

THE Bluejacket

Naval Support Activity Mid-South April 2022: Volume 80, No. 4



**NSA Mid-South kicks
off Sexual Assault
Awareness &
Prevention Month
p. 15**

Naval Support Activity Mid-South Leadership



Commanding Officer
Capt. Michael Mosbrugger



Executive Officer
Lt. Herminio Graciano, Jr.



Command Senior Chief
CMDCS Russell Wood

Installation Program Directors



Admin
Lt. H. J. Graciano
MILL_NSA-ADMIN_
DIRECTOR@NAVY.MIL



Public Affairs
A. R. Moreno
MILL_NSA_PAO
@NAVY.MIL



Chaplain
Lcdr. J. Campbell
MILL_NSA_CHAPLAIN
@NAVY.MIL



Fire Chief
C. Dindl
MILL_NSA_Fire_Chief
@NAVY.MIL



Safety
C. Whitaker
MILL_NSA_Safety_Director
@NAVY.MIL



Emergency Mgmt.
C. Fowler
MILL_NSA_EMO
@NAVY.MIL



Training
L. Jones
MILL_NSA_IMRO
@NAVY.MIL



Security
D. Allen
MILL_NSA_SECO
@NAVY.MIL



Program Integrator
D. Barker
MILL_NSA_IBM
@NAVY.MIL



FFSC
R. T. Hatton
MILL_NSA_FFSC_
DIRECTOR@NAVY.MIL



IT
N. J. Doss
MILL_NSA_INFORMATION_
TECHNOLOGY@
NAVY.MIL



MWR
D. Atkins
MILL_NSA_MWR_
DIRECTOR@NAVY.MIL



Housing
C. Whitaker
MILL_NSA_Housing_Director
@NAVY.MIL



Public Works
Lcdr. A. Zajac
MILL_NSA_PWO
@NAVY.MIL



Public Affairs Officer: Amanda Rae Moreno
Editor: Mass Communication Specialist 2nd Class Preston Jarrett
Copy Editor: Kendra Lawler



Captain's Corner

Community transmission rates of COVID-19 in Shelby County are lower than they have been since the pandemic started. This has allowed us to stop wearing masks in most locations on the installation. It has also allowed us to host more in-person events. I am excited about the direction we are heading as we begin to return to a sense of pre-COVID normalcy. Our ability to stay that way relies heavily on our workforce staying healthy. Continue to do the things you need to keep you and your family healthy and safe.

Last Friday, we proclaimed April as "Sexual Assault Awareness and Prevention Month." Sexual assault is a serious issue no matter the month, but throughout April, we will be hosting a series of events to raise awareness about sexual assault and resources available to victims of sexual assault. Combating sexual assault is an "all-hands" effort that requires dedication, vigilance and courage. To learn more about these events, visit page XX of this edition.

Additionally, I want to recognize our Sexual Assault Response Coordinator (SARC), Cindy Stavrides and the entire SAPR team, including the 33 trained and credentialed Unit Victim Advocates. Thank you for your commitment to supporting our Navy community and promoting prevention. You are on the front lines, ensuring that we have 24/7 response for those who need advocacy even through the challenges of a global pandemic. You are making a difference each and every single day. Thank you.

April is also the Month of the Military Child. We celebrate our military children throughout the year, but April is set aside to specifically recognize the sacrifices they make in support of our military careers. April 20th is "Purple Up" day when those not in uniform can don purple to show their support of our military children. We will also be signing a proclamation on April 20 along with the City of Millington mayor and the Millington Municipal Schools superintendent declaring our community's dedication to supporting our military children.

I also want to bring to your attention the work of our Family Advocacy Program (FAP). The FAP is a command directed program that provides clinical assessment, treatment and services for service members and their families involved in incidents of child abuse and domestic abuse. The primary



goals of FAP are prevention, victim safety and support, rehabilitative interventions, command and offender accountability, and providing a consistent and appropriate coordinated community response. For more information about the FAP, contact Scarlett Cook at 901-874-6219.

As I started off this letter, I mentioned the low community transmission rates of COVID-19 and getting back a sense of normalcy. As we return to activities and processes that we had in place prior to the pandemic, I encourage you to think of the things we did before COVID that stopped. What events, processes, and best practices have we perhaps forgotten about over the past two years that added real benefits and efficiencies that need to be brought back? Many of us, including me, arrived to this command during the pandemic, so I am sure there are things we used to do on the installation that improved support to tenant commands or improved morale. Please reach out to me or my team, and let us know what you would like to see return or new innovations we can explore. I look forward to hearing your suggestions.

Captain Michael Mosbrugger
NSA Mid-South Commanding Officer

FLEET & FAMILY SUPPORT CENTER APRIL WORKSHOPS



CONTACT US AT 874-5075 TO REGISTER

SUN

MON

TUE

WED

THU

FRI

SAT

		 <p>SAPR Wear TEAL Tuesdays!</p>	<p>SAPR</p>  <p>April 27th!</p>		1	2
3	4	<p>5 0800—1600 TAP</p> <p>1000—1100 Preventing & Responding to Intimate partner Violence</p> <p> Gold Star Spouse's Day 1300—1400 Smooth Move CONUS</p>	<p>6 0800—1600 TAP</p> <p>0800—0900 Sponsor Training</p> <p>1400—1500 Saving & Investing</p>	<p>7 0800—1600 My Employment</p> <p>1300—1600 Resume Writing LMS Platform</p>	<p>8 0800—1600 My Employment</p> <p>1300—1400 Mortgage 101 LMS Platform</p>	9
10	11	<p>12 0830—1130 Resume Writing</p> <p>1330—1530 Effective Communication</p>	<p>13 0800—1600 DOL Career & Credential Exploration</p> <p>1000—1100 EFMP POC Training</p>	<p>14 0800—1600 DOL Career & Credential Exploration</p> <p>0900—1000 Pre-Deployment</p>	15	16
17	18	<p>19 0800—1600 My Navy Career Options (Mid-Career)</p> <p>1000—1100 FAP Overview Training: Preventing Abuse in the Navy (Leadership)</p>	<p>20 0800—1600 My Navy Career Options (Mid-Career)</p> <p>1000—1100 Home Buying</p> <p>1400—1600 MBTI</p>	<p>21 0800—1200 USA Jobs & Federal Resumes</p>	<p>22 0700 SAPR 5K Run/Walk</p> <p>0800—1200 Retired Activity Office Seminar (Virtual)</p> 	23
24	25	<p>26 0800—1600 My Navy Career Options (1st Term)</p>	<p>27 0800—1600 My Navy Career Options (1st Term)</p> <p>1000—1100 Finding \$ for Your Move</p> <p>SAPR Denim Day!</p>	<p>28 1300—1500 Interviewing Skills</p>	29	30



APRIL 2022

millingtonpubliclibrary.org

(901)872-1585



****All library programs are free and open to the public.****

Library Events

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Kids' Coding Class
Mondays at 4:00 p.m.

Literacy Gym
April 21 & 28 at 11:15

Resume Writing Class
April 5 at 5:00 pm

Anime/Manga Club 3 p.m.
2nd and 4th Tuesday monthly

Craftea Adult Craft Program
April 19 at 5 p.m.

Morning Storytime
Weds., 11:15 a.m.

Intro to Libby
Weds. 2 p.m.

Computer 101 Class
Weds. 5 p.m.

Kids' Craft Time
Sat. at 11:30

United Way Free Tax Prep
April 2 from 10 a.m. to 3 p.m.
Pick-up ONLY on April 9.

					1	2 11:30 Kids Craft 10-3 United Way Free Tax Prep
3	4	5 5:00 Resume Writing Class 	6 11:15 Storytime 2:00 Intro to Libby 5:00 Computer 101	7 4:30 Storytime 	8	9 11:30 Kids Craft
10	11 4:00 Kids' coding class 	12 3:00 Teen Manga/Anime Club 	13 11:15 Storytime 2:00 Intro to Libby 5:00 Computer 101	14 4:30 Storytime 5:00 Gardening for Beginners	15	16 11:30 Kids Craft
17	18 4:00 Kids' coding class 	19 5:00 Craftea Adult craft program 	20 11:15 Storytime 2:00 Intro to Libby 5:00 Computer 101	21 11:15 Literacy Gym 4:30 Storytime	22 	23 11:30 Kids Craft
24	25 4:00 Kids' coding class 	26 3:00 Teen Manga/Anime Club 	27 11:15 Storytime 2:00 Intro to Libby 5:00 Computer 101	28 11:15 Literacy Gym 4:30 Storytime	29	30 11:30 Kids Craft

Navy Exchange and Marine Corps Exchange customers can support Navy-Marine Corps Relief Society

Once again, NEX and Marine Corps Exchange (MCX) customers can support the Navy-Marine Corps Relief Society (NMCRS) by purchasing a \$5 benefit ticket at select NEX and MCX locations and online at myNavyExchange.com April 3 – May 7.

The purchase of the \$5 benefit ticket entitles customers to \$5 off as well as a 5% discount applied to a one time in-store purchase from May 1 - 7. The discounts are good on regular, sale and clearance merchandise. Some exclusions apply.

Customers can also purchase the benefit ticket online at myNavyExchange.com. Once purchased, customers will receive an email with a coupon code for 5% off along with an additional \$5 off coupon for any online purchase made May 1 - 10. Some exclusions apply.

In 2021, NMCRS assisted over 34,800 clients with \$29.5 million in assistance. NMCRS offers visiting nurses, budgeting for baby, thrift shops, financial education and educational assistance programs to Sailors, Marines and their families.

As one NMCRS client commented, "I never imagined I would need help when I donated in the past, but I'm so thankful to have NMCRS."

Since 2011, NEX and MCX patrons have donated over \$4.5 million to NMCRS.

NSA Mid-South's Public Works Department Environmental Division: Keeping Both its People and Wildlife Safe

Story by Mass Communication Specialist 2nd Class Preston L. Jarrett, NSA Mid-South Public Affairs

Over the past few decades, environmental health has been a general concern for people around the world. With issues like climate change in the spotlight, the American government has enacted policies in attempts to mitigate these negative effects. In the small corner of the world that is NSA Mid-South, the Environmental Division helps to decipher and enforce these policies to ensure the installation's day-to-day operations don't negatively impact the environment.

"We're making sure that everybody's in compliance, so for anybody who comes on this base, we ensure they don't get hurt, don't get exposed to asbestos or lead paint, and that the water's not tainted," said Jim Heide, environmental division director. "Just about anything, we're in the middle of it. It doesn't seem like it since we're kind of behind the curtain, but we've got to ensure that everybody's safe and following the rules."

Heide said that a large portion of their job involves reading through various regulations and permits, covering many distinct facets of environmental health.

"At one time, there are about 70,000 pages of regulations that we have to follow, state and federal, so we're responsible for natural resource regulations, hazardous waste, waste disposal, et cetera," said Heide. "We have air permits, storm water permits. Just about anything environmental, we're in the middle of. If somebody spills something, we make sure they're doing things right. If somebody does a car wash, we have to get involved. Every project they do on base, we have a small part of. We look at what was done with the land before, what they're doing with the land now and what permits we need. We touch almost everything in public works."



Jim Heide has been working in the NSA Mid-South Environmental Division since 1989. The Environmental Division is part of the Public Works Department. (Photo by Mass Communication Specialist 2nd Class Preston Jarrett)

Since the division's inception over 30 years ago, Heide has been at the forefront of the installation's environmental mission.

"When I was in engineering, they had a 'tiger team' come through, and their point was to get the CO's attention," said Heide. "They found a bunch of problems with breaking laws or not following this or that, and that's really when the environmental division started under public works. They said 'hey, we need some people here. We need to do this right.' So around '88 or '89, that's when this happened. They had a hazardous waste handler since the '80s, but that was kind of a small function. '89 was when it really blew up to a division."

Now as a six-person team, the division is not only responsible for the environmental protection, but also some legal protection as well.

"When I first came in, they taught us that there were a lot of regulations, and our job here was to protect the CO," said Heide. "He doesn't know everything environmental, and a lot of stuff is going to be happening, so our job is to make sure that everything's in compliance, and our main goal is to keep him or her out of trouble."



The Environmental Division consists of six members working across various programs to ensure the environmental safety of both personnel and wildlife on board the installation. (Courtesy photos)

That's how they explained it to me. We're a safety net. That's kind of our mission."

With the sheer amount of legislation that can be passed down, keeping everything up to date can be a challenge.

"The EPA or federal government can make a rule, and the state can make it more stringent, then the county can make it more stringent, and then the city; so you've got a lot of levels where something can be added to it. When it finally gets to us, we have to make sense of all these changes," said Heide. "It's a lot of keeping things updated and checking things. We have to adapt very quickly, so if someone passes something or if the EPA starts something new, we've got to make sure we're incorporating it, and if our permits don't say it, then we have to update them. A lot of people don't know, so we have to train them and get them up to speed to make sure somebody doesn't do something crazy."

Though Heide didn't anticipate joining the

environmental team at first, he was ultimately grateful for the opportunity and remains passionate about his duties.

"I've loved every minute of it, to tell you the truth," said Heide. "When I was in engineering, I hated it. The 'tiger team' was here and were just tearing us apart, so the public works officer walked up and said 'Jim, do you want to work in environmental?' I said 'sir, I can't even spell it,' and he goes 'you will. You're in it now.' That's how I got in the middle of it, because I was a general engineer, and I switched over to an environmental engineer. He came in and said 'we've got to start a division. We've got to get something going,' so he pulled a bunch of people and said 'tag, you're it.' I've loved every minute since then. It was the best thing to happen to my life, to tell you the truth. I'm very happy about it. When he retired and left here, I thanked him so much."

NSA Mid-South

DEPARTMENT IN THE SPOTLIGHT

Chapel



The Chapel staff supports the religious needs of Sailors across multiple faiths. (Photo by Mass Communication Specialist 2nd Class Preston Jarrett)

Description & Mission:

The NSA Mid-South Religious Ministry Team provides nourishing spiritual support to the base community, expert spiritual care and counseling, helpful liaison and facilitation, and effective and timely advisement to the Installation CO on matters pertaining to religion, ethics, or morale.

What does your department do?

We plan and conduct religious services and studies at the chapel. We host numerous fellowship and outreach events throughout the year. We offer confidential counseling and pastoral care support. We assist those of other faith groups to locate the nearby resources that meet spiritual needs. We coordinate with local congregations to offer religious events and services on the base. We support command events with a religious component (funeral honors, changes of command, retirements, etc.).

What is your organizational structure?

We currently have one chaplain and two Religious Program Specialists (RP1 Matthew Olvera and RP2

Javarus Stewart). The chapel is also supported by a Director of Religious Education (Rhonda Torres).

How many people work at the department?

4

What services do you provide that you believe are underutilized?

A new program offered by the chapel is on Tuesdays and Thursdays from 1100-1130. The chapel is open at that time for individual prayer in the chapel sanctuary. For those whose work center is too busy, the weather too hot or cold or soggy for walk, or the interruptions too numerous, we invite all to spend a few minutes a week in a quite peaceful setting to pray for loved ones and spiritual needs in our community.

What do you think is the most common misperception about the command/department/code?

Many people think that military chapels are a blend of all faiths. This is not the case. The chapel has various faith communities led by their own faith group's clergy. They share the space and they even sometimes work together for service and outreach programs. Chapels are places that empower all kinds of worshippers to grow in the traditions and forms of their faith group.

What changes have you made to provide your services during the pandemic?

During the pandemic, we have offered weekly "drive-in" worship services, weekly services posted online to a podcasting site, Youtube, and of course Zoom. Social distancing, COVID mitigation protocols, and limited programs have also been a reality during the pandemic. Thankfully, this spring there has been a return to in-person events and services.

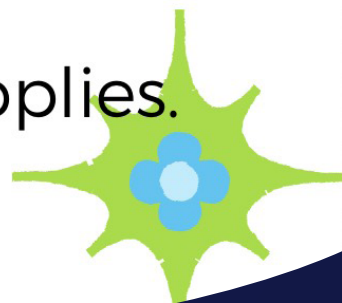


NSA Mid-South Junior Enlisted Association
invites you to

INSTALLATION CLEAN UP

April 22
1000-1100

Assemble at the Chapel to get supplies.
All are welcome!



Month of April 2022

Health Promotion Topic: **Sexual Health Month**

Week 1 - Active Duty Sailors and Marines acquire preventable sexually transmitted infections (STIs) and experience unplanned pregnancy. Negative consequences of sexual risk taking for the individual Sailors or Marines may include pain and suffering, embarrassment, lifelong health, career, family or relationship consequences, and long term financial consequences. The CDC estimates that approximately 19 million new STIs occur each year, almost half of them among young people ages 15 to 24. Condoms should be used every time – even in “established” relationships – at least until the people in these new relationships are confident that it will be a long-term, mutually faithful relationship AND confident that neither partner has brought an infection into the relationship (for example, by being tested together).

Week 2 - An active duty Sailor and Marine is diagnosed with HIV about every 5 days. From 1985 through 2018, at least 6,200 active duty Sailors and Marines have been infected with HIV, most of whom have been lost to the service. Among active duty sailors and marines with HIV, almost all are men, and about 7 of 10 of these men are men who have sex with men. Men who have sex with men (MSM), particularly young, African-American MSM, are most severely affected by HIV. HIV is preventable. HIV Pre-exposure Prophylaxis (PrEP) is available in every DoD medical facility, and can reduce the patient's risk of acquiring HIV by 90%. Talk to a health care provider if you have any sexual health concerns and find out what treatment options are available. Testing for all sexually transmitted infections is available in the clinic.

Week 3 - In 2018, over 9900 active duty members were infected with Chlamydia, gonorrhea or syphilis. The incidence of other sexually transmitted infection, including genital herpes, genital warts, Human Papillomavirus-associated cervical carcinoma, hepatitis B, pelvic inflammatory disease and trichomoniasis are not tracked and costs are not known. Chlamydia is the most frequently reported sexually transmitted infection among active duty Sailors and Marines, just as it is among Americans in general. More than half of preventable infertility among American women is caused by sexually transmitted infections - particularly Chlamydia and gonorrhea. All sexually active women aged 24 and under should ask their doc about being tested annually for Chlamydia. Health care providers are available in the clinic and can help people learn, understand, and reduce their risk of sexual infections.

Week 4 - In 2018, only about half (55%) of pregnancies among surveyed enlisted Sailors were planned pregnancies. The national *Healthy People 2020* objective is for at least 56% of pregnancies to be planned. Among Navy women who said they were using birth control when they became pregnant, most were using the birth control pill (57% among female enlisted women). Birth control pills are more failure-prone than long-acting reversible contraceptives, like the copper IUD, hormonal IUD and hormonal implant. If a woman has had intercourse without using birth control or if something happened (such as a condom broke), she can use emergency contraception up to 72 hours after unprotected sex. Emergency contraceptive pills will not protect a person from sexually transmitted infections. Talk to your PCM and find out what birth control option is best for you.

2022 MAY - AUG PEAK MOVING SEASON

Tips

From NAVSUP FLC Jacksonville

Don't WAIT

- Due to labor shortages in 2022, it is recommended that you **apply within 72 hours of receiving orders.**
- If you don't hear back within three business days, contact your **local** Household Goods office. Find online application and contact info at www.militaryonesource.mil/moving



Do SCHEDULE CAREFULLY

- When possible, plan scheduled moves **outside of peak season.**
- Ensure you understand the 2022 **"7-day spread window"** policy. Call your **local** Household Goods office for details.
- If necessary, work with PERS, PSD or HR to adjust RNL date if pickup dates are not available.



Don't BOOK TRAVEL UNTIL MOVE DATES ARE FINAL

- Don't book travel or give intent to vacate notices until move dates are finalized.



Do ANTICIPATE LONGER LEAD TIMES

- In 2022, the average lead time between application and pickup, during peak season, is 5 weeks. It can be up to 8 weeks in some markets.



Do BE FLEXIBLE

- If a government-procured moving company is unavailable, have a plan B. Adjust your dates or consider a government-approved personally procured move.
- Members moving less than 4,000 lbs. CONUS should consider making a non-directed personally procured move.

2022 MAY - AUG PEAK MOVING SEASON

From NAVSUP FLC Jacksonville



Start your move at
www.militaryonesource.mil/moving

Don't book travel or give intent to vacate notice until move dates are finalized.

2022 MAY - AUG PEAK MOVING SEASON

From NAVSUP FLC Jacksonville



Apply within
72 hours of
receiving orders

Start your move at
www.militaryonesource.mil/moving

2022 MAY - AUG PEAK MOVING SEASON

From NAVSUP FLC Jacksonville



If a government-procured moving company is unavailable, have a plan B. Adjust your dates or consider a personally-procured move.

Start your move at
www.militaryonesource.mil/moving

START YOUR MOVE HERE

[HTTPS://WWW.MILITARYONESOURCE.MIL/MOVING](https://www.militaryonesource.mil/moving)

FOR FURTHER ASSISTANCE CALL

1-855-HHG-MOVE (444-6683)

Planning a Vacation? Contact NSA Mid-South's Tickets and Travel Office!

*Story by Mass Communication Specialist 2nd Class
Preston L. Jarrett, NSA Mid-South Public Affairs*

With summer just across the horizon, many families are likely looking to travel and take advantage of (or escape) the warmer weather. Hidden on the side of the Ellison Community Recreation Center sits the Naval Support Activity Mid-South Tickets and Travel Office, offering resources for discounted hotels, amusement park tickets, cruises and more for all eligible patrons.

"We have our brochure and ticket price list on our website," said Megan Stevens, tickets and travel office manager. "Prices do fluctuate and change, but otherwise, once we get a price, that's 'our' price. We also offer military promotion tickets, and some parks like Universal Studios don't sell those tickets at the gate. You have to get them through an MWR (Morale, Welfare and Recreation) location. Those are open to active-duty, retirees, 100% disabled veterans, both sponsors and spouses, and DoD employees with a CAC."

Stevens, who worked at the Great Lakes Tickets and Travel Office before arriving in Millington last May, has an extensive knowledge of the discounts offered.

"I've been working with tickets and travel for a few years now," said Stevens. "A lot of this stuff stays the same with a few add-ons over time. The prices you say the most are the ones that stick with you. We have a price list which is about six pages long, and that's not even everything."

Their office offers exclusive deals on tickets to both local attractions like Malco Theatres locations and the Memphis Zoo, but they aren't limited to things in the Memphis metropolitan area.

"For example, if you're planning a trip to Arkansas, you can call and ask what we have for Arkansas, and we'll search what we have," said Stevens. "For some states, we don't have anything, like Wisconsin or Michigan, but for others, like Missouri, we've got stuff for attractions there. We can't always put them all on a price list because prices may vary. It's constant updating, so we can't put it all on a price list, but it's always worth a call or shooting us an email."

In addition to discounted tickets, Stevens and her team also offer full vacation planning.

"We focus primarily on Universal and Disney because they offer military discounts, and we also do cruises," said Stevens. "Now that we're able to do trips again, we have a travel specialist who has done group cruises in the past, so she'll start looking into those deals now, and we might try to plan something for this fall, like a group cruise where because we've got people going as a group, we get additional discounts."

Stevens also mentioned another resource that



Megan Stevens, tickets and travel office manager.

may be of interest to eligible patrons seeking the best deals for travel-related services.

"If you go through 'americanforcestravel.com (AFT)', there are flights, hotels, rental cars and cruises through that site, and that's open to active, retired, veterans and DoD civilians who can access it from anywhere, so you don't have to come in," said Stevens. "They have discounts ranging anywhere from 10%-60% off, especially for hotels, which are where I find to be the best deals. Flight differences are usually just fees, so you're not going to find huge discounts there, but for hotels, it's amazing. There are a lot of good values in that, and you can access it from home."

With recent developments in technology, the deal-searching process has become more convenient than ever for the both the office and vacation-seekers.

"Before AFT, we probably had 50 different sites that I had the passwords to depending on what they we're looking for – cruises, all-inclusive, etc. – but now it's streamlined," said Stevens. "Disney had their own site, and we used to have to special order the tickets instead of having physical copies, and that could take three or four weeks for them to come in. Now, I basically print them out. Universal has switched from physical tickets to emailed ones. Since technology is improving, that's kind of what we're moving toward."

On top of technological advances, Stevens said that the services provided by program and MWR in general are looking to become more extensive over time.

"Tickets change and expand in what they offer and include," said Stevens. "Sometimes the tickets and travel office also acts as a special event programmer, so it's split duties. MWR and Fleet and Family have grown, and militaries focus more on the families than they did years ago."

For more information, call (901) 874-5652.

Navy Recruiting Command Holds Change of Command



Rear Adm. Alexis “Lex” Walker, commander, Navy Recruiting Command, right, shakes hands with Rear Adm. Dennis Velez during the 2022 Navy Recruiting Command (NRC) Change of Command ceremony in Millington, March 25. The goal of NRC is to attract the highest quality candidates to assure the ongoing success of America’s Navy. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jose Madrigal)

Story by Petty Officer 3rd Class Elijah Newton Navy Recruiting Command

Navy Recruiting Command (NRC) held a change of command ceremony March 25.

Rear Adm. Alexis “Lex” Walker relieved Rear Adm. Dennis Velez as Commander, Navy Recruiting Command.

During his tour, Velez was responsible for 26 Navy Talent Acquisition Groups across the United States and its territories, and more than 70,000 active and reserve Sailors were brought into the Navy. He also oversaw 41 policy changes that increased accessions by nearly 14,000 Sailors.

Chief of Naval Personnel Vice Adm. John B. Nowell presided over the ceremony.

“Despite incredible hurdles, Dennis and his team redefined and in many ways rebranded the cultural norms of how we recruit in the Navy,” said Nowell. “Amidst the extraordinary challenges presented by the pandemic, Dennis you and your team prevailed.”

Velez will go on to become Commander of the GEORGE H.W. BUSH Strike Group.

“As I relinquish command, I know I leave the entire Navy recruiting team in very capable hands,” said Velez. “Rear Admiral Lex Walker is one of the Navy’s best, with the right background and skills to

lead this command on its continued path of excellence in support of America’s Navy.”

Walker was previously the commanding officer of Surface Warfare Schools Command and Surface Warfare Officers School.

“Now while I hate to see Dennis go, the good news is that as CNP, I really am the Navy’s head detailer,” said Nowell. “I got to cherry pick another hero and former shipmate to roll into what Dennis says is the best, and I would say on most days, the hardest one star job in the Navy.”

Walker said he is eager to take on the position of Commander, Navy Recruiting Command.

“As you get to know my family and me, you will learn that we are passionate and care deeply about our Navy and our country,” said Walker. “Although my time on deck has been brief, I can already see that all of you are passionate too, which is evidenced by your past efforts and your dogged determination to meet mission throughout the pandemic into today.”

Navy Recruiting Command consists of a command headquarters, three Navy Recruiting Regions and 26 Navy Talent Acquisition Groups that serve more than 1,000 recruiting stations across the world. Their combined goal is to attract the highest quality candidates to assure the ongoing success of America’s Navy.

Commissary benefits are valuable resources for service members and families to help improve their finances

Story by Kathy Milley, DeCA Public Affairs

The idea of saving money sounds appealing, but the road to get there can be overwhelming. April's Military Saves Month campaign walks you through setting a goal and making a savings plan to improve your financial life and build wealth.

Commissaries worldwide join the effort by spreading the Military Saves Month message and providing a financial benefit to our military patrons.

"Providing a significant savings benefit for our patrons, the commissary can help you make the most of every dollar of your planned food budget," said Marine Sgt. Maj. Michael R. Saucedo. "Not only that, we can help you afford healthier eating, because fresh and nutritious alternatives are both plentiful and economical making the commissary your partner both financially and nutritionally."

Military Saves, a participant in the Department of Defense's Financial Readiness Network, seeks to motivate, support and encourage the military community to save money, reduce debt, and build wealth.

Start on your journey to financial improvement by taking the pledge on MilitarySave.org and choosing your savings goal to help formulate your simple savings plan. Then Military Saves will help keep you on track by sending short reminders, resources and tips on saving and living well while spending less. Small changes can go a long way to set you up for financial success. Not surprisingly, much of the monthly budget is spent on groceries. Your commissary benefit can help you stick to your food budget and keep more money in your pocket, while also delivering healthy and fresh food in the process. On DeCA's "We're Stronger Together" webpage, you'll see the following ways to maximize the use of your commissary benefit, in store and online:

- **Your Everyday Savings! (YES!):** Your commissary reduces prices daily on hundreds of the most frequently purchased popular brands. Look for the orange YES! shelf labels in your commissary aisles.
- **Commissary Rewards Card:** Download digital coupons right to your card and save at the register. If you don't have a card, ask a cashier for one, then visit the DeCA website to register your card.
- **Print Coupons:** Before your commissary trip, visit the Savings Center on DeCA's website to find resources with lots of printable coupons. If you're at the

store, check out the wide variety of coupons displayed throughout the commissary.

- **Commissaries.com sales flyer:** Before visiting the store, view the sales flyer on the website while making your shopping list to ensure maximum savings. You can also sign up to have the flyer sent to your email.
- **Commissary Store Brands:** Your commissary offers high-quality, low-cost private label choices on food and non-food items, healthy, organic products, and baby and child care solutions to provide even greater savings. Look for DeCA's Freedom's Choice food or Home Base non-food products along with other private label items such as TopCare health and beauty, Full Circle Market natural and organic food, Crav'n dairy and frozen snack food options, Wide Awake ready-to-drink coffee products, Tippy Toes baby items, Pure Harmony pet food and Flock's Finest wild bird food.
- **Meal planning:** Not only will meal planning help you save money on take out, it will help you use all the food you purchase at the commissary, reducing waste and impulse purchases. To take the work out of meal planning, DeCA has created two dietitian-approved dinner menu plans including weekly shopping lists, each for an entire month of family meals. These monthly menu plans are available on commissaries.com at these links: [Meal Plan #1](#) and [Meal Plan #2](#). Choose your preferred plan and simply print off the shopping list for the week, add breakfast and lunch items and your shopping list is ready. You will have everything you need for the week. If you would like to create your own menu plan tailoring it to your family's preferences, use our easy-to-follow planning aids, the Dietitian-Approved Menu Planner and the Weekly Meal Plan Worksheet.

Make sure to include quick and easy options for those nights when you don't feel like cooking. DeCA has prepared a list of no-fuss entrées chosen from the many dietitian-approved "Thinking Outside the Box" recipes featured on commissaries.com.

The list features links to quick-prep "Thinking Outside the Box" recipes using a slow cooker, microwave or pressure cooker, as well as make-ahead freezer meals, one skillet meals, and entrees using prepared high-protein foods like rotisserie chicken and canned tuna.

"It's important for service members and their families to know that it's never too late to start saving for the future," said Angela Caban, director of Military Saves. "Small steps in building a savings habit can make a big difference over time and the secret to saving is simple.

"People with a plan are twice as likely to save successfully, whether you are saving for an emergency, retirement, or another goal," she added. "Military Saves Month is the perfect opportunity to set your savings goal, make a plan, and learn how to save the most effective way—automatically."



Sexual Assault Awareness and Prevention Spotlight

The 2018 Workplace and Gender Relations Survey of Active Duty Members (WGRA) revealed specific indicators that may place Sailors at higher risk of sexual assault. These factors include instances when diversity, inclusion and equal opportunity are not prioritized. This can manifest in the form of gender discrimination, which increases the risk of sexual assault three times for women and eight times for men. Lack of respect and cohesion in the command, which includes low respect for others from diverse backgrounds, may double women's risk of experiencing sexual assault and increase men's risk by five times. Preventing sexual violence includes addressing these root causes before they escalate.

The Navy's 10 Signature Behaviors serves as a guide for helping service members and their families do this necessary work. The 7th Signature Behavior tells us to "embrace the diversity of ideas, experience, and backgrounds of all individuals." Doing so means respecting and protecting one another's differences. It also means empowering one another to speak up and intervene if someone is treated unfairly because of race, religion, gender, sexual orientation, or gender identity. When we practice inclusion and value diversity, we strengthen our commitment to eliminating sexual assault and creating a safe Navy community.

10 Signature Behaviors:

1. Treat every person with respect
2. Take responsibility for your actions
3. Hold others accountable for their actions
4. Intervene when necessary
5. Be a leader and encourage leadership in others
6. Grow personally and professionally every day
7. Embrace the diversity of ideas, experiences and backgrounds of individuals
8. Uphold the highest degree of integrity in professional and personal life
9. Exercise discipline in conduct and performance
10. Contribute to team success through actions and attitudes

April is also a great time to host training. Your Command Administrative Unit Victim Advocate or the FFSC SAPR team are standing by to assist. We appreciate the opportunity to meet you, talk about prevention and provide support services

The Mid-South SAPR Team will be present throughout the Installation during the month of April. We will be hosting information tables at the Navy Exchange and present at our annual 5K run/walk. However, we are always here for you. Our trained and credentialed Unit Victim Advocate (UVA) on-duty is available 24/7/365 for a confidential conversation or in-person meeting. Whichever you choose, rest assured, we are here for you!

The DoD Safe Helpline can connect you to your local SAPR Program and provides live, individualized support. Services are available to the DoD community 24/7 via telephone (1-877-995-5247), text (55-247 if CONUS or 571-470-5546 if OCONUS), or online (<https://www.safehelpline.org>).

WE BELIEVE YOU!

UVA Duty Phone 901-619-8341

Civilian Victim Advocate Duty Phone 901-451-3876

Sexual Assault Response Coordinator 901-270-2040



HOOYAH! IT'S A NAVY THING!

WWW.THENAVY10NM.COM

WE'RE BACK! AND IN PERSON! THE NAVY TEN NAUTICAL MILER!

Proudly presented by Morale, Welfare and Recreation Department

Naval Support Activity Mid-South - Millington, TN

Sunday, 5 June 2022

OUR 2022 RACE IS GOING TO BE AMAZING!

- * NEW COURSE with not one... but two historic Navy Airplanes
- * commemoration for the 80th anniversary of the Battle of Midway
 - * flyover from a WW2 aircraft at the start line
- * Run through Glen Eagle, the largest Solar farm in Tennessee and the inside of an actual Airplane hangar at the Millington-Memphis Airport
- * Runners will enjoy the "swaggiest" of race swag, one of the best post-race parties on the planet and... every runner that crosses the finish line receives the NAVY10NM ANCHOR around their neck.

Online registration is OPEN!

Registration fee includes your race entry, timing, post-race party entry for food and beverages, a tech shirt, goody bag, and
THE INCREDIBLE NAVY10NM FINISHERS MEDAL.

Registration Dates & Rates

18 March - 30 April \$75

1 May - 30 May \$85

Active Duty Military Rate March 18- May 30 - \$65

For more information visit

A stylized illustration of a woman with dark hair in a ponytail, wearing a white tank top and blue shorts, running on a path. The path is composed of thick, wavy, concentric lines in shades of blue and teal. The background is a solid teal color.

SEXUAL ASSAULT AWARENESS AND PREVENTION MONTH

5K RUN OR WALK

WHEN:

**April 22, 2022 at
0700**

NSAMS Splash Park

CONTACT:

874-7423

**FREE AND OPEN TO ALL
NO REGISTRATION
REQUIRED**

Personnel in the Spotlight:

Personnel Specialist 1st Class Gary Smetana makes a difference behind the scenes

Story by Mass Communication Specialist 2nd Class Preston L. Jarrett, NSA Mid-South Public Affairs

Photo courtesy of Navy Personnel Command

More than 1,500 miles southeast of his home of Layton, Utah, Personnel Specialist 1st Class Gary Smetana currently serves as the Human Resources Service Center's leading petty officer, helping Sailors nationwide with their administrative needs. Despite the impact he's made since his career began in October 2009, his road to military service was one filled with obstacles and sharp turns.

"I had actually gone to trade school to be a mechanic and welder," said Smetana. "I had a job welding, and then the economic downturn of 2008 hit, so they weren't hiring for that. No one was hiring for mechanics either, so I got a job at AutoZone because everyone was fixing their own cars. I worked with a guy who was retired Navy, so it just felt like a good fit. Something always called me to the Navy. I don't know why, but I'll take it. It's been good to me."

Despite his family's history of serving in the Army and Air Force, Smetana answered his calling to try to join the Navy, simultaneously following in his ancestors' footsteps while still paving his own way. Unfortunately, his injuries from his three motorcycle accidents proved to be an obstruction in his journey.

"Funny enough, I actually got denied from the Navy twice," said Smetana. "I failed the physical because I had hardware in both of my wrists from a motorcycle accident in the past. They said they declined me due to 'palpable hardware,' and I was like 'you never even gave me a physical. How can you do that?' So I kept pushing, and finally, my buddy happened to



know the IDC (Independent Duty Corpsman) that ran the MEPS (Military Entrance Processing Station). He said 'hey, I heard you're having an issue. Come down, and I'll give this physical myself.' I signed up the next day."

Eager to escape his hometown and make a difference, Smetana enlisted as a personnel specialist (PS) and used his newfound position to help others, something he was already used to doing.

"Taking care of folks and working has always been something that just kind of spoke to me," said Smetana. "I always enjoyed helping people. Say, for instance, at AutoZone, if someone was buying spark plugs and they didn't know how to change them, I'd offer

to do it for them on my lunch break. It just felt good to help people, so PS was kind of a natural fit.”

First being stationed on the USS Ronald Reagan (CVN 76) while homeported in San Diego, Smetana has experienced a roundabout pattern of duty stations, transferring to Washington state and Millington then coincidentally revisiting all three locations: San Diego, Washington and Millington in the same order again. Now at his second tour here, there are other interesting details that led him to his current position.

“I kind of fell into this job, but it was also kind of on purpose,” said Smetana. “I was originally screened to go RDC (recruit division commander), but I disqualified due to medical disqualification, which is no big deal. I talked to my detailer and said I wouldn’t mind doing another tour in Millington because I was one month out from my PRD (projected rotation date), but I said ‘whatever you need, I’ll do it.’ He said there was a new billet for My Navy Career Center, and I said ‘sure, I’ll take it.’”

Though Smetana initially wasn’t sure what to expect in his new position, he would quickly learn how rewarding it would be.

“When they told me I was working in the call center, I was actually really upset, but once I realized what it truly was ... it’s not just taking calls and forwarding them off,” said Smetana. “It’s trying to help the Sailors when they truly need it. I think one of the hardest things that Sailors have to do is to know when to ask for help. Most of the time, Sailors are taught to ‘figure it out’ and ‘make it happen,’ but especially for the admin rates, there are so many people who are just ‘one of one.’ They may have some really good backgrounds, sure, but if they’re not doing it every day, they may not know what’s going on with you, and that’s where we utilize our team here. I don’t ever want anyone to think they’re ‘one of one’ alone. They’re just a phone call away from another eight PSs and 11 civilians who know what they’re talking about.”

With My Navy Career Center being estab-

lished as an official command in February after two years of operation, it continues to grow and gain momentum. As the first Sailor to officially be stationed there, Smetana has enjoyed watching something grow from nothing.

“For the longest time, we had the call center, and it was only about 50 people,” said Smetana. “It was all hired civilians off the street, but what we were finding is that it was actually adding to the problem by not being able to translate effectively what they wanted. My boss, Tim Hunter, said ‘give me eight military bodies, TAD (temporary assigned duty) from other commands throughout the base, and we’ll take it and change it.’ Turned out it was so successful that those eight bodies turned into their own individual call center. They took a bunch of experienced PSs throughout the base and brought them over here to do six-month stints. With that, it ended up being so successful that they said they would make this a permanent billet.”

Now, Smetana’s goals are to take care of his Sailors and create a clearer line of communication between the Navy administrative world and the rest of the fleet.

“What I figured out a while back is that I want to make sure my guys succeed,” said Smetana. “If my guys succeed, then I succeed. Regardless of what happens, regardless of whether I make chief or not, that’s the true measure of a leader. That’s the true measure of your impact. I want to remove some of the roadblocks that they face on a daily basis in the admin world. There are certain things that I think could be done from the My Navy Career Center side that could change a lot, and that’s something I’m working toward: making more transparent communication to the fleet regarding what’s going on in our world. It’s an ever-changing landscape, and unfortunately, a lot of the time, communication just doesn’t get out to the fleet. I really want to try and improve that.”



March 2, 2022

Dear State Council Members and Stakeholders:

Military members and families sacrifice for the security and safety of our nation, specifically military children during their K-12 careers. In April, the Military Interstate Children's Compact Commission (MIC3) – along with many other organizations, non-profits, and public entities – will celebrate the important role of military children. Across the nation, states, communities, and schools celebrate in various ways, including wearing the color purple. This year, the Commission has selected **Wednesday, April 20th as our official "Purple Up! For Military Kids" day.**

Tennessee has been a member of the Military Interstate Children's Compact Commission (MIC3) since 2011. The Compact membership includes all 50 states, the District of Columbia, and the Department of Defense Education Activity schools. The Compact addresses the key educational transition issues encountered by military-connected students.

I know that you are committed to children and providing a high-quality education for all students in our public schools. I ask for your support in April for **"Purple Up! For Military Kids"** by:

1. Coordinating a month or day within your respective organizations
2. Promoting support through your communication channels (website, newsletters, media), State Council, stakeholders, and partners by tagging **#TNMIC3**, **#MIC3TN**, **#MIC3Compact**, and **#purpleup4militarykids**
3. Attending a school district or school level event

Additional information and resources can be found in the Purple Up! Toolkit or website:

<https://www.mic3.net/motmc.html>

Should you have any questions on the Compact, please contact me at (931-645-0315 dmclau9499@bellsouth.net) or visit www.mic3.net.

Tennessee is committed to military children and providing a high-quality education for all students in our public schools. Please join me in thanking our military children for their strength and sacrifice by supporting **"Purple Up! For Military Kids"** this month – they deserve our support! Sincerely yours,

Please email pictures and a recap of "Purple Up! For Military Kids" activities that take place in your school system or organization to dmclau9499@bellsouth.net.

As you know, in 2019, we (the Tennessee MIC3 State Council) launched the Purple Star Schools Award (PSSA) Program. The Tennessee Purple Star School Award is provided to military-friendly schools that display a major commitment to serving military-connected families and students. Please help us spread the word to schools across the state. For more information about PSSA visit

<https://www.tn.gov/sbe/committees-and-initiatives/military-interstate-children-s-compact-tennessee-state-council-mic3-pssa.html>



APRIL IS THE MONTH OF THE MILITARY CHILD

we celebrate the military child!

OUR
PURPLE UP!
DAY IS...
APRIL 20

WEAR PURPLE to support our military students!



MilitaryChild.org

U.S. Navy F-35 Adds Navy Air Power to Midsouth Airshow

Navy F-35C celebrates Navy's 80th Anniversary in Millington

From the Midsouth Airshow

When the U.S. Navy Blue Angels take to the skies at the Midsouth Airshow presented by FedEx on June 18-19, 2022, they'll be joined by Naval Air Forces F-35C Lightning II Demo Team. This extraordinary lineup of naval air power highlights the historic importance of NAS Memphis as the cradle of naval aviation while celebrating the Navy's 80th Anniversary in Millington, Tennessee.

"Nowhere else will you find the Blue Angels, Navy F-35 Demo Team and U.S. Navy Leap Frogs performing at the same show" says Roy Remington, Executive Director of the Millington-Memphis Airport. "This lineup showcases naval air power and is a testament to the enduring ability of our U.S. Navy to protect America at sea and in the air."

"Over the past 80 years, tens of thousands of naval aviators have earned their Wings of Gold in Millington" Remington says. "It's an incredible

honor having the Navy F-35 Demo Team fly at the Midsouth Airshow in recognition of this service, and to highlight the incredible strides naval aviation has made during that time".

The F-35 tactical demonstration is a single-ship performance piloted by Lt. Joe "811" Calvi with VFA-125 from NAS Lemoore. "Our mission at Lemoore is to train F-35C warfighters and get them out to the fleet," said Lt. Calvi. "Knowing that Millington served that same mission as the Naval Air Technical Training Center for over 50 years makes flying there all the more meaningful."

Highlighting the Navy's 80th Anniversary in Millington, the 2022 Midsouth Airshow is a two-day event featuring the U.S. Navy Blue Angels, C-130 Hercules 'Fat Albert', Navy F-35 Demo Team, U.S. Navy Leap Frogs, and static display aircraft including a Navy P-8 Poseidon, Navy F/A-18, and Navy T-45 Goshawk.



Naval Support Activity (NSA) Mid-South Annual Water Quality Report for Year 2021

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 Resources, 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.

The sampling results are summarized in Table 1, Table 2 and Table 3 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. Of the five wells, two are in the Memphis Sands aquifer and are approximately 500 feet deep. Three are in the Fort Pillow aquifer and are approximately 1,400 feet deep. The water treatment plant is designed to remove naturally occurring iron and provide chlorination and fluoridation.

The Tennessee Department of Environment and Conservation (TDEC) has prepared a Source Water Assessment Program (SWAP) Report for untreated water sources serving water to this water system. The SWAP Report assesses the susceptibility of untreated water sources to potential contamination. To ensure safe drinking water, all public water systems treat and routinely test their water. Groundwater is potentially susceptible to contamination from industrial and agricultural sources in the area; however, frequent monitoring has shown that NSA Mid-South's water remains free of these contaminants. In addition, to reduce the potential for groundwater contamination NSA Mid-South maintains a Wellhead Protection Plan.

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 November 2020, we received a numerical rating of 100 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 tables below show contaminants for which we have sampled recently. None of the results exceeded regulatory limits. The data presented are the most recent testing results, completed in accordance with regulations.

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, come from gas stations, urban stormwater runoff, and septic systems.
- 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. Immuno-compromised 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 from 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.

Lead in Drinking Water 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 is responsible for providing high quality drinking water, but can only control to the best of our ability the wide variety of materials used in plumbing components over the years. 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 water for drinking or cooking. If you are concerned about lead in your water, you may contact our Public Works Environmental Division. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

How can I get involved? Please feel free to call your PWD Installation Environmental Program Director, Jim Heide, at 901-874-5367 any time during regular operating hours with your questions and concerns. Operating hours are 7 a.m. until 3:30 p.m. Monday – Friday.

Table 1. Detected Regulated and Unregulated Contaminants

<i>Contaminants</i>	<i>MCLG¹</i>	<i>MCL²</i>	<i>Level found</i>	<i>Date</i>	<i>Violation</i>	<i>Typical Source</i>
^a Total Coliform Bacteria (RTCR)	0	TT Trigger ⁶	None	Monthly	No	Naturally present in the environment.
^b Fluoride	4 PPM ³	4 PPM ³	Average: .57 PPM Range: .53-.64 PPM	Monthly	No	Water additive, which promotes strong teeth; erosion of natural deposits; discharge from fertilizers & aluminum factories.
^c Lead	0 PPB ⁴	AL ⁵ =15 PPB ⁴	<2 PPB, 90 th percentile	7/01/20	No	Corrosion of household plumbing

						systems; erosion of natural deposits.
^c Copper	1.3PPM ³	AL ⁵ =1.3 PPM ³	0.151 PPM, 90 th percentile	6/29/20	No	Corrosion of household plumbing systems; Erosion of natural deposits; Leaching from wood preservatives.
^d Sodium	No MCLG	NO MCL	10.8 PPM	3/24/20	No	Erosion of natural deposits; used in water treatment.
Total Trihalomethanes	No MCLG	80 PPB	6.4 PPB	8/30/21	No	By-products of drinking water chlorination.
Total Haloacetic Acids	No MCLG	80 PPB	1.06 PPB	8/30/21	No	By-products of drinking water chlorination.

*Other contaminants that are below detection limit are not included in table.

¹ **MCLG**- 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 **MCL**- Maximum contaminant level or highest level of a contaminant that is allowed in drinking water. MCL's are set as close to the MCLGs as feasible using the best available treatment technology.

³ **PPM**- Parts per million or milligrams per liter, explained in the terms of money as one penny in \$10,000

⁴ **PPB**- Parts per billion or micrograms per liter, explained in terms of money as one penny in \$10,000,000.

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

⁶ **TT**- Treatment Technique, or a required process intended to reduce the level of a contaminant in drinking water.

Iron occurs naturally in our raw water and occasionally accumulates in the distribution system. Iron shows up as "red" or "rusty" water at your tap. Although you do not want to drink water that is not clear, iron is not considered to be a hazard to your health. We test for iron daily and it is usually around .06 ppm. The aesthetic limit for iron is 0.3 ppm.

^a Coliforms are bacteria that are naturally present in the environment and are used as an indicator that other; potentially harmful, bacteria may be present. No positive coliforms found in any of our monthly monitoring samples.

^b Fluoride is added to our water at levels recommended by the EPA and the US Department of Health and Human Services 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.

^c 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. During the most recent round of lead and copper sampling, 0 out 20 samples taken contained concentrations exceeding the action level.

^d Some people who drink water that contains high levels of sodium could develop high blood pressure.

Table 2.

Contaminant	MRDLG ¹	MRDL ²	Level Found	Date	Violation	Typical Source
^e Chlorine	4.0 PPM	4.0 PPM	Average: 1.32 PPM Range:.49-2.20 PPM	Daily	No	Water additive used to control microbes

¹ **MRDLG** - Maximum Residual Disinfectant Goal, or the level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

² **MRDL** - Maximum Residual Disinfectant Level, or the highest level of disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for the control of microbial contaminants.

^e Some people who use water containing chlorine well in excess of the MRDL could experience irritating effects to their eyes and nose. Some people who drink water containing chlorine well in excess of the MRDL could also experience stomach discomfort.

Table 3. Unregulated Contaminant Voluntary Monitoring

Contaminant	*EPA Health Advisory	Level Found	Date	Violation	Likely Source
Perfluorinated Compounds	.07 PPB	Not Detected <.002 PPB	10/13/20	No	Used in firefighting foams to extinguish petroleum fires

What are per- and polyfluoroalkyl substances and where do they come from? Per- and polyfluoroalkyl substances (PFAS) are a group of thousands of man-made chemicals. PFAS have been used in a variety of industries and consumer products around the globe, including in the United States, since the 1940s. PFAS have been used to make coatings and products that are used as oil and water repellents for carpets, clothing, paper packaging for food, and cookware. They are also contained in some foams (aqueous film-forming foam or AFFF) used for fighting petroleum fires at airfields and in industrial fire suppression processes because they rapidly extinguish fires, saving lives and protecting property. PFAS chemicals are persistent in the environment and some are persistent in the human body - meaning they do not break down and they can accumulate over time.

Is there a regulation for PFAS in drinking water? *There is currently no established federal water quality regulation for any PFAS compounds. In May 2016, the EPA established a health advisory (HA) level at 70 parts per trillion (ppt) for individual or combined concentrations of perfluorooctanoic acid (PFOA) and perfluorooctanesulfonic acid (PFOS). Both chemicals are types of PFAS.

Out of an abundance of caution for your safety, the Department of Defense's (DoD) PFAS testing and response actions go beyond EPA Safe Drinking Water Act requirements. In 2020 the DoD promulgated a policy to monitor drinking water for PFAS at all service owned and operated water systems at a minimum of every three years.

The EPA's health advisory states that if water sampling results confirm that drinking water contains PFOA and PFOS at individual or combined concentrations greater than 70 parts per trillion, water systems should quickly undertake additional sampling to assess the level, scope, and localized source of contamination to inform next steps.

Has NSA Mid-South tested its water for PFAS? Yes. In October 2020, samples were collected from NSA Mid-South's Water Plant. We are pleased to report that drinking water-testing results were below the Method Reporting Limit (MRL) for all 18 PFAS compounds covered by the sampling method, including PFOA and PFOS. This means that PFAS were not detected in NSA's water system. In accordance with DoD policy, the water system will be resampled every three years for your continued protection.

Think before you flush! Flushing unused or expired medicines can be harmful to your drinking water. Properly disposing of unused or expired medication helps protect you and the environment. Keep medications out of Tennessee's waterways by disposing in one of our permanent pharmaceutical take back bins. There are over 340 take back bins located across the state in all 95 counties, to find a convenient location please visit:

<https://www.tnpharm.org/patient-resources/disposing-of-unwanted-drugs/>



**A part of the Navy Region Southeast and Navy
Installations Command,
NSA Mid-South serves as the Navy's
Human Resources Center of Excellence.**

**Have a story, event, personnel, or program you would
like to see featured in The Bluejacket?
Email us at mill_nsa_bluejacket@navy.mil
Submission deadline is the last Thursday of each month!**