy Judge Advocate General of the Navy and Commander Legal Service Command, RADM James W. Crawford, JAGC, USN, who delivered an apropos message regarding the integral role the family plays in the success and support of the service member.

CAPT Hunzeker bid farewell to his command, colleagues, shipmates and friends in an emotional ceremony conducted at the Blue Jacket Memorial Chapel onboard Naval Station Great Lakes.

CAPT Hunzeker's career as a judge advocate began following graduation from Creighton University School of Law, Omaha, Nebraska. His service included a myriad of legal assignments as counsel and advisor to commands located in Hawaii, California, Tennessee, Virginia, Puerto Rico and Illinois. In recognition of his performance and service, CAPT Hunzeker was awarded numerous personal awards during his career including the Legion of Merit, the Defense Meritorious Service Medal, the Meritorious Service Medal, the Navy Commendation Medal, and the Navy Achievement Medal. Additionally, while serving with Special Forces, CAPT Hunzeker successfully completed the Basic Airborne and Survival Evasion Resistance and Escape (SERE) service schools.

RLSO MW's new commanding officer, CAPT Terry Costello, joins the command from a tour of duty as the Staff Judge Advocate for Naval Special Warfare Development Group. A prior Surface Warfare Officer, CAPT Costello joined the Judge Advocate General's Corps following graduation from William and Mary Law School in 1998.

Region Legal Service Office Midwest branch office in Millington, TN, is located onboard Naval Support Activity in Building 456. The RLSO MW motto is Justice from the Start. RLSO MW practice areas include legal assistance and command service support for active duty personnel, commanders, command staffs and eligible individuals throughout the Mid-South Region. For additional information regarding legal service and support, please contact RLSO MW at 901-874-7379.

# TURN THE PAGE

Members of the U.S. Navy read to students at Millington Elementary School as part of the Adopt-A-School community outreach program. (Photo by Mass Communication Specialist Seaman Tyler R. Fraser)



Commanding Officer..... Capt. Doug Walker  
Executive Officer ..... Cmdr. Brad Meeks  
Editor..... MCI William Jamieson

MWR Editor ..... Marsha Bend  
Sales ..... Kenny Prestage  
Layout Manager ..... Thomas Sellers

Send us your comments to [mill\\_nsa\\_bluejacket@navy.mil](mailto:mill_nsa_bluejacket@navy.mil)



# 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](http://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 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 [marybalzell@navy.mil](mailto:marybalzell@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](mailto: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 [marybalzell@navy.mil](mailto:marybalzell@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](http://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](mailto: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.

Attention base commands: planning a holiday event? The NEX would be more than happy to help assist or partner in any event or observance! Please contact event coordinator, Gloria Stanaway-Vrba at 901-301-4257 or General Manager, Matt Barnwell at 872-5710.

**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 or 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, 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](http://www.facebook.com/MillingtonITT).

**September 17, 18 & 19 COMPASS - "A Course for Navy Life":** from 6:00pm-9pm at the Base Chapel. COMPASS is a spouse-to-spouse mentoring program. COMPASS offers Navy spouses the opportunity to establish a peer network, acquire knowledge and develop skills necessary to successfully meet future challenges of military life. Please RSVP by September 13. For further information visit us at [www.gocompass.org](http://www.gocompass.org) or email us at [compassmillington@nsfamilyline.org](mailto:compassmillington@nsfamilyline.org)

Friday, September 20 -

**Mongolian BBQ dinner**  
Mongolian BBQ dinner special served Friday, September 20, 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.

**Sunday, September 29 - Champagne brunch**  
Champagne brunch special served Sunday, September 29, 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.

**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

Department and hosted by the Emergency Management Department, Naval Support Activity Mid-South.

The certified CERT instructors for the training are members of CERTPlus. Some of the topics covered included: Fire Suppression, Disaster Medical Operations, and Light Search and Rescue. Hands-on activities included: modern first aid methods, putting out small fires, and safety procedures in rescuing trapped individuals.

CERT Training is designed to prepare you to help yourself and to help others in the event of a disaster. This CERT course will benefit any person who takes it to be better prepared to respond to and cope with the aftermath of a disaster. If you are

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/navylakeBBQcontest](http://www.facebook.com/navylakeBBQcontest).

**Sunday, October 6 - Liberty Program Titans Trip**

The Liberty program is taking group to watch the Tennessee Titans play against the Kansas City Chiefs! Group departs NSA Mid-South at 0600 and returns to NSA Mid-South at 2130. Kick-Off 1200 @ LP Field in Nashville, TN. Cost: \$65/person for E-5 & Below, \$90/person for all other Active Duty, \$95/person for all Retirees & Civilians. Price includes your ticket, transportation, soda & water on the bus, as well as an all-you-can-eat pre-game buffet at the Titans Fan Zone with three complimentary beverage tickets! You MUST be 21 years of age or older, OR have an Active Duty ID, to come on the trip. Sign up at the Ellison Recreation Center, Bldg. S-499. Spaces are limited! Early Sign-Ups for E5 & Below Start on Monday, August 12th! Open to all others starting Monday, August 19th. For more information call 874-5437.



The flight deck crew secures an F-35B Lightning II aircraft aboard the amphibious assault ship USS Wasp (LHD 1) following testing. Wasp is underway in support of F-35B Lightning II Developmental Testing phase II (DT-II). DT-II is a collaborative effort among the Navy, Marine Corps, and coalition partners to validate operational capabilities of the F-35B for amphibious platforms (LHD, LHA). (U.S. Navy photo/Released)

## EYE ON THE FLEET

# CERT class in Millington

The damage caused by natural disasters, such as earthquakes, hurricanes, tornados, flooding, and from manmade or technological events such as explosions or hazardous materials accidents can affect all aspects of a community, from government services to private enterprise to civic activities.

These events severely restrict or overwhelm emergency response resources, communications, transportation, and utilities leaving many individuals and neighborhoods cut off from outside support.

Being prepared and having an emergency plan can reduce fear and anxiety that accompanies such disasters.

CERT (Community Emergency Response Training) is an important program designed to engage everyone in America in making their families, homes, and communities safer, more prepared, and more resilient when incidents occur. In the event of a disaster, emergency service personnel may not be readily available to help everyone immediately. CERT volunteers can make a difference on a local level by helping to save lives and protect property.

Many civic minded members of the community have already stepped up to the task and completed the CERT training program. The CERT course is FREE and open to the public. Don't miss your opportunity to attend! There is an upcoming 2-day CERT class on Saturday, October 19 and 26. It will be held at the Pat Thompson Center in Millington, TN. The course is sponsored by the Millington Fire

Department and hosted by the Emergency Management Department, Naval Support Activity Mid-South.

The certified CERT instructors for the training are members of CERTPlus. Some of the topics covered included: Fire Suppression, Disaster Medical Operations, and Light Search and Rescue. Hands-on activities included: modern first aid methods, putting out small fires, and safety procedures in rescuing trapped individuals.

CERT Training is designed to prepare you to help yourself and to help others in the event of a disaster. This CERT course will benefit any person who takes it to be better prepared to respond to and cope with the aftermath of a disaster. If you are

interested in becoming more prepared for emergencies and would like to attend the free CERT class at the Pat Thompson Center in Millington; register on-line at [www.certclass.webs.com](http://www.certclass.webs.com) or call 901-476-6977.

Visit the following websites for more information on CERT [www.citizen.org](http://www.citizen.org) CERTPlus [www.certplustraining.org](http://www.certplustraining.org) Millington Fire Department [www.millingtontn.gov](http://www.millingtontn.gov)

Emergency Management Department, Naval Support Activity Mid-South [www.cnmc.navy.mil/regions/cnrmw/installations/nsa\\_mid\\_south/om/emergency\\_management.html](http://www.cnmc.navy.mil/regions/cnrmw/installations/nsa_mid_south/om/emergency_management.html)



The Bluejacket is an authorized publication for members of the Military Services. Contents of the Bluejacket do not necessarily reflect the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, or The Millington Star, of the products and services advertised. Everything advertised in the publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or refraction of this equal opportunity policy by an advertiser is confirmed, the pub-

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](mailto:Mill_NSA_Bluejacket@Navy.mil).

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

The Bluejacket is published by Journal West 10 Media LLC, a private firm in no way connected with the U.S. Navy under exclusive written agreement with Naval Support Activity Mid-South Millington, TN. It is published every Thursday by the Millington Star whose offices are at 7834 Church Street Millington, TN 38053.

# NOW OPEN Hilton Hall Banquet Room



- Perfect for corporate meetings or social events
- Accommodates 150 - 175 people
- Audio-Visual equipment available
- Wireless high speed internet



**AWARD WINNING HOTEL NEW BANQUET FACILITY**

**Call 901-872-4435 to book your event or for more information.**

*Bring in this ad for 10% OFF your booking.*

**8838 Highway 51 North Millington, TN 38053**  
[www.millingtonsuites.hamptoninn.com](http://www.millingtonsuites.hamptoninn.com)



# CLASSIC CAR & BIKE SHOW

**Win a \$30,000 Mustang!**  
All show car registrations have a chance to win!

**Plus...\$4,000 in Cash Prizes!**

Sponsored by:

Presented by:

**The Collierville Police Department**

Hosted by:

**Central Church**

Benefits:

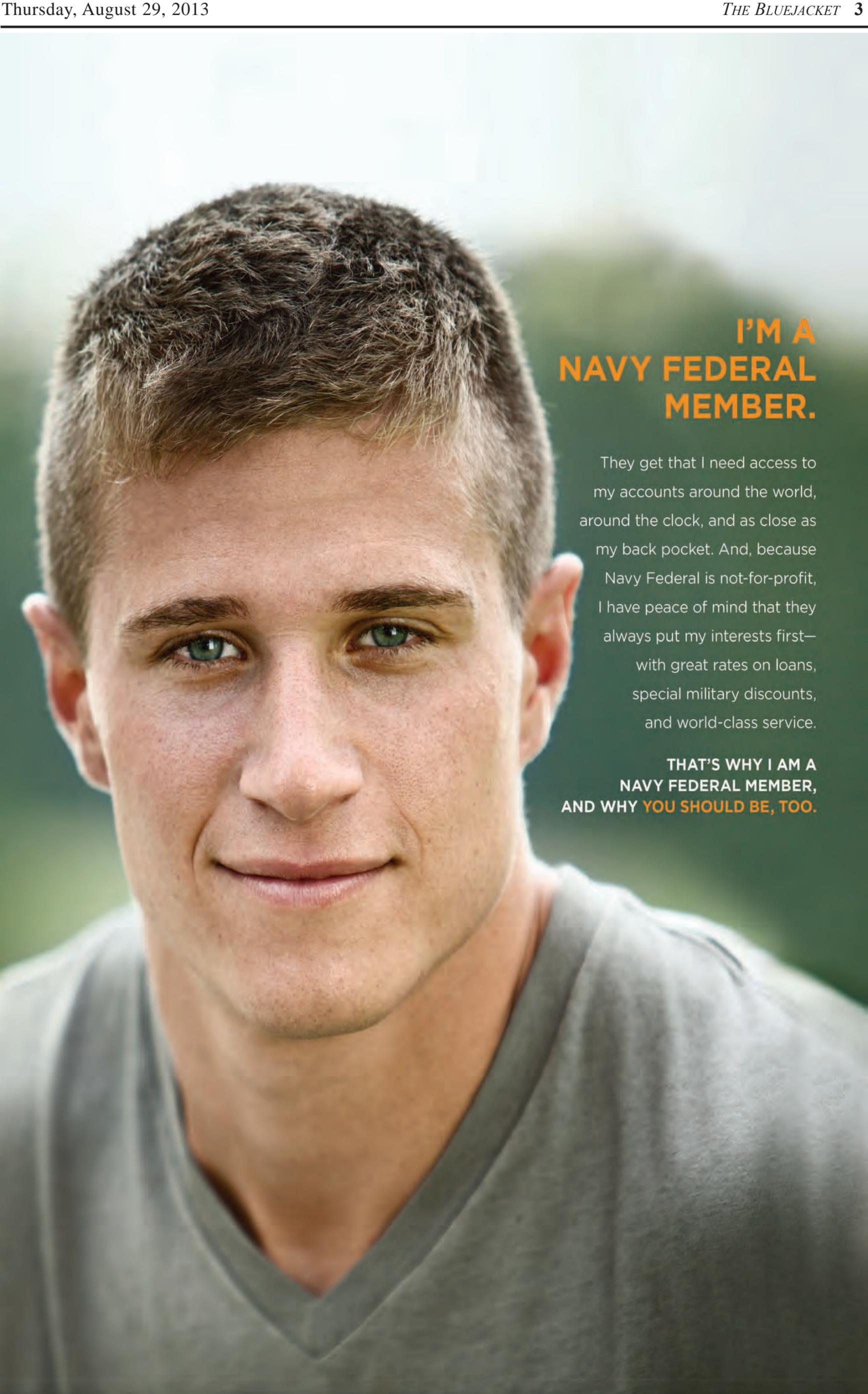
**COLLIERVILLE EDUCATION FOUNDATION!**

**September 21<sup>st</sup>, 2013**  
**Central Church, 2005 Winchester Rd.**  
REGISTRATION: 7:30AM - NOON • ENTRY FEE \$25 • TROPHY PRESENTATION 3PM

FOR MORE INFORMATION VISIT [COLLIERVILLEPOLICE.ORG](http://COLLIERVILLEPOLICE.ORG) OR CONTACT:

CHARLIE SHAW 901-834-8735	COLLIERVILLE POLICE DEPT 901-457-2860	KATHY DUNCAN 901-854-9896
------------------------------	--	------------------------------

Landers Ford • 2082 W. Poplar Avenue • Collierville, TN 38017 • Tel: 901-854-3673 • Fax 901-854-3694 • LandersMemphis.com



# I'M A NAVY FEDERAL MEMBER.

They get that I need access to my accounts around the world, around the clock, and as close as my back pocket. And, because Navy Federal is not-for-profit, I have peace of mind that they always put my interests first— with great rates on loans, special military discounts, and world-class service.

THAT'S WHY I AM A NAVY FEDERAL MEMBER, AND WHY YOU SHOULD BE, TOO.

REFER AN ELIGIBLE FRIEND, FAMILY MEMBER, OR FELLOW SERVICEMEMBER FOR MEMBERSHIP, AND YOU'LL EACH RECEIVE

# \$50\*

**NAVY FEDERAL**  
Credit Union

ARMY  
MARINE CORPS  
NAVY  
AIR FORCE  
COAST GUARD  
DoD

CELEBRATING 80 YEARS OF SERVICE!

navyfederal.org 1.888.842.6328

Federally insured by NCUA. \*Limited-time offer. This offer may not be combined with any other new-member offers at the time of account opening. Eligible members include Coast Guard, all Department of Defense uniformed personnel, reservists, Active Duty, retired, Army and Air National Guard, DoD civilian employees, contractors, and family members. Recruiters are not eligible to refer recruits. \$5 minimum balance to open and maintain savings account and to obtain bonus. Annual Percentage Yield 0.25%, effective 6/3/2013. Bonus deposited within seven business days of account opening. Program must be mentioned at time of joining for accounts to be credited. Fees may reduce earnings, and rates may change. Limit 5 referrals per member. Navy Federal employees are not eligible to participate in this program. App Store® is a service mark of Apple, Inc. Android® is a trademark of Google, Inc. © 2013 Navy Federal NCUA 12626 (7-13)



# Clinic Corner TOBACCO CESSATION

Week 5

We all know tobacco use is not good for our health, but there still continues to be a significant number of military personnel and their family members who smoke. Use of oral tobacco use (chew or snuff) is not a safe option. What you may not know is that food intake plays a role in the quit process.

Abstinence from smoking increases nicotine cravings but foods can add to these impulses, according to a report published in "Experimental and Clinical Psychopharmacology." If you are already struggling with withdrawal, this phenomenon can explain why your cravings are sometimes even worse. They can be unique to your own personal tastes or perhaps more universal.

Sugar and nicotine have a symbiotic relationship. Sugar plays havoc with your blood sugar. When it rises, then falls, your body demands another high. This makes you crave more sweets but cigarettes can also fill that void. According to HelpGuide.org, nicotine also releases sugar into your system. Tobacco can contain sugar or is cured with sugar.

Some foods just seem to make cigarettes taste better, according to a Duke University study. Eleven percent of the study subjects felt that meat enhanced the taste of tobacco. Once your mind has made the association that nicotine is going to be particularly satisfying after eating a steak, it can be hard to break the cycle. The exception was subjects who regularly smoked menthol products. They were less likely to taste a difference in nicotine after eating certain foods.

Coffee and alcohol also made the list among the Duke University subjects as making nicotine taste better, according to 45 percent and 44 percent of the subjects respectively. Alcohol not only has a neurobiological impact that makes you physically yearn for a cigarette, but also affects the pre-frontal cortex area of the brain, the part that governs decision-making. While you're craving nicotine, your brain might also have a hard time remembering why you no longer want to smoke. Caffeine also causes a neurobiological reaction that will make you crave a cigarette. It is contained in colas, chocolate, tea and some over-the-counter medications as well as coffee.

So what to do? Mental associations can be a powerful thing when you're trying to quit smoking but are easier to fight than physical triggers. For example, if you always have a chicken sandwich at lunch and you always used to have a cigarette after eating, that chicken sandwich can incite a nicotine craving. It's your mind that's causing the craving, not the chicken. Shake things up and try new foods that you can't possibly associate with smoking, as long it's not a hamburger or anything sweet. If you're a heavy coffee drinker, you might gain an advantage in quitting that first. When you've gotten past that challenge, turn your attention to quitting the nicotine. If you attempt both at the same time, the stress could reduce your chances of success.

Research shows it takes the average person multiple attempts to become a nontobacco user. You don't have to do this alone - there is a Tobacco Cessation class starting the first Wednesday of almost every month at the Branch clinic. The class meets for about an hour 4 Wednesdays in a row. If classes don't fit your schedule, individual appointments are easily arranged. If you have a group of coworkers that want to quit - classes can be arranged in your work place for added convenience. Make that call today and be a nontobacco user - it's your health, your choice! Beth McKinzie RN, CDE Health Promotion/Education 874-6178.



## Q. Why is the NEX gas station mini-mart no longer selling alcohol?

**Capt. Doug Walker, NSA Mid-South commanding officer:** The quick answer is because the Chief of Naval Operations said so. The long answer is a bit more complicated. Let me start by saying that there is no impact to alcohol sales in the package store in the main Exchange Complex. All alcohol products that were available at the mini-mart will still be available at the package store with no change to the sale hours. So why is it OK to sell alcohol in the package store but not OK to sell it in the mini-mart? You don't have to go any further than our service song, Anchors Aweigh, to find a connection between Sailors and alcohol. This cultural connection with alcohol goes back hundreds of years when Sailors used to get a ration of Rum every day. Although the consumption of alcohol is not illegal, we have found that many of our conduct issues can be connected to the use of alcohol. Also, medical studies indicate that the repeated over use of alcohol is connected to liver problems, early onset of diabetes and other health issues. Both misconduct and health issues create not only negative public perception for our Navy but also impact our ability to serve. Our Navy's intent of this rule is to encourage healthy recreational activities free from alcohol and change our cultural connection to alcohol. For those that choose to responsibly drink alcohol, it will still be available at the package store. Stay safe!

reational activities free from alcohol and change our cultural connection to alcohol. For those that choose to responsibly drink alcohol, it will still be available at the package store. Stay safe!

**MILLINGTON INTERNATIONAL YOUTH ACADEMY** **NOW OPEN**  
 4641 Shelby Rd  
 Millington, TN 38053  
 (Conveniently located to all Millington Schools)

- Ages 6 wks to 12 years olds
- Spanish for 3 & 4 yr olds
- Part-time Care
- DHS and THDA vouchers accepted

Special Program for Deployed Veterans  
**COMPETITIVE RATES!!!!!!**

For further information:  
**901.873.2660**  
 or  
**901.487.7747**



**MUST SEE HOME IN ATOKA/BRIGHTON**

**GREAT DEAL IN SOUGHT AFTER COMMUNITY AND SCHOOLS**

Large kitchen opens to spacious greatroom. Big workshop! Must see home in excellent condition. Newly painted exterior, new roof, large back yard. Nice view of patio & backyard. New tile and carpet! Large bathrooms. Walkin closets. Nice frige. Washer & dryer.

**\$113,000**

**ADARO REALTY**  
 Mike Frizzell 901-485-3203

## Chaplain's Compass

# Tattoo

**Verse of the Week:**  
 "And He (Jesus) said to them, "Come away by yourselves to a lonely place and rest a while." For there were many people coming and going, and they did not even have time to eat." - Mark 6:31

Each night at sea the Boatswain mate of the watch passes the word at 2155, "Tattoo, tattoo, lights out in five minutes. Standby for evening prayer." It's a great tradition in the Navy, and a part of life at sea. The funny thing is, no one seems to know what the word "tattoo" means!

Chaps is here with the answer! The tradition for tattoo in our military dates back to 1776. The word tattoo is derived from the Dutch word "taptoe," which means "time to close up the taps and taverns in the garrisoned towns."

Thomas Simes wrote a book in 1776 entitled "A Military Guide for Young Officers." In this book, printed in Philadelphia, he gave the following instructions for the officer of the guard:

"The tat-too is the signal given for the soldiers to retire to their barracks or quarters, to put out their fire and candle and go to bed. The public houses are at the same time, to shut their doors and sell no more liquor that night."

The Navy, which is rich in tradition, uses tattoo to remind us it is time to turn out the lights, and, if you are not on watch, to turn to and hit the rack so you can get some rest.

The idea of "tattoo" and "lights out" applies to Sailors ashore as well. As we wrap up summer and start another school year for many, or perhaps begin a new tour here in Millington, remember to take some time to rest up and take care of yourself. The times when we are most under stress are also the times we tend to forget the little things, things like taking care of ourselves, exercising, and getting plenty of rest.

By the way, there are tons of activities around the area, so get out of the house and enjoy the weather this weekend! (Hint: Google "camping, canoeing, hiking, etc" ... or Google "things to do in West Tennessee, North Mississippi, Arkansas.") Be safe, enjoy the Labor Day weekend, and we'll see you again next week.

Here are a few songs that relate to work (or a lack thereof!)

- Name That Tune:**
- 1) "But when Saturday rolls around, I'm too tired to have any fun ..."
  - 2) "Ev---eryone's watchin' ... to see what you will do..."
  - 3) "When you were so in love with me, I played around like I was free..."
  - 4) "Well, work it on out, (Work it on out.) ..."
  - 5) "Her daddy was lazy and no-count, claimed he

had a bad back..."

**What's Happening:**  
 Chapel Picnic  
 NSA Mid-South Chapel will host a "back to chapel" picnic on September 8th, immediately following the 1000 service. Our fall Sunday school classes also start back on the 8th at 0900. Bring a friend and invite a neighbor to come and be a part of our base chapel! The chapel is located on the corner of Tennessee and Oriskany, behind the Navy Exchange.

**NSA Mid-South Women's Bible Study**  
 Meets on Monday nights from 6:30 to 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!

**Community Relations Projects**  
 Have a command community relations project in mind? Let the chapel advertise and help you promote your event as you support our community.

**Feds Feed Families**  
 We wrap up our food drive This Friday! This is a donation drive of non-perishables in support of our local food banks. Please drop off your last donations at the chapel during business hours. Thanks for supporting those in our community in need of help.

- Answers to "Name That Tune"**
- 1) Working in a Coal Mine - Lee Dorsey
  - 2) Working for the Weekend - Loverboy
  - 3) Working My Way Back to You - The Spinners, Four Seasons
  - 4) Twist and Shout - The Beatles
  - 5) Polk Salad Annie - Tony Joe White, Elvis
- 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!

## Foons, Vests with Legs, Medical Harpoons - You Know, the Usual Stuff

August 2013 #4: Foons, Vests with Legs, Medical Harpoons - You Know, the Usual Stuff

1. Welcome to the latest edition of the Summary of Mishaps, a few more dispatches from the front lines of the battle between good intentions and bad results.

A. We haven't had a kitchen fire for a while. We used to read about them a few times a year. You remember the drill: making french fries, phone rings, cook gets distracted, pan of grease flames up, cook grabs pan, dumps flaming grease on floor, curtains and/or self. These mishaps led to numerous variations on the "How I Fricaseed My Own Gizzard" theme.

But you can't keep a good hazard down, and the results are never amusing. Just ask the E-4 who was in his apartment, cooking dinner, part of which involved heating a pan of oil. Part of that process is knowing when the oil is hot enough before smoke starts billowing out from under the lid. He donned some oven mitts and carried the pot outside. Then, trying to cool down the oil

more quickly, he took off the lid.

"Foon!" The oil instantly caught fire, splashed onto his arms and hands, and torched off his shirt, which he took off and used to smother the fire.

For the record, a piece of your own clothing that is already on

fire probably isn't the ideal choice for smothering a fire, but he was beyond the careful-reasoning stage at this point, so we'll let that go. He spent two days in a hospital recovering from his burns.

B. In a government warehouse, and E-3 packaging specialist reloaded a nail gun. Then he put his hand on the front of the gun and pulled the trigger. Don't ask me why, because the report didn't say. All I can do is supply the following sound effect. "Ka-thunk!"

He shot a nail through his glove and his middle knuckle. An X-ray showed a broken

bone. Surgery, two weeks away from work and two months of light duty ensued. The mishap reporter wrote, "I recommend that Marines and Sailors who work with any type of tools are given a P.M.E. [professional military education] on those tools and what are unsafe acts around them."

No problem. I'll give you some P.M.E. for nail guns right this second, and it is only two words long: "gun safety."

C. On the main deck aboard a merchant ship, a civilian steward utilityman was moving or lifting or standing under a wooden box. I apologize for being so vague, the report didn't say what exactly was going on. But the civilian mariner was sufficiently involved with the box for it to fall on her chest. The report said the mishap happened "due to legs from vest catching and turning the box."

A vest has legs?  
 D. An O-3 dental officer was changing an anesthetic ampule when, the report said, she "stuck herself with harpoon of aspiring syringe."

If they use harpoons, they'd have to catch me first.

2. That's it for this issue, comrades. See you next week.



**You are invited to a FREE VETERAN CREMATION SEMINAR**

This is a short luncheon seminar (Only 1 1/2 hours, including your meal)

**Call today to RSVP for an upcoming seminar**

**Topics Covered Include:**

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

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

**Rizzi's Pizza**  
 A TASTE OF BROOKLYN

Join us for Military Appreciation Day Labor Day Weekend

**Saturday, August 31 • Open 10 AM till 2 AM**  
**6230 Greenlee Rd • Arlington, TN**  
**(901) 867-7775 / 7750**

**Live Band: Sofa Kings (No cover charge for military in uniform)**

*All Military and Government ID holders will enjoy...*

**20% Off all Entrees • Drink Specials**  
**Prizes from Coke, Miller and Rizzi's**

**SO COME ON OUT AND JOIN US AT RIZZI'S FOR SOME GREAT FOOD, ENTERTAINMENT AND GET SOME FREE STUFF!!!**

CAREER EDUCATION

**Concorde Proudly Supports our Troops!**

**For you, your spouse & your family!**

**Thank you for serving our country. Now let us serve you.**

More educational benefits are available now than ever before for Military personnel and their spouses. **Plan for your future—call Concorde today** to get more information on how this can benefit you or someone you love.

This could be just what you need—call now and talk to our Admissions Advisors—we're here every step of the way!

**Southaven Open House September 5!**

1.888.554.5162 www.concorde.edu/military

**We offer healthcare training for:**

**NEW!** Polysomnographic Technology | Medical Assistant | Medical Office Professional  
 Dental Assisting | Massage Therapy | Pharmacy Technician | Surgical Technology  
 Nursing—(AAS) | Dental Hygiene—(AAS) | Health Information Technology—(AAS)  
 Respiratory Therapy—(AAS) | Physical Therapist Assistant—(AAS) | Radiologic Technology—(AAS)  
 Occupational Therapy Assistant—(AAS)

**CONCORDE** CAREER COLLEGE

**2 Convenient Locations!**  
 5100 Poplar Ave., Suite 132, Memphis, TN 38137 | 7900 Airways Blvd., Suite 103, Southaven, MS 38671  
 Accredited by the Council on Occupational Education.

Not all programs VA approved. Programs vary by campus. For more information about our graduation rates, the median debt of students who completed the program, and other important information, please visit our website at www.concorde.edu/disclosures. Licensed by the Mississippi Commission on Proprietary School and College Registration, License No. C-662.

**f** [www.facebook.com/NSAMidSouthMWR](http://www.facebook.com/NSAMidSouthMWR) **f**



## 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

*Step Aerobics Class*  
 Monday and Wednesday 4:30-5:30 p.m.  
 Saturday 9:00 to 10:00 a.m.

*Free Coed Yoga Class*  
 If you can breathe, you can do Yoga.

Tuesdays from 4:30 p.m. to 5:30 p.m.  
 (instructor: Eileen)  
 Wednesdays from 12:00 noon to 12:30 p.m.  
 (instructor: Robin)  
 Thursdays from 4:30 p.m. to 5:30 p.m.  
 (instructor: Robin)

For more information on Robin's classes, visit [www.facebook.com/933Yoga](http://www.facebook.com/933Yoga).  
 For more information on Eileen's classes, email her at [yogiek@ymail.com](mailto:yogiek@ymail.com).

**f** NavyFitnessMidSouth

# FREE! Concert

by the Green!

## Friday, Sept. 20

### Glen Eagle Golf Course

6 to 8 p.m.

## featuring Section 8

Admission is free and event is open to the public. Bring your blankets and lawn chairs. Food and beverage items available for purchase. Picnic baskets will be allowed, no coolers please.

event sponsors:  


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

Open to the general public.

**Glen Eagle Golf Course**  
 6168 Attu St. Millington, TN 38053  
 Naval Support Activity Mid-South Millington  
 Pro shop • Rental Clubs • Putting Green • Driving Range  
 Call (901) 874-5168 for tee times and group bookings

**f** Updates to this information will be available online at <http://www.facebook.com/NSAMidSouthMWR> **f**




## 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

**f** NSAMidSouthSports



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. 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

## NSA MID-SOUTH SPLASH PARK

Open 0600 - Sunset  
 7 days a week



**MWR** **CNIC**

# Parents' Night Out

**Friday, 6 September, 6 - 10 p.m.**

Who: MWR eligible patrons  
 What: Parents enjoy a night out (or in).  
 Locations: Child Development Center (6 weeks-5 yrs old)  
 Youth Center (K-5th grade), Teen Center (6th-12th grade)  
 CDC and Youth Center: \$4/hour per child  
 Teen Center: Trip to the movies, cost for ticket.  
 Please register by COB 3 September 2013  
 For CDC 874-5745, Youth Center 874-5155 and Teen Center 874-5494



## OUTDOOR REC EQUIPMENT CENTER

Bldg. N-397 | 5645 Bouganville Street  
 (901) 874-5675

Open Monday - Thursday 7:30 a.m. - 3 p.m.  
 Friday 9 a.m. - 4:30 p.m.

• EVENT • FESTIVAL • PARTY



## 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.

**f** [www.facebook.com/MWRSmokinByTheLakeBbqContest](http://www.facebook.com/MWRSmokinByTheLakeBbqContest) **f**

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.

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.



## SAMUEL ADAMS PUB

FREE WIFI & Navy Network connection too!

**Menu**  
 Smokey Brat- \$2.25  
 Cheesy Brat- \$2.25  
 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.

**f** /NSAMidSouthSamAdamsPub

 [www.facebook.com/NSAMidSouthMWR](http://www.facebook.com/NSAMidSouthMWR) 

- MOVIE THEATER
- BIG SCREEN TV
- GAMES
- FREE WIFI
- VACATION PLANNING
- DISCOUNT TICKETS
- REC LODGING
- AND MORE!

# 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.

6th Annual!

## Disney CHARACTER BREAKFAST!

Saturday, Oct. 12  
 Navy Mid-South Gym!



Navy Mid-South Sports and Fitness Complex (N-82 Gym)  
 7915 Memphis Ave. Millington, TN (just off Navy Road)

**Pose for casual photos with your favorite characters!**

8:30 a.m. - Breakfast Begins  
 Breakfast buffet features: scrambled eggs, sausage links, French toast sticks, yogurt cups, orange juice, white/chocolate milk, and coffee.

Disney Character Parade and photo opportunities immediately following breakfast buffet (approximately 9 a.m.)

Tickets on sale at ITT Office  
 Adults \$10 / Child \$8.50  
 Stop by the Ellison Family Recreation Center (Bldg. S-499 / 5671 McCain St) to purchase tickets or call 874-5652 for more details

event sponsors:  


ITT [www.facebook.com/MillingtonITT](http://www.facebook.com/MillingtonITT) 

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



Navy Recreational Lodging and Campgrounds Reservations Center  
[www.dodlodging.net](http://www.dodlodging.net)  
 (901) 874-5496.



(901) 874-5652/5455  
 1-800-779-4252  
[www.facebook.com/MillingtonITT](http://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.

Fri., Aug 23 13-16 on regular program \$200.00  
 Wed., Aug 28 free ice cream at half time  
 Fri., Aug 30 4,9,13,16 on regular program \$200.00  
 Wed, Sept 4 Free junior jackpot card with the purchase of an early bird pack.

Sunday  
**Champagne Brunch**  
 Sunday, September 29  
 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, Sept. 20  
 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 29 - SEPTEMBER 7, 2013 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <h2>Movie Birthday Party Package</h2> <p>Celebrate your birthday with us!</p> <p>2 1/2 hour birthday party package includes:                      Table &amp; 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><b>Helmsman Lunch Buffet 29</b>                      Carved roast beef                      Carved pit smoked ham</p> <p><b>Eagle's Peak Lunch Special</b>                      Hamburger steak with onion gravy, mashed potatoes, buttered carrots, a roll and drink \$8.00</p>	<p><b>Helmsman Lunch Buffet 30</b>                      Fried catfish                      Sweet n sour chicken</p> <p><b>Eagle's Peak Lunch Special</b>                      Catfish, White Beans, Slaw, Hush-puppies and drink \$8.00</p> <p><b>Night Golf Starts 9:00pm</b>                      Glen Eagle Golf Course                      874-5168</p>	<p><b>COED YOGA @ Joe Dugger</b>                      4:30 p.m.-5:30 p.m.</p> <p>Ellison Family Recreation Center                      Free movie in Cinema 36                      1830 Monsters University (G)</p>	<p><b>Helmsman Lunch Buffet 31</b></p> <p><b>FAMILY MOVIE MATINEES!!</b>                      Ellison Family Recreation Center                      Free movies in Cinema 36                      1430 Epic (PG)                      1830 Diary of Wimpy Kid: Dog Days (PG)                      1830 White House Down (PG-13)</p>
<p><b>Free movie shown daily!</b>                      Bldg. S-499 (5671 McCain St.) (901) 874-5455.</p> <p><b>Glen Eagle Golf Course</b>                      Eagle's Peak Grill                      Open 7 days a week                      7 a.m.-1:30 p.m. breakfast available                      7 a.m.-10:30 a.m. only</p> <p><b>Eagle's Peak Bar</b>                      Open 7 days a week                      10 a.m. - 8 p.m.</p> <p>Ellison Family Recreation Center                      Free movies in Cinema 36                      1430 The Internship (PG-13)                      1730 The Purge (R)</p>	<p><b>Helmsman Plated Lunch Closed</b>                      Enjoy the holiday!</p> <p><b>Eagle's Peak Lunch Special</b>                      Pick two (Soup/ sandwich or Soup/ salad) and drink \$7.00</p> <p><b>Step Aerobics @ Joe Dugger</b>                      4:30 p.m. to 5:30 p.m.</p> <p>Ellison Family Recreation Center                      Free movie in Cinema 36                      1630 Live Free or Die Hard (PG-13)</p>	<p><b>Helmsman Plated Lunch</b>                      Bacon cheeseburger on a pretzel bun</p> <p><b>Eagle's Peak Lunch Special</b>                      Taco Salad, Refried Beans and drink \$7.00</p> <p><b>COED YOGA @ Joe Dugger</b>                      4:30 p.m. to 5:30 p.m.</p> <p>Ellison Family Recreation Center                      Free movie in Cinema 36                      1830 This is the End (R)</p>	<p><b>Helmsman Lunch Buffet</b>                      Southern fried chicken                      Liver and onions</p> <p><b>Eagle's Peak Lunch Special</b>                      BBQ and drink</p> <p><b>Step Aerobics @ Joe Dugger</b>                      4:30 p.m. to 5:30 p.m.</p> <p>Ellison Family Recreation Center                      Free movie in Cinema 36                      1830 Now You See Me (PG-13)</p>	<p><b>Helmsman Lunch Buffet 5</b>                      Carved roast beef                      Carved pit smoked ham</p> <p><b>Eagle's Peak Lunch Special</b>                      Hamburger steak with onion gravy, mashed potatoes, buttered carrots, a roll and drink \$8.00</p> <p><b>COED YOGA @ Joe Dugger</b>                      4:30 p.m.-5:30 p.m.</p> <p>Ellison Family Recreation Center                      Free movie in Cinema 36                      1830 Here Comes The Boom (PG)</p>	<p><b>Helmsman Lunch Buffet 6</b>                      Fried catfish                      Lemon pepper broiled fish</p> <p><b>Eagle's Peak Lunch Special</b>                      Catfish, White Beans, Slaw, Hush-puppies and drink \$8.00</p> <p><b>Step Aerobics @ Joe Dugger</b>                      9:00 p.m. to 10:00 a.m.</p> <p><b>FAMILY MOVIE MATINEES!!</b>                      Ellison Family Recreation Center                      Free movies in Cinema 36                      1430 Monsters University (G)                      1830 Percy Jackson: Lightning Thief (PG)                      1830 There's Something About Mary (R)</p>		



# HOMER SKELTON



## WOLFCHASE HYUNDAI

### NEW 2013 HYUNDAI ACCENT GLS

**SAVINGS OF \$1821!**

#D1134



MSRP: \$16475  
 Dealer Cash: -\$500  
 Retail Bonus Cash: -\$500  
 Valued Owner: -\$500

**~~MSRP~~ \$14654**

### NEW 2013 HYUNDAI ELANTRA GT

**SAVINGS OF \$3096!**

#D985



MSRP: \$20375  
 Dealer Cash: -\$500  
 Retail Bonus Cash: -\$1500  
 Valued Owner: -\$500

**~~MSRP~~ \$17279**

### NEW 2013 HYUNDAI SONATA GLS

**SAVINGS OF \$3898!**

#898



MSRP: \$23115  
 Dealer Cash: -\$1000  
 Retail Bonus Cash: -\$1500  
 Valued Owner: -\$500

**~~MSRP~~ \$19217**

### NEW 2012 HYUNDAI SANTA FE SPORT

**SAVINGS OF \$2971!**

#D1052



MSRP: \$26825  
 Dealer Cash: -\$750  
 Retail Bonus Cash: -\$500  
 Valued Owner: -\$750

**~~MSRP~~ \$23854**

### NEW 2013 HYUNDAI GENESIS

**SAVINGS OF \$6508!**

#D1158



MSRP: \$35230  
 Dealer Cash: -\$2000  
 Retail Bonus Cash: -\$1000  
 Valued Owner: -\$1500

**~~MSRP~~ \$28722**

**hyundaiwolfchase.com**

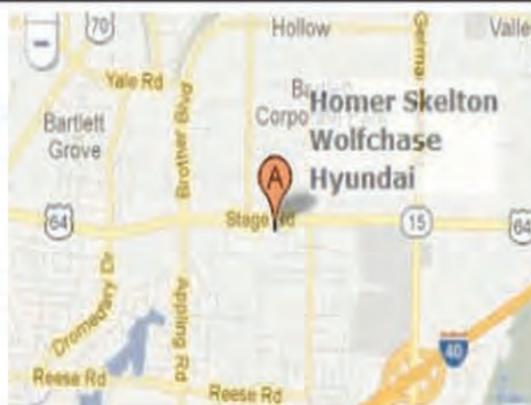


**COME SEE THE  
 ALL NEW  
 2014  
 HYUNDAI  
 EQUUS**

**Homer Skelton  
 WOLFCHASE  
 HYUNDAI**  
 7727 HIGHWAY 64  
 MEMPHIS, TN 38133  
 901.435.9400

HYUNDAI  
**100,000**  
 REASONS EVENT  
 HYUNDAI

America's Best Warranty®  
 10-Year/100,000-Mile  
 Powertrain Limited Warranty  
 HYUNDAI  
 Assurance



PRICE PLUS TT&L. INCLUDES \$399 DOC FEE. PICTURES FOR ILLUSTRATION PURPOSES ONLY. ALL PRICES SHOWN WITH ALL APPLICABLE FACTORY REBATES. NOT ALL CUSTOMERS WILL QUALIFY FOR ALL REBATES. SEE DEALER FOR DETAILS.



# Quarter Honors

**Top Left:** Navy Musician 3rd Class Jake Bilarceyk is awarded as the Chief Petty Officer's Association Junior Sailor of the Quarter by Senior Chief Construction Electrician (SCW) Chris Beck.  
**Top Right:** Mass Communication Specialist 2nd Class Ty Connors is awarded as the Chief Petty Officer's Association Junior Sailor of the Quarter by Senior Chief Construction Electrician (SCW) Chris Beck.  
**Above Left:** Hospital Corpsman 1st Class (FMF/SW/AW) Brent Jones is awarded as the Chief Petty Officer's Association Junior Sailor of the Quarter by Senior Chief Construction Electrician (SCW) Chris Beck.  
**Above Right:** Senior Chief Personnel Specialist (SW/AW) Michael Wallace and Senior Chief Construction Electrician (SCW) Chris Beck award Cmdr. David Whitehead with a Chief's 200 Mile Club t-shirt in recognition of Whiteheads completion of 200 miles.

(Photos by MCI (SW/AW) William Jamieson)



**Robert Buggs**, a volunteer for the Navy-Marine Corps Relief Society on Navy Support Activity Mid-South, shows the thrift shop offering free uniforms and uniform items August 15, 2013 in their office located in the base chapel. NMCRS encourages service members to come look through the thrift shop open Monday through Thursday 9 a.m.-2 p.m. NMCRS also accepts uniform items as a donation.  
 (Photo by Seaman James Griffin)

# Drop In >>>>



# Making the green

**Above:** Lt. Dana Canby registers golfers for a golf tournament benefiting the Navy Ball. More than 18 teams competed in the tournament.  
 (Photos by MCI (SW/AW) William Jamieson)



# Speakers Win Local Contest and Advance to Next Level

Winners of the local speech contest held August 22 aboard Naval Supporting Activity Mid-South Toastmasters were Aaron Bolin, Deborah Douglas, Michelle Marsden, and Grace Major (l-r). Bolin earned first place in the humorous speech contest and Marsden earned second. Douglas earned first place in the table topics contest followed by second place, Michelle Marsden, and third place, Grace Major. Toastmasters meet every Thursday at 1130 in Building 791, Conference Room B102. More information is available at: <http://nsa.toastmastersclubs.org/> or [nsatoastmasters@gmail.com](mailto:nsatoastmasters@gmail.com)

# This week in Navy History

**August 29**  
 1861 - U.S. squadron captures forts at Hatteras Inlet, NC  
 1862 - Union gunboat Pittsburgh support Army troops in landing at Eunice, Arkansas  
 1915 - Navy salvage divers raise F-4, first U.S. submarine sunk in accident  
 1916 - Congress passes act for expansion of Navy but most ships not completed until after World War I.  
 1964 - USS Boxer and 2 LSDs arrive off coast of Hispaniola to give medical aid to Haiti and Dominican Republic which were badly damaged by Hurricane Cleo.  
**August 30**  
 1913 - Navy tests Sperry gyroscopic stabilizer (automatic pilot)  
 1929 - Near New London, CT, 26 officers and men test Momsen lung to exit submerged USS S-4  
 1961 - Two Cuban frigates fire on a Naval Reserve aircraft on a training mission over international waters  
**August 31**  
 1842 - Congress replaces the Board of Navy Commissioners, a group of senior officer who oversaw naval technical affairs, with the five technical Bureaus, ancestors of the Systems Commands. One of the 1842 Bureau, the Bureau of Medicine and Surgery, continues to serve under its original name.  
 1943 - Commissioning of USS Harmon (DE-678), first Navy ship named for an African American Sailor.  
 1944 - Carrier task group begins 3-day attack on Iwo Jima and Bonin Islands

1962 - Last flight of Navy airship made at NAS Lakehurst, NJ  
**September 1**  
 1781 - French fleet traps British fleet at Yorktown, VA  
 1814 - USS Wasp captures HMS Avon  
 1925 - CDR John Rodgers and crew of 4 in PN-9 run out of fuel on first San Francisco to Hawaii flight. Landing at sea, they rigged a sail and set sail for Hawaii.  
 1941 - U.S. assumes responsibility for trans-Atlantic convoys from Argentina, Canada to the meridian of Iceland  
 1942 - Establishment of Air Force, Pacific Fleet, VADM Aubrey W. Fitch, USN  
 1942 - First Seabee unit to serve in a combat area, 6th Naval Construction Battalion, arrives on Guadalcanal.  
 1945 - USS Benevolence (AH-13) evacuates civilian internees from 2 internment camps near Tokyo, Japan  
**September 2**  
 1918 - Navy ships and crews assist earthquake victims of Yokohama and Tokyo, Japan  
 1940 - Destroyer-for-Bases agreement between U.S. and United Kingdom  
 1944 - USS Finback (SS-230) rescues Lieutenant (jg) George Bush, USNR (VT-51), shot down while attacking Chichi Jima  
 1945 - Japan signs surrender documents on board USS Missouri (BB-63) at anchor in Tokyo Bay. FADM Chester W. Nimitz, USN, signs for the U.S. In different ceremonies, Japanese forces on Palau Islands, Truk, and on Pagan Island and Rota in the Marianas surrender.

**September 3**  
 1782 - As a token of gratitude for French aid during American Revolution, the U.S. gives America (first ship-of-the-line built by U.S.) to France to replace a French ship lost in Boston.  
 1783 - Signing of Treaty of Paris ends American Revolution  
 1885 - First classes at U.S. Naval War College begin  
 1925 - Crash of rigid airship Shenandoah near Byesville, OH  
 1943 - American landings on Lae and Salamaua  
 1944 - First combat employment of a missile guided by radio and television takes place when Navy drone Liberator, controlled by Ensign James M. Simpson in a PV, flew to attack German submarine pens on Helgoland Island.  
 1945 - Japanese surrender Wake Island in ceremony on board USS Levy (DE-162)  
**September 4**  
 1804 - USS Intrepid (LT Richard Somers) blew up in failed attack on Tripoli  
 1941 - German submarine, U-652, attacks USS Greer, which was tracking the submarine southeast of Iceland. Greer is not damaged, but drops depth charges, damaging U-652.  
 1954 - Icebreakers, USS Burton Island (AGB-1) and USCG Northwind, complete first transit of Northwest passage through McClure Strait.  
 1954 - P2V from VP-19 shot down by Soviet aircraft near Swatow, China  
 1960 - USS Bushnell and Penguin begin relief operations in Marathon, FL, after Hurricane Donna.

## MASTER OF SCIENCE IN OPERATIONS MANAGEMENT

**Program Highlights:**

- Complete the program in 1-2 years
- Only 10 courses
- Evening or online classes
- Begin ANY term
- Five terms per year
- Accelerated 8-week terms
- Enter with any undergraduate major
- Open to civilian and military personnel

UNIVERSITY OF ARKANSAS  
 THE YOU OF A

Marjorie Pasch, Site Director  
 Visit us online at [www.msom.uark.edu](http://www.msom.uark.edu)  
[ua-nsam@uark.edu](mailto:ua-nsam@uark.edu)  
 (901) 872-2280

## DON'T LET YOUR MONEY Fly Away!

**MID SOUTH Welcomes All Active Duty Military, Single Sailors, Military Retirees, DoD Employees, Qualified Contractors & Non-Military**

FOREST CITY IS EXCITED TO OFFER

- FIRST FULL MONTH FREE\***
- NO APPLICATION FEE\***
- FREE RENTERS' INSURANCE**

**3-BEDROOM HOMES - start at \$900/month**  
**4-BEDROOM HOMES - start at \$970/month**

LIMITED TIME OFFER!\*

\*Prices are subject to change without notice.

ALL UTILITIES INCLUDED  
 Landscaping Service Included  
 Pet Friendly (Most Breeds Accepted)\*  
 24 Hour Maintenance  
 Covered Parking  
 Washer & Dryer Hook-Ups  
 Gated Community

Call Today! **901.872.8905** [www.fcnavymidsouth.com](http://www.fcnavymidsouth.com)  
 Community Management Office: 7666 Interpid Street Bldg. 456 Millington, TN 38054