



U.S. Navy photo
Sailors assigned to USS Laboon (DDG 58) offload bags containing Hashish from a dhow in the Arabian Sea. Laboon Sailors intercepted the dhow and seized 500 kg of Hashish, their second successful drug interdiction operation in five days. Laboon, operating as part of Combined Task Force (CTF) 150, is attached to Destroyer Squadron (DESRON) 22.

USS Laboon makes second drug bust in a week

From U.S. Naval Forces
Central Command Public
Affairs

ARABIAN SEA

For the second time in five days, the guided-missile destroyer USS Laboon (DDG 58) intercepted a small, stateless dhow in the international waters of the Arabian Sea and seized 500 kilograms of Hashish.

Laboon was conducting maritime security operations in the region as part of Combined Task Force (CTF) 150 of the Combined Maritime

Forces and conducted an inspection of the vessel as part of a flag verification boarding and found the illicit cargo.

Lt. Dan Foley, the boarding officer who led the team which made the seizure, credited his team for their diligence and putting in many long hours in the process.

"They worked tirelessly for over 14 hours to secure the illicit narcotics," Foley said. "I cannot praise them enough for staying calm and collected in a very tense environment. Ultimately, it was a great St. Patrick's Day. We

kept the drugs off the market, and most importantly, denied terrorist organizations from benefitting off the profits of the narcotics onboard."

Laboon intercepted a small, stateless dhow in the international waters of the Arabian Sea, March 13, and seized 270 kg of heroin. Royal Australian navy frigate HMAS Arunta (FFH 151) seized 800 kg of Hashish, March 2, making this the third CTF 150 seizure in the last three weeks.

» See **DRUGS** | A7



U.S. Navy photo
Sailors assigned to USS Laboon (DDG 58) offload bags containing Hashish from a dhow in the Arabian Sea, March 17.

Health staff attend subs in space workshop

From Navy and Marine Corps
Public Health Center Public
Affairs

PORTSMOUTH

Staff members of the Navy and Marine Corps Public Health Center (NMCPHC) participated in the Subs in Space II Workshop at the NASA Johnson Space Center, Houston and the White Sands Test Facility (WSTF) in Las Cruces, New Mexico.

The workshop was an exchange of information regarding the maintenance of good air quality inside submarines and the International Space Station.

In addition, the staff from NMCPHC and U.S. Navy workshop attendees included representatives from Naval Sea Systems Command Headquarters, technical warrant holder for Submarine Atmosphere Control, engineers from Naval Surface Warfare Center, Philadelphia and Carderock Divisions and the Naval Submarine Medical Research Laboratory.

Service members from the Royal navy and representatives from NASA also participated in the workshop.

"The workshop provided a great opportunity to see how the Royal navy and NASA handled concerns regarding maintaining acceptable air quality either aboard submarines or at the International Space Station, such as their material certification program, exposure limit development

» See **WORKSHOP** | A7

Bush Sailors tour Athens

By MC3 Mario Coto
USS George H.W. Bush Public Affairs

CRETE, GREECE

Sailors of the George H.W. Bush Carrier Strike Group (GHWBCSG) got to experience wonders while on a Morale, Welfare and Recreation (MWR) tour of Athens and a few of the surrounding areas.

From a historical standpoint, Athens is considered to be the birthplace of democracy. The Western world as we know it looks at the ancient civilization as the foundation of everything that came afterward. It's no surprise then that the city

» See **ATHENS** | A7



MC2 Spencer Fling
Sailors assigned to the aircraft carrier USS George H.W. Bush (CVN 77) traverse Mount Ida during a Morale, Welfare and Recreation (MWR) tour. The ship's carrier strike group is conducting naval operations in the U.S. 6th Fleet area of operations in support of U.S. national security interests.

Serenity by the lake

Greek MWR tour for Bush Sailors includes Kournas Lake, Holy Monastery of Arkadi, city of Rethymnon

By MC3 Mario Coto
USS George H.W. Bush Public Affairs

CRETE, GREECE

Sailors from the George H.W. Bush Carrier Strike Group (GHWBCSG) work long hours while on deployment; days are long and the job can get monotonous.

When Sailors need a break to recharge their batteries, one of the remedies is to go off the beaten path and connect with their surroundings. GHWBCSG Sailors who

went on a Morale, Welfare and Recreation (MWR) tour of the town of Rethymnon, the Holy Monastery of Arkadi and Kournas Lake received the opportunity to get away from it all for a few hours and enjoy a relaxing time.

"The only goal I had when I signed up for this tour was to relax and enjoy the scenery," Master-at-Arms 2nd Class Lesnir Felix-Rodriguez said. "I want some peace and

» See **LAKE** | A7



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AWAY WITH GRAY

One Sailor decorates various spaces on USS Eisenhower with her original artwork.



» See **A4**

NO MORE GMT REQUIREMENTS

Sailors are no longer required to log on to Navy Knowledge Online, Navy eLearning or My Navy Portal for training.

» See **B1**

MUSICAL HEALING

Sentara center uses rhythmic stimulation and synchronization to help patients regain speech.



» See **C1**

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Courtesy of Lincoln Military Housing

Midway Manor is a Lincoln Military Housing area, located near Oceana, off Windsor Oaks. Lincoln Military Housing that does not have a waiting list is now open to military retirees and Department of Defense civilian employees. Midway Manor does currently have a waitlist, however.

Lincoln Military Housing now open to retirees, DOD civilians

By Karen L. Gill
Flagship staff

NORFOLK

Military housing options are now available to military retirees and DOD employees in the Hampton Roads area.

Lincoln Military Housing, which includes neighborhoods in Oceana, Chesapeake, Little Creek, Newport News, Norfolk and Portsmouth, is now open to retirees and DOD civilians, when the homes are not needed by active-duty military, according to Jamie Taylor, regional housing director for Lincoln Military Housing.

“Active-duty military always have first priority,” Taylor said. “We’re available to help our service members, and we always go above and beyond for them. We want to make sure that they are happy and taken care of. But if we have homes that don’t have a wait list, we are able to accommodate other families into housing.”

Taylor said a change in occupancy, which has allowed families in addition to active-duty to living in housing, began more than

“Active-duty military always have first priority. We’re available to help our service members, and we always go above and beyond for them. We want to make sure that they are happy and taken care of. But if we have homes that don’t have a wait list, we are able to accommodate other families into housing.”

Jamie Taylor, regional housing director,
Lincoln Military Housing

a year ago, as a way for Lincoln Military Housing to get revenue for improvements and other needs. Out of about 4,300 homes in the area, about 37 are rented to retirees and DOD civilians, she said.

Those renters pay the same amount to lease the housing as active-duty renters, Taylor said, and they would never pay less. Cur-

rent rental fees for homes from two to five bedrooms start at \$1,366. Leases are for one year, and retirees and DOD civilian applicants must pay fees for a credit and background check for each adult living in the home and show proof of employment and income. Renters pay a security deposit.

“The biggest misconcep-

tion in our area is that people say they had no idea that there was housing, or they heard that everything had a two-year waitlist,” Taylor said. “I have people who are shocked that they can move in right away or in 30 or 60 days.”

Benefits for active-duty renters include no credit or background check fees or any other upfront costs, no pet rent or deposits, free community events and six-month leases, Taylor said. Also, those who use a lower amount of electricity have an opportunity to earn money back.

Lincoln Military Housing is an affiliate of Lincoln Property Company, which formed a private-public partnership with the Department of Defense in 2001. It has developed and managed more than 36,000 military family homes across the nation, according to its website, <https://lincolnmilitary.com>.

Those interested in renting Lincoln Military Housing should contact the Norfolk Welcome Center, 7924 14th St., Norfolk, 757-961-3783.

Treasure Shop now accepts debit, credit cards

By Lt. Bobby Dixon
Treasure Shop Volunteer

NORFOLK

For the first time, the Treasure Shop at Naval Station Norfolk is accepting debit and credit cards for purchases of heavily discounted military uniforms and consigned items.

This is the first time in the shop’s history since opening in 1973 were debit and credit cards are being accepted. This is in addition to cash and checks that have always been accepted.

“This will make it easier for me and other customers to make purchases,” JoAnn Norris said, who is a regular customer to the Treasure Shop. “This will enable them to give larger donations to local charities in this community.”

The Treasure Shop is a unique place to buy, consign and donate just about anything except for civilian clothes and shoes. You can find treasures such as antique furniture, fine china, jewelry, tools, books and so much more.

One of the biggest reasons for service members to visit the shop is to donate or purchase uniforms at heavily discounted rates. Belt buckles, covers, boots and coveralls are just a few of the military uniform items that can be found. You will also find a little bit of everything else, such as household goods, baby items, books and jewelry.

“It is nice to be able to go to a shop on base where you

can find uniform items at heavily discounted prices,” Mass Communication Specialist 1st Class RJ Stratchko said. “Not to mention all the really nice merchandise they have throughout the store. You never know what treasure you may find.”

Consigning with the Treasure Shop is very simple, they have an extremely easy system to input and track sales of items. Each item you bring in is marked with a tag that has basic information and price. The shop will keep your item out for two months and then you can either reclaim it or allow it to be donated to the shop.

The profits from the items sold are split 70% to the cosigner and 30% to the shop which is then donated to local charities. Last year alone the shop donated \$60,000 dollars to organizations like American Red Cross Naval Station Norfolk, Armed Services YMCA Hampton Road, America’s Vet Dogs, and Children’s Hospital of the King’s Daughters, just to name a few.

The Treasure Shop is open every Monday and Wednesday, first and third Saturday from 10 a.m. to 2 p.m. Consignment hours are from 10 a.m. to Noon. The shop is located in the old chapel at 9420 2nd Ave., Norfolk.

For up to date information and photos of what is in the shop on any given week like them on www.facebook.com/treasureshopnsn

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3 FIRST WARNING WEATHER

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NEWS FROM NAS OCEANA

Women's History Month marked with event, guest speakers

By MC2 Jacob S. Richardson
NAS Oceana Public Affairs

VIRGINIA BEACH

During a celebratory event at the Dam Neck Annex galley, March 24, Naval Air Station (NAS) Oceana joined the Navy and the nation in celebrating Women's History Month.

The event highlighted various women that have proudly served the military and Navy throughout its history and embodied the Navy's core values of Honor, Courage and Commitment. The event was also proud to host two guest speakers who have also honorably served the Navy, Retired Command Master Chief Nielsa Porter, and Senior Retired Chief Logistics Specialist Debra Walker.

Women's service in the Navy dates back to the 1800s, the first official record of women at sea is from a U.S. warship log showing women serving as contract nurses for the War of 1812. During the Civil War women served as nurses when the Sisters of the Holy Cross served aboard USS Red Rover, the Navy's first hospital ship. In 1948, women gained permanent status in the Navy with the passage of the Women's Armed Services Integration Act.

Nearly a century and a half later in 1978, women began serving aboard support and non-support ships, putting the Women in Ships program into force. Women had been serving on ships long before

Congress approved the change to the combat exclusion law.

"Change is always going to come, at first it may be hard to make it work but eventually it will work for all of us," Porter said. "Never would I have thought that my journey through life and in the Navy would have been so rewarding but I look back on my career in awe and appreciation."

Today women serve at sea in virtually every capacity and in every rank from seamen to admiral. They hold nearly every job from naval aviator to deep-sea diver. Nineteen percent of the Navy's enlisted force are women, including eight percent of all senior and master chiefs. Eighteen percent of the officer force and 11 percent of all admirals are comprised of women.

In the Navy's civilian workforce, 27 percent are women and 26 percent are Senior Executive Service members.

"Perseverance and commitment was the key to my success and is what women need in order to continue to be successful in the Navy," Porter said. "They must trust in their ability and never stop pushing themselves and their skills to the next level."

Over the last century, women have served onboard auxiliary ships beginning in 1978 and on combatant ships beginning in 1994. In 2016, the DOD opened all military occupations and positions to women.

"We celebrate this month



Photos by MC2 Jacob S. Richardson

ABOVE: Naval Air Station (NAS) Oceana leadership stands with NAS Oceana's heritage committee, Dam Neck Annex galley staff and Women's History Month event guest speakers, Retired Command Master Chief Nielsa Porter and Retired Senior Chief Logistics Specialist Debra Walker. The event highlighted the service and dedication that women have proudly given to the military and Navy throughout history. **BELOW:** Retired Senior Chief Logistics Specialist Debra Walker speaks during the Women's History Month celebration at the Dam Neck Annex galley.



"... we are supporting not only our past, but our future, and that is what I see when I look at all of the young women in uniform here today."

Retired Senior Chief Logistics Specialist Debra Walker

together because we are supporting not only our past, but our future, and that is what I

see when I look at all of the young women in uniform here today," Walker said.

"The opportunities you all have, to be able to shape the future, is a blessing."



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Yeoman 3rd Class Aline Nordelus paints a mural for the Training department of the aircraft carrier USS Dwight D. Eisenhower (CVN 69). Eisenhower is currently conducting aircraft carrier qualifications during the sustainment phase of the Optimized Fleet Response Plan (OFRP).

U.S. Navy photo



Coloring over the gray

Hobbyist’s work decorates multiple spaces on Eisenhower

By MC3 Liam Antinori
USS Dwight D. Eisenhower Public Affairs

ATLANTIC OCEAN

A long-lasting tradition in the Navy is decorating bulkheads with colorful artwork that expresses pride in the ship the artist is attached to.

There is no rating and no specialty which trains or mandates these works of art, but instead a motivated hobbyist to step up to the deckplate.

One such artist just completed her final piece aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69).

“I’ve always painted as a hobby,” Yeoman 3rd Class Aline Nordelus said, who currently works as an administrative clerk in the commanding officer’s administrative division. “I started in middle school when I realized I really loved painting. My art teacher actually got me a scholarship to a private art high school in southern Florida, but my parents couldn’t

afford for me to go. Instead, I went to a regular public high school where I continued to paint.”

Nordelus enlisted in the Navy to pursue greater career opportunities and began her tour aboard Eisenhower as an undesignated deck seaman. Besides painting bulkheads haze gray, her talent remained only a hobby until the door to apply her painting skills opened.

“My leading petty officer at the time addressed the division and asked, ‘Who knows how to paint?’” Nordelus said. “I was never that enthusiastic about the boatswain’s mate job—like tying knots and mooring lines—as I’ve always liked the administrative side more, but when he asked I thought ‘This is my in!’”

Her first painting was on a door to one of deck department’s offices. The executive officer personally complimented her and she earned a whole new responsibility. In the following months, she painted many

other doors, the ship’s rat guards, the wildcats and a mural in the forecabin, in addition to many other pieces throughout the ship.

“I painted most of my time in deck department,” Nordelus said. “I want to give them a shoutout for letting me do what I love so much.”

Deck department granted her a short hiatus which gave her time to strike into the yeoman rating, where she quickly advanced to E-4. Her reputation as an expert artist remained, however, and she’s been called on once again to apply her trade.

“The training department knew about my past paintings, so they asked me,” Nordelus said. “They wanted something nice that symbolized their department. Originally, they wanted something smaller, but with what I had in mind I asked for more space to spread it out.”

To balance her new schedule as a yeoman, she often worked after hours and late into the night to finish

her painting. She thanked training department for being patient with her other responsibilities, and how they often supported her while she worked. After nearly four months of work, she finally applied the finishing touches.

“This will probably be my last project on the ship,” Nordelus said. “I want to focus on studying for my next advancement exam and transferring.”

Her latest work can be seen near training department’s classrooms. When Nordelus finally transfers to her shore command, she hopes to continue her hobby in the private sector.

Eisenhower is currently underway conducting carrier qualifications during the sustainment phase of the Optimized Fleet Response Plan (OFRP).

For more news from USS Dwight D. Eisenhower (CVN 69), visit www.navy.mil/local/cvn69/.

Hyping up the lounge: Sailor by day, rapper by night

By MCSN Oscar Albert Moreno Jr.
USS George Washington Public Affairs

NORFOLK

The night was a loud one inside the Origami Lounge in Virginia Beach. With the crowd hyped up for the next performer to get on stage, Airman Tony Edwards enters the fray and does what he does best—rap.

The Origami Lounge held an artist showcase, where music artists competed for the chance to open up for the rapper known as A-Boogie.

Edwards is a music artist under the name Tony Rich, whose specialty is upbeat, hype rap. He makes music to motivate and talk about overcoming real-life experiences. He has always had a passion for the art and has taken a more aggressive stance toward making it a career.

“I fell in love with music and as I grew up decided that I wanted to make it myself,” Edwards said. “I would lock myself in my room and just get to working a piece or just start recording. It’s a big part of my life and I love all aspects of it.”

Edwards has performed in 22 shows since 2014, and in the past year since he’s arrived in Virginia has performed at seven different venues in Richmond, Norfolk and Virginia Beach.

“I love being in front of a crowd,” Edwards said. “Hyping them up, keeping the good vibes going. It’s all a part of being up on stage.”

Besides shows and venues, Edwards spreads his music through various music sources, such as Instagram, YouTube, Soundcloud and Live Mixtapes. His single “Crash the Porsche” on Live Mixtapes has over 51,000 views.

Edwards’ manager is another George Washington Sailor, Information Systems Technician 2nd Class Marcus Ellis. The pair is working together as an independent group and plans to publish and license their own music.

“We’re a self-funded and independent group,” Ellis said. “We aren’t looking for others for help, assistance or loans. It’ll just be our own effort that’ll get us to where we want to be.”

For more news from USS George Washington (CVN 73), visit www.navy.mil/local/cvn73/.

USS Eisenhower gets fit

By MC3 Liam Antinori
USS Dwight D. Eisenhower Public Affairs

ATLANTIC OCEAN

With the Physical Fitness Assessment (PFA) approaching in May, Sailors aboard aircraft carrier USS Dwight D. Eisenhower (CVN 69) are working diligently to ensure they are up to the Navy’s standards.

The PFA is a semiannual event which tests Sailors’ physical readiness and ability to maintain mission-essential preparedness. Guiding the crew in this required endeavor are the coordinators and facilitators of the PFA program, command fitness leaders (CFLs).

“CFLs work is to set an example and to ensure the command is fit and ready,” Eisenhower CFL Lt. j.g. Michelle Wogu said. “Staying in shape is part of your job in the military because you have to be physically ready when called upon to be part of the

fight.”

Excelling on the PFA can improve Sailors’ evaluations and work as a confidence booster to increase individual and crew morale. Conversely, a failure can negatively impact a Sailor’s career. Repeated failures can and usually will result in a Sailor’s discharge from the Navy.

Wogu stressed the benefits and consequences the Navy administers should not be the only incentive for staying in shape. Instead, she encourages Sailors to seek the therapeutic effects of working out and the sense of personal accomplishment which comes with getting fit.

“I’ve always been into fitness since I joined the Navy, so when I came here and saw the opportunity to become involved I did,” she said. “Fitness isn’t about rank or position. It’s you, your mind and body, and it’s every Sailor’s responsibility. Being in this position keeps me motivated and allows me to



MCSN Neo Greene III
Chief Aviation Support Equipment Technician Daniel Wynne lifts weights in the hangar bay of the aircraft carrier USS Dwight D. Eisenhower (CVN 69) during the Eisenhower Strength Fest competition.

help people understand and achieve their fitness goals.”

More detailed information on PFA standards can be found in OPNAV 6110 or by speaking to a departmental CFL.

“Now is when Sailors should make sure they ready,” Wogu said. “When

I receive the 10-week notice, I start practicing my pushups and sit-ups. If I’m going to run, I practice running; if I choose to use the bike, I practice that. Through OPNAV 6110 they should be able to see what is required for their age group. If 50 pushups are required, then start doing 50 pushups a day.”

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MC3 K. R. Jackson-Smith
Sailors from aircraft carrier USS Harry S. Truman's (CVN 75) Coalition of Sailors Against Destructive Decisions observe a vehicle from an alcohol related incident placed by the ship's pier.



MCSN Scott T. Swofford
Boatswain's Mate 3rd Class Lacy Caristi observes a damaged vehicle from an alcohol related incident placed on the pier next to aircraft carrier USS Harry S. Truman (CVN 75). Truman is taking proactive measures to prevent destructive decisions while undergoing a Planned Incremental Availability at Norfolk Naval Shipyard for maintenance and refurbishment of shipboard stems to prepare for future operations.

Shock and awe Truman Sailors observe actual effects of drinking and driving

By MC2 Mason Gillan
USS Harry S. Truman Public Affairs

PORTSMOUTH

Sometimes getting a message across requires showing the cold, hard consequences of destructive behavior, and that's exactly what aircraft carrier USS Harry S. Truman (CVN 75) is doing.

Truman's Drug and Alcohol Prevention Advocates (DAPA) and Coalition of Sailors Against Destructive Decisions (CSADD), in cooperation with Norfolk Naval Shipyard, put a vehicle on display that was transformed into a mass of twisted metal and plastic after it was involved in an automobile accident. The locally donated truck serves as a symbol of the very real consequences of drinking and driving.

"We are trying to drive home the message that drinking and driving

will not be tolerated at our command," Truman command DAPA Chief Aviation Maintenance Administrationman Brian Richardson said. "The car may be unsettling to look at, but that's the point. By showing our Sailors what horrific results can come from driving under the influence, then maybe we can save someone's life before it's too late."

Less than 100 feet from the ship, the remains of what used to be a truck drew a crowd of Sailors to investigate the new display. An appalling sight, the vehicle's shattered windows, smashed bumper and warped structure turns the "what if" into reality.

"It was a surreal feeling walking up to the ship," Seaman Alison Skon said. "I couldn't help but stop and stare because of how badly this car was beaten up. It has painted a whole new picture for me."

Truman's Commanding Officer

Capt. Ryan B. Scholl, places a strong emphasis on a more hands-on leadership approach that provides Sailors information on a personal level. "It's important for the leadership of our command to have face to face interaction with our Sailors," Scholl said. "This type of display helps jump-start real conversations. We will continue to do everything we can to reach out to and empower every Sailor to make the right decisions."

The implementation of the wrecked vehicle is part of Truman's effort to be proactive about putting a stop to destructive decisions regarding alcohol. The visual representation displayed will coincide with the ongoing alcohol awareness training Truman Sailors receive.

"It's crazy to see something like this," Yeoman 3rd Class Jessica Johnson said. "I can't help but imagine myself or one of my friends in the

seat of that truck. We always hear about how destructive drinking and driving can be, but to actually see the aftermath makes it all more real."

During the weekends and holidays, when DUIs are more likely to occur, the vehicle will become the billboard about what can happen to a Sailor, a family, or even to children, when someone chooses to drink and drive.

For Mass Communication Specialist 3rd Class Lindsay Preston, this was a terrible reality. "The day after Christmas, a friend of mine wanted to go out with our friends and celebrate graduating from Florida State University," Preston said. "I said goodbye to them and went home early. I came to find out the next morning he had died in a car accident."

"Although he was not driving, he got in the car with a friend who had been drinking. The car flipped upside down in a ditch causing my friend

and the driver to drown while another passenger in the rear was unconscious. It wasn't until 36 hours later that the rear passenger was discovered and treated for hypothermia," Preston said.

Preston's story is just one of many other tragic events of its kind that have occurred. It's the realism of these events that serve as a teaching point to Sailors all over the fleet.

"This is a reality," Preston said. "When someone chooses to drink and drive, it can change their life in the blink of an eye."

Truman is currently undergoing a Planned Incremental Availability (PIA) at Norfolk Naval Shipyard for maintenance and refurbishment of shipboard systems to prepare for future operations.

For more news from USS Harry S. Truman (CVN 75), visit www.navy.mil/local/cvn75/.



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USS Bataan departs US 6th Fleet



MCSN Zachariah L Grabill
The amphibious assault ship USS Bataan (LHD 5) transits the Atlantic Ocean after completing a strait transit exercise. Bataan is underway conducting a composite training unit exercise with the Bataan Amphibious Ready Group in preparation for an upcoming deployment.

By MC3 Raymond Minami
USS Bataan Public Affairs

MEDITERRANEAN SEA

Amphibious assault ship USS Bataan (LHD 5), flagship of the Bataan Amphibious Ready Group (ARG), and embarked Marines from the 24th Marine Expeditionary Unit (MEU), departed the U.S. 6th Fleet area of operations.

While in the U.S. 6th Fleet, Bataan provided a forward naval presence while supporting an integrated Amphibious Landing Exercise (PHIBLEX) with Spanish forces.

PHIBLEX allowed for inte-

grated forces to exercise their amphibious assault capabilities and enhance interoperability while improving readiness and strengthening relations between U.S. and Spanish forces.

“During our support of amphibious operations with our Spanish counterparts, the Navy and Marine Corps team worked vigorously to integrate, train, and form a comprehensive strategy to intensify the effectiveness of our bilateral team,” Bataan Commanding Officer Capt. Eric N. Pfister said.

Bataan conducted port visits to Naval Station Rota, Spain, March 12 to receive supplies and conduct a refueling and Valencia, Spain, March 17 to participate in local cultural tours of the area organized by the ship’s Morale, Welfare and Recreation program.

The Bataan ARG/24th MEU is deployed as part of a regular rotation of forces to support maritime security operations, provide crisis response capability, and increase theater security cooperation while providing a forward naval presence in the U.S. 5th and U.S. 6th Fleet areas of operation.

The Bataan ARG is comprised of Amphibious Squadron 8, Bataan, amphibious transport dock USS Mesa Verde (LPD 19), amphibious dock landing ship USS Carter Hall (LSD 50), the 24th MEU, as well as supporting elements from Assault Craft Unit 4, Beach Master Unit 2, Fleet Surgical Team 6, Helicopter Sea Combat Squadron (HSC) 26, and Tactical Air Control Squadron 21.

For more news from Commander, U.S. Naval Forces Europe and Africa/U.S. 6th Fleet, visit www.navy.mil/local/naveur/.



Photos by MC3 Jessica Paulauskas
USS Abraham Lincoln (CVN 72) Executive Officer Capt. Amy Bauernschmidt talks with crew members in the hangar bay during a general quarters drill. Bauernschmidt is the first female in the Navy to serve as the executive officer aboard an aircraft carrier.

Answering opportunity

Bauernschmidt takes on role of first female aircraft carrier XO

By MC3 Juan Cubano
USS Abraham Lincoln Public Affairs

NEWORT NEWS

When opportunity knocks, you have two choices – seize the chance or let it slip away.

Capt. Amy Bauernschmidt, the executive officer aboard Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72), is the type of person who throws the door open wide and asks “What have you got for me now”?

During National Women’s History Month, Bauernschmidt took the time to share with Lincoln’s crew the story of her journey to become the first female executive officer assigned to an aircraft carrier.

“I take it all back to something I learned very early on from a very important woman in my life,” she said, referencing her mother as a pivotal part of her naval success. “Never pass up an opportunity.”

In 1994, Bauernschmidt was a senior at the U.S. Naval Academy, majoring in Ocean Engineering, when Congress repealed the combat exclusion law that prevented women from serving on combatant ships and in combat aircraft. She said her class was about 50 days away from selecting future assignments and this repeal changed the course of her military career.

“The Navy chose not to pass up an opportunity; they found a way to get the women from my class on destroy-



USS Abraham Lincoln (CVN 72) Executive Officer Capt. Amy Bauernschmidt listens to her radio while on the ship’s flight deck during a general quarters drill.

ers, cruisers and in combat aircraft,” Bauernschmidt said. “I could have chosen several different career paths, and I chose naval aviation.”

Since that decision, Bauernschmidt, a Milwaukee native, has added to her resume with tours that include being an instructor pilot and quality assurance officer at Helicopter Anti-submarine Squadron Light (HSL) 41 and a senior military advisor to the Secretary of State’s Office of Global Women’s Issues, enhancing women’s peace and security through worldwide initiatives.

“I’ve done a little bit of everything—several tours on the West Coast, East Coast, Japan. I worked for three different admirals and even survived two tours in Washington, D.C.,” Bauernschmidt said with a laugh. “The biggest lesson I have learned during my career and

all my tours is simple—do your job.”

Whether you’re in the galley preparing meals or on the flight deck repairing aircraft, Bauernschmidt said that if everyone does their job, and does it to the best of their ability, then they will always do well.

It was just prior to her 20th Naval Academy reunion when Bauernschmidt learned she had been accepted to Aviation Nuclear Officer program, an opportunity that was both earned by her outstanding performance and a path offered only to aviators.

“I felt incredibly honored and privileged for receiving the opportunity, but also a little wary of Nuclear Power School,” she explained. “I hadn’t been in an academic environment for years, but I was ready for the challenges ahead.”

Her selection to become

“I would tell everyone that the Navy treats women fair and equally. Throughout my career, I always felt I was treated as a naval officer first, an aviator second. I’ve been very fortunate in my career, but I think many women in the Navy have.”



Executive Officer Capt. Amy Bauernschmidt, USS Abraham Lincoln (CVN 72)

Executive Officer Capt. Amy Bauernschmidt poses for a photo.

Lincoln’s executive officer was a notable first for women in the Navy, but Bauernschmidt, while honored to have achieved the distinction, feels these opportunities are available to any willing to work hard and do their best.

“I would tell everyone that the Navy treats women fair and equally,” she said. “Throughout my career, I always felt I was treated as a naval officer first, an aviator second. I’ve been very fortunate in my career, but I think many women in the Navy have.”

Although she advocates the same goals for all of her Sailors, Bauernschmidt encourages women to take advantage of the many opportunities the Navy provides them and not worry about their gender as a factor in their performance or opportunity.

While she serves as inspiration and mentor to many, Bauernschmidt believes her mentors have been both senior and junior and advises her Sailors to listen to everyone and take in what they have to say. You never know where the next great opportunity will come from.

“It’s really about listening to your Sailors and getting their perspective. In each tour I’ve had, mentors, both senior and junior, have helped shaped me into the leader I am today.”

DRUGS | *USS Laboon left Norfolk in January*

Continued from A1

CTF 150 commander, Royal Canadian navy Commodore Haydn Edmundson, praised the ship’s crew for their dedication to keeping the region safe for legitimate commerce.

“These boardings, whether they result in a successful seizure or not, are some of the most complex and dangerous evolutions that our Sailors

conduct on the high seas,” Edmundson said. “This second seizure by the USS Laboon in such a short period of time is a testament to their superb training and preparedness for this task, which is just one of the many missions the ship has while deployed.”

Laboon deployed from its homeport Naval Station Norfolk in January and has been deployed to the region since

February. This is Laboon’s second drug seizure since its deployment to the region.

Established in 2002, CTF 150 is primarily focused on disrupting terrorist organizations and their activities by denying them the freedom of maneuver in the maritime domain. In collaboration with international and regional maritime security partners, the CTF 150 teams have

seized and destroyed billions of dollars in drugs and captured thousands of weapons, ensuring they are no longer available to organizations which would cause others harm.

For more news from Commander, U.S. Naval Forces Central Command/5th Fleet, visit www.navy.mil/local/cusnc/



U.S. Navy photo
Sailors assigned to USS Laboon (DDG 58) inspect bags containing Hashish during an inspection of a dhow in the Arabian Sea.



MC2 Spencer Fling
Master-at-Arms 3rd Class Mikaela Davis, right, and Allexis Bryant, both assigned to the aircraft carrier USS George H.W. Bush (CVN 77), perform a yoga pose during a Morale, Welfare and Recreation (MWR) tour of Mount Ida. The ship’s carrier strike group is conducting naval operations in the U.S. 6th Fleet area of operations in support of U.S. national security interests.

LAKE | *Sailors got well deserved break, serene tour*

Continued from A1

quiet and Greece has that covered if you know where to look.”

Sailors began their tour by going to the town of Rethymnon, where they learned about the history of the Venetian fortifications still standing. After that, they had the opportunity to enjoy breakfast at any of the cafes in town.

“We were told this is the third largest city in Crete, but it’s quieter and smaller than cities I’ve been to,” Felix-Rodriguez said. “Having a latte and waffles by the sea is a great, though. I had my first European cafe moment.”

Afterward, Sailors visited the Holy Monastery of Arkadi, where they learned of its history. Built in the 14th century, it was partially destroyed by the Ottoman Empire in 1866 and rebuilt shortly after. It is a historical monument for the Greeks and is still an active monastery.



MC2 Chase Martin
The Nimitz-Class aircraft carrier USS George H.W. Bush (CVN 77) arrives in Souda Bay, Greece, for a port visit.

“I was blown away by the history of this monastery,” Logistics Specialist 1st Class Jennifer Andra said. “This place is so serene and beautiful. It’s hard to imagine everything that happened here in the past.”

The last stop of the tour was Kournas Lake, the only freshwater lake on the island of Crete. There, on the second floor of a tavern, Sailors enjoyed a view of the lake and the surrounding landscape. They also had the chance

to walk closer to the lake and had several opportunities for pictures.

“I haven’t felt this relaxed in so long,” Andra said. “There are so many beautiful places in Crete. It really is one of the most beautiful places in the world.”

After dinner, the Sailors took in the view one last time before boarding the tour bus. As the bus drove off, seemingly everyone was silent. The silence wasn’t somber, but one of calm serenity. The locations they visited on the tour gave Sailors a well deserved break from their jobs, and they left refreshed and renewed.

The George H.W. Bush Carrier Strike Group is conducting naval operations in the U.S. 6th Fleet area of operations in support of U.S. national security interests.

For more news from USS George H.W. Bush (CVN 77), visit www.navy.mil/local/cvn77 or www.facebook.com/ussgeorgehw bush/.

WORKSHOP | *Focus on air quality*

Continued from A1

process and air sampling methodology,” NMCPHC department head for industrial hygiene Robert Edwards said.

“It also provided a good networking opportunity to meet your counterpart within the Royal navy and NASA,” Edwards said. “The laboratory tour at NASA WSTF provided us further insight into the instrumentation and procedures used for off-gas testing of materials and to have a one on one discussion with the NASA scientists.”

Discussion topics included air quality monitoring, deriving exposure limits for chemical contaminants and material control.

“I really enjoyed the collaborative spirit among the attendees in solving unique problems with real-world application to Navy submarines and NASA’s International Space Station and future spacecraft like the Orion,” NMCPHC toxicologist Dr. Amy Delong said. “The collective experience between NASA, the Royal navy and U.S. Navy was remarkable. I look forward to working with our counterparts on future projects.”

Collaborations were an important byproduct of the workshop.

“Naval Sea Systems Command Headquarters, technical warrant holder and Navy and Marine Corps Public Health Center updated the test protocol for the Navy Submarine Atmosphere Material Control Program at the White Sands Test Facility and discussed off-gas test results with NASA scientists,” Edwards said. “We also got the opportunity to tour their off-gas testing facility.”

NMCPHC is a key member of the U.S. Navy Submarine Environment Advisory Board which is chaired by the chief of U.S. Navy Bureau of Medicine and Surgery (BUMED) M9. NMCPHC’s Submarine Materials Review Board (SMRB) reviews all non-metallic material prior to installation aboard a submarine. The SMRB evaluates the toxicological and hazardous material aspects of the material and forwards a recommendation for usage category to the chief of BUMED M9. NMCPHC also recommends which non-metallic materials are sent to NASA for off-gas testing, interprets the results, and determines whether the materials will adversely affect the submarine air quality.

For more news from Navy and Marine Corps Public Health Center, visit www.navy.mil/local/nmcp hc/.

ATHENS | *Sailors toured historical sites, shopped and ate in local shops*

Continued from A1

is a popular tourist attraction, for the history, the scenery, culture and the overall experience.

Sailors of the George H.W. Bush Carrier Strike Group (GHWBCSG) got to experience these wonders while on a Morale, Welfare and Recreation (MWR) tour of Athens and a few of the surrounding areas. The tour included a walk through of historical sites that most people only learned about in school. It was an opportunity to connect with the past and those who set a precedent for the rest of western civilization.

“I just love the whole Greek experience, whether it’s the rich culture, the passionate people or their long history, it’s all incredible to me,” Lt. Nicolette Hall said, the naval liaison officer from USS Hue City (CG 66). “For us Ameri-

“Walking on the grounds where one of the most famous civilizations stood thousands of years ago gives me such an awe-inspiring feeling, especially the view from atop the Acropolis.”

Machinist’s Mate 3rd Class Isabelle Pollack

cans, these are the places that many of us read about or watch on TV, so it fills me with joy that I’ve been here in person.”

Once Sailors arrived in mainland Greece, they began the tour by visiting the Olympic Stadium, the Parthenon and other temples around the Acropolis. Then they learned about the history behind those sites at the nearby Acropolis Museum.

“Walking on the grounds where one of the most famous civilizations stood thousands

of years ago gives me such an awe-inspiring feeling, especially the view from atop the Acropolis,” Machinist’s Mate 3rd Class Isabelle Pollack said. “Before the Navy, I thought I was never going to go anywhere outside of California, and I never thought I would see Athens in my entire life. Yet, here I am.”

In addition to seeing many of the historical sites around Athens, Sailors had the opportunity to walk around town, shop at the local stores and eat at the local restaurants.

“In our line of work, I feel it’s incredibly important to stop and appreciate the small bits of joy,” Hall said. “I love shopping for souvenirs, and the food is absolutely delicious. It’s small moments like that which brightens my mood.”

The last part of the tour took Sailors to Cape Sounion, which is home to the Temple of Poseidon. There, they learned about the history of the temple and why the area is considered to be the gateway to the Aegean Sea.

“Standing here and looking out to the Aegean, I notice how quiet it is except for the sound of the waves, and it is such a wonderful moment,” Pollack said. “I will always treasure all of this for the rest of my life. It’s something I can check off my bucket list.”

As the sun sets over the Aegean Sea, Sailors made their way back to the ferry, leaving Athens with joy in their hearts and an experience that not many get to have. Whether it was the food, the people, the local culture or the historical sites, they walked away with memories and a story to tell their loved ones back home.

The George H.W. Bush Carrier Strike Group is conducting naval operations in the U.S. 6th Fleet area of operations in support of U.S. national security interests.

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FIRST VISIT TO REPUBLIC OF KOREA ISLAND
USS Stethem arrived in Jeju-do on March 25.

» See **B5**

SECTION B | FLAGSHIPNEWS.COM | 03.30.17

US, UK, France to increase cooperation

From Chief of Naval Operations Public Affairs

WASHINGTON

Chief of Naval Operations (CNO) Adm. John Richardson met in London with the First Sea Lord of the United Kingdom Royal Navy Adm. Sir Philip Jones and Chief of Naval Staff French Navy Adm. Christophe Prazuck.

This is the first time the three chiefs have held such an event. The importance of

such collaboration can't be overstated given the increase in maritime competition worldwide and recent geopolitical events.

As a result of the half-day session, the three chiefs affirmed their commitment to increased interoperability in a signed agreement that stated, "We believe this increased trilateral cooperation will help secure a future that is not only in the interests of our three nations, but in the com-

mon interests of our allies, partners and all likeminded nations who are committed to peace, prosperity and maritime security."

The U.S., U.K. and French navies have regularly operated together around the world. During this trilateral event, the three chiefs agreed there is room for more joint operations and for enhanced cooperation in the undersea domain and power projection.

Each navy is committed

to an open and free maritime system based on respect for international law. Continued trilateral engagement and cooperation are in the interest of each individual country, NATO and the overall maritime community.

Link to text of 2017 trilateral agreement. www.navy.mil/cno/docs/FRUSUK_Trilat.pdf

For more news from Chief of Naval Operations, visit www.navy.mil/local/cno/.



Courtesy of Ministry of Defense

From left, Marine Nationale's Chief of Navy Adm. Christophe Prazuck, The First Sea Lord and Chief of Naval Staff Adm. Sir Philip Jones and Chief of Naval Operations Adm. John Richardson sign the 2017 Trilateral Maritime Talks document at the Ministry of Defense in London.

Task Force Ocean part of ocean science advancement

New Navy task force launched as part of assessment of use of ocean science in operations

From Office of the Oceanographer of the Navy

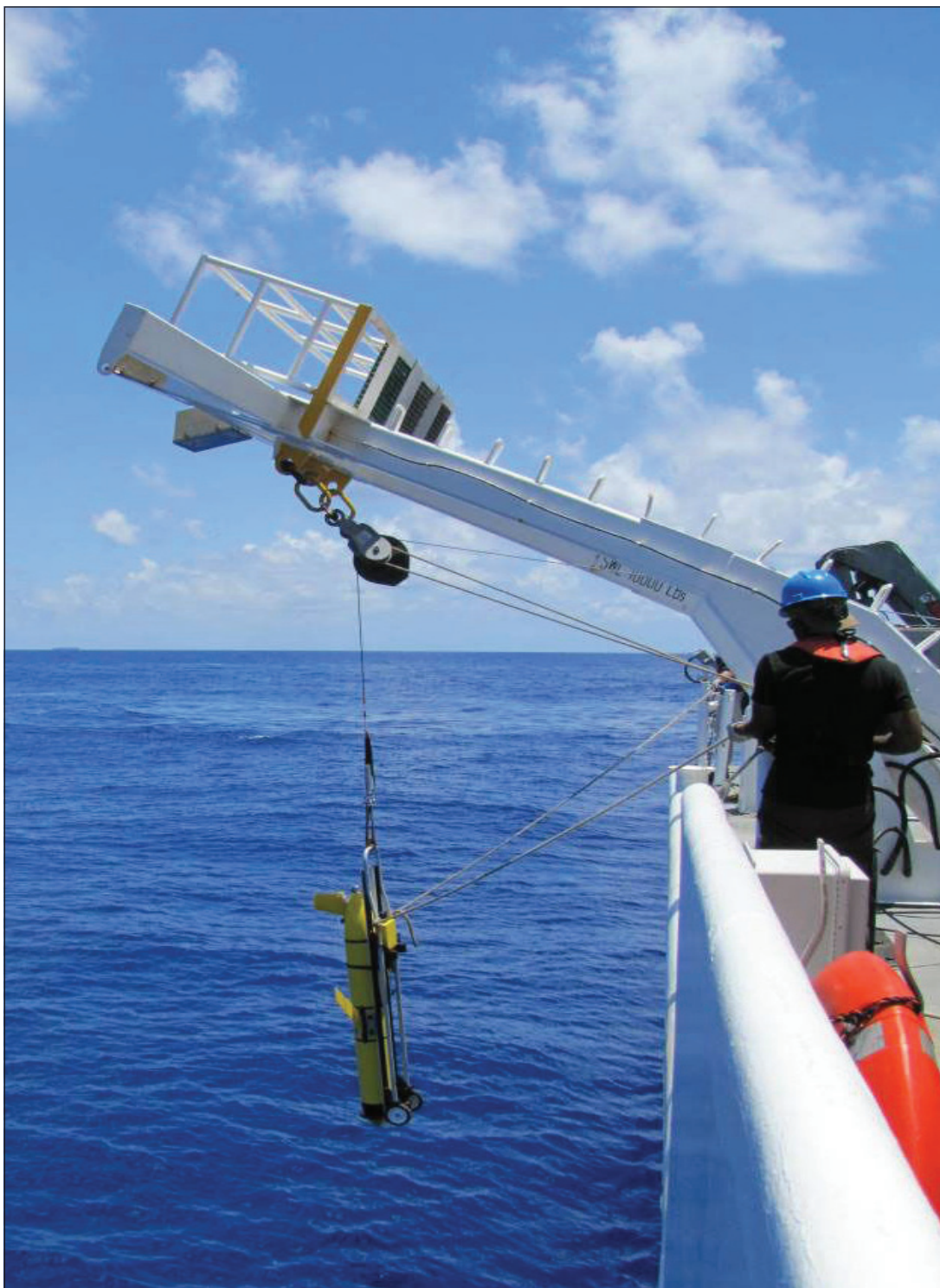
WASHINGTON

The Office of the Oceanographer of the Navy, under direction from the Chief of Naval Operations, announced the establishment of Task Force Ocean, March 24.

This new task force is part of an effort to further assess the state of ocean science in the Navy, which encompasses its oceanographic infrastructure, technologies, technical workforce and how they are applied to naval operations.

"Cutting edge ocean science underpins the safety and effectiveness of the Navy's operating forces," Oceanographer of the Navy Rear Adm. Tim Gallaudet said. "One of the main drivers that launched Task Force Ocean is the need to advance ocean science that directly helps the U.S. Navy maintain its competitive advantage in the undersea domain. Our overall capabilities are second to none, but the gap is closing and we can't be complacent. It's time to up-our-game to stay ahead of our competitors."

Gallaudet and Chief of Naval Research Rear Adm. David Hahn will co-chair an executive steering committee for Task Force Ocean comprised of senior leadership representatives from U.S. Fleet Forces, U.S. Pacific Fleet, the U.S. Naval Academy and Naval Post Graduate



U.S. Navy photo
A littoral battlespace sensing glider (LBS-G) is deployed from a Naval Oceanographic Office (NAVOCEANO) T-AGOS 60-class vessel. After deployment, a glider can sample for months with no local ship presence.

» See **OCEAN** | B7

Navy ends mandatory online training

From Chief of Naval Personnel

WASHINGTON

The Navy announced Monday that effective immediately, Sailors will no longer be required to log on to Navy Knowledge Online, Navy eLearning or My Navy Portal to complete General Military Training (GMT) for any topic except Cybersecurity as outlined in NAVADMIN 072/17.

Chief of Naval Personnel Vice Adm. Robert Burke said that during Fleet visits he often hears Sailors say online training is ineffective and impersonal. This effort, he said, is aimed at improving leader engagement opportunity, reducing administrative distractions and addressing Sailor's frustration with current online training products.

"I want Sailors to know we've heard them," Burke said. "This is about restoring an important leader engagement opportunity—an opportunity to talk about integrity, accountability and character, something today's online products are missing. There is no doubt this approach will yield an even greater competitive edge for the Navy."

» See **TRAINING** | B7



John F. Williams

Sea Hunter, an entirely new class of unmanned ocean-going vessel gets underway on the Willamette River following a christening ceremony in Portland, Oregon.

Cool capabilities: New technologies to be on display at Sea-Air-Space Exposition

Unmanned ships, robotics, drones to be showcased April 3-5 in Maryland

By Warren Duffie Jr.

Office of Naval Research

ARLINGTON, VA.

Advanced software that can transform existing medium-sized vessels into unmanned

ships able to autonomously complete naval missions. A four-legged, bio-inspired robot that can perform reconnaissance or dispose of explosives safely. A drone that merges the flying capabilities of a helicop-

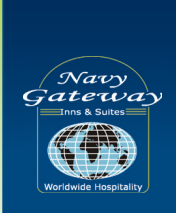
ter and airplane.

These are just a few of the technologies the Office of Naval Research (ONR) and the Naval Research Laboratory (NRL) will showcase at the 2017 Sea-Air-Space Exposition, April 3-5 at the Gaylord Convention Center in National Harbor, Maryland.

"The Navy League's

Sea-Air-Space Exposition provides a great opportunity to share information between representatives of the services, industry and academia, while showcasing ONR's cutting-edge research and technology programs," Chief of Naval Research Rear Adm. David J.

» See **EXPO** | B7



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HELP telemedicine program proves increased success after recent review

By Rebecca A. Perron

Naval Medical Center Portsmouth Public Affairs

PORTSMOUTH

When the HELP telemedicine system went live in 2014, the program’s administrators knew it would take time for word to spread about the availability of a consult with a Naval Medical Center Portsmouth specialist at the click of a mouse.

The telemedicine initiative, called Health Experts onLine at Portsmouth (HELP), gives health care providers access to specialists at NMCP when they need to consult about a difficult medical case that is not an emergency. These providers can be independent duty corpsmen on small ships, general medical officers on aircraft carriers or doctors at military hospitals and clinics who don’t have access to specific specialties within their facility.

The goal of the consulting system is to reduce unnecessary medical evacuations from ships at sea and overseas, as well as to reduce pa-

tient referral to the civilian health care network.

In its first year, from mid-2014 to mid-2015, HELP saved the Navy about \$575,000 in prevented medevacs, expedited evacuations and recaptured care, offering assistance in about 600 cases and preventing 39 medevacs. When considering all of 2015, cost avoidance was \$1.2 million for the year.

The newly reviewed data for 2016 revealed the program provided assistance in 2,300 cases, prevented 94 medevacs and recaptured care in 321 cases, all at a cost avoidance of \$1.5 million.

“The biggest benefit is to be able to deliver specialist-type care at the front line,” HELP’s medical director Cmdr. Michael Johnston said. “Many of these doctors have had one year of training after medical school, which is an internship and most have not had a residency. And then there are independent duty corpsmen who have not gone to medical school. We are able to deliver to them fast advice,

which is really cool.”

The system offers asynchronous telehealth, which means the communication is doctor-to-doctor. On the medical center side, the doctor does not interact with the patient.

“The doctor on the other end is providing all of the care and assuming all of the responsibility for the patient,” Johnston said. “They can choose whether or not to follow the advice of the specialist. What is new is that we have converted some of our encounters into synchronous cases. Primarily this is linking our geneticists with patients in Europe so they don’t have to be flown back to the States for counseling. They can receive genetic counseling over the phone.”

From a clinical standpoint, the types of cases that can be worked through HELP have remained the same since the system was unveiled nearly three years ago. The top three consults continue to relate to orthopedics, dermatology and psychiatry. Psychiatry primarily uses the system to track patient movement,

rather than an asynchronous consult, because NMCP is a major hub for patients being medically evacuated.

“Around the first part of 2015, we opened up the patient movement aspect, so now we can track patients as they come back from CENTCOM (U.S. Central Command) and Europe, and we can have a back-and-forth dialogue between clinicians during that process,” Johnston said. “Previously, the patient might show up with their records and we might not have known they were coming. Now we have the ability to make the appropriate plans for treatment before they arrive.”

The patient tracking aspect means when a patient’s need for medical evacuation is placed into the system, immediate coordination for transport can begin. In one case, a patient was transported from Camp Lejeune, North Carolina, to NMCP right after diagnosis; and within a couple of hours, the patient was in the operating room. Another case resulted in a patient being flown immediately from Guantana-

mo Bay, Cuba, to NMCP for cancer treatment.

In 2016, NMCP began assisting the Coast Guard, as well as the State Department. The State Department has frontline providers in remote locations such as Africa. In at least two cases, Johnston said, “We were able to advise an immediate medical evacuation back to the States instead of recommending treatment by an orthopedist in Africa.”

Johnston said feedback from the fleet shows the program is well received.

“We are able to get them an answer within an hour 20 percent of the time, our median response time is five hours, and we are able to answer 80 percent of the questions within 24 hours,” Johnston added. “NMCP’s physicians understand what it’s like to be deployed and not have access to assets. Ultimately, HELP has magnified the amount of medical resources that are available.”

For more news from Naval Medical Center Portsmouth, visit www.navy.mil/local/NMCP/.



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Confessions of foolish military spouses

Twenty-four years ago, when I became a military spouse, I was pretty clueless.

“Honey,” my husband Francis delicately explained through clenched teeth two weeks after our wedding, “the reason you should not lose your new military ID, is that you will need it for everything!” I thought the silly laminated card was an unnecessary formality. I had no idea that it would actually become more important than my spleen.

I went on to make more stupid mistakes. During our first move, we didn’t inventory or label anything, and had no idea that we needed to keep track of “hardware” and “high-value items.” We were nervous, however, when just before driving off with our belongings, the truck driver told us about the time he drank a fifth of Wild Turkey while hauling a load and had no recollection of driving through six states.

While stationed in Stuttgart, our daughter needed cookies for school the next day, but the heating element in the oven of our Patch Barracks stairwell apartment wasn’t working. We thought baking the cookies under the broiler was genius, until the smoke alarm went off at 11 p.m. and the building residents had to stand outside in their pajamas waiting for the German fire trucks to arrive.

With April Fool’s Day upon us, I am reminded of my buffoonery and wonder, “Am I the only foolish military spouse?” I recently reached out to others and found out that nobody is perfect.

One Navy wife confessed that after two decades of going to formal military ceremonies, she still forgets to put her hand over her heart during the national anthem and then



Thinkstock image

spends the rest of the song thinking, “Is it too late? Is anyone watching? Can I do it now?”

An Army spouse once berated a man who rear-ended her car just outside the base gate. When he asked why she had stopped, she shouted, “Because there was someone on a bike in the crosswalk, you @\$\$%&!” Turns out, that man was the General.

A Marine wife was at a formal tea for new pilots’ wives during the first year of her marriage. Someone passed around a bowl of foam earplugs for a tour of the hangar. She thought they were marshmallows and tried to eat them.

A Navy spouse was in a rush to get to the Fort Myer commissary and impatiently honked and gestured at a car that had stopped in front of her. Little did she know, the driver was allowing a horse-drawn caisson to pass by on its way to Arlington Cemetery. “It’s

safe to say that I have NEVER honked my horn on base again,” she said.

Several spouses were not adequately trained in commissary etiquette. They violated the directional arrows on the floors, cut lines and stiffed baggers. One Air Force spouse survived all the dirty looks and made it to the cashier, only to realize that there were no checks in her checkbook. She promptly burst into tears and left, humiliated.

An Air Force spouse was incensed early in her marriage when a base hospital only required her husband’s social security number for her pre-natal registration. She demanded that they write her name boldly across the top of the form, which they did, in pencil. “They probably erased it right after I left,” she realized.

Many spouses relayed embarrassing moments at military functions. One burst into the ballroom

With April Fool’s Day upon us, I am reminded of my buffoonery and wonder, “Am I the only foolish military spouse?”

laughing when the MC was solemnly explaining the symbolism of the Fallen Comrade Table. Another was yucking it up with guest speaker Tommy Lasorda at a dining out when both began giggling uncontrollably during the prayer. And, an Admiral’s wife took me aside at a command holiday party to tell me I had a blob of chocolate fondue on my chin.

Back when she was ignorant of the ranking system, one Navy spouse pinned one of her husband’s oak leaves on upside down during his promotion ceremony, all while smiling obliviously at the crowd. The General took pity on her and pinned the other oak leaf on upside down to match.

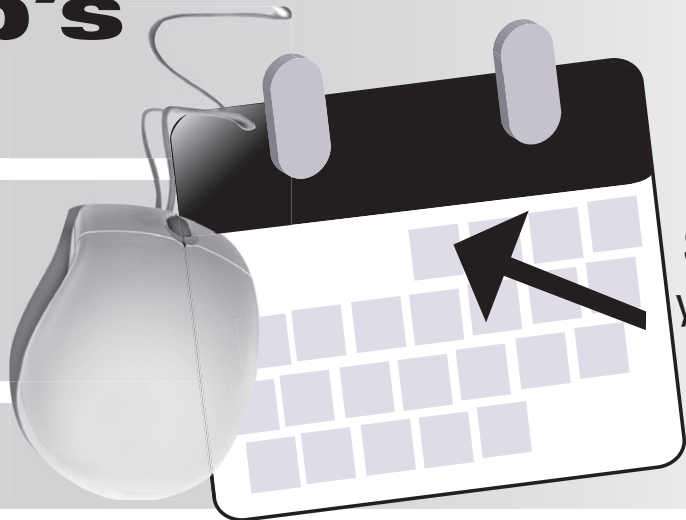
Turns out, we all make mistakes from time to time. The only foolish act would be denying it.

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Photos by MC1 Justin Stumberg

Ivorian Sailors run through an initial close-quarters battle demonstration at the Ivorian Naval Base. Obangame Express is sponsored by U.S. Africa Command and is designed to improve regional cooperation, maritime domain awareness, information-sharing practices and tactical interdiction expertise to enhance the collective capabilities of Gulf of Guinea and West African nations to counter sea-based illicit activity.

Obangame Express enhances nations' capabilities

From U.S. Naval Forces Europe-Africa Public Affairs

ABIDJAN CÔTE D'IVOIRE

Maritime forces from Gulf of Guinea nations, Europe, South America, and the U.S. and several regional and international organizations began training for the multinational maritime exercise, Obangame Express.

Obangame Express. Obangame will officially kick off March 23, when nations begin executing real-world scenarios. For the next three days, African countries are preparing for the exercise by participating in training with maritime forces from around the world.

The exercise is sponsored by U.S. Africa Command and is designed to improve regional cooperation, maritime domain awareness, information-sharing practices, and tactical interdiction expertise to enhance the collective capabilities of Gulf of Guinea and West African nations to counter sea-based illicit activity.

"I certainly recognize the many complicated and diverse challenges this command faces every day across the vast African continent. It is up to us to bring forward creative and viable solutions to these challenges and view each one as an opportunity to work with and assist our African partners—not only today but in the future as well—in building a secure, stable and prosperous African continent," Commander of U.S. Africa Command Marine Gen. Thomas D. Waldhauser said.



Ivorian Sailors run through an initial close-quarters battle demonstration at the Ivorian Naval Base.

Obangame Express' purpose is to create realistic scenarios that mirror past piracy incidents whereby a hijacked vessel will transit from one territory to another. MOCs during the exercise will be challenged to recognize these illicit acts appropriately and share with other MOCs. Additionally, the exercise tests each individual maritime force to patrol their economic exclusion zones and detect and prosecute illegal activity, accordingly.

"Maritime security is a collective effort, which is why Obangame Express is such an important exercise. The majority of the region's economic activities rely on the safe and lawful use of Ivory Coast waters. Obangame Express brings together and increases the collective ability of African, European, South American and U.S. maritime forces to address challenges that threaten the freedom

and security of our oceans. This is accomplished through the use of real-world scenarios designed to increase the ability of Gulf of Guinea nations to deter piracy, illicit trafficking and other maritime threats. This exercise, in various forms and names over the years, has proven successful at increasing partner nations' capabilities. I'm looking forward to once again working with our African partners to deter criminal activity at sea," Obangame Express officer in tactical command Navy Capt. Heidi Agle said.

Obangame Express locations are throughout the Gulf of Guinea and in multiple areas at sea and ashore. At-sea operations were conducted throughout the Gulf of Guinea.

"The most important thing is about three 'ships'—partnership, relationship and friendship. As all of us work together, we establish these three ships during the

exercise which will make it much smoother when we have to do it in real operations.” Naval Forces Africa Maritime Domain Awareness manager Dave Rollo said.

Participating nations included Angola, Benin, Belgium, Brazil, Cabo Verde, Cameroon, Canada, Cote d'Ivoire, Democratic Republic of Congo, Denmark, France, Gabon, Germany, Ghana, Guinea, Guinea-Bissau, Liberia, Morocco, Namibia, Netherlands, Nigeria, Norway, Portugal, Republic of Congo, Sao Tome & Principe, Senegal, Sierra Leone, Spain, Togo, Turkey, the U.S. and the U.K., as well as the Economic Community of West African States (ECOWAS) and the Economic Community of Central African States (ECCAS). *Join the conversation on Twitter at @USNavyAfrica, follow us on Facebook, and visit our Exercise Page for more information. Follow along with #Obangame.*



MC3 Johans Chavarro

The guided-missile cruiser USS Lake Erie (CG 70) operates with other cruisers off the coast of Hawaii.

USS Lake Erie assists distressed mariners

By MCSN Lucas T. Hens

USS Lake Erie Public Affairs

PACIFIC OCEAN

Ticonderoga-class guided-missile cruiser USS Lake Erie (CG 70) provided assistance to 25 mariners in the early hours of March 19, after receiving a distress call from a civilian ship taking on water.

Lake Erie deployed a rescue and assistance team aboard a rigid hull inflatable boat (RHIB) and after embarking the distressed vessel the eight-member team began dewatering the ship and searching for the source of the flooding.

"After making sure everyone was alright, we noticed water was coming in at about 1,200 gallons a minute," Lake Erie's damage control assistant Lt. Ruben Maldonado said. "We estimated 24 inches of water to be flooding the deck."

The team found two cracks in the hull of the wooden vessel and used wooden shoring to reduce the flow of water.

"We wanted to ensure the seaworthiness of the vessel," Maldonado said. "Over time, with wooden ships, something like this is bound to happen."

The Lake Erie team turned over the operation to the U.S. Coast Guard once the flooding was under control and the water level dropped.

"We train every day for these types of situations," Damage Controlman 2nd Class Mark C. Grizer said. "Every situation is unique, so we have to have a creative mind to fix any problems we find. This was a great opportunity to help our fellow Americans in need."

Lake Erie is currently underway conducting Composite Training Unit Exercise (COMPTUEX) with the Nimitz Carrier Strike Group in preparation for an upcoming deployment. COMPTUEX tests the mission readiness of the strike group's assets through simulated real-world scenarios and their ability to perform as an integrated unit.

For more news from Lake Erie, visit www.facebook.com/usslakeeriecg70/.

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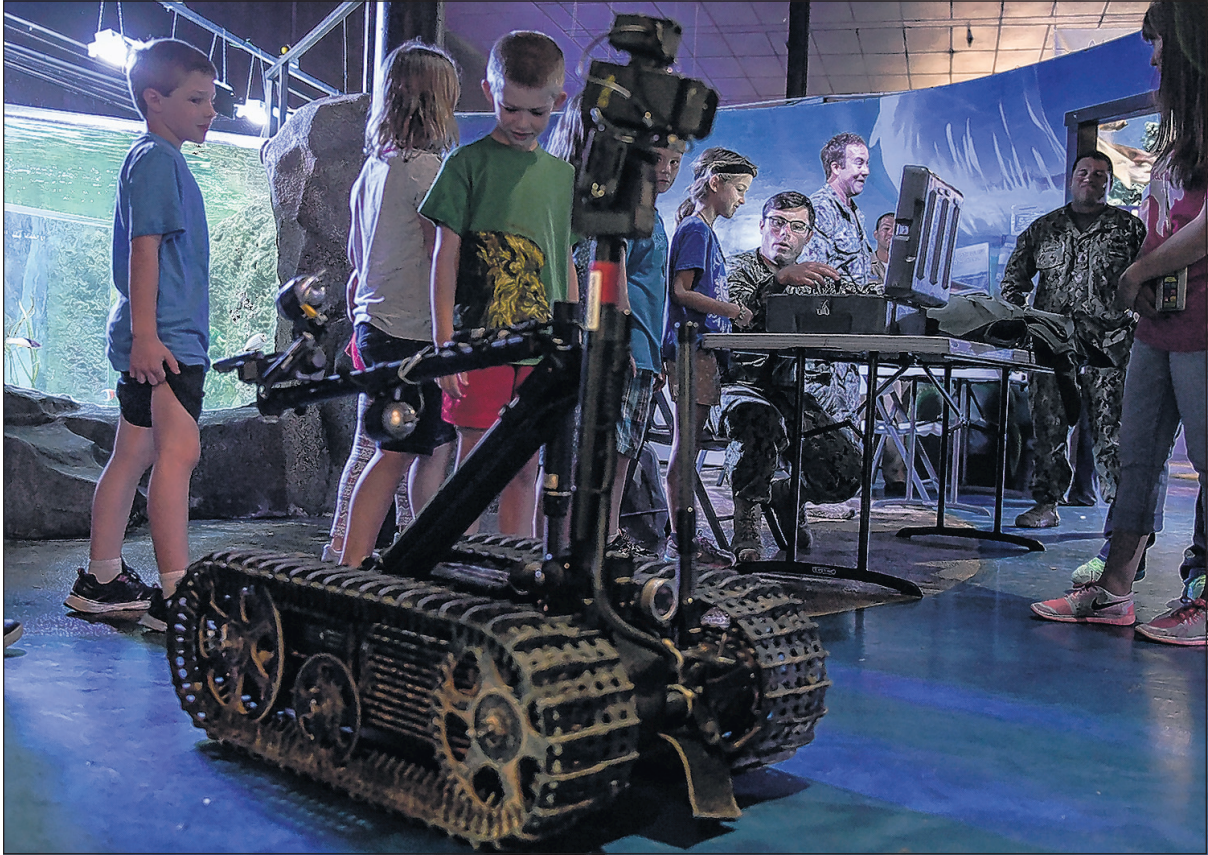
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Navy Week kicks off in Austin



MC2 Timothy Schumaker

Explosive Ordnance Disposal (EOD) Technician 1st Class Connor Antkowski, from Dallas, assigned to Explosive Ordnance Disposal Mobile Unit (EODMU) 11, helps local grade-schoolers operate the Talon tracked military robot from the operator control unit at the Austin Aquarium during Navy Week Austin.

By **MC2 Timothy Schumaker**

Navy Public Affairs Support Element Det. Southeast

AUSTIN, TEXAS

Navy Week Austin began March 18 as U.S. Navy Sailors arrived with plans to spend the week interacting with the people, local businesses and leaders of the city at numerous events and availabilities.

The week began at the Thinkery, an evolution of the Children’s Museum, on Saturday where Sailors assigned to USS Constitution interacted with children of all ages and Navy Band Southwest performed for visitors.

Defense Health Agency Medical Corps Director Vice Adm. Raquel C. Bono the host flag officer for Austin Navy Week, threw out the first pitch at the University of Texas Longhorns’ baseball game Sunday, March 19.

“I think this Navy Week is a great opportunity,” Bono said. “I think people wonder why the Navy would come to Austin because it’s landlocked, but there’s so much that goes on here that have direct ties to the Navy.”

Throughout the week, Bono will meet with corporate, civic, education and government leaders in order to increase awareness of the Navy, its mission and the importance of the Navy to the people of Austin.

“Austin is a center for technological entrepreneurship and they’re very big

in the health and medical field,” Bono said. “A lot of the work and research that’s being done in the area in the different business sectors have a direct impact with where the Navy is trying to go.”

Historically, Navy Week events draw thousands of attendees to participate and create a dialogue between Sailors and local residents. The events are designed to raise awareness about the Navy in areas which do not have a large naval presence.

“The Navy’s presence globally is part of what allows Austin to be so successful in their different sectors,” Bono said. “We have an opportunity to meet with a lot of the technology folks here to see what kind of cutting-edge things they have going on.”

Navy Weeks provide the unique opportunity to bring hometown Sailors back to the cities where they grew up, further strengthening the connection between the Navy and Navy Week city.

USS Harry S. Truman (CVN 75) Executive Officer Capt. Cassidy C. Norman, Austin native, Lake Travis High School and University of Texas graduate, will return to his hometown to participate in several Navy Week events including high school visits, speaking with the Rotary of South Austin, swearing in future Sailors at Rodeo Austin and more.

Along with performances to kick off the week, Navy Band Southwest will have daily public performances at Rodeo Austin where the audience can see the Brass Quintet perform a variety of music.

“I think the Sailors are going to have a good time,” Bono said. “I can imagine that once they’re exposed to Austin they’re going to want to relocate here. It’s a booming place full of music, arts, and technology.”

Additionally, Sailors from fast-attack submarine USS Texas (SSN 775) and Navy Operational Support Center (NOSC) Austin will be engaged with the community during the week. The Sailors will volunteer with Caritas of Austin, Community First! Village, Central Texas Food Bank, local libraries, and several Boys and Girls Clubs.

Explosive ordnance disposal technicians and divers from EOD Group 1 will provide engaging, dynamic, hands-on displays available to the community throughout the week, including presentations at the Austin Aquarium, local high schools, and Boys and Girls Clubs.

Ending March 24, Navy Week Austin is the second of 15 Navy Weeks in 2017 which focus a variety of assets, equipment, and personnel on a single city for a weeklong series of engagements designed to bring America’s Navy closer to the people it protects.

Navy lays wreath at Vietnam Veteran Memorial

By **Burrell Parmer**

Navy Recruiting District San Antonio
Public Affairs

AUSTIN, TEXAS

To honor Vietnam veterans during Navy Week Austin, Defense Health Agency Medical Corps Director Vice Adm. Raquel Bono joined by Navy Vice Chief of Information Rear Adm. Robert Durand, the U.S. Navy Ceremonial Guard Drill Team, local area Sailors, Texas Association of Vietnam Veterans and Texas state representatives, assembled at the Texas Capitol Vietnam Veterans Memorial Monument to lay wreaths.

The monument honors the men and women of Texas who served with courage and dignity in the U.S. Armed Forces during the Vietnam War.

Entombed within the monument are the names of 3,417 Texans who gave their lives so others might be free.

“We are honored to have the Navy represented here today and appreciate the contributions that the Navy has given to the state and our country,” Chairman of the Texas Vietnam Veterans Memorial Committee Robert Floyd said.

According to Floyd, the idea of the monument began in 2003, and it was dedicated March 29, 2014.

“On the monument are representations of the five branches of service,” Floyd said. “There are no insignias. This was done purposely to represent inclusiveness and diversity of Texas.”

One of the keynote speakers was Texas State Representative Rick Miller.

“It’s really an honor to be here today amongst my Navy and Marine Corps friends to include the other services,” Miller said, who served as a naval aviator. “It took too long for the monument to be erected and I thank the memorial committee for their work.”

Miller spoke about his time in service.

“I had a wonderful career in the Navy and I was blessed with the opportunities to make a difference,” Miller said, a graduate of the U.S. Naval Academy. “It was fantastic, it was challenging, most rewarding, and completely unfor-



MC2 Timothy Schumaker
Defense Health Agency Medical Corps Director Vice Adm. Raquel Bono speaks at a Vietnam Memorial wreath laying during Navy Week Austin outside the Texas State Capitol.

gettable. I am a proud American, a proud Texan, but I am most proud to have served in the United States Navy.”

Prior to the wreath-laying, Bono, a native of San Antonio delivered remarks.

“It’s only fitting that I am able to come back to Austin to host a Navy Week,” Bono said, a graduate of the University of Texas. “Being a college student from here and immediately joining the Navy, I would have never thought that after more than 30 years that I would be able to come back for Navy Week to celebrate the two most influential organizations is my life—the University of Texas education system and the U.S. Navy. It is truly my honor to be here.”

“I couldn’t think of any of manner to honor the military legacy and support that came from the great state of Texas, not just from the Vietnam Conflict, but also in today’s conflicts,” Bono continued. “The significance of this monument for me is that it is part of a legacy ... and I know that it would not be possible for all of us in uniform to be standing here today, serving our country so proudly, if it were not for those who went before us.”

After the laying of the wreaths, the U.S. Navy Ceremonial Guard Drill Team from Washington, D.C., performed close order drill for the attendees.

Ending March 24, Navy Week Austin is the second of 15 Navy Weeks in 2017 which focus a variety of assets, equipment, and personnel on a single city for a weeklong series of engagements designed to bring America’s Navy closer to the people it protects.

Piecing it all together

USS Nimitz Sailor overcomes alcoholism to lead efforts to help others and give back

By **MCSN Ian Kinkead**

USS Nimitz Public Affairs

PACIFIC OCEAN

As each hand is placed equally from the middle of the bench press bar and lifted into the air, a brief pause is taken.

Thoughts of a more difficult time fill a barrel-chested, strong-necked USS Nimitz (CVN 68) Sailor’s head as he gets ready to take on the weight. The bar drops to his chest and with all of his strength he goes to battle as muscles contract, his teeth grimace and the bar slowly raises. The struggle to get the bar back up is nothing compared to what he’s endured in his life.

Engineman 1st Class Garrett A. Rochon, a native of Seattle, endured and overcame the struggle of alcohol dependence and now uses the physical and mental strength he developed to help those in need, as well as his fellow Sailors.

“I am a recovering alcoholic going on eight years of sobriety,” Rochon said. “I was close to losing everything.”

Rochon said he never considered himself an alcoholic and it took an ultimatum from his wife for him to come to terms with it. She told him he needed to seek help or she

would leave him and take the kids with her, which eventually happened. He soon realized he had hit rock bottom and he needed to find a way to climb out.

It took him so long to realize his problem because he was a functioning alcoholic. He still received high evaluations and during his 13-year career, he has never been late for work. His decision was made. The issues at home were more than enough reason for him to seek help.

“I contacted the command Drug and Alcohol Program Advocate (DAPA) and figured out how I could get treatment,” Rochon said. “From there I went to outpatient treatment for 30 days but once I completed the treatment the biggest help was the support of my family and friends. I told them what was going on and they have been by my side ever since.”

Rochon said he felt his life was always headed in the right direction. He just had to open his eyes and see himself through someone else’s perspective to understand he needed guidance. It took him three years into his sobriety to feel like he had control of his life.

Despite all Rochon has gone through, he took the lessons he learned from the help

he received, and he has become a humanitarian, leader, and an example of fitness.

“I was in denial for years and declined the help that was reaching [out] to me until it was too late, and I was at rock bottom,” Rochon said. “I feel a responsibility to help those in need when I have the chance. We should be able to help these people find jobs, housing, treatment or at least provide the resources they need to get back on their feet.”

Rochon has planned a few community relations (COMREL) events which give Nimitz Sailors a chance to help those in need.

“I just want to give back to the community that helped me grow into the man I am today,” Rochon said.

The COMRELs he organized were a backpack drive for Denny International Middle School, the school he went to when he was young and a blanket drive and essential sack drive for homeless people in West Seattle, his hometown.

Rochon said he believes a person should always try to give back to their community.

These actions will hopefully create a ripple effect of kind gestures throughout the area. The goal is to make one’s hometown greater than



MC3 Derek W. Volland

Engineman 1st Class Garrett Rochon helps Hull Maintenance Technician 3rd Class Garrett Anthony Cartelli incline press more than 200 pounds in the gym of the aircraft carrier USS Nimitz (CVN 68). The Nimitz Carrier Strike Group is deployed to the U.S. 5th Fleet area of responsibility conducting maritime security operations and theater security cooperation efforts.

it was before, no matter how large or small the gesture.

Rochon’s leadership skills as a leading petty officer for Nimitz’s reactor auxiliary division is also nothing to be called into question. He has taken the lessons he learned and his passion for helping those around him directly

into his work center to create an enjoyable, successful atmosphere. Due to his leadership, he was named Nimitz

2016 Senior Sailor of the Year.

“He is an amazing leader,” Machinist’s Mate 3rd Class Arnold Blake said. “He has his times where he is rough but it is always out of love. No matter what, I have never felt like he wasn’t there for me.”

Blake said bad leadership isn’t even a factor with Rochon and he brings their whole division together.

There are instances when it’s a challenge working for him because he sees the potential everyone has, so he pushes them to strive for their best. There is never a dull moment in the workplace because of the motivation he brings to the table.

The trials of life can teach anyone about themselves. There are many different paths one can take, but Rochon chose the right one.

“It is hard to ask for help at times,” Rochon said. “People can’t be afraid to set aside their pride and values to ask for the help they need, but that’s why it’s good to give help because sometimes it’s hard to ask.”

We all need help sometimes, but when it comes to the bench press Rochon’s got it. The face of Rochon reddens, veins pop from his forearms and he slowly starts to exhale. The bar raises off his chest just like his past has. Slowly and methodically, with an almost perfect form, he locks his elbows out. This means another weight behind him and another successful day. His workout has just begun, though, just like his leadership on the ship and out in the community.

As Rochon moves forward every day in his recovery process, he extends his hand and experience to those who struggle with addiction. No one should battle it on their own.

For more news from USS Nimitz (CVN 68), visit www.navy.mil/local/cvn68/.

USS Ohio returns to the Pacific Northwest

By MC1 Amanda R. Gray

USS Ohio Public Affairs

INDIAN ISLAND, WASH

The guided-missile submarine USS Ohio (SSGN 726) returned home to the Pacific Northwest, March 23, after being deployed for 20 months in the Pacific.

Since its departure in December 2014, Ohio was forward-deployed to Guam, where it conducted surveillance, training and other critical missions in the 7th Fleet area of operation.

Highlights from the deployment included exercises involving special operations forces (SOF); port visits in Malaysia, South Korea, and Japan; and coordination of the largest Tomahawk missile on-load in program history.

“I thought that this was a successful deployment,” Fire Control Technician 3rd Class Chris-

topher Goetz said. “We worked really hard while deployed and trained just as much when we were the off-crew and it paid off. We achieved what we came to do.”

Ohio class guided-missile submarines (SSGN) provide the Navy with an unprecedented combination of strike and special operation mission capability within a stealthy, clandestine platform. Armed with tactical missiles and equipped with superior communications capabilities, SSGNs are capable of directly supporting dozens of special operations forces.

“I have been lucky enough to serve on the USS Ohio for a very long time, 11 years to be exact, and this is by far the best crew that I have ever worked with,” Chief Fire Control Technician Shane Adkins said. “During our two separate deployments, crew morale was the highest I have ever seen it.

That helped the crew come together and work hard to successfully complete both missions on an aging boat.”

The ship is scheduled to begin a major maintenance period at Puget Sound Naval Shipyard & Intermediate Maintenance Facility (PSNS & IMF). Major maintenance periods are part of a ship’s normal operating cycle and occur after the submarine has been forward deployed for more than 12 months.

“There are much-needed repairs that need to be done to allow Ohio to continue fulfilling its mission,” Gold Crew’s Chief of the Boat Master Chief Aaron Lee said.

Ohio and its sister ship USS Michigan (SSGN 727) are both homeported at Naval Base Kitsap-Bangor.

For more news from Commander, Submarine Group 9, visit www.navy.mil/local/csg9/.



MC1 Amanda Gray

The guided-missile submarine USS Ohio (SSGN 726) arrives at Naval Magazine Indian Island after being deployed for 20-months. Ohio was forward-deployed to Guam, where it conducted surveillance, training, and other critical missions in the U.S. 7th Fleet area of operation.

Women in Defense holds annual symposium

By Dawn M. Stankus

Space and Naval Warfare Systems

Command Public Affairs

SAN DIEGO

The San Diego Chapter of Women in Defense (WID) held its annual symposium at Liberty Station to celebrate Women’s History Month and the accomplishments of women serving in uniform and throughout the Department of Defense, March 22.

The theme of this year’s symposium, “Advancing Together: Understanding Our Past, Defining Our Future,” provided an opportunity for military and civilian women leaders to discuss their roles in the industries of cybersecurity, space, digital services, information technology and overall innovation.

San Diego’s WID President Lisa Hunter shared her enthusiasm for the symposium, as well as women’s continued presence and participation in the defense community.

“This year marks our fifth symposium and I could not be more grateful,” Hunter said. “We are here today because of women who have come before us to challenge traditional roles in society. I hope

everyone leaves today feeling inspired and supported, but most importantly, motivated to continue this momentum into the future.”

During the symposium, a cyber-discussion panel was held to enhance conversation regarding cybersecurity. Delores Washburn, chief engineer, Space and Naval Warfare Systems Center (SSC) Pacific, moderated the event.

“We are all cyber warriors,” Washburn said. “Everyone in this room plays a role in cybersecurity because one cyber vulnerability impacts us all. Our actions, our leadership and our responses are critical for the defense of our organizations and the country.”

Department head for communications, networks and cybersecurity at SSC Pacific Susie Hartzog stressed the importance of training a cybersecurity workforce with the skill sets necessary to prevent and react to adversaries trying to hack into U.S. networks.

“Adversaries are ‘getting in’ through system vulnerabilities,” Hartzog said. “SSC Pacific continues to recruit and hire the most qualified cyber experts in order to ensure we are always prepared.

Our education programs help the cybersecurity workforce obtain and refine their skills.”

At the conclusion of the symposium, Space and Naval Warfare Systems (SPAWAR) leadership panel discussed “Accelerating the Delivery of Innovation to the Fleet.”

Commander of SPAWAR Rear Adm. David Lewis, emphasized innovation across the U.S. Navy requires creativity, flexibility and adaptability.

“At SPAWAR we develop and deliver the most advanced technology to the warfighter,” Lewis said. “However, we need to keep in mind that the technology ‘of the future’ is the technology that allows our people—our Sailors—to operate and win. The systems we introduce to the fleet need to be understood by the people fighting the mission, and they need to understand how to best use the systems to adapt to an unpredictable situation.”

Joining Lewis on the panel was SPAWAR chief engineer Rear Adm. Ronald Fritzemeier and SPAWAR director of science and technology Dr. Stephen Russell.

Fritzemeier discussed the

importance of collaboration and teamwork in an innovation environment.

“As engineers, we provide a tremendous capability to the fleet, but if Sailors cannot operate or maintain these capabilities within a maritime environment, then we are not doing our job,” Fritzemeier said. “It is important for us to understand how acquisition, testing, certification and installs impact the current cyber-technology space. Through an exchange of ideas and diversity of thought, we can work to move forward quickly and sustain our current technical warfighting strength.”

Attendees at this year’s symposium expressed genuine excitement to participate and network with women who have broken barriers throughout the workforce.

Program Executive Office Command, Control, Communications, Computers and Intelligence (PEO C4I) lead for DDG 1000 Lt. Cmdr. Jennifer Shafer appreciated the various topics, interesting dialogue and networking opportunity.

“I jumped at the opportunity to attend the symposium,” Shafer said. “The women

presenters were amazing and inspiring. Their careers and accomplishments stood on their own, separate from the fact that they are women. As a woman in the military, this resonated with me because I have never felt like my gender played a factor in my career. I am thankful for what the [DOD] has done to ensure equal opportunity for women and others who have previously felt left behind.”

SSC Pacific department head for logistics and fleet support and executive champion for SSC Pacific’s Women of the Workforce (WoW) Mavis Machniak stated she is grateful for events like this which showcase women who support the defense of the country.

“Women’s History Month is a time when women can take a look back at history and thank the trailblazers who came before us,” Machniak said. “As an engineer, senior leader and mother with a daughter at the United States Naval Academy, I am truly excited about all the opportunities available to women today, and the doors that will continue to open in the future.”

TRAINING | Units should train in small groups

Continued from B1

While there are still annual GMT requirements, individual commands now have the flexibility to complete required training when and how they see fit. Existing training materials will remain on Navy eLearning and My Navy Portal, providing an outline for commands to use.

To maximize training effectiveness, units should look to conduct GMT in small groups, which will allow leaders to engage Sailors with meaningful discussion and focus on character, as part of the Navy’s continuing Fleet-

centered leader development.

Going forward, the Navy plans to overhaul GMT and other on-line eLearning products to make them more engaging and personalized, but not at the expense of leadership engagement, Burke said.

While Suicide Awareness, Equal Opportunity and Sexual Harassment and Sexual Assault Prevention and Response training may require a more formal setting, and may benefit from supplementation by existing seminar discussion material available from “Chart the Course” or “Full Speed Ahead” training, other topics such as

Records Management, Operations Security, and Privacy and PII, can be conducted at quarters, all-hands calls, divisional training using existing learning objectives and material to elicit discussion to the point that the leader is satisfied that the learning objectives are understood.

While there is no requirement to document the completion of GMT in the Navy eLearning Learning Management System, Commands are encouraged to keep local records. The Cyber Awareness Challenge V4 (DOD-IAA-V14.0) can be found on Navy Knowledge Online, Navy eL-



MC2 Ryan McLearnon

Master Chief Deborah Mack facilitates transgender training aboard Naval Support Activity Bahrain.

earning or My Navy Portal.

To learn more, please view NAVADMIN 072/17.

EXPO | ONR, NRL program officers to discuss work, research opportunities

Continued from B1

Hahn said. “These partnerships will be crucial to maintaining our nation’s lead in technology development, particularly in the areas of distributed lethality, unmanned systems and cyber defense.”

Program officers from ONR and NRL will be in the booth to discuss their pioneering work and potential research opportunities. Some of the breakthrough technologies to be highlighted include:

- Medium-Displacement Unmanned Surface Vessel (MDUSV): Attendees can view a detailed, four-foot model of Sea Hunter, the test

platform for the MDUSV autonomy software, which was developed in partnership between ONR and the Defense Advanced Research Projects Agency (DARPA). The MDUSV software will enable future unmanned, autonomous ships to better counter mines and track submarines, travel for longer periods of time without refueling, and use anti-collision technology which complies with maritime law and regulations for preventing collisions at sea.

- MeRLIn (Meso-scale Robotic Locomotion Initiative): MeRLIn is a bio-inspired, 10-pound robot designed to jump and climb.

Hydraulic-powered, the robot may one day conduct scouting, reconnaissance or explosive ordnance missions for Marines.

- Tern (Tactically Exploited Reconnaissance Node): Attendees can see a model of Tern, a versatile flying scout drone developed by ONR and DARPA. Tern can perch on ships, even those without runways and take off vertically like a helicopter before transitioning to plane-like horizontal flight in midair.

Sea-Air-Space is hosted by the Navy League of the United States with the goal of bringing together leaders from defense organizations—

both government and private industry—to learn about and view the most up-to-date information and technology related to maritime policy.

In addition to Sea-Air-Space, the Gaylord will host the Naval Science, Technology, Engineering and Math (STEM) Exposition, April 2, from 1 p.m. to 5 p.m. Hahn will address the audience at 1:15 p.m. to discuss the importance of education and the need for a STEM-educated workforce.

The Naval STEM Exposition, co-sponsored by ONR and the Navy League STEM Institute, is free and geared toward students in grades six

through 12. It will provide middle and high school students with an introduction to naval STEM careers and applications through guest speakers and hands-on activities.

Running concurrently with Sea-Air-Space is the Navy Forum for SBIR/STTR Transition (FST), which also is scheduled April 3–5 at the Gaylord. FST connects technologies funded by the Navy’s Small Business Innovation Research and Small Business Technology Transition programs with government acquisition and technical personnel, as well as other potential partners.

OCEAN | Five-year roadmap to be developed

Continued from B1

School. The executive steering committee will develop a five-year ocean science roadmap designed to advance ocean science that supports the Navy’s mission.

The roadmap will focus on the Navy’s capability to observe the ocean environment, process the collected data into products that can be used by operational commanders and further strengthen the Navy’s ocean science technical workforce.

“Through the implementation of the roadmap, our priority is to reinvigorate and reconstitute our technical workforce,” Gallaudet said. “We’ll be looking at everything from oceanographic survey ships, unmanned vehicles, ocean and acoustic modeling and how we apply our products to recruiting, educating, developing and retaining our workforce.”

Hahn further explained the importance of interagency, academic and private sector partnership.

“Since the 1840s, the U.S. Navy has consistently been a major force in the advancement of ocean science,” Hahn said. “Task Force Ocean will ensure we maintain our historic edge in understanding and predicting the marine environment in support of naval operations in all the world’s oceans.”

Gallaudet elaborated on the significance of ocean science to the Navy’s mission.

“It’s hard to believe that in this globally interconnected information age, only five percent of the volume of the world’s oceans have been explored and only 20 percent of the world’s seafloor has been mapped to modern standards. So there’s a lot that we don’t know. We need to better understand the oceans because that’s where the Navy operates,” Gallaudet said.

The Office of the Oceanographer of the Navy is the Chief of Naval Operations’ resource, requirements and policy adviser for the Navy’s oceanography program. The oceanographer also serves as the Navy’s senior policy adviser for issues related to national ocean policy, governance and interagency ocean activities.

The Office of Naval Research reports to the Secretary of the Navy through the Assistant Secretary of the Navy for Research, Development and Acquisition. Led by the Chief of Naval Research, its senior leadership oversees a portfolio of investments ranging from immediate, quick turnaround technologies to long-term basic research.



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'MOTOWN THE MUSICAL'
The show will be at Norfolk's Chrysler Hall, April 4-9.

» See **C5**



SING-ALONG THERAPY

Sentara's Music and Medicine Center creates a healing duet for patients

Photos by Bill Tiernan | The Virginian-Pilot
MusicTherapist Tracy J. Bowdish plays the guitar and leads James "Jim Bob" Rodriguez in singing songs during their session at Sentara Neurology Specialists in Norfolk in February. Rodriguez suffered a stroke in 2011, and Bowdish is helping him regain some speech through music.

By Rashod Ollison
The Virginian-Pilot

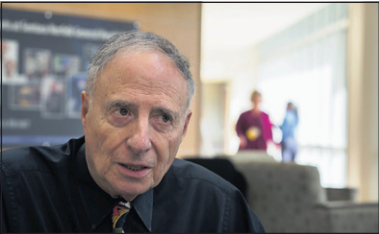
When the Johnny Cash melody frustrates James Rodriguez, he chuckles, shakes his head and says, "I don't know."

Tracy Bowdish gently pushes him, taking his hand into hers as she leans closer and sings, in bell-clear perfect pitch, lyrics from "I Walk the Line." The goal is to get Rodriguez to find the words, still a difficult task since his stroke in summer 2011. But the Norfolk resident's progress has been "remarkable," says Sandra, Rodriguez's wife of 47 years, who sits within arm's reach of him, nodding.

They're all in a small room inside Fort Norfolk Medical Center – Rodriguez in his wheelchair and Bowdish on a low stool sandwiched between an imposing keyboard and a computer desk. Bowdish is a music therapist with Sentara's Music and Medicine Center. In a promotional clip for the program, she mentions that her blindness helps her to engage patients, to "see who they are beyond the stroke."

As Bowdish holds Rodriguez's hand, singing lyrics she wants him to repeat, his frustration disappears. Bowdish then pats around for the guitar behind her and strums the chords one more time. Rodriguez joins her on the chorus. His words, though slurred, are clearer, his tone more confident as he sings, "because you're mine I walk the line."

The Music and Medicine Center, a part of Sentara Neurosciences In-



Gad Brosch, a retired obstetrician and gynecologist, is among the musicians who play during the lunchtime jazz showcase at the Sentara Heart Hospital in Norfolk.

■ Lunchtime Jazz Series

Where: Lobby of Sentara Heart Hospital, 600 Gresham Dr. in Norfolk
Time: noon to 1 p.m.
When: April 5
More Info: 757-388-8000

stitute, has extended its reach well beyond rehabilitation rooms in which Bowdish and other therapists use rhythmic stimulation and synchronization to create movement and drive speech in patients with neurological damage.

The program also sponsors a lunchtime jazz showcase in the lobby of Sentara Heart Hospital in Norfolk. The next show is on Wednesday. Gad Brosch, who retired from obstetrics and gynecology 23 years ago, is among the musicians who play in the showcase. He devotes much of his time these days to the



James "Jim Bob" Rodriguez from Norfolk holds his wife Sandra's hand after telling her that he loved her during a session with MusicTherapist Tracy J. Bowdish with Sentara Neurology Specialists in Norfolk.

jazz he's loved since his childhood in Israel.

"When I retired, I was thinking about what I wanted to do with the rest of my life," says Brosch, a pianist who has played the Steinway in the hospital's airy lobby once a month for the past four years. "There's life after you retire, and for me there's the music."

Stylish in a tie zigzagged with red stripes and piano keys, Brosch says patients were wheeled down in the lobby to listen when he first started playing there. But for logistical

reasons, that isn't done anymore. Still, his straight-ahead takes on the American Songbook soothe outpatients and visitors. The unobtrusive music not only brightens the atmosphere, it also serves a clinical purpose, chiefly to help relieve anxiety. This is a much more accessible, streamlined version of what the Music and Medicine Center offers its patients.

"The basic physiology of our bodies is rhythmic in nature; therefore it is strongly affected by external rhythms, which are an essential

component of music," says Kamal Chemali, a neurologist and director of the Music and Medicine Center. "Our brains are hard-wired for music. Therefore, music, more than any other form of art, activates neurons in most of our brain, and by doing so, reactivates areas that were damaged, and creates new connections between nerve cells to bypass the damaged areas. This leads in many cases to dramatic improvement and recovery of function."

» See **MUSIC** | C3

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hamptonroadsneighbors

Helping Logan and MDA



From left, Miss Hanover 2017, Amanda Short; MDA Goodwill Ambassador, Logan Morean; and Miss Capitol Region 2017, Lizzy Mothershead are shown at the 17th Annual Norfolk Admirals Charity Game and Jersey Auction sponsored by CITGO Marketer, PAPCO, Inc. The event was held on March 18 and raised \$21,250 for the MDA of Greater Virginia. Logan, age 5, was diagnosed last year with Duchenne muscular dystrophy, a rare disease that causes progressive wasting of the muscles, eventually including the heart and diaphragm. More than 75 people attended the charity game on Logan's behalf, where Logan participated in the first Zamboni ride and puck-drop of the game. — Submitted by Norfolk Admirals, photo by MDA of Greater Virginia.

Collecting for We Promise Foundation



On St. Patrick's Day, Chartway Federal Credit Union employees donated nickels, dimes, and dollars to benefit children battling life-threatening illnesses. Here, We Promise Foundation beneficiary, Abby, collected donations alongside We Promise Foundation executive director, Karen Lane. — Submitted by Chartway

Navy vet gets back in the race

By Kevin J. Gaydosh
O'Brien et al Advertising

VIRGINIA BEACH

Through physical toughness, mental perseverance, moral support from family and friends, and the expertise of a surgeon, a local veteran was able to rejoin the race and partake in a sport he's grown to love: running.

Douglas Burghart got back in the race at the 44th annual Yuengling Shamrock Marathon Weekend, March 17-19, at the Virginia Beach oceanfront.

Burghart is a member of the Hampton Roads Chapter of “Team Red White & Blue (RWB),” a charity that supports the lives of American veterans through physical and social activities in their community. The organization is made up of veterans and volunteers.

A 55-year-old Norfolk native and 20-year Navy veteran, Burghart was born in Hampton Roads and joined the Navy to leave and “see the world,” he said. After a career serving as an engineer, he ended up coming back to Norfolk to live. He now is a maintenance technician at retirement community.

Burghart opted for a holistic approach to his weight loss, which he came to later in life. By changing his diet and devoting himself to a formal running regimen, he was able to lose a total of 55 pounds in two years.

To prepare for his first marathon, last year's 2016 Yuengling Shamrock, he ran 5Ks and half marathons. But just prior to that race and as he began increasing his mileage, he developed groin pain



Navy veteran Douglas Burghart is running again, after losing weight and the help of a local surgeon. He participated in the 44th annual Yuengling Shamrock Marathon Weekend, March 17-19, at the Virginia Beach oceanfront.

that subsided after a few days' rest. During the marathon, he again began experiencing the pain from his “pulled groin” and collapsed at Mile 13.

Burghart was immediately taken to the hospital, where X-rays revealed a displaced right hip femoral neck fracture. The emergency department called Dr. Wilford K. Gibson, an orthopaedic surgeon specializing in Sports Medicine at Atlantic Orthopaedic Specialists.

Only five hours after Burghart's fall in the marathon, his displaced stress fracture was repaired. Fortunately for him, Gibson was a former college track and field athlete himself, and understands runners' problems — especially with hips, knees and shoulders.

Gibson explained that groin pain is a ‘red flag’ for runners. “It is likely a symptom of a stress fracture devel-

oping. If a person continues to run, the bone will fail and may displace. This becomes an emergency.” Injuries such as this, he cautioned, could require a hip replacement in mature runners and mean the end of a distance runner's career.

Burghart's recovery progressed quickly from a walker to a treadmill. By October 2016, he was race walking the Wicked 5K and the Surf-n-Santa 5 Miler in Virginia Beach and was even able to run the last half mile.

Burghart registered and ran in the Shamrock 8K this year. “I finished in 48 minutes and ran the entire distance. It was the longest run since Dr. Gibson told me that I could start to run again.”

To learn more or become involved with Burghart's Team Red, White and Blue visit www.teamrwb.org/.

calendar

Customer Service and Hospitality Career Fair & Hiring Event

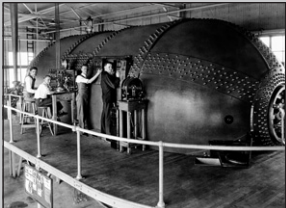
■ March 30, 1-4 p.m., first floor of the Joint-Use Library, Tidewater Community College Virginia Beach Campus
■ tcc.edu/careerfairs, 757-822-7228
Free and open to the public, the career fair will include more than 30 organizations. Applicants should wear appropriate interview attire and bring multiple copies of their résumé. RSVP is required by registering with TCC's Career Success Network. Those who are not TCC students or alumni can register as a guest.

Dedication of American Revolution Museum at Yorktown

■ April 1, 11:15 a.m., American Revolution Museum, 200 Water Street, Yorktown
■ www.historyisfun.org/grandopening/, 888-593-4682, 757-253-4838.
The dedication of the American Revolution Museum at Yorktown is the realization of a 10-year transformation from the Yorktown Victory Center, which opened in 1976. Dedication ceremony includes an 18th-century fair, music by the Virginia Army National Guard 29th Infantry Division Band, processional by the Jamestown-Yorktown Foundation Honor Guard and Field Musick Virginia, presentation of colors by the Virginia Army National Guard 29th Infantry Division Color Guard, greetings from France, a history of the museum, and remarks from Gov. Terry R. McAuliffe. Visitors are advised to park along Yorktown Trolley stops in Historic Yorktown and take the Yorktown Trolley to the museum.

Carrollton Volunteer Fire Department Spring BBQ fundraising benefit

■ April 1, noon to 6 p.m., Station 10 on Route 17 in Isle of Wight County between the James River and Crittenden Bridges.
■ 757-613-6183
This family culinary event each year enables the volunteer Fire/Rescue service of Carrollton to purchase needed medical and firefighting supplies



Courtesy NASA Langley
The Variable Density Wind Tunnel is shown being used by staff, including Eastman Jacobs. It was commissioned in 1922 and built by Newport News Shipyard.

and equipment to better serve the local community. Reduced cost advance tickets are available at many businesses in Carrollton and Smithfield.

Annual Cherry Blossom Festival

■ April 1, rain date April 2, 12:30-4:30 p.m., Red Wing Park, Virginia Beach
■ www.vbgov.com/cherryblossom
Celebrate Virginia Beach's international sisterhood with Miyazaki City, Japan, at the annual Cherry Blossom Festival, featuring Japanese music, martial arts, creative activities and various demonstrations. Bring a blanket or lawn chair to watch the performances. Presented by Virginia Beach Parks & Recreation.

Community Prom Dress Fundraiser

■ April 1, 2-5 p.m., TRDDance, 325 Granby, Norfolk
■ 757-626-3262, promdress4TRD@gmail.com
Gently used Prom dresses for sale for \$25, plus purses and shoes. Cash or checks only. Dressing area available.

“NASA Langley's Centennial: The First 40 Years” Lecture

■ April 3, 7-8 p.m., Hampton History Museum, 120 Old Hampton Lane, Downtown Hampton.
■ 757-727-1102
In preparation for the 100th anniversary of NASA Langley, researcher Joe Chambers presents photographic materials and will discuss the early days of Langley, when it was known as the Langley Memorial Aeronautical Laboratory of the National Advisory Committee for Aeronautics (NACA). He will discuss the birth of Langley, breakthroughs in wind-tunnels and accomplishments, shaping the airplane, impact of research on aircraft designers and the military, and contributions to national efforts in World War II.

The discussion concludes with the beginning of the space race and the establishment of NASA. The lecture is free to museum members, \$5 for nonmembers.

Funding a College Education

■ April 5, 11:30 a.m., Naval Station Norfolk, Navy College Office, building IE, downstairs in classroom # 8
■ Reserve a seat, dgreenwell.eoc@edu.nd.org, 757-489-3329 or 757-363-3944
Financial aid briefing by the Virginia Tidewater Consortium's Educational Opportunity Center (EOC), including college selection and application process; federal aid (grants, loans, work study); state aid programs; FAFSA changes/updates, financial aid applications, procedures and processing; scholarship search and application process; and local scholarship representatives.

“Alice” play

■ April 5-8, various times, Goode Theatre, 4601 Monarch Way, Norfolk
■ glarson@odu.edu, 757-683-5305, www.odu.edu/life/culture/arts
Very loosely based on Lewis Carroll's tales, “Alice” follows a young woman through a world she doesn't recognize, and doesn't have the knowledge or skills to navigate. As her life becomes “curiouser and curiouser,” she learns to believe in the impossible, in herself, and in her own “muchness.” And setting it during New Orleans' Mardi Gras, with dancing seagulls, Gator Golf, and a pesky Cajun Cheshire Cat/Catfish, gives this new play a rollicking and quirky flavor for all ages. Tickets are \$15 from ODUArtsTix.com or the Box Office, 757-683-5305. A group rate of \$10 may be arranged for 15 or more.

83rd Garden Club of Virginia Annual Daffodil Show

■ April 5-6, Hampton Roads Convention Center, 1610 Coliseum Drive, Hampton
■ www.visithampton.com
Sponsored by local Garden Club of Virginia member Huntington Garden Club, daffodil growers and flower arrangers from around the state will compete and win ribbons in horticultural and artistic divisions. Sanctioned by the American Daffodil Society, the event is free and open to the public.

Opening Reception: An Abstract Look

■ April 7, 5-8 p.m., Portsmouth Art & Cultural Center
■ 757-393-8543, www.portsmouthart-center.com
Through installations of paintings on canvas, paper and mixed media, four artists reference previous styles and ambitions, while raising awareness to abstraction's historical call for awareness and continuation to remain relevant. Free and open to the public. Exhibit is on display through May 21.

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3D: 10:45p

THE BOSS BABY (PG)

2D: 10:45, 11:30, 1:30, 2:05, 4:15, 4:50, 7:00

3D: 9:30p

LIFE (R)

11:00, 1:30, 4:20, 7:05, 9:35

POWER RANGERS (PG-13)

10:30, 11:10, 1:20, 2:00, 4:10, 4:55, 7:10, 7:50, 10:00, 10:40

BEAUTY AND THE BEAST (PG)

10:35, 11:15, 12:00, 1:25, 2:10, 4:25, 5:00, 7:20, 10:20

KONG: SKULL ISLAND (PG-13)

10:50, 1:40, 4:30, 7:30, 10:15

LOGAN (R)

7:45, 10:50

GET OUT (R)

11:20, 1:50, 4:35, 7:40, 10:10

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(Additional \$1.50 for 3-D Movies / Movies Subject to change)

Options beyond April 18 tax deadline

From IRS

WASHINGTON

The Internal Revenue Service reminds taxpayers that if they are unable to file their tax returns by this year’s April 18 deadline there is an easy, online option to get more time to complete their return.

Taxpayers who need more time to complete their return can request an automatic six-month extension. An extension allows for extra time to gather, prepare and file paperwork with the IRS, however, it does not extend the time to pay any tax due.

The fastest and easiest way to get an extension is through Free File on IRS.gov. Taxpayers can electronically request an extension on Form 4868. This service is free for everyone, regardless of income. Filing this form gives taxpayers until Oct. 16 to file their tax return. To get the extension, taxpayers must estimate their tax liability on this form and should pay any amount due.

Members of the military on duty outside the United States and Puerto Rico receive an automatic two-month extension to file. Those serving in combat zones have up to 180 days after they leave the combat zone to file returns and pay any taxes due. Details are available in the Armed Forces’ Tax Guide Publication 3.

Other fast, free and easy ways to get an extension include using IRS Direct Pay, the Electronic Federal Tax Payment System or by paying with a credit or debit card. There is no need to file a separate Form 4868 extension request when making an electronic payment and indicating it is for an extension.

Direct Pay is available online and on the IRS2Go app. It’s free, does not require preregistration and gives instant confirmation when taxpayers submit a payment. It also provides the option of scheduling a payment up to 30 days in advance.

MUSIC | Healing music activates our neurons

Continued from C1

The program is largely beneficial for patients dealing with certain conditions, including multiple sclerosis, gait disorders, Parkinson’s disease, and language and memory disorders. Chemali says that others dealing with anxiety, lethargy, breathing disorders, cognitive problems and chronic pain have also seen improvements with therapy from the Music and Medicine Center. Other health facilities in the area also have forms of music therapy, like Bon Secours DePaul Medical Center with its Healing Touch program. A harpist is on its part-time staff. The Sentara Music and Medicine Center, however, has a more involved approach, targeting neurological disorders specifically.

Data to quantify the success of the program, which started in 2011, is being analyzed, says Chemali, who came to Music and Medicine from the Cleveland Clinic in 2012.

For Rodriguez, the Music and Medicine patient recovering from a stroke, the therapy over three years has helped to bring back glimmers of the affable guy he was before – the former insurance salesman who met his wife 50 years ago at the old Peppermint Beach Club in Virginia Beach.

Singing uses more of the brain than speaking, Bowdish, his therapist, explains. After they finish “I Walk the Line,” Rodriguez and Bowdish launch into “I Love You,



Photos by Bill Tiernan | The Virginian-Pilot
MusicTherapist Tracy J. Bowdish works with James “ Jim Bob” Rodriquez during their session at Sentara Neurology Specialists in Norfolk. Rodriquez suffered a stroke in 2011, and Bowdish is helping him regain some speech through music.



Retired Dr. Gad Brosch, pictured at the piano in the lobby of the Sentara Heart Hospital in Norfolk, performs as part of the Lunchtime Jazz Series. The next event is April 5.

Lord,” a song Rodriguez used to sing in church. He handles most of the melody with Bowdish jumping in here and there to help stimulate more speech production.

“Can you say, ‘I love you’?” Bowdish asks Rodriguez.

He nods.

“Tell your wife, ‘I love you.’”

Rodriguez turns his head slightly toward Sandra, his words clearer than they’ve been for most of the session : “I love you.”

Rashod Ollison, 757-446-2732, rashod.ollison@pilotonline.comP

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“Logan:” In the near future, a weary Logan cares for an ailing Professor X in a Mexican hideout. But Logan’s attempts to hide from the world and his legacy are up-ended when a young mutant arrives.

NAS Oceana, Aerotheater – 757-433-2495

Friday, March 31
7 p.m. Logan (R)

Saturday, April 1
1 p.m. The LEGO Batman movie 3-D (PG)
4 p.m. The Shack (PG-13)
7 p.m. Logan (R)

Sunday, April 2
1 p.m. Rock Dog (PG)
4 p.m. Get Out (R)
7 p.m. John Wick: Chapter 2 (R)

The JEB Little Creek, GatorTheater is closed for renovations. Please call 757-462-7534 for more information.

Schedule is subject to change. For your weekly movie showtimes and more, check out the Navy Mid-Atlantic Region MWR website at discovermwr.com.

theaterreview

‘Shrek the Musical’ adventure brings a strong message to the stage

By James Thomas Jr.
Virginian-Pilot Correspondent
Timothy Wright believes “everyone has a little bit of Shrek in them.”

And he ought to know. Wright, a Suffolk resident studying theater at Thomas Nelson Community College, will play the lovable green ogre in “Shrek the Musical,” coming to the Suffolk Center for Cultural Arts in April. Ryan Horton, a sophomore at Nansemond-Suffolk Academy and Justin Jones, a film student at Old Dominion University, also play lead roles in the upcoming stage production.

The three cast members recently talked with reporters following a special preview of the play for Cultural Center board members. Wright said he really likes Shrek.

“Everyone can relate to Shrek in one way or another,” he said. “We all come to a place in life where we have to accept ‘this is who I am ... this is what it’s going to be.’”

The Tony Award-winning play and Oscar-winning film, presented by RPM Dance and the Suffolk Center, closely follows the storyline of the fairytale. Renee Perry Mitchell, owner of RPM Dance studio and director of the local production, said the story sends a strong message.

“Most people are familiar with the play because of



James Thomas Jr. | For The Virginian-Pilot

Ryan Horton as Fiona, from left, Timothy Wright as Shrek and Justin Jones as Donkey during a preview of “Shrek the Musical” coming to the Suffolk Center for Cultural Arts in April.

the film,” Mitchell said. “I think a show that’s been a movie gives it more appeal.”

“Shrek is about never judging someone before you get to know them – getting to know somebody’s heart. I was drawn to that in the show.”

The adventure follows Shrek, a green ogre who loves the solitude of his swampland home until it is invaded by numerous annoying fairytale creatures. Lord Farquaad of Duloc, the villain of the forest, exiled the creatures to Shrek’s homeland and wants to rid

the forest of all its storybook characters.

Shrek befriends Donkey, a wisecracking though beloved character, on a mission to ask Farquaad to send the characters back. Farquaad agrees but only if Shrek and Donkey rescue Princess Fiona, whom Farquaad needs to marry in order to become a king.

Fiona is a beautiful princess by day but cursed to turn into an ogre each night. She is locked in a tower guarded by a dragon, which Shrek and Donkey must fight to initiate the

rescue.

“I grew up watching the movie,” said Horton, who portrays Fiona. “I love all the music that Fiona sings; it’s such a wide range. Fiona has a big dance part, and I feel I’ve grown a lot in my dancing through the show.”

“I am drawn to characters with unique head pieces,” said Jones, who plays Donkey. “I enjoy characters that are comedy related. It allows me to have a little more fun.”

A 33-member cast makes up the show, ranging in ages from 7 to 50, Mitchell

said. Part of the journey is for Shrek to accept himself for who he is and win the affections of Fiona over Lord Farquaad. The story has a fairy tale ending with a nontraditional happily-ever-after.

“The curse is not broken; she still turns into an ogre,” Mitchell said. “Shrek tells her at the end, ‘You’re still beautiful.’ It’s a great message that you don’t have to become beautiful; you’re already beautiful.”

James Thomas Jr., ttomas205@aol.com



Photo Courtesy of the Department of Defense

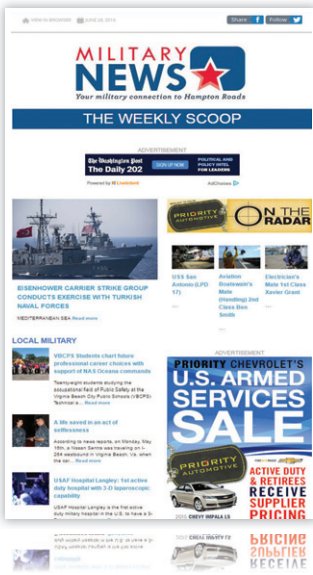
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‘Motown the Musical’ at Chrysler Hall, April 4-9

By **Yiorgio**

Flagship correspondent

The long wait is over! “Motown the Musical,” the original Hitsville, USA itself, will be at Chrysler Hall April 4-9 for eight amazing performances and almost 60 songs to please every lover of the Motown sound.

“Motown the Musical” tells the true story of Diana Ross, Michael Jackson, Smokey Robinson, Marvin Gaye, Stevie Wonder, The Temptations and more, as seen through the eyes of Berry Gordy, the founder of Motown.

I had the pleasure of speaking recently with David Kaverman, who plays Smokey Robinson.

Yiorgo (Y): Smokey Robinson is such an icon, how do you even go about playing such a revered musical genius?

David Kaverman (DK): By understanding the man himself. Smokey is such a strong, powerful guy. Even though people know his voice to be higher and softer, he was one of the original gangsters from the streets. He grew up in Detroit. He is a tough guy. He is not one to shy from saying anything. There are a couple of scenes in the show where he has to let Berry know what’s what. He is also a very religious man, a man of faith. He started singing at Motown when he was 18, so for him Motown has been his whole life.

Y: I’m sure the rehearsal process was a lot of fun. How did you prepare your voice, dance moves, choreography?

DK: I did have to work at altering my voice a little bit, but the creative team told us that they did not want impersonators. They said, ‘Don’t try to sound like them, just give a flavor of who they were and who they still are.’

I watched a lot of YouTube and tried to capture who he is, because Smokey is such a cool dude, so smooth, such a poet, and a musician. It took me a while to find who he



Berry Gordy and Smokey Robinson pose on opening night with cast members from “Motown the Musical,” including David Keverman, third from right.

was, how he operated and spoke.

Like an athlete, you practice and repeat. Luckily, I had so much support from the creative team and the cast and other principals. From director Charles Randolph-Wright, to Allison Semmes who plays Dianna Ross, to Chester Gregory who plays Berry Gordy and Jarran Muse who plays Marvin Gay.

This is the second National Tour, and the other three leads were from the first National Tour. They had already done it and were really supportive with helping me find my Smokey and willing to adapt to what I was doing. For me it was such an easy comfortable rehearsal period. I was the unknown, but they were so great and supportive.

Y: What was the actual audition process for Motown like?

DK: It really was a blessing. I was hoping to snag something big, but I had originally auditioned to be in the ensemble. They were looking for a Smokey cover in the ensemble.

I went in for the first round, they called me back, they said we are going to have a dance round, then sing your sides.

I was so nervous. Several of my friends who had been in it in the past were saying, ‘You would be great as Smokey Robinson.’ So I am really putting in all the work. I did the dance audition, but I know that dancing is not my strong suit and I had to do a lot of dance for this tract so I was really nervous for the dance portion and afterwards I felt like oh man I really blew this. Others nailed the choreography more than I did and my insecurity kicked in.

So originally I was not going to stay for the afternoon portion to read, but I persevered and stayed, because the casting director said we are not making any cuts after dance. So I said if they are not cutting anybody why should I cut myself.

They called me in to do my reading, and I put everything into it because that is my strong suit. They put us on tape, because Berry

Gordy could not make it to the New York auditions so he could watch them.

The next day I get a call from my agent that they want to put me on hold for Smokey Robinson. I said for the cover right? He said no, for the role! So they called again and they said they want to do another Skype for Berry Gordy with all the Smokeys.

I got the news that I had the part over Thanksgiving break, so it was the best Thanksgiving ever. But there is also a point to the story and that is, don’t quit before somebody tells you no.

Y: Performing for Berry Gordy on Skype had to be one of those wow moments. Have you had any more moments you want to share?

DK: Oh my yes. After all the rehearsals were done, the time came to do what we have been working for and perform it for Berry Gordy in Los Angeles for our opening. Mr. Gordy gave us a lot of notes, and I got to sit down and talk with him one-on-one for about half an hour.

The crazy thing is, he is

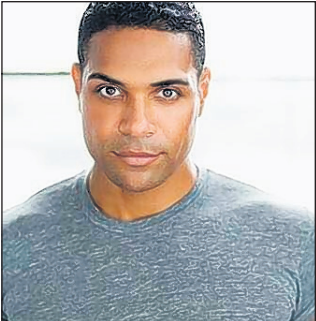
in his 80s and he was doing scenes playing himself with me, so of course that was such a surreal moment for me doing scenes with the actual Berry Gordy.

The other amazing moment was that on opening night we also performed for Smokey Robinson, and I got to meet him, and that was crazy too. That was the biggest moment for me because here I am portraying this man who is here in front of me.

He is a legend, an icon, and getting to perform for him was for me one of the best moments of the tour. I met with him briefly before the show, and he asked how I was feeling, and of course I had my wig on to look like him, and I said I’ll feel better when this is over. I was really nervous and he gave me a hug and said me too, and afterwards he gave me a big hug and said good job and that he loved it. So I could finally get a sigh of relief.

Y: Why should people see this play and what will they get out of it?

DK: Of course the music



Courtesy photo
David Kaverman plays the role of Smokey Robinson in “Motown the Musical.”

■ For more

For “Motown the Musical” tickets, dates and times, visit www.sevenvenues.com/events/detail/motown-the-musical

is phenomenal, but also the story is great. There are so many touching; funny, entertaining moments that you are guaranteed to have a good time. It’s musical theater at its best.

It’s great doing this musical at this time in our country and to travel all over and see these huge, often sold-out crowds.

There are a couple of beautiful moments in the show where Dianna Ross asks everyone to hold hands and be together in unity and share this moment, and for me, that’s really special because the whole show is about love and unity and music for all people. That kind of togetherness is really good and this cast is so close that we really are a Motown family knowing and spreading the message of the actual Motown family.

It’s an American story, it’s our story. We all have a history in the formation of Motown. It’s the story of all of us.

Yiorgo is a Hampton Roads arts, entertainment and sports reporter. A stage, TV and movie actor, he is also an educator, motivational speaker, writer, storyteller, columnist, and involved in professional wrestling.

Sports

Big weekend in pro wrestling; VCW returns to Norfolk

By **Jonathan McLarty**

Flagship correspondent

NORFOLK

On the eve of WrestleMania 33, the biggest pro-wrestling event of the year, Vanguard Championship Wrestling (VCW) returns to Norfolk Masonic Temple in Norfolk on April 1.

Headlining this event is VCW Heavyweight Champion Brandon Scott defending against the returning Shorty Smalls. Smalls was responsible for training Scott to become a wrestler and is a former United States Liberty Champion. The match will come down to whether Smalls taught Scott everything he knows or if Smalls has some tricks up his sleeve.

In women’s action, Kacee Carlisle will take on Kylie Rae, a competitor from Reality of Wrestling. Carlisle was last seen in VCW when she had a competitive match with Mickie James in Suffolk.

Ryan Davidson will be the first contender for Gino’s Commonwealth Heritage Championship. Gino defeated Colby Corino for the championship in February. Davidson was successful on that night as well, defeating Ken Dixon.

Damien Wayne and Rex Sterling, who have had classic matches in the past, will compete once again on April 1.

Benjamin Banks will take on Irvin Legend. Both men are looking to avenge their recent losses at the Hampton High School event in March.

Banks and Jerry Stephanitsis were defeated by the team of Hampton High School teacher and VCW Commissioner George Pantas with Livid the Clown.

■ Vanguard Championship Wrestling in Norfolk

April 1, Doors open at 7 p.m., and the action begins at 7:30 p.m., Norfolk Masonic Temple, 7001 Granby Street in Norfolk, next to Granby High School.

Advance tickets can be purchased at VCW-Wrestling.com.

Legend was defeated in quick fashion by the powerhouse called Juggernaut.

Tag Team Champions The Hellcats will defend against Phil Brown and JJ Blake. Brown, a multiple-time Tag Team Champion, won the 2016 Liberty Lottery and is cashing in his title opportunity with this match.

In other tag team action, Noise Pollution (Roc Richards and Mad Maxx Morrison) will take on The Hallstars. Noise Pollution made an appearance in February to give The Hallstars notice that they were up for the challenge.

Advance tickets can be purchased at VCW-Wrestling.com. Doors open at 7 p.m., and the action begins at 7:30 p.m. Norfolk Masonic Temple is located at 7001 Granby Street in Norfolk, next to Granby High School.

Jonathan McLarty is a contributing writer for The Flagship, as well as a local sports and event photographer. Connect with him on Twitter (@JonathanMcLarty) and view his photography at McLartyPhoto.Zenfolio.com



Kacee Carlisle will take on Kylie Rae, a competitor from Reality of Wrestling, at Vanguard Championship Wrestling, April 1, at Norfolk Masonic Temple.

Jonathan McLarty

Human Resources

The New York Times Company located in downtown Norfolk is looking to fill an HRIS Analyst position. This position will provide HR Systems production support to include, but not limited to trouble shooting processed transactions, system configuration, analysis and testing and report design. Bachelor's degree and 3 years of HRIS experience required. Experience in Workday HCM and Kronos preferred.

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Chevy Express Van 2001 wheelchair lift, hand controls 6 cyl,80,000mi., good condition, recent inspection. \$8000 757-752-4721

Fun and Games

IT TAKES TWO

Super Crossword

ACROSS

- 1 Sighing word
- 5 Humiliate
- 10 Sugar-name suffix
- 13 Stretch (out)
- 19 Billiards item
- 20 Drive rudely (out)
- 21 Flanders of "The Simpsons"
- 22 Mamba, tennis fame
- 23 Bicycle add-ons for tykes
- 26 Make a new blueprint for
- 27 Cut and Paste
- 28 Give relief to
- 29 Protein formed during blood clotting
- 30 Sue Grafton's "— for Ricochet"
- 31 Storle hand wear
- 35 Three, in 6-Down
- 38 PIN-taking dispenser
- 39 "Hands off!"
- 40 Microwaves, e.g.
- 41 Stalled-car clip-ons

DOWN

- 1 Funny degrees
- 2 Hog fat
- 3 Antioxidant-rich berry
- 4 Many Aspen cuttings
- 5 Sky ram
- 6 Old German capital
- 7 City of golf's Masters times
- 8 Albany-to-Baltimore dir.
- 9 Passé
- 10 Old jazz
- 11 Collective literature clients
- 116 Belva of old horror films
- 117 They often surround
- 119 Wiped from the board
- 120 A/C abbr.
- 121 Broadway prizes
- 122 Luau favors
- 123 Blank out
- 124 Jet to JFK, once
- 125 Gauds for Gauss
- 126 Ineffectual

34 Dir. 45 degrees from 8-Down

35 Dance club Vibe

36 Regret a lot

37 Big British record co.

38 Brogue

42 Middle of summer?

43 Solemn acts

44 Running tube

46 Subj. for some immigrants

50 The "m" of "yes" m

51 Office sub

52 E. linkup

54 Skin diver's tube

55 Flock noises

56 "It's —!"

57 Surrounding ("Untrue")

58 Military band

59 — turn up

60 Brogue, e.g.

61 "What a ding-a —!"

62 Freshly

65 Hard water

68 Mass unit

69 Realty unit

70 Corn unit

71 Congential

72 Verb counterparts

78 Plunder, e.g.

79 Fel types

80 Rub down

82 North fired by Reagan

83 "Bad!" cluck

85 Charges

87 Off-the-wall sport?

88 An Amerind

89 Color of chili

90 Suffix with govern

91 Whelp yelp

92 Put a ruler to

93 Outlawed

94 Get rid (of)

96 Digital display

97 Subsequent

99 China shop ensemble

101 Defies openly

105 Skip, as a syllable

106 Hotel chain

107 Nail-biting

108 Ultra locale

112 Tuo bean, to Brits

113 Environs

114 Kind of milk

115 "To be," in Latin

117 NFL VIPs

118 Also

19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34

35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58

59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90

91 92 93 94 95 96 97 98 99 100 101 102 103 104 105 106 107 108 109 110 111 112 113 114 115

116 117 118 119 120 121 122 123 124 125 126

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last week's answers

G	R	A	D	A	T	E	S	C	O	T	I	A	N	A	L	I	B	I
A	S	I	N	E	L	E	I	S	O	C	O	R	R	O	W	A	G	O
L	O	S	I	N	E	W	H	A	T	A	M	U	S	E	M	E	N	T
D	I	A	N	S	I	R	E	S	E	T	S	E	T	S	E	T	S	E
S	E	L	L	I	G	O	U	T	I	E	R	O	V	E	B	A	R	S
S	P	F	S	A	O	P	A	R	K	A	C	T	I	V	I	T	Y	I
E	R	L	E	A	V	U	E	A	N	T	A	C	I	D				
R	E	A	L	L	I	T	H	R	I	L	L	I	N	G	R	O	N	A
B	A	S	S	O	S	L	O	U	L	O	E	I	L	M	T	S		
C	H	A	R	O	G	A	L	L	E	N	M	I	A	M	I			
O	H	M	I	N	E	R	T	A	L	S	P	N	E	U	M	O		
A	T	O	B	R	E	A	D	T	H	E	D	I	A	G	O	N	A	L
R	O	B	E	R	T	A	R	E	I	R	N	S	N	A	T	E		
F	R	O	M	T	H	E	T	O	P	L	E	F	T	O	N	A		
L	E	U	T	H	R	E	S	E	L	C	I	D	A	S	T	O	R	
E	S	T	H	E	R													
T	O	B	O	T	T	O	M	R	I	G	H	T	S	L	E	U	T	H
C	L	I	N	T	S	A	N	L	U	I	S	K	I	M	C	H	E	E
H	E	D	G	E														

8	2	3	1	4	6	9	5	7
5	6	7	9	3	2	1	4	8
1	4	9	5	8	7	3	2	6
7	3	8	6	2	5	4	1	9
6	1	4	3	7	9	2	8	5
2	9	5	4	1	8	7	6	3
9	7	1	8	6	4	5	3	2
4	8	2	7	5	3	6	9	1
3	5	6	2	9	1	8	7	4

Sudoku

7				4	3			
	4		7			8		
9		6						7
6			1	3		7		
5				9	6			
	7	8						4
9			3		7			
4	2			6		1		
3		5					8	

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: **S** equals **C**

VYUFVLX U SAUBBVS FUYX OAUXXP
CL U BKQXQ-ZVPX ICUQP. V QXSJCL
GTUG ZCKAP IX STKIIR STXSJXQB.

Religious Services

For your installation's religious service times, visit: www.flagshipnews.com/base_information/religious_services

Last week's CryptoQuip answer

When a bird's call warns others of imminent danger, could that be thought of as a flier alarm?

Religious Services

For your installation's religious service times, visit: www.flagshipnews.com/base_information/religious_services

Work Trucks

Ford 1986 F350 Dump Truck, good tires, V-8 motor, \$2500. 757-373-7434.</



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Join us in recognizing our local military spouses for their unending strength, personal sacrifices, support for other military families and for their selfless commitment to our community.

The Heroes at Home Hampton Roads Military Spouse of the Year will be chosen from nominees provided by active duty personnel from all branches of the military, spouse support groups, charitable organizations, friends and family. **The 10 finalists and winner will be announced at the awards luncheon on May 4, 2017. The finalists will also be honored by Governor and Mrs. McAuliffe at a reception at the Governor's Mansion in mid May.**

Thorunn
BITTERMAN

2016 Heroes at Home Hampton
Roads Military Spouse of the Year

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Space and Naval Warfare (SPAWAR)
Systems Center Atlantic,
St. Julien's Creek

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