

THE Bluejacket

Naval Support Activity Mid-South

August 2022: Volume 80, No. 8



**Auxiliary
Security Force,
First Line of
Defense
p.12**

Naval Support Activity Mid-South Leadership



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XO's Corner

Executive Officer, Cmdr. Jeremy Woodall assumed duties at NSA Mid-South in June.

Why did you decide to join the military?

In high school I earned a 10-hour flying scholarship based off an essay I had written. I knew then I wanted to fly, but knew the likelihood of making a career out of it was slim. I graduated high school, enrolled at DeVry University and spent two years studying. Unable to find a job, I started cutting and delivering firewood. After a very long day of work I was stopped at a stop sign next to the recruiting station and decided to have a closer look.

The Air Force guys were gone.

The Marine guy frightened me.

The Navy recruiter was chill, sitting in the corner he calmly asked if there was anything he could help me with. I said I was looking for a job where maybe I didn't have to do everything on my own. After a short computer quiz I was well on my way to Sub Nuke electricians mate and a \$12,000 bonus.

What inspired you to apply for an officer program?

After several trips to the bilge for field day I felt I'd be a better asset for the Navy in the air. One of the only paths I saw allowing me to transition from the depths of the ocean to the freedom of the skies was the Seaman to Admiral-21 (STA-21) program. I applied and was selected.

What was your favorite part of being a naval flight officer?

Choosing one is tough, but I'll limit it to two.

1. Coordinating the flow of aircraft to tankers during a large exercise, when the primary and secondary tankers have fallen out. As the "tanker king" knowing exactly how much fuel was available, the burn rates, the expected delay to land, even the expected hold altitude of each aircraft was vital. Sending one guy to the beach meant 3 others could barely make it. Mentally it was one of the more demanding missions I was faced with. The most demanding occurrence was during a training mission operating from the carrier off the coast of Florida. Everyone made it "home" for midrats that night and I had a big hand in that.

2. Leading a Tomahawk flight test. Conducting Tomahawk flight tests from the west coast and Gulf of Mexico provided unique challenges and unparalleled opportunities. Not many get a chance to control a Tomahawk missile and I likely have more hands on experience than any current active duty person. It's always different and there's always a challenge. I loved the dynamics of it all.

Why did you choose to serve in Millington, Tennessee?

I want to be here. I'm excited to get that opportunity. I grew up



in Batesville, AR and being close to family is important. Not many understand the importance of Millington, but without the mission here the Navy would grind to a halt. I'm excited to support the warfighter.

What will you focus on improving during your time here?

As an aviator I'm fully aware there's always room for improvement. Communication within any organization is always a challenge. Our mission revolves around supporting our tenant commands and ensuring they have the ability to support the warfighter. My focus will be on clear and concise communication and providing our tenants with the security they require to complete their mission.

What motivates you in your work as XO?

Coffee, family, and country!

-I'm not a morning person per se, but with enough coffee I can win any battle.

-If my wife's not happy I don't get to sleep, and keeping the family satisfied makes her happy.

-I believe we, the United States of America, are the best country in the world. It's this simple belief that not only motivates my work as XO but what makes me want to get out of bed every morning.

**Commander Jeremy Woodall
NSA Mid-South Executive Officer**

Chapel Gives Back, Leading Series of Community Relations Events

From the NSA Mid-South Public Affairs Office

The installation Chapel has been reaching out to the community in meaningful ways over the past few months trying to help the community while also bring Sailors together.

During a series of community relations projects, the Chapel has made a direct impact on organizations in the local area.

“The Chapel Religious Ministry Team (RMT) exists to support the spiritual readiness of the service members, military families, and base personnel who support the mission of NSA Mid-South,” said Lt. Cmdr. Jim Campbell, installation chaplain. “Community Relations Projects (COMRELs) are an opportunity to go outside the wire and serve the community in some way. In doing so, our servicemembers make a difference in our host community and they also benefit personally and spiritually. Caring for others is powerful medicine for our souls.”

Per Navy policy, many opportunities were restricted during the COVID-19 pandemic, but as the Force Health Protection conditions have decreased, the Chapel has been able to get back out in the community.

“The pandemic made COMRELs impossible for a long stretch,” said Campbell. “Recently, the chapel conducted COMRELs at a local Boys and Girls Club in the Raleigh community, at Alpha and Omega Veteran Services in Memphis, and at the Mid-South Food Bank in Germantown.”

The Chapel plans to conduct one COMREL per month. Sailors can call the chapel to inquire about COMREL plans for August.

COMRELs are an important part of ensuring that the installation is a good neighbor in the community where we work, live, and play.

“It is vital for our installations and our service members to be known by their host community. COMRELs show our host-community that we are like them,” Campbell said. “We can share our stories of how we volunteered to serve our nation from communities similar to theirs. We can show that we care about their well-being. These projects build trust and cooperation between our military and our nation.”

While participating in the Chapel’s COMRELs can help a Sailor earn their Military Outstanding Volunteer Service Medal, the true reward for service is the sense of accomplishment and contribution.

“Sailors have several good incentives,” said Campbell. “They will feel a sense of accomplishment and pride as they help their neighbors in a variety of ways. COMRELs help feed the hungry, house the homeless, build homes for deserving families, clean parks and com-



Volunteers sort food at the Mid-South Food Bank.

mon areas, and mentor youth. COMRELs also help Sailors to build volunteer hours which are tallied on EVALS and Sailor of the Quarter nominations.”

The installation and its Sailors benefit from a local community who is supportive and proud of the mission of the Navy in the local area. COMRELs play a big part in bridging the gap between those inside and outside of the fence line.

“COMRELs build trust and cooperation between the host community and the installation,” Campbell said. “At various times the two must work together for the good of all. A track record of volunteering in the community is a strong statement that the installation is a good partner for Millington and a valuable supporter.”

Campbell puts a great deal of thought into choosing and planning the COMRELs the Chapel participates in to ensure that they are a good fit for the installation, the community, and the Sailor.

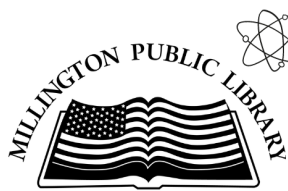
“COMREL planning requires some networking with local agencies and officials to learn about which organizations make a good partner,” he said. “There is also an art to planning a COMREL on a day and time that Sailors might be available. Lastly, COMRELs somewhat sell themselves.

An interesting COMREL usually fills up quickly. Picking up trash is often the lowest preference for Sailors who are considering volunteering. Any COMREL with kids is often very popular.”

If a Sailor is interested in volunteering, they don’t need to worry about bringing a certain skill set or tools to a COMREL.

“There are normally no special skills needed, nor are there usually any special tools or gear needed,” said Campbell. “Volunteers show up with the proper attire (sometimes a service uniform, sometimes civilian clothes) and the rest is provided for them.”

Millington Public Library August Activities



millingtonpubliclibrary.org
(901)872-1585



AUGUST 2022

All library programs are free and open to the public.

Library Events

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning Storytime Weds. at 11:15		1	2	3 11:15 Storytime 5:00 Computer 101	4 11:15 Literacy Gym 4:30 Storytime	5 11:30 Kids Craft
Computer 101 Weds at 5:00						
Literacy Gym Thursdays at 11:15	7	8	9	10 11:15 Storytime 5:00 Computer 101	11 11:15 Literacy Gym 4:30 Storytime	12 11:30 Kids Craft
Afternoon Storytime Thursdays at 4:30						
Kid's Craft Saturdays at 11:30	14	15	16	17 11:15 Storytime 5:00 Computer 101	18 11:15 Literacy Gym 4:30 Storytime	19 11:30 Kids Craft
Anime and Manga Club August 23 at 3:00						
	21	22	23 3:00 Anime and Manga club	24 11:15 Storytime 5:00 Computer 101	25 11:15 Literacy Gym 4:30 Storytime	26 11:30 Kids Craft
	28	29	30			27 11:30 Kids Craft
						BACK SCHOOL



NSA Mid-South Chapel
Presents

"The Voices of Esther"

Women's Luncheon

Tuesday August 16 @ 1130-1230
@NSA Mid-South Chapel Fellowship Hall

NAVMAC Sailor of the Year Brings Passion for Veterans to Her Service in Uniform

From NSA Mid-South Public Affairs

Yeoman 1st Class Trista Karnes, graduate of Lewiston High School, Lewiston, Idaho, was selected as the Navy Manpower Analysis Center (NAVMAC) Sailor of the Year (SOY) for fiscal year 2021.

According to command leadership, Karnes was selected as the SOY because of her ability to juggle a variety of tasks while maintaining a professional demeanor.

“YN1 Karnes was selected as NAVMAC Sailor of the Year due to her ability to continuously lead from the front, while navigating the hurdles of COVID, telework, and the growth of the command, with both active duty and civil servants,” said Master Chief Aircraft Maintainer Christopher Bulhuis, senior enlisted leader for NAVMAC. “She has continually grown the command morale programs and provided training opportunities for the multiple collateral duties she is responsible for. As one of only nine junior Sailors at our command, she is not one to sit back and watch things happen around her. She provides a great perspective, lifts up her peers and ensures that they are on the right track both professionally and personally.”

She has been wearing the cloth of the nation for 12 years, but her passion for naval and military service started long before boot camp.

“My path into the Navy was born out of my love for veterans. I am the granddaughter of a World War II Sailor and I love studying U.S. history,” Karnes said. “In 2008, after watching a documentary on the USS Enterprise, I felt the desire to get involved with veterans so I searched ‘Wisconsin Veterans Homes’. The search brought up the Veterans Home at King, which turned out to only be 45 minutes from where we were living.”

Karnes continued, “I called them and told them I would like to volunteer. My kids and I met with the facility social worker and filled out paper for the background check. We ended up ‘adopting’ seven veterans from World War II, Korea and Vietnam conflicts. I would take the kids to visit 2 to 3 times a week. During our visits we would take the veterans to Bingo, lunch, Veterans of Foreign Wars Club and American Legion Events, and one-on-one visits. We loved it!”

Life brought many changes to Karnes, with many moves along the way. But wherever her family called home, she sought out veterans to serve.

“When we moved back to Idaho in the fall of 2009, we immediately started volunteering at the Idaho State Veterans Home and Veterans Affairs Medical Center,” she said. “It was through the relationships that I had built with the guys and gals at the home



that I felt the call to serve.”

Karnes then took her passion and interest and had an important discussion with her family about what military service would mean for them. Making sure her children felt safe, secure and loved was at the forefront of her decision making process.

“My husband at the time and I had made a deal when the kids were little that I would stay at home with them and then I could pursue what I wanted to do,” she explained. “I approached him and asked him how he felt about me joining the Navy Reserves. He supported the idea and I started training on my own to meet the physical requirements. In the spring of 2010, I walked into the Navy Recruiting Station in Nampa, Idaho. The recruiter asked me a few basic questions and told me that I wasn’t eligible.”

Karnes wasn’t ready to give up on her dream of serving and didn’t take “no” for an answer. This tenacity paid off on her next visit to a recruiting station

“I found it hard to believe there were no paths for me to serve. The very next day I walked into the Navy Recruiting Station in Boise, Idaho, and spoke with Petty Officer Mike Bailey,” Karnes said. “He listened to the reasons I wanted to join and he agreed to take the time to work up the Dependency Waiver I would require for enlistment. I have four amazing kids so my

waiver needed to be sent to the headquarters for Navy recruiting for their determination. My waiver was finally approved late July. I remember my recruiter calling and telling me he had good news—I could join the Navy tomorrow. I was so excited!”

“Then he told me that if I joined the Navy tomorrow the only job available would be for a New Accession Training (NAT) program for female Aviation Machinists Mates (AD).”

Karnes passion to serve meant that she was willing to join the Navy, no matter the job. Soon the day arrived for her to swear her oath to the Constitution and to defending the country.

After a few years in the reserves, Karnes sought out orders as a Canvassing Recruiter (CANREC), a Reservist activated to support the Navy recruiting mission. She was accepted and her time on active duty solidified her desire to make the Navy a full time job.

“While in CANREC orders to Navy Recruiting Command (NRC) in 2016 I put in a package to covert from AD Selected Reserve to Full Time Support Yeoman,” Karnes said. “Today, I am the Executive Yeoman for NAVMAC here in Millington, Tennessee.”

Karnes checked into NAVMAC on January 10th, 2020. She said that each of her duty stations has played a part in developing her as a Sailor, but NAVMAC has been special.

“I have enjoyed all of them for different reasons. At NRC, I felt that what I did really mattered in manning the Fleet and there was a huge sense of accomplishment in that,” she said. “At Navy Operational Support Center Boise, I learned how to be a Yeoman and the reserve side of the Force. With all that being said, NAVMAC is hands-down my favorite command so far. I feel incredibly blessed to do what I do every day with the most amazing people.”

She went on to say, “Most Sailors have never heard of NAVMAC. When I was assigned to NRC, I had no idea who they were, what they did or how vital NAVMAC is to the Navy.”

“As the Executive Yeoman for NAVMAC I don’t go out and conduct studies, but I do take care of the commanding and executive officers so they can focus on the mission. In doing that I am doing my part. There is a saying that goes: if you love what you do you won’t work a day in your life. Truer words were never spoken. I love what I do every day and feel completely blessed to do it.”

Karnes said that she has enjoyed the transition from Aviation Machinist Mate to Yeoman. Her ability to take care of the command’s and the Sailor’s needs as a Yeoman brings her great satisfaction.

“It is quite literally the best rate in the Navy,” she said. “I love the history and the customer service aspect of my job.”

While serving, Karnes hasn’t forgotten where her love for the military started all those years ago.

“I still have a passion for veterans and volunteer with Forever Young Veterans, which is a non-profit here in the Memphis area,” said Karnes.

Karnes doesn’t see herself leaving the military community any time soon and plans to continue to serve both in and out of uniform for years to come. She even hopes that her service inspires the next generation to serve as well.

“I stay because I love it. I joined because I enjoyed taking care of and developing relationships with veterans,” said Karnes. “I stay for basically the same reasons, only the men and women that I take care of and build relationships with are currently serving.”

She added, “Serving in this uniform means that the women who came before me did something great. Their service opened the door for women like me to wear the uniform and I have a lot of pride in that. I’m the first female in my family to serve on either side, but I’m sure I won’t be the last.”

Her leadership at NAVMAC illustrates her passion and lends itself to providing first-class support to the command mission.

“Petty Officer Karnes has an infectious positive attitude that spreads to everyone conducting business with her at NAVMAC,” said Bulhuis. “As the Executive Yeoman, she leads her admin team with day-to-day operations supporting a growing staff of 235 personnel here in Millington, to include our Norfolk and Jacksonville offices. Additionally, she coordinates executive level briefings with Navy leadership across all domains, ensuring NAVMAC is able to keep our stakeholders aware of our current operational posture.”

He added, “Not only have I learned a lot from YN1 in the past two years that I have served with her, but I have had the pleasure to watch her grow professionally. I am extremely proud to have YN1 Karnes representing the people of NAVMAC as our Sailor of the Year.”



NSA Mid-South

DEPARTMENT IN THE SPOTLIGHT

Public Affairs

Since 2014 I have had the honor of serving as your installation public affairs officer. In that time I have overseen the publication of hundreds of editions of The Bluejacket. My time in service has called me to a new opportunity, but I will always consider my time at the helm of this publication special. For nearly 80 years The Bluejacket has offered service-members and their families an opportunity to learn more about the installation while documenting history in the making. I am so proud to be a small part of that on-going legacy.

*Amanda Rae Moreno
Public Affairs Officer*

Public Affairs Officer (PAO) Mission

The mission of the PAO is to utilize all available resources to inform specific audiences of NSA Mid-South's role in the Navy's mission and its positive impact on the local communities through four primary functions:

- 1) Media Relations – Foster positive relationships with the local and national medias in order to ensure accurate and widest dissemination of information
- 2) Public Information – Provide various publics with information as it is requested or necessary
- 3) Community Relations – Develop and strengthen relationships with the local community including governments, civic groups, and individuals
- 4) Internal Relations – Disseminate information through established channels to raise awareness of the NSA Mid-South mission to Sailors on-board NSA Mid-South and around the fleet

PAO Vision

- To communicate aligned messaging in accordance with existing DON and DoD policy to raise awareness of the valuable impact that NSA Mid-South has on the Navy and Greater Memphis Area (GMA)
- To foster confidence in NSA Mid-South and its readiness to conduct operations in peacetime, conflict, and emergency situations
- To communicate to employees, families, and tenant commands on board all activities in support of NSA Mid-South mission, vision, and strategic goals

PAO Goal Outline

- Increase media coverage of installation events
- Increase tenant involvement in installation public affairs functions
- Develop social media to better inform the publics
- Establish NSA Mid-South as a premier duty station with benefits including low cost of living, abundant employment and recreational activities
- Foster pride in installation history and current impact on Navy mission
- Establish NSA Mid-South as a key player in the Millington and Greater Memphis Area communities

First Class Petty Officers Resume Leadership Symposium Post Pandemic



After a two year hiatus, the First Class Petty Officer Leadership Symposium was reconvened with a variety of speakers and team building activities. (Photos by Amanda Rae Moreno)




Stormwater Report and Plan Available for Review

Naval Support Activity Mid-South's Small Municipal Separate Storm Sewer System (MS4) Annual Report for Report Year 2022, is available for review and public comment until 31 August 2022.

The MS4 Report is required by the Tennessee Department of Environment and Conservation (TDEC), and describes the installation's efforts during Report Year 2022 to ensure the stormwater leaving the installation meets MS4 Permit Standards.

To review, make public comments, or obtain a copy of the above listed reports, you may contact Lindsey Bidder, PWD Environmental Division, at 901-874-5904, lindsey.a.bidder.civ@us.navy.mil.





For information concerning these resources or a confidential conversation with our on call victim advocate, call 901-619-8341. We are ALWAYS here for you!

L to R in University of Memphis (Elvis Tiger) photo: YN1 Colin Gillet, NAVMAC; Diana Burleson, NSA Mid-South Civilian Victim Advocate; HM3 Elizabeth Breslin, NMRTU Memphis; PS1 Ebony Sunflower, CNRC; Cindy Stavrides, NSA Mid-South Sexual Assault Response Coordinator; LS2 Brianna Cacioppo, CNRC; MA2 Tonia Peoples, CNPC; PS1 Paula Ross, CNPC



The NSA Mid-South SAPR team recently hit the road! Our field trip training day consisted of stops at the University of Memphis Title IX program and the Shelby County Crime Victims and Rape Crisis Center. At each location, our advocates received valuable training.

Title IX is a federal law that prohibits discrimination on the basis of sex and mandates gender equity. This program strives to prevent campus sexual violence and provides resources and reporting options for students. Our credentialed advocates support the NROTC Unit at the university.

Our Installation has a Memorandum of Understanding (MOU) with Shelby County Crime Victims and Rape Crisis Center. They provide 24/7/365 response capability for forensic exams for our Sailors and their adult dependents. In addition, they offer no cost, trauma informed, group and individual counseling for survivors of sexual violence. All services are free and confidential. Our advocates received training from the Director, Advocates, Veterans Services Office and the Nursing Director. The SCVRCC team also provided a tour of the facility. Our credentialed unit victim advocates (UVA) will now have a better understanding of the process and location, in the event they are to accompany a client to the center.

ASF Shores Up Security Forces at NSA Mid-South



Naval Aircrewman (Helicopters) Chief Joel James prepares to end his shift after manning the Singleton Road Gate during an Auxiliary Security Force Shift.

From NSA Mid-South Public Affairs Office

To ensure mission readiness and warfighter readiness, the top priority of any installation is the safety and security of all on board.

The NSA Mid-South Security team includes uniformed enlisted and officers, civilian personnel, and Reserve personnel. This team is made complete with the support of the Auxiliary Security Force (ASF).

ASF is a collateral duty manned by NSA Mid-South personnel and personnel from its tenant commands including Navy Personnel Command, Navy Medical Readiness and Training Unit (the clinic), Navy Manpower Analysis Center, Navy Recruiting Command, Travel Support Center, and Navy Education and Training Center's N-3 directorate.

Asking tenant commands to support installation operations through this collateral duty is not something NSA Mid-South takes lightly. A great deal of thought is put into how many personnel are required from each command.

"The number of ASF is based off of how many posts we have during higher Force Protection Conditions," said Master-at-Arms 1st Class Jacob Poczekaj, Security Department's leading petty officer. "Currently we require 40 personnel. This number is divided by the total number of tenant command personnel

which results in a ratio. Once this ratio is established the total number of command personnel is multiplied by the ratio. This total value is the required amount of personnel the command will provide."

The collateral duty requires that personnel manning the installation control points be fully qualified to defend the base when needed.

"ASF personnel are required to pass Security Sentry and Reaction Force Member courses," said Poczekaj. "Security Sentry covers topics such as deadly force and use of force, hand to hand self-defense, non-lethal weapons, lethal weapons, and security force protection fundamentals. Reaction Force Member Course covers topics such as Close Quarters Battle and Critical Incident reactions. The ASF academy is four weeks long. Once a member graduates from the academy they are fully qualified to stand the watch."

Many ASF personnel are excited for the opportunity to learn more about security and work outside of their rate for this duty, all while supporting the local mission.

"The Security Department is tight staffed as far as the Master-at-Arms and civilian patrolmen, so being able to provide assistance and to help protect the base is a good opportunity," said Naval Aircrewman (Helicopter) Chief Joel James. "My rate works primarily with helicopters, so I wouldn't have the opportunity to learn about the security mission and all that is involved if not for this collateral duty. The skills and knowledge that I get make me a great asset to any com-

mand who made need additional security support in the future.”

In addition to the initial ASF academy, ASF members regularly receive additional training to ensure they are fully qualified for the watch. ASF members have required sustainment training that must be completed annually with topics such as deadly force and use of force, watch standing procedures, apprehensions and transports, and active shooters.

Generally ASF members will spend 18 months of their tour as part of the force and are required to stand two watches and attend one training day each month.

While a collateral duty, ASF members are vital to the security of the installation.

“ASF is responsible for monitoring entry and exit to the installation,” said Poczekaj. “They are the front line of defense at the Entry Control Point.”

Any Sailor interested in participating in this collateral duty should contact their command ASF coordinator.

NPC: GMC Ryan Synowietz
CNRC: FC1 Zacharia Pinkham
NAVMAC: GMCS Brandon Gager
NMRTU: HMC Tony Alaniz
NSA Mid-South: CSCS Ayesha McDonald
TSC: PSC Dacid Gut

The installation recognizes that back-ups at entry control points can cause frustration with those trying to access the installation, but reminds everyone that security, not quick access, is the goal.

“People coming on base should recognize the sentries are



*Fire Controlman
1st Class Caleb
Crouch, of NPC,
supports ASF.*

doing a difficult job, particularly in this heat, and deserve to be treated with dignity and respect,” said Capt. Michael Mosbruger, commanding officer. “My expectation is sentries are treating folks with respect in the conduct of their primary duty, and they receive the same in return. As the back-ups increase so are the number of folks that fail to treat our sentries with respect. I have instructed security department to elevate those issues to installation HQ to adjudicate.”



Wednesday Worship This Summer

Every Wednesday, June 1 - August 17
1130-1200 @ **Mid-South Chapel** Sanctuary
Led by Chaplain Campbell
Endorser: Southern Baptist

Come enjoy:

- Modern worship music
- Prayer
- Teaching on the **best** part of the Bible...

Youth Center Delights Parents and Children Alike With Talent Show



Children at the Youth Center Summer Care Program worked hard to present a talent show to their fellow campers and parents in attendance. They show hosted a variety of entertainment including singing, piano, drums, dancing, comedy, and martial arts. (Photos by Amanda Rae Moreno)



From the Navy Medical Readiness & Training Unit

Month of August 2022

Health Promotion Topic: Preventive Health Month

Week 1 - Focus on living a healthy lifestyle now to prevent health problems in the future, especially things like chronic disease. Sailors and Marines reported a variety of behaviors in the Navy and Marine Corps Public Health Center Workplace Health Risk Assessment (HRA) that could lead to health issues. In past years, the most common health risks were not flossing, an unhealthy diet, and not getting enough sleep. These three preventive health behaviors are easy to incorporate into your routine once you know how. To make these healthy behaviors a habit, set a specific goal, make a plan, and repeat the new behavior often.

Week 2 - Floss once a day as part of your oral hygiene routine to reduce your risk of developing gum disease and cavities.¹ If you already brush your teeth twice a day with fluoride toothpaste, great! But remember, flossing once a day is equally important. Flossing gets between teeth to remove bacteria, food particles, and plaque that toothbrushes can't reach.² Plaque buildup can lead to gingivitis, the first stage of gum disease where you may develop gum inflammation, red gums, and bleeding.² Plaque buildup can also cause cavities, which can be painful and require costly and time consuming dental care.³ You can avoid these issues by taking just a few minutes to floss each day!

Week 3 - Eat the recommended number of servings from the five food groups (fruits, vegetables, grains, dairy, and protein) and limit high fat foods to get the nutrients your body needs to maintain health and perform at its peak. Processed and prepared foods, such as packaged, restaurant (both sit-down and fast food), and convenience foods often contain high amounts of calories, sodium, added sugars, and saturated and trans fats. When you avoid or limit eating these foods throughout the week, and prepare some of your own meals instead, you're on the right path to a healthier diet. An easy way to eat healthier is to replace some of your prepackaged snacks like chips and candy-like granola bars with fruits and vegetables, such as real-fruit smoothies. Try to make half your plate fruits and vegetables at every meal!

Week 4 - Get at least seven hours of sleep each night to get the rest your body needs to recover from the day. When compared to civilians, active duty service members are more likely to suffer from insomnia and short sleep duration due to stress, environment, and job requirements.⁴ Lack of sleep can decrease productivity and impair cognitive function, and also put service members at greater risk for accidents.⁵ Did you know that staying awake for just 17 to 19 straight hours impacts performance more than a blood alcohol content (BAC) of 0.05, and 24 straight hours impacts performance as much as a BAC of 0.10 – beyond the legal limit to operate a motor vehicle in the United States?⁶ For wounded, ill, and injured Sailors and Marines, sleep aids in recovery. There are many sleeping tips you can try to start sleeping more soundly. Get better quality sleep when you avoid caffeine, nicotine, and alcohol later in the day, and when you unplug from technology 15 to 30 minutes before bed. If you have trouble falling asleep for longer than 20 minutes, get up and do something relaxing until you are sleepy. You may also benefit from counterintuitive sleeping tips, such as spending less time in bed and scheduling time to worry before getting in bed.

**Coming
August 2022!!**

Lunch N Learn Series

**Bring your lunch
and questions!**

The FFSC Counseling, Advocacy and Prevention Team invites you to join our Lunch 'N' Learn Series open to AD Service Members and their adult dependents. These 1 hour psychoeducational sessions will teach you new tools in the following topics:

Aug 2: Understanding the stages of change

Aug 9: Are you struggling to sleep?

Aug 16: Reducing Stress

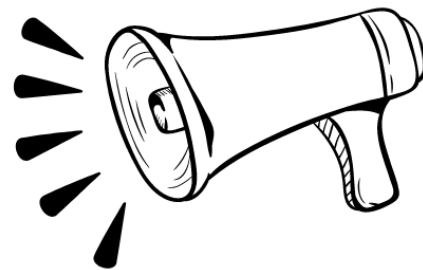
Aug 23: Anger can be a monster

Aug 30: Exploring the world of self-care



**Tuesdays between 1200—1300
FFSC-Building 456, 3rd Fl., Conference Room**

Registration to attend is encouraged...call us at 901-874-5075 to reserve a spot. Please arrive by 11:45 to complete paperwork and get settled. All series are facilitated by one of our specialized clinical counselors. We are also available after each group session, if needed.



4858 Navy Road Millington, TN 38053

901-872-1585

millingtonpubliclibrary.org

COMING SOON!

Adult Craftea

Third Tuesday of each month from 5-6 pm

Kid's Coding Club

First and Third Wednesdays of the month from 3:30-4:30 pm

Teen Manga/Anime Club

Second and fourth Tuesday of each month from 3:00-4:00

Adult Ukulele Lessons

Mondays at 5pm starting September 12 from 5:00-5:30 pm

Bring your own ukulele or use one of ours!

Adult Book Club

First Tuesday of the month from 5:00-5:45 pm

Lego/Stem Club

Second and fourth Wednesdays of the month from 3:30-4:30

All library programs are free and open to the public.

Childcare is not provided during adult programs.

FOLLOW US ON SOCIAL MEDIA

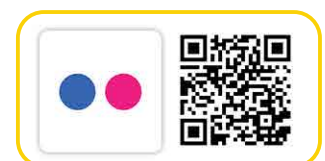
TO KEEP UP TO DATE ON WHAT'S HAPPENING
@YOUR COMMISSARY



FOLLOW DECA'S SENIOR ENLISTED ADVISOR ►



***SCAN CODE
TO START
FOLLOWING***





**GET READY.
GET FIT.
GET HEALTHY.**



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

Did you make a New Year's resolution to be healthier? Want to get in shape before the next PRT?

The Navy Marine Corps' ShipShape Program is a four week course covering topics from weight loss, to physical activity, to stress management.

Classes scheduled: **10 August 2022 — 31 August 2022**

Every Wednesday afternoon from 1230—1330 in the **Health Clinic Training classroom**

To register please call Health Promotion & Wellness
901.874.6178
or email: heather.s.brasfield.civ@mail.mil

**Navy Medicine Readiness and
Training Unit Memphis**



**Firearms are
prohibited on board
Navy installations
per federal law.
Possession of a
firearm unlawfully
aboard NSA Mid-
South may result in
a federal penalty,
debarment, and loss
of employment. PPV
Housing residents
must register fire-
arms with Security.**



Lightning Safety



Thunder and lightning storms happen all the time. Know what to do to keep you and your family safe when storms strike!

Safety Tips

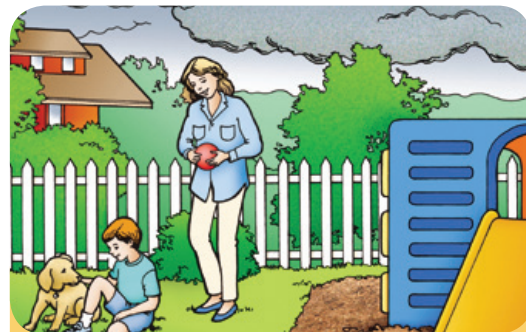
Outdoor Safety

- **If you can hear** thunder, you are within striking distance of lightning. Look for shelter inside a home, large building, or a hard-topped vehicle right away.
- **Do not go under** trees for shelter. There is no place outside that is safe during a thunderstorm.
- **Wait at least 30 minutes** after hearing the last clap of thunder before leaving your shelter.
- **Stay away** from windows and doors. Stay off porches.
- **There is no safe place outside.** Places with only a roof on sports fields, golf courses, and picnic areas are not safe during a lightning storm. Small sheds should not be used.
- **If a person is struck** by lightning, call **9-1-1**. Get medical help right away.

Indoor Safety

Turn off computers. Stay off corded phones, computers, and other things that put you in direct contact with electricity or plumbing. You **can use** a cell or cordless phone.

Do not wash your hands, bathe, shower, do laundry, or wash dishes.



FAST FACTS

Lightning may strike as far as **10 miles** from any rain.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

Your Logo



**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!**



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