



NRC Reads to Local School Children

By MC2 Amanda Sullivan
Navy Recruiting Command Public Affairs

Personnel from Navy Recruiting Command wrapped up a successful first season of the Adopt-A-School Reading program with Millington Elementary School, Millington, Tenn., on May 15.

Ten volunteers read to children in grades ranging from pre-school to 5th grade as part of the newly forged partnership with the school.

"Chief [Calvin] Leake and I saw it as an opportunity to setup a long standing COMREL project that had the potential of great local results," said Lt. Justin Bernard, Chaplains Corps. "We wanted to start a program that gave our Sailors a chance to give back to the children and teachers just outside of our gates!"

The program was initiated in January of this year and was intended to be only four monthly sessions. But the program has grown into more.

"The school has relayed to us that the teachers love having us and the students ask for us to return more often," Bernard said. "It branched out from a simple once a month reading program to helping with test proctoring and planning to help with other future school events."

"Millington [Elementary School] has truly become NRC's adopted school and our Sailors are taking ownership of that," said Bernard adding that because of the success of the program, he is looking forward to continuing it throughout the next school year.

More than 40 Sailors volunteered over the four sessions during the spring semester at the school. NRC and Millington Elementary School have four more sessions already planned for the fall.

"I believe this kind of project has a ripple effect on the community," added Bernard. "A student who is able to interact with a Sailor in a simple reading session then goes



Personnel Specialist Second Class Cashmina Arthur-Frederick asks students questions about a book they are reading. A Arthur-Frederick read to students as part of the Navy Recruiting Command Adopt-A-School reading program on May 15, 2013.

home to tell their parents about their experience and somehow the presence of naval personnel become much more comforting to those that

live near our base. They are able to see us an integral part of the local community rather than just a military asset inside the wire."

Bernard said that the Sailors also gained a great deal by volunteering.

"My greatest measure of success is when we regroup in the front office after each reading session," said Bernard. "Sailors always have a story about the book they got to read or the questions the students asked; and the joy they get from doing it tells me it is worth the effort."

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

What is "Energy Efficient Procurement?"

By Jane Simmons Naval Facilities Engineering Command Midwest

"Energy efficient procurement" means specifying and purchasing equipment and services with energy efficiency in mind.

It makes sense to do so since plug loads—anything plugged into an electrical outlet—can account for 20 percent or more of the electrical use in a building.

Reducing plug loads is a critical component of meeting the Navy's energy reduction goals. The Energy Independence and Security Act (EISA) of 2007 requires federal agencies to purchase energy-efficient equipment and services "wherever cost-effective and practical."

So if widget A uses less power to operate than widget B, widget A is the obvious choice, right?

But what if widget A costs twice as much? Is it worth it then? As we see, these decisions are not always straightforward.

Fortunately, many of the items we purchase to support the missions of our commands and tenants have already been screened for energy efficiency and cost-effectiveness by Department of Energy programs, including Energy Star® (<http://www.energystar.gov>) and the Federal Energy Management Program (FEMP) Energy-Efficient Product Procurement Program (http://www1.eere.energy.gov/femp/technologies/procuring_eeproducts.html).

Navy Region Midwest Instruction (CNRMWINST 4101.1A), Energy Efficient Procurement, provides guidance for meeting EISA requirements on Navy Region Midwest installations. These requirements include:

Select Energy Star® or FEMP-designated equipment, where available. For equipment not listed by either Energy Star® or FEMP, select on the basis of a life cycle analysis.

Purchase products that meet standby power limits, where applicable

When contracting for services or construction that will include the provision of energy-consuming products, specify products that comply with these requirements, as applicable.

To ensure that we comply with federal law, the instruction requires all procurement personnel at all region installations are to undergo initial training in fiscal year 2013 and at least every two years thereafter. The annual installation SECNAV Energy Management Awards submittal requires installations to report the progress of this training.

CNRMWINST 4101.1A applies to all Navy Region Midwest commands--all shore-based tenant activities, supported commands, contractors, lessees, concessionaires, other organizations aboard CNRMW installations and, individually, to all contracting officers, contracting specialists, buyers, government credit card holders, and other procurement officials serving these organizations. Available resources listed in the instruction include:

Online energy and cost savings calculators for energy-efficient products to use in life cycle cost analyses.

Model acquisition language for energy-efficient product contracts.

On-demand computer-based training on energy-efficient procurement requirements and resources.

For questions about energy efficient procurement requirements or to obtain a copy of CNRMWINST 4101.1A, contact your Installation Energy Manager or Jane Simmons, NAVFAC Midwest Utilities and Energy Management, at 847-688-2600 extension 163 or jane.simmons@navy.mil.

Life on NSA



By MC2 William Jamieson

On September 16 2004, Marine 1st Lt. Andrew K. Stern, a Germantown, Tenn. Native, gave his life in service to his country. Stern was in the Anbar province in Iraq with the 1st Tank Battalion when he was killed by enemy action.

American Legion Post 250 in Germantown, Tenn. , honored Stern's sacrifice with a memorial dinner ceremony May 18. The ceremony was made all the more fitting because it fell on Armed Services Day, a day to recognize and thank the men and women who serve in the armed services.

Post Commander Ronald Pickard said the event was one befitting a hero of Stern's stature.

"We have many honored guests attending and paying tribute to 1st Lt. Stern's memory," said Pickard. "This is a special night."

The Navy Region Mid-South began the ceremony by playing the Star Spangled Banner and all of the military branches Service Songs.

The ceremony then featured a pictorial tribute to Stern, by his parents, Rich and Eileen Stern. The ceremony concluded with speeches from Stern's commanding officer, the current executive offices of 1st Tank Battalion and the Mayor of Germantown.

The American Legion was chartered and incorporated by Congress in 1919 as a patriotic veterans organization devoted to mutual helpfulness. It is the Nation's largest wartime veterans service organization, committed to mentoring youth and sponsorship of wholesome programs in our communities, advocating patriotism and honor, promoting strong national security, and continued devotion to our fellow service members and veterans.

With Honor

American Legion Post 250 Honors 1st Lt. Andrew K. Stern with Memorial Ceremony



Above: A table is set with photos and memories in honor of Marine 1st Lt. Andrew K. Stern at the American Legion Post 250 Memorial Ceremony at the Germantown Church of Christ. Below: Marine Maj. Jared Duff performs the Roll Call at the American Legion Post 250 Memorial Ceremony in honor of Stern.

(Photos by MC2 (SW/AW) William Jamieson)



Watch For Motorcycles

By Steven Staples
Safety Office

The month of May is designated as Motorcycle Safety Awareness Month by the U.S. Department of Transportation's National Highway Traffic Safety Administration. Numerous state and local agencies have followed suite recognizing the need for increased awareness to motorcycle safety.

represent approximately 3% of total vehicle registration and comprise a staggering 14% of total highway fatalities. Motorcycle safety is everybody's business, because motorcycling has become a part of almost everyone's life. Stop and think about your circle of association; a motorcyclist could be your family member, friends, neighbors, pastor, doctor, Executive Officer or even a Commanding Officer.

NSA Mid-South also recognizes that motorcyclists should have the privilege to enjoy a safe commute in

every ride and has initiated efforts to achieve that goal. Captain Stephen Fimple has signed a proclamation affirming the recognition of May as "Motorcycle Awareness Month" aboard NSA Mid-South. The electronic Marquee boards at Base entrances proudly display the 'Watch for Motorcycles' message and also urge drivers to "Look Twice for Motorcycles". Probably the most effective and lasting motorcycle awareness initiative was the prominent placement of 12 permanent traf-

fic signs, provided by the Motorcycle Awareness Foundation of Tennessee (MAFT), advising motorists to "Watch for Motorcycles"

Motorcycle Awareness and Safety Tips
For Motorcyclist:
Get Trained (Contact Steven Staples, Cape Fox Professional Services - (901) 874-5702)

Always wear proper protective gear
Obey traffic signs, signals and laws

Position yourself to SEE and be SEEN

- Don't ride impaired
- For Motorist:
- Don't drive distracted
- Watch for Motorcyclist, Look Twice; Save a life
- Increase your following distance
- Don't turn left on approaching motorcycle
- Check blind spots frequently
- Remember Watch for Motorcyclists and responsibly Share the road.



Crime Stoppers Definition of the Month: accident

(a) An undesirable or unfortunate happening that occurs unintentionally and usually results in harm, injury, damage, or loss; casualty; mishap: automobile accidents

Security Safety tip: Each year, thousands of people are involved in traffic accidents. In an effort to fight these unfortunate incidents, these safety tips can make a big difference in everything from protecting yourself and passengers to ensuring that you won't be without a car while yours is in the shop. Before you start your engine, make sure the warning lights are off, keep a watchful eye, check blind spots before you change lanes, be especially careful when you are driving side-by-side with another car for a few minutes, look both ways before you enter and intersection, even if you have a green light, be mindful of approaching emergency vehicles and give way to them if you see their emergency lights flashing and/or hear siren sounding, use the signal lights before you change lanes, follow the laws, keep a safe distance, keep your vehicle slower than the speed limits at turn or steep roads because you never know what is coming from the other side. You can report any accidents to the NSA MID South Emergency Dispatch Center at 874-5533 or Dispatch Non-Emergency at 874-5534.

Summary of Events: Dispatch received a telephone

call from a member stating there had been a minor traffic accident in the NEX parking lot. Victim stated she was driving into a parking space when the suspect backed out into her vehicle. Suspect did not see victim behind him as he was backing up. Suspect admitted to hitting victim car. Suspect was cited for improper backing and no insurance.

If you are involved in a car accident it's important that you take the right steps. This checklist will help you know what to do after a car accident.

Determine the extent of Damage or Injuries - Stay calm and determine the extent of damage and to determine if there are any injuries that need immediate medical attention.

Get Off the Road - If it's a minor fender bender, get off the road before you start gathering information from the other driver. Move out the way of oncoming traffic, safety first, but if you can't move your vehicle without causing further damage, don't try.

Watch What You Say - You should speak to the other driver only to get his/her information and make sure the driver is ok. Don't admit to any fault or liability.

Gather information - It's important to get names, address, phone numbers of everyone involved in the accident, email address, make, model, year of car, license plate number, insurance carrier, policy number and vehicle

identification number (VIN) of their car. Most insurance companies only record the type of vehicle and the VIN. Take photos if you can to the damage of your vehicle, accident location, people involved with the accident. Get officer on scene name, badge or ID

number, phone number and police report number.

Call Your Insurance Agent - Call your insurance company to start your claim, even at the scene with the police if possible. Most insurance companies are staffed 24/7.



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If you believe in a strong national defense then do something – join us.

Just send us a check for \$35.00, along with your name, address, phone number and branch of service to:

The American Legion
PO Box 54111
Millington, TN 38054



The American Legion
Veterans Serving Veterans

Clinic Corner

MAY IS PHYSICAL FITNESS MONTH — WEEK 4

By Beth McKinzie

May is Physical Fitness Month Sailors interviewed worldwide repeatedly said that exercise decreases stress; increases energy level; helps them feel better, look better, and sleep better; reduces their body fat; and improves how they feel about themselves. It improves the way you feel, look, think, sleep, and perform, as well as reduces your chances for premature death. These reasons to exercise apply to family members as well!

Exercising in confined spaces is a common obstacle for many Sailors. Exercise can be performed – even in a tight space. On official travel, service members may have only the space of a hotel room for an exercise area; exercising on smaller operational platforms may also be a challenge. The Navy has developed a system that will guide service members in exercising in limited spaces using equipment that takes up little space. The Navy Operational Fitness and Fueling System (NOFFS) provides step by step guidance for a complete exercise program that can be performed in the space of a 5ft. x 5 ft. box! It even has a phone app! See this link to find out more:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/active-living/Pages/noffs.aspx>

Doing something is better than doing nothing. Get Moving!



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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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NSA Mid-South Annual Water Quality Report for Year 2012

Why are we doing this report?

In order to ensure that tap water is safe to drink, the United States Environmental Protection Agency (EPA) and Tennessee Department of Environment and Conservation (TDEC), Division of Water Supply regulate the amount of certain contaminants in water provided by public water systems. Congress, in its 1996 amendments to the Safe Drinking Water Act, mandated that the EPA promulgate regulations requiring community water systems to annually publish and provide, to their customers, Consumer Confidence Reports (CCRs). These reports must describe the quality of the water supplied to customers and provide educational information on health effects of various contaminants. All community systems that serve less than 10,000 persons must deliver the completed CCR to their customers by July 1 each year. Our system serves approximately 7,026 people.

In 1998 the TDEC commissioner, Milton Hamilton, instructed community water systems serving fewer than 10,000 persons to publish their CCR in a local newspaper rather than mailing a copy to each customer. The regulations require the CCR to contain certain mandatory language. In some cases, this language does not directly apply to our deep-well water source. However, we have included both the required report data along with information about the uniqueness of our water. Information in this report represents results of testing during the calendar year 2012 or when sampling was most recently required. The sampling results are summarized Table 1 below. We welcome this opportunity to inform you of the high quality of water that is delivered to our customers at NSA Mid-South.

What is the source of our water?

Our public water system serving NSA Mid-South is a groundwater system consisting of five wells and a 4.2 million-gallon-per-day capacity water-treatment plant. Of the five wells, two are in the Memphis Sands aquifer, which are approximately 500 feet deep, and three are in the Fort Pillow aquifer, which are approximately 1,400 feet deep. The water-treatment plant is designed to remove naturally occurring iron and provide chlorination and fluoridation. The plant consists of a coke-tray aerator, polymer addition and mixing, gravity filtration, chlorine and fluoride addition. Currently, the system is producing an average of 500,000 gallons per day. Treated water is taken from the 2 million gallon clearwell by five high-service pumps rated at 1,040 gal/min each and pumped to the distribution system and a 500,000 gallon elevated tank.

We work hard to protect your drinking water source from contamination. We developed and maintain a Wellhead Protection Plan in accordance with Rule 0400-45-1.34 under the State of Tennessee Safe Drinking Water Act. The plan was approved by the State in August 1996, with the most recent update completed in March 2011. This plan examines the various processes that are located within the area where our water is being supplied to our wells. If you have any questions about your drinking water source, please call PWD Environmental Division, at 901-

874-5367.

The State of Tennessee has completed a Source Water Assessment on our system. A hard copy can be viewed in Bldg. 455, Public Works Environmental Division, or you can view it on the web at <http://www.tn.gov/environment/dws/dwassess.shtml>.

Does my drinking water meet EPA standards and other rules that govern our operations?

Yes, our drinking water meets or exceeds all of EPA's health standards. During our last water plant inspection from TDEC in February 2013, we received a numerical rating of 99 out of 100 points, placing us among the state's "approved" public water systems. The State and EPA require us to test our water on a regular basis to ensure its safety and to report the results of this monitoring. The following chart shows contaminants for which we have sampled recently. None of the results exceeded regulatory levels. The data presented below are the most recent testing results, completed in accordance with regulations.

Fluoride is added to the water system to help prevent tooth decay. Some people who drink water that contains fluoride well in excess of the MCL over many years could get bone disease. This could include pain and tenderness of the bones, and children's teeth could become discolored. Some people who drink water that contains barium well in excess of the MCL over many years could experience an increase in their blood pressure. Some people who drink water that contains high levels of sodium could develop high blood pressure. Our levels are well below the MCLs for these contaminants.

TDEC requires all public water systems to test various sites in their distribution system for lead and copper. Corrosion of household plumbing systems and erosion of natural deposits are the sources for these contaminants. We have never exceeded the action level for these contaminants. The action level for these contaminants is exceeded when less than 90 percent of the buildings tested have lead levels below 15 parts per billion or copper levels below 1.3 parts per million. Our 90th percentile for lead was 13 PPB and 0.26 PPM for copper. During the 2011 sampling, we had two out of 49 buildings exceed the lead action level and zero sites exceed the copper action level. The lead levels are believed to be higher in these two because the buildings have greatly reduced their population in recent years, resulting in water taking longer to travel through the building. We immediately developed a regular flushing program of the water system of the two buildings affected and retested to ensure each met all water quality requirements. All sites are now below the action level. If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing.

NSA Mid-South's Water System is responsible for provid-

ing high quality drinking water, but we cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using the water for drinking or cooking. If you are concerned about lead in your water, you may wish to

Drinking Water Regulation 0400-45-1-36 requires us to submit a collection of one residence time-sample result for total haloacetic acids and one residence time-sample result for total trihalomethanes during July 1 through Sept. 30 once every three years. Our next sample date is August 2013.

As required, we have to analyze our water for gross alpha

hours or less. Check your water by flushing a commode three times. If the hot water is rusty, the water heater may need to be flushed.

Why are there contaminants in our water?

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water Hotline at (800) 426-4791.

The sources of drinking water (both tap water and bottled water) include aquifers, rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

Contaminants that may be present in source water include:

Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife;

Inorganic contaminants, such as salts and metals, which can be naturally-occurring or result from urban stormwater runoff, industrial, or domestic wastewater discharges, oil and gas production, mining, or farming;

Pesticides and herbicides, which may come from a variety of sources such as agriculture, urban stormwater runoff, and residential uses;

Organic chemical contaminants, including synthetic and volatile organic chemicals,

which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban stormwater runoff, and septic systems; and

Radioactive contaminants, which can be naturally-occurring or be the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, EPA and Tennessee Department of Environment and Conservation prescribe regulations which limit the amount of certain contaminants in water provided by public water systems. Food and Drug Administration (FDA) regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

Do I need to take any special precautions?

Some people may be more vulnerable to contaminants in drinking water than the general population. Immunocompromised persons, such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants, can be particularly at risk for infections. These people should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control and Prevention guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline at (800) 426-4791.

How can I get involved?

Please feel free to call your PWD Environmental Division Manager, Jim Heide, at 901-874-5367 any time during regular operating hours with your questions and concerns. These operating hours are from 7 a.m. until 4:30 p.m. Monday - Friday. Other contacts for more information:

EPA Safe Drinking Water Hotline, (800) 426-4791

Tennessee Division of Water Supply, (615) 532-0191

Jackson Environmental Assistance Center, (731) 512-1300

Memphis and Shelby County Health Department, (901) 544-7741

Table 1. Results of Latest Required Drinking Water System Testing

Contaminant	MCLG ¹	MCL ²	Level found	Date	Violation	Typical source
Micro bacteria						
Total coliform bacteria	0 FFB ³	Presence of 5% of positive monthly samples (systems that collect <40 samples/month), one positive monthly sample.	No	Monthly	No	Naturally present in the environment.
Inorganic contaminants						
Fluoride	4 PPM ⁴	4 PPM	Average: 1.05ppm Range: 0.83-1.36 PPM	Monthly	No	Water additive that promotes strong teeth; erosion of natural deposits; discharge from fertilizers & aluminum factories.
Barium	2 PPM	2 PPM	0.046 PPM	03/2011	No	Discharge from metal refineries; Discharge of drilling wastes; Erosion of natural deposits.
Lead	0 PFB	AL ⁵ =15PPB	13 PFB, 90 th percentile	08/2011	No	Corrosion of household plumbing systems; erosion of natural deposits.
Copper	1.3PPM	AL=1.3PPM	0.26 PPM, 90 th percentile	08/2011	No	Corrosion of household plumbing systems; Erosion of natural deposits; Leaching from wood preservatives.
Sodium	No MCLG	NO MCL	12 PPM	02/2011	No	Erosion of natural deposits; Erosion of natural deposits used in water treatment.
Total trihalomethanes	No MCLG	80 PFB	0.000001 PFB	8/10	No	By-products of drinking water chlorination.
Total haloacetic acids	No MCLG	60 PFB	0 PFB	8/10	No	By-products of drinking water disinfection.

¹ Maximum contaminant level goal, or the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

² Maximum contaminant level, or the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

³ Parts per billion or micrograms per liter, explained in the terms of money as one penny in \$10,000,000

⁴ Parts per million or milligrams per liter, explained in the terms of money as one penny in \$10,000

⁵ Action Level, or the concentration of a contaminant which, when exceeded, triggers treatment or other requirements which a water system must follow.

have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline (800-426-4791) or at <http://www.epa.gov/safewater/lead>.

When the lead and copper monitoring program began, we had to test twice per year. Since we have continually experienced low levels of these contaminants, TDEC has approved testing every three years. Our last round of tests was performed in 2011. When we have had individual cases of slightly raised levels, we have replaced faucets and developed routine flushing to ensure the best possible drinking water for our customers. The samples we take are without any flushing after the water has been standing in the pipes for six to eight hours. The health effects for children from lead, well in excess of the MCL, are altered physical and mental development. The effects for women would be increased blood pressure and shorter gestational period. The effects for men would be increased blood pressure. The health effects from copper, well in excess of the MCL, are stomach and intestinal distress and Wilson's disease.

Because of a chemical reaction between chlorine and naturally occurring organic matter in water, certain by-products such as trihalomethanes and haloacetic acids are formed during the process of disinfection. A certain percentage of people who drink water with levels of trihalomethanes and haloacetic acids well over the MCL for many years could have liver or kidney problems, deficiencies in the central nervous system, and higher cancer risk. Safe

activity. Our most recent analysis conducted on May 5, 2003, showed the gross alpha emitters, radium 226, and radium 228 to be below detection limit. The MCL for gross alpha is 15 picocuries per liter (pCi/L); radium 226 and radium 228 is 2.5 pCi/L.

Why does the water sometimes look rusty?

Rusty or reddish tinted water may occur because of a sudden change in pressure due to improper flushing of a fire hydrant, etc. Iron causes the discoloration; it is not a health risk. The normal flow of water will usually clear the main water distribution lines within two

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.

New Hours at the Navy-Marine Corps Relief Society - Beginning Monday 28 Jan. 2013, NMCRS will be opened Monday - Thursday 0900 - 1400, and closed Fridays. In case of emergencies we continue to have around the clock coverage through NMCRS HQ at telephone number 800-654-8364 until 1600 EST, and American Red Cross after 1600 or on weekends at 877-272-7337.

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.

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.

Every Friday in May - Concerts by the Green. Concerts by the Green is a series of free concert events held every Friday in May 6:30 to 8:30 p.m. at the Glen Eagle Golf Course. Admission is free and event is open to public. Bring your blankets and lawn chairs. Food and beverage items will be available for purchase. Picnic baskets will be allowed, no coolers please. Family friendly area will feature bouncy castle. For more information call 874-5168.

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.

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.

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Chaplain's Compass

Memorial Day

By Chaplain Dave Mowbray
NSA Mid-South Chaplain

It seems that we often confuse the Memorial Day holiday with Veteran's Day. While Veteran's Day recognizes all our service members, past and present, Memorial Day is a day dedicated to the memory of those who have actually fallen in the defense of our nation.

Memorial Day started after the Civil War, as a time for both North and South to honor their dead.

In the South, it was originally called "Decoration Day" as the graves were decorated during that time. The holiday eventually became a source of healing, as veterans of both sides gathered to remember and even embrace those they had once fought.

In time, Memorial Day became a way to honor all men and women in all our

nation's armed conflicts, not just those that perished during the Civil War. In that vein, I'd like to share with you one hero's story.

Walter "Zeke" Singleton joined the Marine Corps Reserve in 1963, but was soon picked up for active duty. After boot camp at Parris Island, he transferred to 2nd Battalion, 6th Marines, where he served as an ammo carrier. He quickly rose through the ranks, promoting to Lance Corporal and Corporal while there.



Singleton was transferred to Parris Island in 1965, where he served as an instructor with the Weapons Training Battalion. He trained many, including midshipmen from the U.S. Naval Academy. During this tour, he received a letter of appreciation for qualifying 100% of the midshipmen entrusted to his care. Singleton was promoted to sergeant in September 1966.

Soon after, he was transferred to 1st Battalion, 9th Marine Regiment (1/9), which was deployed for service in Vietnam.

On March 24, 1967, during offensive operations with 1/9, Sgt. Singleton's company came under intense enemy fire. Singleton heard the call for help on the radio, and without hesitation went forward to render assistance.

Sgt. Singleton voluntarily advanced under fire to help evacuate many of the wounded from harm's way, although he was endangered himself. While removing injured Marines, he saw that a large amount of the enemy's fire was coming from a hedgerow, and, grabbing a machine gun, assaulted the enemy position, though becoming mortally wounded in the process.

His attack disorganized the enemy, driving them from the hedgerow and saving the lives of many of his fellow Marines. For his actions, Sergeant Singleton posthumously received the Medal of Honor.

Sergeant Walter Keith Singleton is a hometown hero, graduating from Bartlett High School in 1963. He is buried next to his parents in Memphis Memorial Gardens on Germantown Road.

Singleton Parkway, which brings many on board NSA

Mid-South each day, is named in his honor. (I travelled that road many years before I knew that.) There is also a barracks on the Marine Corps Base in Quantico named after him, as well as the Marine Reserve building on Jackson Avenue in Memphis. As we

enjoy a well-deserved weekend, let's remember all those, like Sergeant Singleton, who have paid the ultimate price for our freedom.

In John 15:13 we read, "Greater love has no one than this, that one lay down his life for his friends." We see so many of our heroes that have lived the truth of this verse.

For Christians, this passage has an even greater meaning. Like Memorial Day, it reminds us that there is a price for our freedom; and that God loves us uncondi-

tionally. Romans 5:8 explains it this way--- "God demonstrated his love for us in this: in that while we were still sinners, Christ died for us."

Freedom is never free. Have a blessed weekend Shipmates. -- Chaps

MEMORIAL DAY WEEKEND ACTIVITIES FOR OUR FALLEN SERVICE MEMBERS

1) Saturday, May 25th, at 0800 the Boy Scouts and the Marine Corps League will be placing flags on the graves at the old National Cemetery, located at the corner of National and Jackson Avenues in Memphis. Everyone is invited to help and there will be a short ceremony after all the flags are placed.

2) The Millington VFW (Veteran's of Foreign Wars) will hold a flag raising ceremony on Monday at 0800. It is open to all veterans and their families. The VFW is located at 4681 Cuba-Millington Road in Millington.

3) The West Tennessee State Veteran's Cemetery at 4000 Forest Hill Irene Road in Memphis will have a memorial ceremony on Memorial Day at 1100.

4) There will be a Memorial Day observance at Memorial Park at 5668 Poplar

Avenue (near I-240 and Poplar Ave. West) in Memphis in honor of all veterans, especially those who died during the Civil War. Re-enactors from both North and South will be present, as well as an artillery salute. Time is 1100 on Monday and the ceremony should last 30-40 minutes.

NAME THAT TUNE:

- 1) "Silver wings, upon their chests..."
- 2) "Patrick Henry of Virginia, said if liberty's with in ya; it's a priceless thing you ought to cherish..."
- 3) "Some mother's heart knows full sorrow, silently her prayers cross the foam..."
- 4) "We don't have to be a soldier in a uniform, to be of service over there..."

QUOTE OF THE WEEK:
"The only thing necessary for the triumph of evil is for good men to do nothing"

- Edmund Burke
NAME THAT TUNE ANSWERS:

- 1) Ballad of the Green Berets - Sgt. Barry Sadler
- 2) Free for All - Tommy Dorsey with Frank Sinatra
- 3) White Cross on Okinawa - Bob Wills
- 4) Weapon of Prayer - Notting Hillbillies/Traditional

CALENDAR OF EVENTS

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.

JDFC 12 week Fitness Challenge!
Join the Joe Dugger Fitness and Sports Complex 12 week Fitness Challenge! Reaffirm your commitment to working out and staying fit.
Registrations accepted Jan. 21 - Feb. 3. Registrations fee \$5 per person. Call (901) 874-5497 for more information.

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>.

Every Friday in May - "Concerts by the Green"
"Concerts by the Green" is a series of free concert events held every Friday in May 6:30 to 8:30 p.m. at the Glen Eagle Golf Course. Admission is free and event is open to public. Bring your blankets and lawn chairs. Food and beverage items will be available for purchase. Picnic baskets will be allowed, no coolers please. Family friendly area will feature bouncy castle.

May 31 - Eric Stone and the Fabulous Steeler Band
June 7 - Navy Band Mid-South
June 14 - Section 8
For more information call 874-5168.

Tuesday, May 28. Lifblood and NSA Mid-South are partnering for a blood drive - Each donor will receive a breast cancer awareness T-shirt as a special thank you. Lifblood will be collecting blood at the following locations and times:

- * Navy Personnel Command, Whitten Building #791 - 0900-1500
- * Navy Personnel Command, Lassen Building #457 - 0900-1500
- * Branch Medical Clinic Building S-771 - 0900-1500
- * Navy Recruitment Command Building #784 - 0800-1130
- * NEW LOCATION - A bloodmobile will be parked outside the NSA Commissary - 0900-1500

Saturday, June 8 - NSA Mid-South Chapel Marriage Workshop - No Cost but registration is required

17-21 June - NSA Mid-South Chapel Vacation Bible School - from 6pm - 8pm

Thursday, June 20 - The Junie B. Jones(r) Stupid Smelly Bus Tour will be visiting NSA Mid-South! Brought to you by your NEX, celebrate 10 years of the Stupid Smelly Bus Tour with her 20 Jun 13 at 1000 at the Mid-South Conference Center. For more information, call 901-872-5756.

WESTERN CONFERENCE FINALS



GAMES 3 & 4 SOLD OUT!

GUARANTEE PLAYOFF PRIORITY NOW WITH 2013/14 SEASON TICKETS.

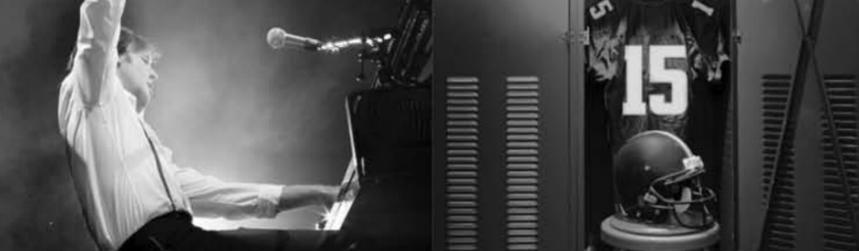
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GAME 3 SATURDAY, MAY 25, 8:00PM

GAME 4 MONDAY, MAY 27, 8:00PM

PAUL MCCARTNEY SUNDAY, MAY 26

AGAPE SHARES LOVE SATURDAY, JUNE 15

GUARANTEE THE BEST SEATS WITH 2013/14 SEASON TICKETS. Experience every towel waving moment with 30% down towards next year's Season Tickets. CALL 888-HOOP • GRIZZLIES.COM

"OUT THERE" TOUR will feature hours of material, with Paul performing songs spanning his entire career. TICKETS ON SALE NOW!

15TH ANNUAL HEARTLIGHT featuring Heisman Trophy winner and NFL quarterback Tim Tebow. TICKETS ON SALE NOW!

 www.facebook.com/NSAMidSouthMWR 

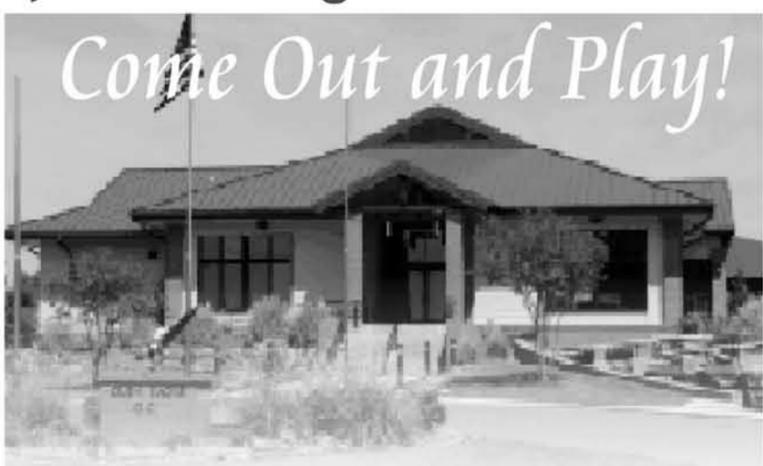


JOE DUGGER FITNESS AND SPORTS COMPLEX

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

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

 **NavyFitnessMidSouth**



Glen Eagle Golf Course

Come Out and Play!

"This course is one of the finest military golf courses in the world."
 Glen Eagle Golf Course is open to all MWR authorized patrons and the general public.
 Glen Eagle is an exceptional 18 hole championship course which features Tif Eagle Bermuda Greens contoured to be some of the most challenging in Memphis area. This facility offers a well stocked golf shop featuring some of the top lines in golf such as Titleist, Callaway, Puma Footjoy and many others.
 Our PGA Professionals offer lessons for groups and individuals.

Pro shop • Rental Clubs • Putting Green • Driving Range
 Call (901) 874-5168 for tee times and group bookings

NSA Mid-South & MWR present

Summer Fun

Millington Family YMCA Summer Membership

May 25 thru September 3, 2013
 Program is for Active Duty Military and their immediate family members only.

Summer membership will include:

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

Millington Family YMCA hours of operation

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

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

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

Purchase your Millington Family YMCA Summer Membership at:

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

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

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

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

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

Give us 24 hours notice and we will give you ...
our Speedy Southern hospitality group service!

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

Eagle's Peak Bar

Open 7 days a week 10 a.m. - 8 p.m.

FREE!

Annual Concerts

by the Green!

FREE CONCERT!

Glen Eagle Golf Course
 6:30 p.m to 8:30 p.m.

May 24 - Webb Dalton
 May 31 - Eric Stone
 June 7 - Navy Band Mid-South
 June 14 - Section 8
 June 28 - The Flying Monkeys

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.
 Family friendly area featuring bouncy castle.

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

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

 May 24 - Webb Dalton
 May 31 - Eric Stone and the Fabulous Steeler Band
 June 7 - Navy Band Mid-South
 June 14 - Section 8
 June 28 - The Flying Monkeys


NORTH-82 GYM

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

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

 **NSAMidSouthSports.**

MAY 28 - JULY 31, 2013 SCHEDULE

Yoga

@ Joe Dugger

If you can breathe... you can do yoga.

Tuesdays
 4:30 to 5:30 p.m.

Wednesdays
 12:00 noon to 12:30 p.m.

Location: Joe Dugger
 Cost: FREE
 Clothing: Wear comfortable, not too loose, clothing.
 Footwear: We go barefoot in yoga.
 Equipment: Bring your own mat or use one provided.
 If you have blocks and straps bring them!

No class on May 23, July 16 or 17.

Please take a minute to like my Facebook page.
www.facebook.com/9131yoga
 This page will keep you up-to-date on my class schedule and locations.

Namaste, Robin

NSA MID-SOUTH SPLASH PARK

Open 0600 - Sunset
 7 days a week



THE LAZY ANCHOR SADDLE CLUB IN CONJUNCTION WITH DIAMOND L & TWISTED SISTER PRESENT:

TRIBUTE TO THE TROOPS BARREL RACE

MAY 25, 2013
 LAZY ANCHOR ARENA - MILLINGTON, TENNESSEE
 CO SANCTIONED NBHA ARO2, MS01, MS02, AND TN05
\$1,800 ADDED TO SHOW!

TRAINER POLES @ 12 NOON; FLAGS TO FOLLOW:
 TRAINER BARRELS @ 2 P.M.; BARREL CLASSES @ 4 P.M.

ORDER OF EVENTS & ENTRY FEES:

VETERANS & ACTIVE MILITARY COMPETES FREE!

TRAINER POLES	\$0	LEAD LINE BARRELS	\$10
OPEN 20 FLAGS	\$20	YOUNG GUN BARRELS	\$10
OPEN 30 POLES	\$20	OPEN 4D BARRELS	\$35
OPEN 20 SPEED	\$20	SENIOR SIDE POT	\$15
		YOUTH 4D BARRELS	\$25
		ADULT 4D BARRELS	\$25

OUTDOOR ARENA - CALL BEFORE YOU HAUL!

FOR MORE INFORMATION:
 VISIT WWW.NBHA.ORG OR WWW.NBHA.COM
 CALL LINDAY (870) 514-4739; KEVIN (901) 870-2888; OR COURTNEY (901) 881-7822
 NEGATIVE COGGINS REQUIRED!



SAMUEL ADAMS PUB

FREE WIFI & Navy Network connection too!

Menu

Cranberry Chicken Salad Sandwich	\$5.00	Chipotle Chicken Salad Sandwich	\$5.00
Chicken Salad Sandwich	\$5.00	Tuna Salad Sandwich	\$5.00
Ham Sandwich	\$5.00		
Smoked Turkey Sandwich	\$5.00	Chef Salad	\$7.50

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

 **/NSAMidSouthSamAdamsPub**

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.

The Club office is open Monday through Friday from 9 a.m. to 2 p.m. 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. From Navy Rd., turn North on Hornet Ave. and follow the signs to the Flying Club, turning right on Eniwetok St. to building N-110 on the left.

For more information call 874-7793 or Fax: 874-7794 or Email mnfc@YahooGroups.com.

 www.facebook.com/NSAMidsouthMWR 

Come see us in our new location!



Monday - Friday 11 am - 9 pm
Saturday and Sunday 2-9 pm
holidays 2-7 pm.

Ellison Family Recreation Center
Bldg. S-499 (5671 McCain St.)
(901) 874-5652/5455, 1-800-779-4252

 Updates to this information will be available online at www.facebook.com/MillingtonITT 

CASINO NIGHT

Friday, June 21

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.

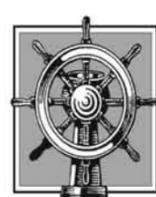


Navy Recreational Lodging and Campgrounds Reservations Center

Ellison Family Recreation Center
Bldg. S-499 (5671 McCain St.) (901) 874-5650

Monday - Wednesday 1 - 7 p.m.
Thursday - Friday 11 a.m. - 9 p.m.
Saturday, Sunday and holidays 2 - 9 p.m.

www.dodlodging.net



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.



FATHER'S DAY BRUNCH

Sunday, June 16

11 a.m. - 1:30 p.m. in the Helmsman Complex
Top round of beef au jus, BBQ ribs, fried catfish, northern beans, Sadie potatoes, corn on the cob, green beans, dinner rolls,
scrambled eggs, bacon, sausage, grits
French toast, biscuits with butter and jelly,
Potato salad, macaroni salad, carrot salad, garden pea salad,
apple and peach cobbler with ice-cream,
coffee, tea, soda, orange juice and Champagne (Patrons must be 21 years or older to be served Champagne)
Adults \$10.50
Children (age 5-10) \$5.75
Children age 4 and younger eat free

NSA MID-SOUTH YOUTH CENTER SCHOOL-AGE CARE (SAC) PRIORITY PLACEMENT REGISTRATION 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	BASP* 2013-2014 REG. BEGINS	DOCUMENTS REQUIRED TO REGISTER
1 Currently enrolled CDC Pre-K participants	2-3 July	Sponsor's ID, up-to-date YC paperwork & copies of the following: 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	IFS(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).

MWR UPCOMING DINING & EVENT HIGHLIGHTS!

MAY 23 - JUNE 1, 2013 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
<p>Free movie shown daily!</p> <p>Bldg. S-499 (5671 McCain St.) (901) 874-5650</p>	<p>MOVIE THEATER BIG SCREEN TV GAMES FREE WIFI VACATION PLANNING DISCOUNT TICKETS REC LODGING AND MORE!</p> <p>Ellison Recreation Center</p> <p>MWR LIBERTY NAVY Getaways ITT CNIC</p>	<p>Helmsman Lunch Buffet 23 Carved roast beef Carved pit smoked ham</p> <p>Eagle's Peak Lunch Special Chef Choice</p> <p>NO CLASS TODAY! COED YOGA CLASS Will not be held @ Joe Dugger</p> <p>Ellison Family Recreation Center Free movie in Cinema 36 1800 Oz the Great & Powerful (PG)</p>	<p>Helmsman Lunch Buffet 24 Fried catfish Lemon pepper broiled fish</p> <p>Eagle's Peak Lunch Special Catfish</p> <p>Annual Concerts by the Green! FREE CONCERT! EVERY FRIDAY IN MAY! 6:30 - 8:30 p.m. Glen Eagle Golf Course</p> <p>Helmsman Complex</p> <p>Ellison Family Recreation Center Free movie in Cinema 36 1830 The Call (R)</p>	<p>Step aerobics class: 11a.m. to 12 noon @ Joe Dugger</p> <p>FAMILY MOVIE MATINEES!!</p> <p>Ellison Family Recreation Center Free movies in Cinema 36 1430 The Croods (PG) 98 min. 1630 Footloose (2011) (PG) 113 min. 1845 Snitch (PG-13) 112 min.</p>	<p>Helmsman Plated Lunch 26 Closed Enjoy Memorial Day Holiday!</p> <p>Eagle's Peak Lunch Special Sandwich and Soup</p> <p>Step aerobics class 4:30-5:30 p.m. @ Joe Dugger</p> <p>Ellison Family Recreation Center Free movie in Cinema 36 1430 Oz the Great & Powerful (PG) 1730 Admission (PG-13)</p>	<p>Helmsman Plated Lunch 27 Cool & lite - A scoop of chicken or tuna salad fresh fruit</p> <p>Eagle's Peak Lunch Special Taco Salad</p> <p>COED YOGA @ Joe Dugger 4:30 p.m.-5:30 p.m.</p> <p>Ellison Family Recreation Center Free movie in Cinema 36 1830 Dark Skies (R)</p>	<p>Helmsman Plated Lunch 28 Cool & lite - A scoop of chicken or tuna salad fresh fruit</p> <p>Eagle's Peak Lunch Special Taco Salad</p> <p>COED YOGA @ Joe Dugger 4:30 p.m.-5:30 p.m.</p> <p>Ellison Family Recreation Center Free movie in Cinema 36 1830 Dark Skies (R)</p>	<p>Helmsman Lunch Buffet 29 Southern fried chicken Liver and onions</p> <p>Eagle's Peak Lunch Special BBQ</p> <p>Helmsman Complex</p> <p>Step aerobics class 4:30-5:30 p.m. @ Joe Dugger</p> <p>COED YOGA @ Joe Dugger 12 noon -12:30 p.m.</p> <p>Ellison Family Recreation Center Free movie in Cinema 36 1830 The Call (R)</p>	<p>Helmsman Lunch Buffet 30 Carved roast beef Carved pit smoked ham</p> <p>Eagle's Peak Lunch Special Chef Choice</p> <p>Ellison Family Recreation Center Free movie in Cinema 36 1830 The Croods (PG)</p>	<p>Helmsman Lunch Buffet 31 Fried catfish Spaghetti with meat sauce</p> <p>Eagle's Peak Lunch Special Catfish</p> <p>Annual Concerts by the Green! FREE CONCERT! EVERY FRIDAY IN MAY! 6:30 - 8:30 p.m. Glen Eagle Golf Course</p> <p>Helmsman Complex</p> <p>Ellison Family Recreation Center Free movie in Cinema 36 1830 Snitch (PG-13)</p>	<p>Step aerobics class: 11a.m. to 12 noon @ Joe Dugger</p> <p>FAMILY MOVIE MATINEES!!</p> <p>Ellison Family Recreation Center Free movies in Cinema 36 1430 Monsters Inc. (G) 1630 Legend of the Guardians (PG) 1830 Oz the Great & Powerful (PG)</p>

Living in an Apartment

Considerations for Easy Living in a Rental

From the friendly Judge Advocates at Region Legal Service Office Midwest

Rental living can have many benefits – there's minimal need to do repairs yourself, ease of moving when you PCS to a different area, and so on. But, as a tenant, you have several responsibilities and considerations in order to avoid extra charges, hassles, or even eviction. This article, the second in a three-part series, discusses issues to think about while you are living in a rented apartment or home. The bottom line is that if you are clean, timely with your payments, and have done your homework on finding the right place to live, you will likely have a hassle-free rental experience.

Paying Rent and Eviction. Tenants and landlords each have various rights and responsibilities. Most obviously, tenants have a duty to pay their rent on time. If you fail to pay your rent, you could face eviction and other financial penalties.

Under Tennessee law, if rent is late, the landlord must provide the tenant with a notice letter, which notifies the tenant that the tenant has fourteen days to pay the rent or lease agreement can be terminated no earlier than 30 days after receipt of the notice and the landlord can begin eviction proceedings in court.

Under the Servicemember's Civil Relief Act (SCRA), active duty service members, mobilizing reservists, and their dependents are protected against eviction proceedings that they cannot attend due to their military duties. These protections kick in only if the monthly rent is below \$2,720.95 (adjusted annually for inflation). This protection may prevent the service member or their dependents from being evicted for a period of 90 days. A court could also adjust the terms of the lease to preserve the interest of the service member and the landlord. To qualify, the service member or his or her dependents must live in the property and the rent must be below the monthly rent limit. The service member must also show that the period of active military service has materially affected their ability to pay rent, which is where the Region Legal Service Office can assist. Additionally, if the landlord conducts an unauthorized eviction of the service member, the landlord could face criminal punishment such as fines or imprisonment. This means that the landlord cannot, without a court order, change the locks, turn off the utilities, or remove your stuff.

Many apartments offer move-in incentives such as first month being free of rent. While this incentive may have seemed attractive at first, it could return at a financially difficult time for the tenant. That is because along with the incentive there is usually a clause in the rental agreement stating that the free month's rent will become due if payment is late or the tenant is evicted. Missed rental payments can quickly multiply as court fees and move-in incentives (such as free month's rent) suddenly become due. Living Conditions and Repairs. Tenants in residential leases have a right to live in "habitable" conditions. This means that the rented apartment or house must provide basic living conditions such as heat, hot and cold water, and electricity, be free from infestation, and comply with other major items in the local housing code. Almost all states, including Tennessee, recognize the right to live in habitable conditions and that this right cannot be waived in the rental agreement.

If a repair issue arises notify your landlord immediately. The landlord will have a reasonable amount of time to correct the problem. If the problem is urgent – such as a broken front door lock – be sure to let the landlord know. If the problem persists or the landlord is not addressing the problem then you should quickly follow-up with a written, dated letter to your landlord notifying him/her of the problem. Additionally, you might also want to set up an appointment with the Legal Assistance Office to consider what other options might be available to you. When conducting repairs, the landlord can enter the rental property for the purpose of making repairs with proper advance notice – usually 12 hours.

As a tenant, one possibility might be to repair-and-deduct, where you pay for the repairs and deduct the cost of the repairs from the next month's rent. But with this option you should consult with an attorney before pursuing this route because if done improperly the landlord could initiate eviction procedures for failing to pay the full month's rent as well as for damages to property. Another option might be to treat the failure to repair, assuming it is severe enough, as a breach of the rental agreement. Further, if the problem that requires repairs forces you to physically move out of the apartment or house, it could be treated as a "constructive eviction" by the landlord, which could result in a termination of the lease. But, again, before proceeding down any of these paths, you will want to visit the Legal Assistance Office in order to make sure that

all of the necessary conditions have been satisfied to proceed with your desired course of action. Maintaining your Apartment or Rented Home. As a tenant you have a duty to maintain the cleanliness of the premises. Failure to do so could result in deductions being taken from your security deposit when you move out or, if the problem is serious enough, could result in a breach of the lease leading (potentially) to an eviction. The best thing to do is to ensure that you keep your apartment clean and maintained. The landlord cannot charge you for "normal wear and tear" but any damages above normal wear and tear will likely cost you money.

Subletting your Rented Apartment or Home. Subletting occurs when a tenant enters into an agreement with a third party (a subtenant) to live in the tenant's rented apartment or home for a period of time, but the subtenant will return the keys to the original tenant before the termination of the original lease between the original tenant and the landlord. Common examples of when tenants might sublease their apartments are college students who go away for the summer and return in the fall and service members who expect to be away for a few months but want to return to the same place upon their return.

Depending on the written lease agreement, the subtenant can make the rental payments to either the original tenant or the landlord. But the key point is that if the subtenant fails to pay rent, the original tenant remains responsible to pay the landlord for the monthly rent. The original tenant is also responsible for any damages caused by the subtenants.

Some leases prohibit subleases and others require the landlord's approval before doing so. As a tenant, it is important to review your lease before subletting your apartment. And remember, under the SCRA you might be able to break your lease – making a sublease unnecessary – if you are going to PCS out of the area, deploy for 90 or more days, separate from active duty service, or, in some cases, if you are ordered onto base housing. But if circumstances require you to sublease, it is critical that you find reliable subtenants and ensure you read your lease to make sure that subleasing is permissible. Again, the Legal Assistance Office is standing by to help you sort through your options. Foreclosure of your Apartment Building or Rented House. In recent years a lot of real estate has gone through the foreclosure process. This includes apartment buildings and rented homes. As a result, many tenants found themselves wrapped up in the foreclosure process through no fault of their own. This prompted Congress to pass the Protecting Tenants at Foreclosure Act, which permits tenants to continue to live in their rented apartment or house for a period of time past the foreclosure sale. If the property is a multi-unit apartment building or a single family home in which the purchaser does not intend to live, the tenant can continue to live there for the duration of the existing lease, so long as the tenant continues to follow the terms of the lease (i.e., pay rent).

If, however, the rented home is going to be used as the primary residence of the purchaser at the foreclosure sale, the new landlord can require the tenant to move out but must give the tenant at least 90 days notice after the foreclosure sale has been finalized. The bottom line is that in order to receive the protections of this law, the tenant must continue to abide by the terms of the lease including making rental payments on time. Make sure you continue to pay the original landlord until you receive written notification from either (1) the original landlord telling you, in writing, to pay the bank instead, or (2) the foreclosure court directing you to pay your rent to a court-appointed "receiver," who will then become the person responsible for maintenance and repairs. In any case, if you receive information indicating that the place you are renting is subject to foreclosure, you should contact the Legal Assistance Office.

Changes in Circumstances. Sometimes during the course of a lease circumstances change. You might want to get a pet or have a significant other moves in. The most important thing is to review the lease to see if there are any restrictions. Many leases permit pets with the landlord's approval, but the landlord may have breed restrictions for certain pets. The landlord may also require an increased security deposit or a non-refundable pet fee if you do decide to get a pet.

Most leases also restrict the apartment or rented home to those listed on the lease, with the exception for occasional overnight guests. If you are planning on having a significant other move in with you, it is important that the landlord be notified because failure to do so could be a breach of the lease.

Remember, if you have any questions about the above matters or the lease you are looking to sign, you may make an appointment to review your lease or lease provisions with one of the attorneys at the Legal

Assistance Office. The Legal Assistance Office is located on the first floor of Building 456 and the hours are 0730-1630 Monday through Friday and can be reached at (901) 874-7379.

The Legal Assistance Office is dedicated to providing the highest quality service to Commanders, Commands, and individual service members and their families within the Midsouth Region. Our mission includes working with the Navy and the Navy family to prevent, overcome, and often resolve a broad variety of legal issues and challenges. Information provided in this article is intended to further our collective mission objective. All eligible readers are encouraged and invited to follow up with questions or inquiries of a legal nature with our paralegals and attorneys. Our service is serving you.

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CNRC makes an ADDition to all active-duty members

CNRC has implemented the Alcohol Detection Device (ADD) program to all active-duty members assigned to NRC and subordinate commands.

"NRC is fully on-board with the Navy's 21st Century Sailor and Marine Initiative, which is a consolidated set of objectives and policies intended to maximize Sailor and Marine personal readiness," said Lt. Gerardo Delgado, ADD program coordinator. "The ADD program is one of the facets of this initiative, and serves to enhance an individual Sailor's knowledge and understanding of alcohol use."

Objectives of the program include:

- Enhance command awareness of the crew's culture of alcohol use.
- Educate Sailors on the effects of their alcohol use decisions and self-impairment.
- Promote safety and maximum readiness by ensuring Sailors are fit for duty
- Every command will randomly test 15% of the command's active duty component each month.
- An ADD reading of less than 0.02% BAC shall be considered a negative result.
- A Sailor with a reading of 0.04% BAC or more will be presumed to be not ready to perform duties and will be kept on board the command in a safe environment for the rest of the work day. The member will meet with the command DAPA on the next working day for evaluation and possible referral.



Personnel Specialist Chief Edward Ovante administers the alcohol detection device to Lt. Cmdr. Colby Morgan as part of the monthly random testing at NRC. (Photo by MC2 Amanda Sullivan)

No punitive actions may be taken for a member with a BAC of 0.04 or greater. Results cannot be used as evidence in any disciplinary proceedings

reports, or enlisted performance evaluations.

"We're not trying to get anyone in trouble," said Personnel Specialist Chief Edward Ovante, NRC DAPA. "By giving Sailors an opportunity to see how what they do off duty can affect their performance on duty, we hope that Sailors will be better prepared to make better choices about alcohol consumption."

Additionally, any referrals from testing will NOT be considered an alcohol related incident (ARI).

ADD Program Coordinators (ADDPC) shall not administer the ADD test if a Sailor displays signs of intoxication, including bloodshot eyes, slurred speech, general appearance or behavior, smell

of alcohol, and or admission of alcohol use by the Sailor, etc. In this case, the ADDPC will refer the Sailor to medical for an examination for fitness for duty.

"We know recruiting personnel are exceptional, honorable and dependable Sailors - they are the face of the Navy in the communities," said Delgado. "The ADD program is a mechanism to provide education and knowledge about responsible alcohol use to all of our Sailors. With knowledge comes success, so we feel they will benefit from this program."

Additional details of the program can be found in COMNAVCRUITCOMINST 5350.1 (<http://www.cnrc.navy.mil/publications/Directives/5350.1.pdf>)



Left: Master-at-Arms 1st Class (EXW) Hershel Watson receives the Naval Support Activity Mid-South Sailor of the Quarter award. Below: Mid-South Mud Run 2013 Volunteers, Danielle Smith, Martha Musselman, Liz Metzger, Senior Chief Aviation Structural Mechanic Virgilio Esteves, Senior Chief Aviation Electrician's Mate Brian C. Turner, Chief Logistics Specialist Sheryl Gutierrez, Chief Electrician's Mate Diomel B. Laforteza Air Traffic Controller 1st Class Jason R. Resendez, Machinery Repairman 1st Class Richard Hebbard Chief Ship Serviceman Marqueszrick Abuan, Aviation Structural Mechanic 1st Class Katie Gibson Committee Members not present at check presentation: Chief Aviation Structural Mechanic Jon L. Moreau and Chief Electrician's Mate John Cabaddu (Photos by MC2 (SW/AW) William Jamieson)



Award Winners

Right: Hospital Corpsman 3rd Class Raymond Bright receives the Naval Support Activity Mid-South Bluejacket of the Quarter award from Senior Chief Construction Electrician (SCW) John Beck. Right: Hospital Corpsman 2nd Class (FMF) Randy Fugere receives the Naval Support Activity Mid-South Junior Sailor of the Quarter award.

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