



U.S. Navy photo
Volunteers officially break in the new equipment at Naval Station Norfolk's N24 gym as part of the grand opening of its' new facilities. The event was held Friday, Jan. 26, and included a ribbon cutting ceremony, cake cutting ceremony and tutorials on how to use the new exercise stations.

THINGS YOU NEED TO KNOW IN THE EVENT OF A GOVERNMENT SHUTDOWN:

- Military personnel continue to work
- Excepted civilians continue to work
- Medical facilities remain open
- Child Development Centers and Gyms remain open
- Commissaries will close within 72 hours

For more information, speak with your chain of command, monitor the news and call ahead to check facility's operating status.

Commissaries close. Daycare, gyms remain open

Impact during a government shutdown

By MC3 Brittany Tobin
The Flagship Staff

NORFOLK

The Department of Defense (DOD) appropriation expires at midnight on Feb. 8. Without a passage of a fiscal year (FY) 2018 appropriations bill or a continuing resolution, the federal government will no longer have the authority to obligate funds for anything other than essential operations.

In the event of a lapse in appropriations, Commander, Navy Installations Command (CNIC) civilian employees who perform non-exempted activities are not authorized to carry on the work they are normally assigned, resulting in the furlough of personnel, with limited exceptions. Regional and Installation leadership shall communicate the status of the potential shutdown with all subordinate and tenant commands and personnel to ensure information regarding impacts of a government shutdown is communicated in the most effective means possible.

If a government shutdown occurs

All personnel (civilian and military) will report to work on their next scheduled workday, beginning at normal hours, where they will receive additional guidance and instruction.

All active duty military personnel will continue in a normal duty status. Reserve component personnel performing active duty will continue to report for duty to carry out authorized duties for the period of their active duty orders. All civilian workers who support non-exempted activities would be furloughed and placed in non-pay, non-duty status, unless their command has notified them otherwise.

» See **SHUTDOWN** | A7

By MC3 Emily Ziegler
Naval Station Norfolk Public Affairs Office

NORFOLK

After close to three years of efforts, Naval Station (NAVSTA) Norfolk's N-24 Gym is one of the first naval commands to acquire the new Navy Operational Fitness and Fueling Station (NOFFS) equipment.

The NOFFS program started in 2009. Their system focuses around health and fitness regimes that are designed to improve sailor's operational performance, provide foundational and performance nutrition guidance and decrease incidences and severity of musculoskeletal injuries related to physical training.

"The NOFFS methodology is more about teaching people how to move properly and movement efficiency instead of training in fixed motion, like you would get with a machine based training. It's very hard to relate sitting on a machine and doing a chest press to being on a ship and having to move boxes during a supply unload, for example. We're creating an environment for the sailor to be more resilient and operationally prepared," N24 Fitness Specialist Jacob Alexander said.

The new equipment and training program is a much welcomed upgrade to the gym staff at Naval Station Norfolk.

"We've lost patrons over the years to outside gyms where they are paying for memberships to get a product like this. Being able to have headquarters fund this and give us the resources to build something like this at the largest naval Station in the world is going to make a huge difference because people are going to come back to the base that have left and it's going to prep them to do their job better," N24 Fitness Coordinator Scott Benning said.

All of the new equipment is multi-purpose. It can be used 20 or 30 different ways, versus a machine that is used for only one motion and is fixed. Each one of the stations can hold anywhere from 8-12 people training at one time in any style format.

Many programs and organizations were involved in making this dream come true for the gym's staff and its' patrons. The process of selecting the equipment began about three years ago and purchases were made approximately six months later. Since then, they have gone through the process of getting funds and permission to install the equipment. N24 gym being a historical landmark posed some difficulties with permits for the new renovation and equipment. New flooring has been installed over the old ones and all of the original structure still remains.

"With this space, we're going to be able to do so much more, as opposed to a one track mind on a piece of equipment. The possibilities are endless in this space. This is huge for the naval station to have something like this," Benning said.

There will be staff available during all of the gym's hours to show patrons how to safely and effectively use the new equipment. Additionally, the trainers' offices will be moved to the main floors in order to be more available to answer questions and offer scheduled personal training sign-up sheets.

"We're here to provide a free service for the Sailors. They come into our gyms and don't pay a membership. That's all covered by being a part of the military," Benning added.

The new training center opened to the public on Jan. 26. The staff will be developing classes focused on the NOFFS program based on Sailor's needs and the most convenient times for them. The classes will be on the MWR website as soon as the plans have been solidified.

For more information on Naval Station Norfolk's training facilities and hours, visit the MWR fitness page at <https://www.navymwrnavalstationnorfolk.com/fitness>.

Truman gets underway for COMPTUEX

By MC3 Thomas Bonaparte Jr.
USS Harry S. Truman Public Affairs

NORFOLK

The Harry S. Truman Carrier Strike Group (CSG) took another step in its pre-deployment work-up cycle by commencing the composite training unit exercise (COMPTUEX) Feb 1.

COMPTUEX is an intensive, month-long exercise designed to fully integrate units of Harry S. Truman CSG, while testing the strike group's ability as a whole to carry out sustained combat operations from the sea. Ships, squadrons and staffs will be tested across every core warfare area within their mission sets through a variety of simulated and live events, including air warfare, strait



MC3 Kaysee Lohmann
Boatswain's Mate 2nd Class Emmanuel Shirley watches as the aircraft carrier USS Harry S. Truman (CVN 75) departs from Naval Station Norfolk.

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MISSILE GUIDED MUSICIAN

Aviation Ordnanceman Airman Charles Hendrickson has a passion for music.

» See **A6**



LEADERS TAKE PROACTIVE APPROACH DURING FLU SEASON

Naval Hospital Guantanamo Bay held a pandemic influenza tabletop meeting to discuss tactics to effectively hinder the spread of influenza on base and educate the public.

» See **B2**

5 WAYS TO COPE WITH THE DEATH OF A PET



» See **C5**

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NEWS FROM NAS OCEANA

United States Navy's flight demonstration squadron, the Blue Angels, perform at the 2017 Naval Air Station (NAS) Oceana Airshow. The theme for the 2018 Air Show is the 75th anniversary of NAS Oceana. The Air Show highlights naval aviation and brings together the Hampton Roads community by providing a bridge between military and civilian families and also provides an educational experience for attendees, especially local elementary school students.

U.S. Navy photo

SAVE THE DATE

NAS OCEANA READIES FOR 75TH ANNIVERSARY, AIR SHOW

By MC2 Jacob S. Richardson

NAS Oceana Public Affairs

VIRGINIA BEACH

Friends and fans of Naval Air Station (NAS) Oceana, mark your calendars. NAS Oceana will be celebrating its 75th anniversary this year, hosting a number of events in celebration, including the 2018 Air Show, which is scheduled for Saturday and Sunday, Sept. 22–23.

As NAS Oceana prepares to celebrate its 75th year, the installation and its leadership wish to commemorate this milestone with the surrounding community, which includes the over 20,000 strong Navy service members, and their families.

“The 75th anniversary of NAS Oceana is a celebration of the men and women that have served and continue to serve onboard NAS Oceana; it is also a celebration of a partnership the Navy has built with the cities of Virginia Beach and Chesapeake,” said NAS Oceana’s Executive Officer Capt. Chad Vincelette. “Some of the major events we have planned for this celebration include a Gala scheduled for the night of Aug. 16, which will commemorate the actual date of NAS Oceana’s designation as a Naval Auxiliary Landing Field on Aug. 17, 1943. Following that, we will host a golf tournament the next day.”

The theme for the 2018 Air Show is the 75th anniversary of NAS Oceana. The Air Show highlights naval aviation and brings together the Hampton Roads community by providing a bridge between military and civilian families and also provides an educational experience for attendees, especially local elementary school students. The event this year will include the United States Navy’s flight demonstration squadron, the Blue Angels, and a second jet team, the Canadian Snowbirds Air Demonstration Squadron.

“The culminating event for the 75th anniversary is the Air Show. It provides an opportunity for local residents, active duty members, and veterans to visit the installation and be a part of the celebration,” said Vincelette. “At the Air Show, we will not only be hosting the Blue Angels which everyone knows and loves, but new for this year we will have the Cana-

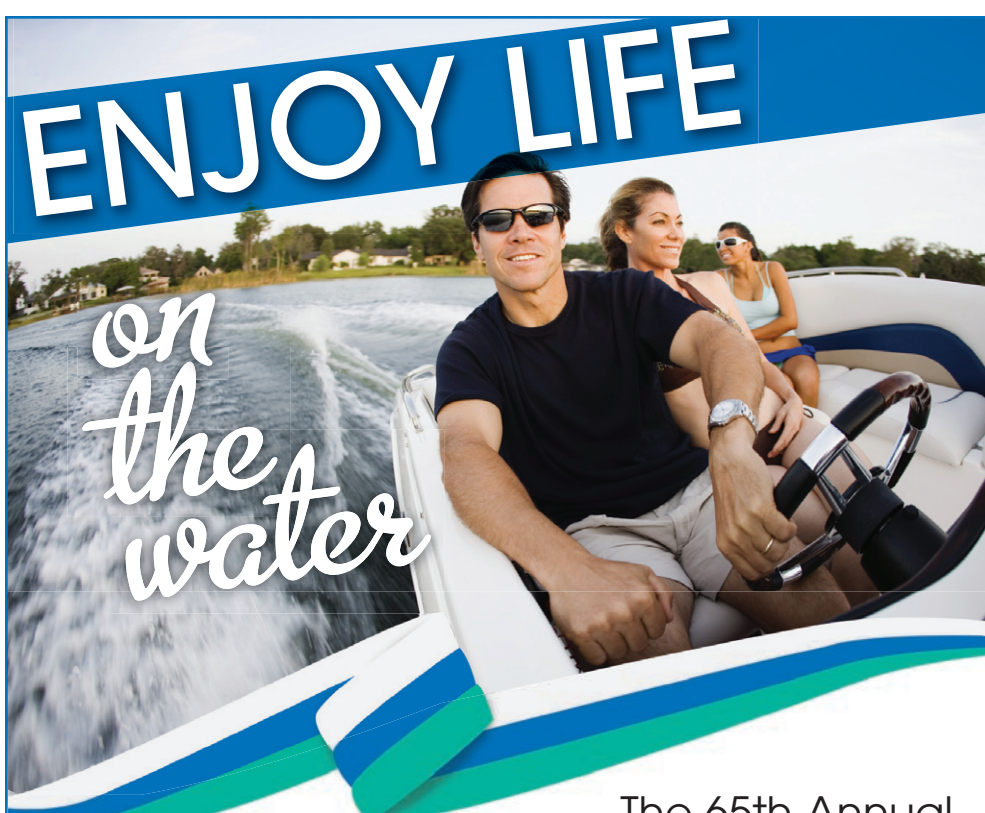
dian Snow Birds. I think it is significant that one of our NATO partners will be joining us in this historic celebration.”

The Canadian Forces (CF) Snowbirds, 431 Air Demonstration Squadron are a Canadian icon comprised of Canadian Armed Forces (CAF) members and National Defense Public Service employees. Pilots, technicians, mobile support operators, resource management support clerks, an engineering officer, a logistics officer and a public affairs officer representing all three elements (Army, Navy and Air Force), work as a team to bring thrilling performances to the Canadian public. Serving as ambassadors of the CAF, the CF Snowbirds demonstrate the high level of skill, professionalism, teamwork, discipline and dedication inherent in the men and women of the CAF and they inspire the pursuit of excellence wherever they go in North America.

The NAS Oceana air show is planned, set up, and performed by numerous Oceana Navy personnel, requiring the knowledge, skills, and professionalism of all Sailors stationed at NAS Oceana. Thousands of hours of manpower and dedication are put into making the most popular air show nationwide. The event gives service members a way to give back to the local community and its members, thanking them for their continued support of the military, its installations and the military families that live in and around the Hampton Roads area.

During the Friday practice air show, NAS Oceana will again host every Virginia Beach fifth grade class, approximately 5,000 students, allowing them to watch performers and participate in the STEM laboratory, learning about and interacting with examples of modern technological advancements and their applications in today’s world including the military and NASA. That same day, Sept. 15, the show is also open to military and dependents.

This Year’s NAS Oceana airshow is designed to be an event not to be missed. Continued details about the event will be released in the coming months and posted on Naval Air Station Oceana’s official Facebook page, www.facebook.com/OceanaAirShow, don’t forget to like us, and follow us on Facebook for updates.



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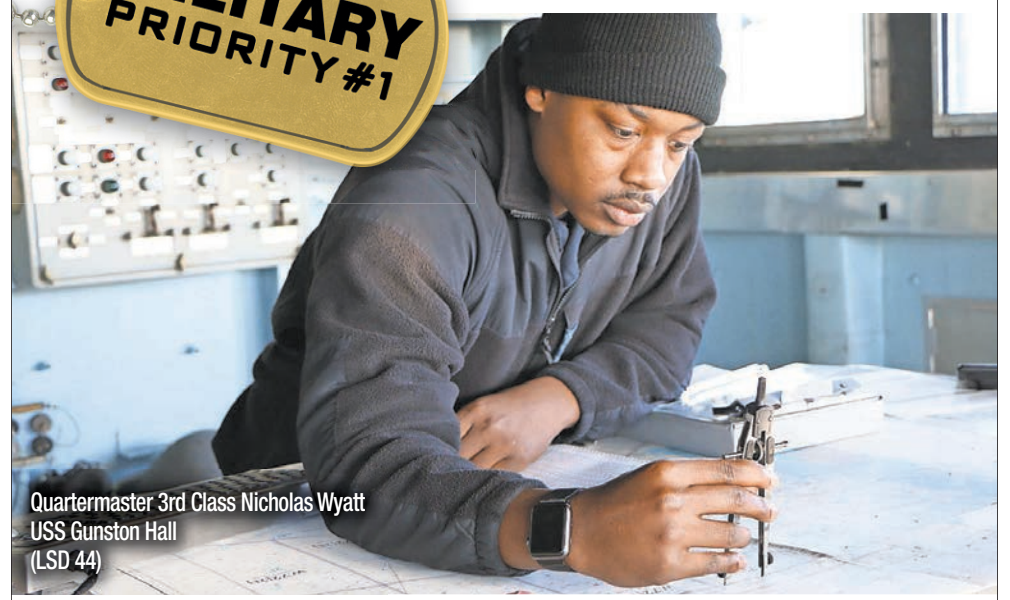
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ON THE RADAR

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photos & submit your own!**

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Joseph Galloway, former combat correspondent and co-author of the award-winning book *We Were Soldiers Once ... and Young*, shakes hands with Explosive Ordnance Disposal Group (EODGRU) 2 Chief of Staff Officer Cmdr. Chuck Eckhart following a leadership discussion with command triads and prospective commanding officers assigned to EODGRU 2 at Joint Expeditionary Base Little Creek. EODGRU 2 is headquartered at Joint Expeditionary Base Little Creek-Fort Story and oversees Mobile Diving and Salvage Unit (MDSU) 2 and all East Coast-based Navy EOD mobile units.

Photos MC2 Charles Oki

Famed war correspondent, author Joe Galloway speaks to EODGRU 2 leaders

By MC2 Charles Oki
EODGRU 2 Public Affairs

VIRGINIA BEACH

Renowned war correspondent and author Joe Galloway spoke to command leaders during a professional development discussion at Explosive Ordnance Disposal Group (EODGRU) 2, headquartered on Joint Expeditionary Base Little Creek, Jan. 26.

Galloway, co-author of the award-winning book “We Were Soldiers Once ... and Young,” has spent more than half a century as a war and foreign correspondent and deployed to combat zones around the world. He is the only civilian awarded the Bronze Star Medal with “V” device by the U.S. Army during the Vietnam War for rescuing wounded soldiers under fire in the Ia Drang Valley in November 1965.

The late Gen. H. Norman Schwarzkopf first met Galloway in South Vietnam and called him “the finest combat correspondent of our generation; a soldier’s reporter and a soldier’s friend.”

“We were extremely grateful for the opportunity to host Joe Galloway,” Commander of EODGRU 2 Capt. Josh Jackson said. “As a man who has been a witness to history and combat for more than 50 years, he has a unique perspective of what American military leadership has looked like during various conflicts and can lend his voice to professional development discussions in a special way.”

Galloway opened the discussion by sharing lessons he learned from his time on the ground as a war correspondent, observing leaders like Lt. Gen Hal Moore leading troops under grueling circumstances during military operations.

“You represent the best our country has and you must live up to that,” Galloway said. “Your character must be impeccable and your morals must also be impeccable. Sometimes some folks slip, but don’t let it be you. Your troops’ eyes are on you. You set the example. Your decisions are going to mean life or death for some of them, so you’ve got to do it good, you’ve got to do it right and you’ve got to do it smart. If I could say so, you should be like Lt. Gen. Hal Moore. Study up on what you’re doing and who you’re fighting and always, always take care of your troops first before



Joseph Galloway receives an honorary disposaleer certificate from Capt. Josh Jackson, commander of Explosive Ordnance Disposal Group (EODGRU) 2.

“You represent the best our country has and you must live up to that. Your character must be impeccable and your morals must also be impeccable.”

Joe Galloway, war correspondent and author

you think about yourself. If you think about yourself at all, take care of their comfort first because if you take care of them they’ll do their best to take care of you.”

After completing his presentation, Galloway answered questions about his experiences of working closely with Moore, as well as his experiences away from the battlefield.

“So much of what Joe talked about loving was the time he spent around the troops while serving as a war correspondent for 50 years,” EOD Mobile Unit 2 Executive Officer Lt. Cmdr. Jason Shell said. “For all of the things we try to measure about combat readiness, the most important thing is the one thing we don’t measure, and that is heart. It’s something he thought Moore could measure

and use to inspire his troops, and that might be one of the most important lessons about holding any command, even if you can’t measure it.”

EODGRU 2, headquartered at Joint Expeditionary Base Little Creek-Fort Story (JEBLCFS), oversees all East Coast-based Navy EOD mobile units, including one forward-deployed mobile unit in Spain, as well as EOD Expeditionary Support Unit 2, EOD Training and Evaluation Unit 2, and the only East Coast-based mobile diving and salvage unit, Mobile Diving and Salvage Unit 2.

For more news from Explosive Ordnance Disposal Group 2, visit www.navy.mil/local/eod2/.



Joseph Galloway, former combat correspondent and co-author of the award-winning book *We Were Soldiers Once ... and Young*, listens to a question during a leadership discussion with command triads and prospective commanding officers assigned to Explosive Ordnance Disposal Group (EODGRU) 2 at Joint Expeditionary Base Little Creek.



Joseph Galloway, former combat correspondent and co-author of the award-winning book *We Were Soldiers Once ... and Young*, speaks to command triads and prospective commanding officers assigned to Explosive Ordnance Disposal Group (EODGRU) 2 during a leadership discussion at Joint Expeditionary Base Little Creek. EODGRU 2 is headquartered at Joint Expeditionary Base Little Creek-Fort Story and oversees Mobile Diving and Salvage Unit (MDSU) 2 and all East Coast-based Navy EOD mobile units.



MCSN Julie N. Vujevich
Damage Controlman 3rd Class Carter Gratton places a sign on an out of service fire plug on the ship. The aircraft carrier USS George Washington (CVN 73) is undergoing a refueling and complex overhaul (RCOH) at Newport News Shipyard.

OUT WITH THE OLD, IN WITH THE NEW: FIRE MAIN MAINTENANCE EVOLUTION

By MCSN Julie Vujevich
USS George Washington Public Affairs

NORFOLK

Approaching the six-month mark for Refueling and Complex Overhaul (RCOH), the aircraft carrier USS George Washington (CVN 73) begins to undergo an important maintenance evolution to ensure the ship’s mission readiness upon completion of RCOH.

The Damage Control division came in Jan. 20–21 to segregate the port side fire main from the starboard side, perform mass tag-outs to the port side’s fire plugs and valves, and to slowly depressurize the port side’s fire main system.

“The reason we’re doing this is so that the shipyard can overhaul, first the port side and then the starboard side fire mains,” Damage Controlman 2nd Class Daniel Sawyer said. “The valves on the ship have been operating for 25 years so some of the valves, seats and discs could be corroded. We haven’t been able to provide any sort of isolation so when we’re trying to do tag-outs on our equipment and try to fix our equipment, we can’t isolate properly because the valves leak by. This maintenance is going to restore all of our valves so that we can properly maintain our equipment.”

As of Jan. 23, approximately 75 percent of the ship’s fire main has been depressurized and is scheduled to remain in Inactive Equipment Maintenance (IEM) until mid-July of this year while repairs are being made, said Master Chief Damage Controlman Orlin R. Volmer, the Assistant Damage Control

Assistant (ADCA) and Leading Chief Petty Officer (LCPO) of the Damage Control division.

“On the port side, there’s no fire main on the lines, it’s entirely tagged down,” Damage Control 2nd Class Mark Carroll said. “We installed some blanks — a steel plate that blocks any water from escaping — on the starboard side and then slowly opened up the valves on each of the main branches of that side, allowing it to slowly release the fire main back into the system. This ensures that we will still have half of the ship’s fire main still pressurized and usable while the other side is down.”

Sailors on the ship should be aware of the outages and are advised to learn where the closest working fire plugs are in the event of a fire.

“After six to eight months, the maintenance should be done and we can bring the port side fire main back up, making sure the repair work that was completed during that time was able to fix any potential issues,” Carroll said. “We will then start the process of bringing down the starboard side of the fire main and go through the exact same evolution.”

All affected fire plugs will have tags and labels on them, warning Sailors that the fire main is out of commission and giving the nearest location of an operable fireplug.

The importance of the fire main maintenance evolution is paramount to the ship and its mission, better preparing the ship in the event of a fire in the future.

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

Truman holds 24-hour suicide prevention marathon

By MC2 Anthony Flynn
USS Harry S. Truman Public Affairs

NORFOLK

Sailors aboard the aircraft carrier USS Harry S. Truman (CVN 75) held a 24-hour marathon in the ship’s hangar bay, to get the word out about suicide prevention from Jan. 30–31.

“The goal was to show our Sailors that we care,” Executive Officer of Harry S. Truman and marathon participant Capt.

Cassidy Norman said. “Suicide prevention is such an important message, and we wanted to get that message out whatever way we can.”

Sailors signed up to perform one of four cardio workout machines in 15-minute blocks.

“We had a great turnout today,” Norman said. “We aimed to have at least one Sailor working out at a time but often had multiple Sailors exercising and supporting their shipmates side-by-side.”

Participants either rode stationary bikes, ran on ellipticals, rowed or performed a total body workout machine.

All who participated in the event received a complimentary t-shirt and gym towel displaying the National Suicide Prevention Lifeline telephone number and website address.

“In this day and age, it’s important to raise awareness for Sailors who might be in these types of situations,” Aviation Maintenance Administrationman 1st Class Thereva Foreman said. “We wanted to let our shipmates know that there is help available and plenty of people aboard Truman that are there for them, as the event proved today.”

Truman is currently moored at Naval Station Norfolk preparing for its composite training unit exercise (COMPTUEX).

For more news from USS Harry S. Truman, visit www.facebook.com/usstruman or visit www.navy.mil/local/cvn75/.

For more information about the National Suicide Prevention Lifeline call 1-800-273-TALK (8255) or visit www.suicidepreventionlifeline.org.



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Look on the ground it’s a chemical, it’s flammable, it’s dangerous, it’s HAZMAT

By MC3 Trey Hutcheson
USS George Washington Public Affairs

NORFOLK

While in refueling and complex overhaul (RCOH), the aircraft carrier USS George Washington’s (CVN 73) hazardous material (HAZMAT) division plays a vital role in the day-to-day operations of the ship. In RCOH, HAZMAT’s main job is the distribution and disposal of HAZMAT that is needed for on-going maintenance around the ship, as well as for the different periodic maintenances that individual departments do on a daily basis.

On a typical day, HAZMAT will support around 50 different maintenance tasks aboard the ship. It is important that every Sailor aboard the ship is following proper procedure when it comes to HAZMAT. Wearing proper personal protective equipment (PPE) when using, storing and disposing of HAZMAT is key to the safety of the Sailors who are working with HAZMAT.

“Our biggest concern while in RCOH, is the safety of the Sailors who are using HAZMAT,” said Chief Logistics Specialist Genorse Gilbert, the HAZMAT leading chief petty officer. “It’s labeled HAZMAT for a reason, so wearing safety goggles, gloves, chemical aprons, boots, anything that can protect your skin and eyes from chemical burns is necessary while dealing with any type of HAZMAT.”

With safety being such a major concern, it is important that Sailors do not make easily avoidable mistakes while getting and handling their HAZMAT.

“A common mistake being made by Sailors is leaving HAZMAT unattended,” said Logistics Specialist 2nd Class



MC3 Trey Hutcheson
Logistics Specialist Seaman Nate Iversen inspects a Hazardous Material label aboard the aircraft carrier USS George Washington. George Washington is undergoing a refueling and complex overhaul (RCOH) at Newport News Shipyard. RCOH is a nearly four-year project performed only once during a carrier’s 50-year service life that includes refueling of the ship’s two nuclear reactors, as well as significant repair, upgrades and modernization.

Wuarlin Ortiz Rosario. “Leaving HAZMAT unattended is a danger to not only yourself but others around you, so it is extremely important that you know where your HAZMAT is at all times.”

HAZMAT division has an amnesty program in place. Any Sailor who finds any type of HAZMAT laying around the ship, that is not supposed to be there, can bring it to the HAZMAT trailer in the hanger bay without any repercussions.

“We’re seeing a lot of the same mistakes from many different Sailors,” said Gilbert. “When you come to HAZMAT you should know exactly what you need, how much of it you need and know that when you are finished with the HAZMAT you must bring it back to us. Even if you use all the HAZMAT, you must bring the container that the HAZMAT was stored in back to us.”

In an effort to properly store all these materials the HAZMAT division designed and built an additional storage facility to store HAZMAT located on the pier.

In the upcoming months, there will be a lot more painting going on, which means a lot more HAZMAT aboard the ship.

“There is going to be a lot more painting going on next month, much more painting then we have seen since we’ve entered RCOH,” said Gilbert. “So, we designed a red HAZMAT trailer down on the pier to store all of the extra paint.”

However, with the ship being in RCOH, most of the HAZMAT that was stored on board has since been removed.

“Prior to entering RCOH, most of our HAZMAT stock was ordered to be off-loaded from the ship,” said Gilbert. “What HAZMAT is left on the ship now is more of the high demand items, things that are used on an everyday basis to complete planned maintenance’s.”

As we get more into the RCOH process, more HAZMAT is going to be required. Therefore, Sailors should maintain good practice now in the proper handling, usage and disposal of HAZMAT.

MISSILE GUIDED MUSICIAN

By MC3 Lenny Weston
USS Bataan Public Affairs

NORFOLK

Music can mean different things to different people, but to Aviation Ordnanceman Airman Charles Hendrickson, aboard the amphibious assault ship USS Bataan (LHD 5), music is a chance to inspire people and a motivator for accomplishing goals and dreams in life.

Hendrickson grew up in a family whose passion for music became an integral part of life. Raised in Peoria, Arizona, He attended Sunrise Mountain High School, where he performed with his school’s band playing the clarinet, before moving onto Northern Arizona State University where he majored in music performance.

“Playing music gives me a joy and a sense of peace,” said Hendrickson. “I love the atmosphere it can create,”

Hendrickson has learned to play a variety of musical instruments from guitar, bass guitar, drums, saxophone along with the bass clarinet and piano.

His father told him he has a gift of picking up any instrument and getting the hang of it in a couple of hours.

“My father influenced me to become a musician along with many of my friends and family that shared the same passion of making music for others to enjoy,” said Hendrickson.

Hendrickson hopes to use his talents of fulfilling his dream of making a Christian Rock Christmas album come true. He believes making music is about uplifting people and inspiring others to do more.

“It’s about touching that person in a moment,” said Hen-



MC3 Lenny Weston
Aviation Ordnanceman Airman Charles Hendrickson, a Sailor aboard the amphibious assault ship USS Bataan (LHD 5), poses for a environmental photograph. USS Bataan is currently moored at BAE for a maintenance availability period.

drickson. “It makes me happy to make music.”

Hendrickson says his musical preference was influenced by the bands he played for in the different churches he attended, as well as working behind the stage on the soundboards and lighting.

“There is more to being a musician than just reading notes on a page,” said Hendrickson. “It’s the ability to feel the music and know when something is missing that is going to make that song into something more.”

So far, Hendrickson already recorded a song and has it uploaded to his YouTube channel. He wants to write and compose music that expresses what Christmas really means to him; family, friends and about giving back to others.

“Playing music gives me a joy and a sense of peace, I love the atmosphere it can create”

Aviation Ordnanceman Airman, Charles Hendrickson

In 2015, Hendrickson decided to enlist in the Navy to serve his country, but he found out the Navy can also help him accomplish more than just that. During his last deployment, Hendrickson participated in several talent shows, music nights and karaoke nights along with being a worship leader for Christian services on Sundays, where he would play his guitar and sing. He is even working on getting an audition for the Navy Band, with hopes of reaching his dream of becoming a renowned musician.

“If you have a passion or a dream you don’t need to rationalize it,” said Hendrickson. “Just get out there and do it, don’t waste the gift that was given to you.”

For more news from USS Bataan (LHD 5), visit www.navy.mil/local/lhd5/.

DON’T GET AMPED

By MC3 Garrett LaBarge
USS Abraham Lincoln Public Affairs

ATLANTIC OCEAN

Sailors aboard the aircraft carrier USS Abraham Lincoln (CVN 72) use personal and professional electrical tools and devices on a daily basis. Using these products aboard Abraham Lincoln requires Sailors to have additional knowledge on electrical safety.

Electrician’s Mates assigned to the electrical tool issue room conduct safety checks on personal electrical gear, as well as issue out electrical tools for departmental maintenance to help Sailors ensure their equipment is safe.

“Everyone is at risk in terms of electrical safety, from the commanding officer and executive officer, down to Sailors

like you and I,” said Electrician’s Mate 2nd Class Sofia Rojas, one of the petty officer’s working in the electrical tool issue room.

According to Rojas, 0.1 amps can kill someone, and since electrical receptacles aboard Abraham Lincoln have 15 amps

“There’s a lot of things we know about electrical safety that aren’t common knowledge, and that’s why it’s important all Sailors bring their personal electronic items to us,”

Electrician’s Mate 2nd Class, Mahamadi Ouedraogo

running through them regularly, it’s important Sailors are safe around electricity.

“Imagine if a Sailor were to touch something that’s not

inspected,” said Rojas. “It wouldn’t be good. Flatirons and microwaves pull a lot of current, so if a Sailor plugs into the electrical circuit they could blow up the circuit. When we do personal safety checks we usually confiscate cords that are cut or frayed.”

A Sailor will receive electrical safety training on average four times within their first year aboard Lincoln, according to Electrician’s Mate 2nd Class Mahamadi Ouedraogo, the work center supervisor in the electronic tool issue. When a Sailor checks aboard, they receive safety training. Soon afterwards, they receive training during Abraham Lincoln’s two-week indoctrination class. Throughout the year and during safety stand-downs, Sailors receive additional ship-wide training regarding electrical safety.

The electrical safety requirements can be found in the Naval Ships’ Technical Manual (NSTM) chapter 300, Abraham Lincoln Instruction 5100 4G, and the OPNAVINST 5100.19E.

“There’s a lot of things we know about electrical safety that aren’t common knowledge, and that’s why it’s important all Sailors bring their personal electronic items to us,” said Ouedraogo. “We will make sure it’s safe for you, and it’s safe for the ship.”

For more news from USS Abraham Lincoln (CVN 72), visit www.navy.mil/local/cvn72/.

SHUTDOWN | *who will feel the impact?*

Continued from A1

Only a minimum number of civilian employees necessary to carry out excepted activities will be exempt from the furlough. Excepted activities include safety of human life or protection of property, medical and dental care at DOD treatment facilities, galleys, fitness centers, childcare services, Wounded Warrior-Safe Harbor assigned to a region, acquisition and logistic support, education and training necessary to support excepted activities, legal activities, audit and investigation functions, law enforcement, counterterrorism operations and other safety-related operations such as fire protection, search and rescue, air traffic control, explosive ordnance disposal, family readiness and support services necessary to respond to emergency situations, Morale Welfare and Recreations (MWR) activities funded by non-appropriated funds, financial management and working capital funds. MWR and other programs supported by non-appropriations funds will continue as normal in most cases. Contact your base for local impacts. Civilian personal check with their supervisor on furlough status.

“Our Navy is comprised of a diverse team of active duty and reserve Sailors, Navy civilians, families and retirees. Our Navy civilian workforce is an integral part of the Navy team and we will do all that we can to support them and their families during a government shutdown,” said Commander of Navy Installations Command Vice Adm. Mary Jackson. “We know that furloughs place a tremendous financial burden on all those affected. As we work through the government shutdown, our priorities will continue to be providing the necessary services to our fleet, fighters and families.”

A government shutdown may impact services to our military personnel and their fam-

ilies. It is essential that leadership communicate the potential impact to all personnel and appropriate resources are made available to help mitigate the potential risks to quality of life and quality of service. Military and civilian personnel will not be paid until Congress makes appropriated funds available.

Contract personnel under a fully funded contract that was awarded prior to the expiration of appropriations may continue to provide contract services, however, new contracts may not be executed. Military and civilian training and travel of employees will be disrupted unless the travel or training was connected to an excepted activity. Those on travel will return to their duty station.

“We will continue to execute daily operations around the world — ships and submarines will remain at sea, our aircraft will continue to fly and our warfighters will continue to pursue terrorists throughout the Middle East, Africa, and South Asia,” said Secretary of Defense James Mattis. “While training for reservists must be curtailed, active forces will stay at their posts adapting their training to achieve the least negative impact on our readiness to fight.”

Stateside commissaries, including those in Alaska and Hawaii, will follow an orderly shutdown to prepare for closing so they can reduce their stocks of perishables and properly safeguard equipment and facilities within 72 hours. The 38 commissaries in Europe, one store in Puerto Rico and 28 stores in the Pacific (including two in Guam), will remain open during a government shutdown as a safety and security measure to serve U.S. troops and their families stationed overseas. Contact your commissary for local impacts.

“I recognize the consequences of a government shutdown,” said Mattis. “You have my personal commitment that the Department’s leadership will do our best to mitigate the impacts of the disruptions and any financial burdens to you and your families.”

The Navy and Marine Corps Relief Society (NMCRS) will provide interest-free loans to active duty Navy and Marine Corps personnel and their families needing financial assistance to purchase food and gasoline for travel to and from work. Each command has a liaison with the NMCRS that will assist in the loan applications as service members must go through their command representative to receive assistance. The NMCRS financial assistance is not a substitute for a payday. Applications for assistance may also be made at the nearest location of Army Emergency Relief, Air Force Aid Society, Coast Guard Mutual Assistance or the American Red Cross.

If a lapse in appropriations goes for a long period of time service members and spouses should be encouraged to contact their landlords, utility companies, financial institutions and other creditors requesting their cooperation and informing them that routine payments may have to be deferred until the government shutdown is over.

For more information and frequently asked questions visit Commander, Navy Region Mid Atlantic website at www.navy.mil/local/cnrma/ or our Facebook page at www.facebook.com/CNRMA.PAO/

Guidance for Continuation of Operations during a lapse of appropriations can be found at www.defense.gov

Office of Personnel Management (OPM) web site for most up-to-date information on the furlough status at www.opm.gov/furlough

For questions on pay impacts during the furlough status, refer to DFAS website at www.dfas.mil/

Additional guidance: www.cmops.osd.mil or www.public.navy.mil/donhr

Check the status of your local commissary at www.commissaries.com

Navy-Marine Corps Relief Society at www.nmcrs.org

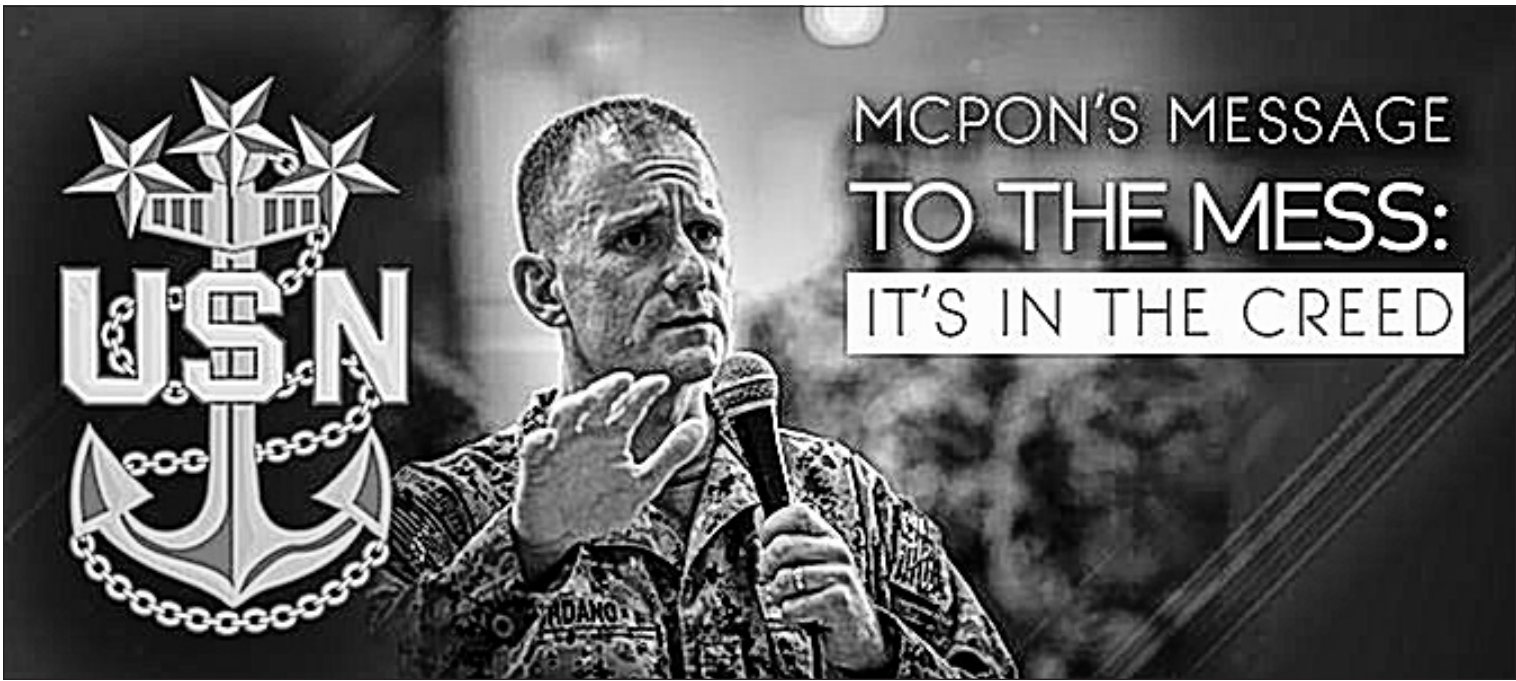
WHAT IS NOT IMPACTED

- Medical and dental care at DOD treatment facilities.
- Fitness centers.
- Childcare services.
- Galleys.
- Legal activities, audit and investigation functions.
- Law enforcement, counterterrorism operations and other safety-related operations such as fire protection, search and rescue, air traffic control, explosive ordnance disposal.
- Family readiness and support services necessary to respond to emergency situations.
- Morale Welfare and Recreations (MWR) activities funded by non-appropriated funds.

- The 38 commissaries in Europe, one store in Puerto Rico and 28 stores in the Pacific (including two in Guam), will remain open during a government shutdown.

HOW A FURLOUGH MAY IMPACT ME

- Military and civilian personnel will not be paid until an appropriations bill is passed.
- Military and civilian may not receive back pay unless Congress includes this in the appropriations bill.
- Services curtailed — only essential functions remain.
- Training may be curtailed.
- Most official travel is canceled.
- Commissaries close — given up to 72 hours for the orderly shutdown to reduce perishables.
- Some gates accessing base may be closed.



U.S. Navy photo illustration

MCPON’s message to the mess: It’s in the creed

By Master Chief Petty Officer of the Navy Steven S. Giordano

WASHINGTON

Reflecting upon numerous conversations with you, my fellow Chiefs, and the resounding voices of Sailors at all levels throughout the fleet, I have come to realize the expectations of a Chief Petty Officer may have become somewhat muddled. Please allow me to offer some clarity on this subject ... It’s in the Creed. The Creed states, “More will be expected of you; more will be demanded of you.” These words and others contained in the Creed reminds us of our responsibilities as technical experts, continuous learners, coaches, decision-makers and communicators.

All of us, from the most junior Chief to the master chief petty officer of the Navy must be focused in our collective effort to become an even stronger more capable and resilient force by centering ourselves on the CPO Creed and our Navy Core Values to meet the expectations of our Officers, Sailors, families and peers.

Over the last year, I have traveled thousands of miles around the globe, visiting hundreds of organizations across every warfare community and speaking with tens of thousands of Sailors. It’s immensely humbling to witness their commitment and listen to their stories. Nothing is more heartening than seeing first-hand what our Sailors are doing and having honest conversations about what we can do better as a Navy. These young minds have so much to offer. They truly are the most talented force we have ever had. We only need to be sure to listen and reinforce our support. So, as you are conducting

quarters, walking the deckplates and engaging in social media, remember our actions will either reinforce or weaken our core attributes of initiative, integrity, accountability and toughness throughout our ranks. Keeping in mind, “challenge is good; a great and necessary reality which cannot mar you — which, in fact, strengthens you.” Bettering our Navy is going to take the whole team. Therefore, every Chief must approach each day and every interaction — in person or on social media — with even the most junior of Sailors with an open mind; being receptive to the concerns, questions and ideas.

As we embark on this new year, we must be more focused than ever on leading forward in our efforts to strengthen enlisted leader development for all ranks, tackle destructive behaviors even in our own ranks, and eliminate unnecessary burdens that distract us from our warfighting priority.

Additionally, based on your feedback and that of our Sailors, we need to do a better job of ensuring information flows between the strategic, operational and tactical levels. It’s just as important for those on the deckplates to understand what’s going on at the strategic level, as it is for those at the strategic level to understand the perspective from the deckplates. This duality is critical for our Navy’s continued success. We need to improve in our ability to interpret higher echelon information and make it relevant to the Sailors operating on the deckplates. This requires a multi-pronged communication approach from NAVADMINs to all-hands calls and from emails to Facebook posts. However, while Sailors are connected on-

“More will be expected of you; more will be demanded of you.”

line we must ensure they do not become disconnected from leadership.

The heartbeat of communicating with our Sailors remains the Chief! Stand-up in front of them and educate your Sailors on what’s going on in the Navy. Challenge the communication model. If you believe you are not receiving information that is being brought to your attention by your Sailors, reach to the next level for guidance. Do not accept the “I don’t know” answer. “Ask the Chief is a household phrase.”

We must not even for a second forget the incredible privilege it is to serve our Navy as Chief Petty Officers. It is a privilege that must be earned every day. We are the technical experts, the mentors, and trusted advisors. As Chiefs, your words and actions must not waiver from our abiding loyalty to the Navy, our Core Values, and the ideals that Chief Petty Officers stand for. Being forever mindful “trust is inherent with the donning of the uniform of a Chief.”

On April 1, 2018, we will celebrate our 125th anniversary. It’s been a strong 125 years of making our Navy run as its backbone, but we have plenty to learn. Learn from the mistakes, capture our successes, and share insights. We must continue to engage, develop and challenge ourselves to be better. It’s what we do as Chiefs! “Your performance has assured us that you will wear the hat with the same pride as your comrades

in arms before you.” That’s how we will strengthen the Navy this year and every year — from the sea floor to space.

Ultimately, we’re seeking to continuously shape our Navy to become safer, more lethal, and enable it to build stronger partnerships. The over thirty thousand active and reserve Chief Petty Officers who wear anchors are the conduits to making that happen. If you haven’t done so yet this year, take time to read the CPO Creed carefully and reflect on its meaning. There are no greater words of influence than what’s written in the Creed. It’s timeless. Take a hard look at the Creed as you embark on 2018. Read it, understand it, and live by it. Separately, our daily duties, mission and challenges may be unique, but the Creed is the marrow that bonds us together into a unified backbone for the Navy.

I urge all of you to strive to be visible, confidently humble deckplate leaders, more authentic, competent and courageous in leading our Navy team forward every day. Challenge yourself and accept those of your Sailors! “The exalted position you have now achieved — and the word exalted is used advisedly — exists because of the attitude and performance of the Chiefs before you. It shall exist only as long as you and your fellow Chiefs maintain these standards.”

COMPUTEX | *Truman participates in month long exercise*

Continued from A1

transits, and responses to surface and subsurface contacts and electronic attacks.

Completing these assessments effectively certifies Truman as a deployment-ready fighting force capable of commencing missions overseas.

“COMPTUEX tests our ability to combine all units and capabilities within the strike group into a cohesive, multi-mission fighting force that can perform sustained combat operations at sea,” said Rear Adm. Gene Black, HST CSG commander. “Performing this critical evolution now, before deployment, allows our strike group to find out its strengths, but more importantly to pinpoint where we can better integrate as a team.”

During the exercise, trainers, mentors and assessors from Carrier Strike Group 4, the U.S. Fleet Forces Command formation charged with training and mentoring Atlantic Fleet Carrier Strike Groups, Amphibious Ready Groups, and independently deploying surface ships for deployment, will embark with participating units to provide training through carefully planned, realistic scenarios.

“More than anything, COMPTUEX gets us into the right state of mind,” said Intelligence Specialist 2nd Class Andrew Horstead. “The things we do are essential. It prepares us for a variety of scenarios we may encounter on deployment. COMPTUEX is the symbolic battle between our adversaries and coalition forces.”

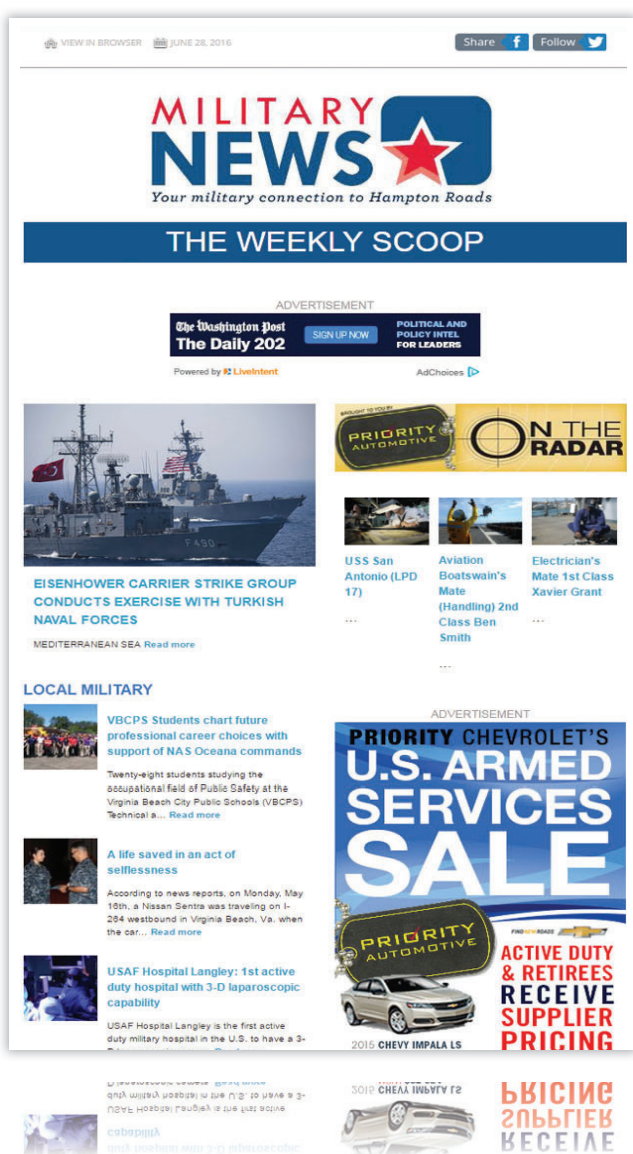
Harry S. Truman CSG is scheduled to deploy later this year. Strike group elements participating in COMPTUEX include the aircraft carrier USS Harry S. Truman (CVN 75) and embarked Carrier Air Wing One; staffs from Carrier Strike Group 8 and Destroyer Squadron 28, guided-missile cruiser USS Normandy (CG 60); guided-missile destroyers USS Arleigh Burke (DDG 51), USS Bulkeley (DDG 84), USS The Sullivans (DDG 68), USS Winston S. Churchill (DDG 81), USS Farragut (DDG 99), USS Jason Dunham (DDG 109), USS Forrest Sherman (DDG 98), the Royal Norwegian navy frigate HNoMS Roald Amundsen (F 311) and the Sachsen-class German frigate FGS Hessen (F 221).

COMPTUEX is the final stage of pre-deployment workups for the strike group. For USS Harry S. Truman, the evolution caps off more than seven months of training to ensure the ship and crew are ready to deploy.

For more news from USS Harry S. Truman, visit www.facebook.com/usstruman or www.navy.mil/local/cvn75/.

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SECTION B | FLAGSHIPNEWS.COM | 02.08.18



Staff members of Surface Warfare Officers School practice ship handling techniques in the Littoral Combat Ship (LCS) Full Mission Bridge (FMB).

Photos Lt. Megan Chester

TIME WELL SPENT

By Vice Chief of Naval Operations Adm. Bill Moran

I recently completed an energizing trip to Surface Warfare Officers School (SWOS) in Newport, Rhode Island, to get a first-hand look at how Surface Warriors are taught and gain important insights into what instructors and students feel are important to the future of the Surface Force.

As co-chair of the Oversight Board responsible for implementing recommendations from the Strategic Readiness Review and Comprehensive Review (SRR/CR), our team is organized to trace what has already been done to ensure near-term safe and effective operations at sea and to the longer-term institutional measures necessary for lasting improvement in today's Surface Force.

Addressing issues as important as those reported by the SRR/CR with an oversight board is not necessarily new. However, the scope of the tragedies and the obligation we all have to our lost shipmates demands our full attention as senior leaders in order for the fleet to maintain its warfighting edge. A key assumption of our team is that we don't have all the answers; if we go it alone, we will fail. Success will require input and two-way dialogue with the fleet, especially with our commanding officers in the fleet.

To that end, a trip to SWOS seemed necessary and appropriate. Spending time with instructors and prospective commanding officers and executive officers attending the Surface Commanders Course was my primary priority for the visit. Much has been written lately about what SWO leaders are thinking and feeling — hearing directly from

them was an important first step.

A dialogue and rapport that promotes sharing of ideas and feedback are vital to not only implementing the suggestions from the two reviews, but importantly, to building a culture that addresses problems before they become crises. It is also imperative to let those whom we have selected to lead know we have their backs and are listening.

At SWOS, it was immediately clear that leaders there were all in. They showed a passion for learning, were chomping at the bit to get out into the fleet and had given real thought to how we should continue to improve Surface Warfare. They wanted more reps and sets — preferably underway — but they all valued modern simulators and scenarios that practice their decision-making under stress. They also saw great value in more tailored courses throughout the SWO pipeline, and more one-on-one training to build self-confidence at sea. They were ready, and we owe them the tools, resources and processes to do so.

Some elements of this process have begun. Specific recommendations from the two reviews last fall are already underway. Examples include ensuring that no Forward Deployed Naval Force Japan ships are operating without certification for their assigned missions; completing an evaluation of naval requirements in the Western Pacific to prioritize operations in theater; and establishing a comprehensive fatigue and endurance management policy to guide command teams to make balanced risk decisions.

Additional near-term recommendations being evaluated by our new SWO Boss, Vice



Lt. Megan Chester

Students at Surface Warfare Officers School (SWOS) train on the Littoral Combat Ship (LCS) Full Mission Bridge (FMB) simulator. The LCS Full Mission Bridge simulator is a full-sized trainer that uses the same software as the FMB and Conning Officer Virtual Environment (COVE). The LCS trainer has every Navy homeport modeled and allows the student to navigate in and out of designated ports using the highly sophisticated controls of a littoral combat ship.

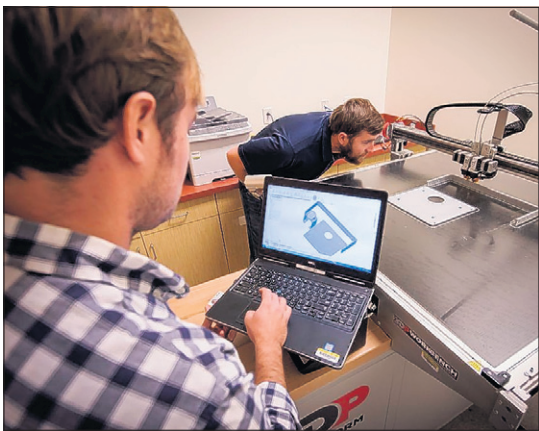
Adm. Brown, include: improving the SWO career path with emphasis on experience at sea; revamping the standards for shipboard qualifications; and reviewing all inspection and certification requirements with the goal of buying time back for commanding officers.

Make no mistake, this is my top priority, and there is plenty of work in front of us and more feedback to collect. The Oversight Board is not intended to be another administrative burden. The SRR/CR recommenda-

tions are solid, and it is our work to remain locked at the hip with the fleet and Vice Adm. Brown to do everything within our power to make sure that these changes are meaningful and enduring.

Success requires listening to your feedback and incorporating what makes sense. Implementing change in a vacuum will lead to failure.

Thank you for your patience, your professionalism and your steadfast devotion in standing the watch. See you in the fleet.



Joe Bullinger

Space and Naval Warfare (SPAWAR) Systems Center (SSC) Atlantic employee Josh Heller, left, reviews CAD software designs for additive manufacturing while Ryan Wilhite verifies the printer is properly calibrated. By using Additive Manufacturing technology (3-D printing), SSC Atlantic engineers and scientists can design and create prototypes for new components and replacement parts, and enhance and modify existing products. SSC Atlantic develops, acquires and provides life cycle support for command, control, communications, computer, intelligence, surveillance and reconnaissance (C4ISR) systems, information technology and space capabilities.

SSC Atlantic hones additive manufacturing capabilities for Navy applications

By Diane Owens

Space and Naval Warfare Systems Center Atlantic Public Affairs

CHARLESTON, S.C.

Space and Naval Warfare Systems Center Atlantic engineers and scientists use additive manufacturing to enhance and sustain warfighter capabilities afloat and ashore. They design and create prototypes for new components and for replacement parts, and enhance and modify existing products.

A research and development (R&D) scientist at Space and Naval Warfare Systems Center (SSC) Atlantic wanted to create a compact, energy-harvesting support component not available commercially. He designed the component in computer-aided design (CAD) software and, in a single

Future USS Michael Monsoor successfully completes acceptance trials

From Team Ships Public Affairs

BATH, MAINE

The Navy's next-generation destroyer, the future USS Michael Monsoor (DDG 1001), successfully completed acceptance trials Feb. 1.

The U.S. Navy's Board of Inspection and Survey reviewed the ship and its crew during a series of demonstrations both pier side and underway, evaluating the ship's construction and compliance with Navy specifications.

Many of the ship's onboard systems including navigation, damage control, mechanical, electrical, combat, communications and propulsion systems



Courtesy of Bath Iron Works

The Navy's next generation destroyer, the future USS Michael Monsoor (DDG 1001), successfully completed acceptance trials. The U.S. Navy's Board of Inspection and Survey reviewed the ship and its crew during a series of demonstrations both pier side and underway, evaluating the ship's construction and compliance with Navy specifications.

were tested to validate performance met or exceeded Navy specifications.

"DDG 1001 performed exceedingly well during acceptance trials," said Capt. Kevin Smith, DDG 1000 class program manager, Program Executive Office (PEO) Ships. "The industry and

» [See 3-D PRINTING](#) | B7

» [See MONSOOR](#) | B7

Is your cup half full or half empty?

By Lisa Smith Molinari

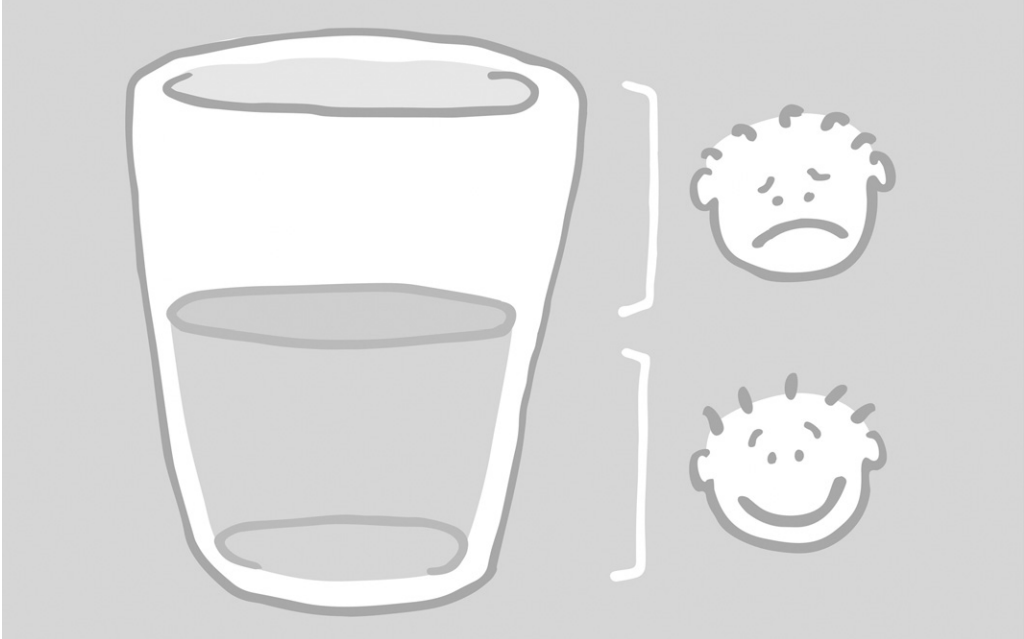
My mother, a retired first-grade teacher, has always put a positive spin on things that appeared to be sad, unjust, terrifying or disgusting. I’ve always admired her capacity to see the good in all things, but there are times when this ability seems out of reach.

On a mud-splattered, dreary Monday morning in February, my mother would hear birds singing. Along a litter-strewn highway dotted with decrepit strip malls, my mother would spy Queen Anne’s Lace growing in a nearby ditch. If I served my mother a revolting casserole made from two weeks of mediocre leftovers, she would delight at the colorful pimentos. My mother could encounter a great big pile of excrement, and chances are, she would point out the “skat’s” scientific benefits — fertilization, seed distribution, or composting. I know, because she’s actually done this. Many times.

Having been a military spouse for 24 years, I found it difficult to channel my mother’s relentless positivity. Military moves, separations and inadequate pay were like big piles of excrement plopped down into our path. As far as I could tell, there were no benefits. These inevitable hardships were the sacrifices of military service.

But just because I couldn’t see a bright side doesn’t mean there wasn’t one.

Take PCS moves, for example. After I packed up my entire household, left my job



Stock Photo

and everything I had come to know, said good-bye to good friends and our favorite pizza joint, was I supposed to see rainbows and unicorns?

No, because there were no unicorns and rainbows, but there were certain hidden benefits of PCS moves. A fresh start, a clean slate, or a reset was sometimes just what our family needed. Our first move overseas gave my husband and I an opportunity to travel together, rather than spending all our vacations with extended family. Our orders to move from England were a ticket out of my tedious obligations as Parliamentarian of the Spouse’s Club. When we moved away from Virginia, we were relieved to get our son out of the school where he had been bullied. Our move from Germany enabled me to break up with the hairdresser who had turned my hair an unnatural shade of yellow-orange. During our move to Florida, the movers finally broke that microwave cart I always hated anyway.

With each move, we were given a unique opportunity to reinvent ourselves, our routines and our living situations. And in that way, moving was actually a good thing.

Let’s face it, military pay grades are not the stuff that dreams are made of. My minivan with 215,000 miles on it and interior carpeting that smells like pickled eggs is proof that military families aren’t wealthy. However, receiving military pay that is a matter of public record has its benefits, too. We never had to wonder

how we stacked up against our military peers. Minivans, potlucks and bill-splitting was never frowned upon. There was no competition or pretentiousness. And in that way, military pay was actually a good thing.

Believe it or not, even military separations offer something positive. Aside from the obvious “absence makes the heart grow fonder” phenomenon, there’s also crumbs, clickers and communication to appreciate. Men are crumb-producing machines, and during the times that my husband was deployed or on travel, I relished my crumb-free existence. I also savored full reign over the television clicker. But best of all, my husband and I communicated best when he was away. We emailed and called often, and never forgot to say, “I love you.” And in that way, military separations were a very good thing.

Artists say that the lump of plaster is a masterpiece because “beauty is in the eye of the beholder.” Real estate agents will tell you that the old shack is “a charming Cape Cod.” And my mother will tell you that the dog doo you just stepped in is an essential element of the circle of life.

Families enduring the challenges of military life can put a positive spin on their world. No matter how dark it seems, as long as the sun shines, there will always be a bright side.

www.themeatandpotatoesoflife.com

Leaders take proactive approach during flu season

By Joycelyn Biggs
Naval Hospital Public Affairs

GUANTANAMO BAY, CUBA

All U.S. States except Hawaii are reporting widespread flu activity, according to the centers for disease control website. While this is not the case in Guantanamo Bay, hospital leaders are taking a proactive approach to sustain this trend.

Kevin Robarge, emergency management, Naval Hospital Guantanamo Bay said a pandemic influenza tabletop meeting was held in conjunction with Naval Station and other directorates across the installation. The meeting included discussing tactics to effectively hinder the spread of influenza on base and educate the public.

“During the working group we established communications and action plans,” Robarge said. “We determined the best options to educate residents on a variety of topics including effective cough hygiene, hand washing and other tips which will help eliminate the probability of the spread of flu like viruses.”

Based on those discussions, informational pamphlets have been distributed on social media sites and in the local newspaper. A public service announcement was created and is being played on the local radio station. Information concerning flu shots being provided at no cost has been published and 13 flu reduction stations were built and are being placed in various high traffic areas around the installation.

LCDR Robert Kimberling, director of public health, USNHGB advised any sick person should stay home unless there is a need to come to the hospital for medical care. He said in a small remote environment, it is imperative to avoid an epidemic.

“The number of flu cases here is not at a level to cause concern,” Kimberling said. “Although there is no need to panic, everyone should



MC2 Sean P. Gallagher

Hospital Corpsman 2nd Class Majesta Hagemyer, assigned to Fleet Surgical Team 3, fills a syringe with influenza vaccine aboard the Wasp-class amphibious assault ship USS Essex during Dawn Blitz 2017. Dawn Blitz is a scenario-driven exercise designed to train and integrate Navy and Marine Corps units by providing a robust training environment where forces plan and execute an amphibious assault, engage in live-fire events, and establish expeditionary advanced bases in a land and maritime threat environment to improve naval amphibious core competencies.

be proactive to sustain this trend.”

U.S. Navy Hospital Guantanamo Bay embraces providing world-class care by maintaining a reputation for sustaining one of the highest patient satisfaction rates of any military treatment facility in the Navy. The patient population of approximately 5,500 includes military family members, government civilian employees and their families, special category residents, contractors, foreign nationals and migrants.

Navy Medicine is a global health care network of 63,000 personnel that provide health care support to the U.S. Navy, Marine Corps, their families and veterans in high operational tempo environments, at expeditionary medical facilities, medical treatment facilities, hospitals, clinics, hospital ships and research units around the world.

For more news from Naval Hospital Guantanamo Bay, visit www.navy.mil/local/nhgitmo/.

Dental cleanings can save time, money and even your life

By TRICARE.mil

Chances are you know someone that only gets their teeth cleaned every few years. You may even be that person. But, frequent and regular cleanings are more important than most people think. Beyond helping to maintain a bright and clean smile, regular cleanings help your overall health in many ways. If you’re enrolled in the TRICARE Dental Program (TDP), TDP covers yearly diagnostic and preventive services, giving you even more reasons to visit the dentist.

According to the Centers for Disease Control and Prevention, nearly 30 percent of all adults in America live with untreated tooth decay.

“When tooth decay isn’t treated, it can lead to cavities and even tooth loss,” said U.S. Army Col. James Honey, chief of the TRICARE Den-

tal Care Section at the Defense Health Agency.

During a 12-month period, the TDP covers two routine teeth cleanings. If noted on the claim form that you’re pregnant or have a registered, covered chronic medical condition, then a third routine teeth cleaning is covered during a 12-month period.

Normal dental cleaning visits generally follow a similar format. First, a dentist or hygienist reviews your medical history with you. If you’re due for X-rays, these images will help detect decay or changes in your mouth. Next, the dentist or hygienist will remove plaque, tartar and stains from your teeth. Polishing the teeth and applying fluoride are the final steps.

If you’re age 18 or younger, the dentist may consider placing sealants onto the back teeth to help prevent cavities on the chewing surfaces.

The TDP covers sealants for permanent molars through age 18.

A healthy mouth may lower your risk for some serious medical issues, including stroke and heart disease. Early signs of certain medical conditions may be visible in the mouth, including oral cancers. For these reasons, the dentist inspects your mouth, lips, jaw and throat.

The dentist will also look for signs of gum disease, also called periodontal disease. Gum disease is an infection in the tissues that hold teeth in place. Nearly half of all adults age 30 or older show signs of gum disease, which is the leading cause of tooth loss in adults. Finally, the dentist checks for proper tooth alignment and biting, chewing and swallowing patterns.

Don’t let another year pass. Make an appointment for your next cleaning now. Do it for your teeth, your wallet and your health.

For more information about the TDP, download the TRICARE Dental Program Handbook. For information about all dental plans, visit Dental Plans on the TRICARE website.



Know your resources with your local FFSC

Mid-Atlantic Fleet and Family Support Centers (FFSC) programs and services are designed to help you make the most of your military experience, and they’re all available to you at no cost.

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 - Personal Financial Management
 - Information & Referral
 - Family Employment Assistance
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 - Family Advocacy Program
 - Deployment and Mobilization Support
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 - Relocation Assistance
 - Parenting Programs
 - Stress and Anger Management
 - Command Support
 - Crisis Support
 - Suicide Prevention
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Norfolk/Portsmouth	(757) 444-2102
Northwest	(757) 421-8770
Oceana/Dam Neck	(757) 433-2912
Yorktown	(757) 887-4606

www.cnic.navy.mil/navylifema

DoD

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BOXER RECEIVES HIGHEST EVER SCORE ON SUPPLY ASSESSMENT

By MC2 Michael T. Eckelbecker
 USS Boxer Public Affairs

SAN DIEGO

Amphibious assault ship USS Boxer (LHD 4) passed the Supply Management Certification (SMC) 1.1 assessment Jan. 26, with the highest recorded SMC 1.1 score of any ship in the Pacific Fleet — 95.73 percent.

This certification makes Boxer the first ship to ever qualify for certification without remediation and comes just one week after passing Light Off Assessment. SMC is a comprehensive inspection administered by Afloat Training Group (ATG) — Pacific that evaluated Boxer’s Supply department in general stores, food services, retail operations, hazardous material handling and postal operations.

“I cannot be more proud of the Boxer Supply Department for this achievement,” said Boxer Commanding Officer Capt. Benjamin J. Allbritton. “The Supply leadership had a clear vision of success and their Sailors completely bought into it. Success is very additive and I expect even great things from Supply Department in the future.”

ATG inspectors visited Boxer Nov. 20 through Nov. 23 for a precursor Limited Training Team (LTT) visit. During the three day assessment, they provided guidance to supply department leadership on what to prepare for during this week’s inspection.

“It is very critical to pass SMC because supply is one of the most important support areas you need to make sure the mission of the ship is accomplished,” said Master Chief Logistics Specialist Wenceslao Bassig, the lead assessor from ATG.

Due to Boxer’s outstanding score in each mission area during the event, ATG may recommend to Commander, Naval Surface Forces Pacific that the command is certified based on the 1.1 assessment. If approved, the SMC 1.1

score will be the grade of record and Boxer will not be required to perform the 1.4 assessment.

“It tells us that what we see on the deckplates is a reflection of this great grade,” said Bassig. “You have an outstanding crew aboard the ship and it’s because of their strong leadership. It tells us that they care about their job and they’re very sincere about their job.”

Passing SMC 1.1 with a high score moves the crew one step toward larger, more complex goals planned well in advance by Boxer leadership. MOB-D is the next step in Boxer’s journey to become mission ready. While the crew pushes forward to prepare the ship, Supply department is also focused on continued success with upcoming assessments.

“Only a few ships per year get the Captain Edward F. Ney Award for Food Service Excellence, and we’re going for that,” said Boxer Supply Officer Cmdr. Jayson Cramer. “We put ourselves in the position to achieve this prestigious award and we’re looking forward to the Ney competition.”

Supply department is composed of more than 160 Sailors ranging from seaman recruit to commander, and they have planned, coordinated efforts and sacrificed time with family and friends to achieve this historic milestone for Boxer, and the significance is not lost on every Sailor involved.

“The morale has gone up tremendously in just that one day ever since we learned our results,” said Culinary Specialist 2nd Class Tanequia Bernal. “It felt great that all of our hard work led to such positive results. Now that we’ve set such a high standard we have to maintain it.”

The assessment may be complete, but Boxer isn’t slowing down. Entering the basic phase of the training cycle, Boxer’s operational tempo will begin to ramp up as all operational systems



Photos MC2 Jose Jaen

Culinary Specialist 3rd Class Ashley Bailey cuts green bell peppers in the galley aboard the amphibious assault ship USS Boxer (LHD 4). Boxer is currently in its homeport preparing for contractor sea trials.

come back online and training opportunities increase.

“We’re going to enjoy the weekend and then we’re right back at it for Mobility Damage Control Warfare assessment next week,” said Cramer. “A lot of Supply Sailors are in repair lockers and we’re going to make that event successful too. It doesn’t stop; we are integrated with all of the other departments on the ship to make this a fully functioning warship.”

SMC scores are criteria for various awards including the Logistics Readiness Excellence Award, the Captain Edward F. Ney Award, and the Retail and Services Excellence Award and Boxer Sailors are contenders for all three added Cramer.

“The number one thought on my mind is that I’m extremely proud of each and every person in supply department,” he said. “I’m kind of in awe of how professional and how good they really are. I had high expectations and they shattered it.”

Boxer’s crew is currently preparing for the remainder of READ-E 4 events to include crew certification, Dock Trials/Fast Cruise, Squadron/Group Staff Navigation Assessment and Contractor Sea Trials.

For more news from USS Boxer (LHD 4), visit www.navy.mil/local/lhd4/



Ship’s Serviceman Seaman Lashea Harris gives Logistics Specialist 2nd Class Joeven Grepo a haircut in the barbershop aboard the amphibious assault ship USS Boxer (LHD 4).



Culinary Specialist Seaman Michelle Martinez prepares coleslaw in the galley aboard the amphibious assault ship USS Boxer (LHD 4).

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Navy honors the contributions of African Americans during 2018 African American/Black History Month

From Chief of Naval Personnel Public Affairs

WASHINGTON

The Navy joins the nation in celebrating the history of African American Sailors and civilians during African American/Black History Month, Feb. 1–28.

This year’s theme is “African Americans in Times of War,” which recognizes the contributions African Americans have made to the nation during times of war from the Revolutionary War to present-day conflicts.

ALNAV 007/18 encourages commands to participate in heritage celebrations and special observances throughout the year that honor the contributions, unique histories and cultures Navy’s diverse Sailor and civilian team.

This month’s observance has its origins in 1915 when historian and author Dr. Carter G. Woodson founded the Association for the Study of Negro Life and History. Dr. Woodson and the association initiated the first Negro History Week in February 1926. Every U.S. president has officially designated the month of February as National African American/Black History Month since 1976.

“We should celebrate our unique backgrounds because each Sailor brings something different to the fight and this makes us a stronger, more lethal team,” said Rear Adm. John Fuller, commander of the Carl Vinson Strike Group and one of Navy’s African American flag officers. The strike group is currently deployed to the Western Pacific.

African American Sailors and civilians play an integral role in the success of the Navy as part of the One Navy Team. African Americans serve in every rank from seaman to admiral and perform duties in nearly every rating in the Navy. Currently, African Americans make up 17 percent of all Navy personnel or roughly 64,000 Sailors. This includes more than 58,000 enlisted and 5,000 officers. Further analysis shows 17



MC3 Devin M. Langer

Sailors and a Marine perform a step dance during the African American/Black History Month celebration aboard the amphibious assault ship USS Makin Island (LHD 8). The ship is deployed in the U.S. 5th Fleet area of operations in support of maritime security operations designed to reassure allies and partners, and preserve the freedom of navigation and the free flow of commerce in the region.

percent of E-8 and E-9 Sailors are African Americans that hold a range of leadership positions. Nearly four percent of flag officers are African American Sailors.

A breakdown by gender indicates there are currently more

“ We should celebrate our unique backgrounds because each Sailor brings something different to the fight and this makes us a stronger, more lethal team,”

Commander of the Carl Vinson Strike Group,
Rear Adm. John Fuller

than 45,000 African American males and more than 18,000 African American females currently serving in the Navy.

“Those serving today owe our success to the veterans who transformed our Navy into a more diverse force,” said Fuller.

According to the September 2016 “One Navy Team” memo from Chief of Naval Operations Adm. John M. Richardson, actively being inclusive and open to diverse perspectives will produce leaders and teams who learn and adapt to achieve maximum possible performance, and who achieve and maintain high standards, be ready for decisive operations and combat.

Diversity also influences various thoughts, ideas, skill sets, and experiences which ultimately helps increase the effectiveness of the Navy. Integrating Sailors and civilians from diverse backgrounds enables the Navy to recruit and retain the nation’s top talent from a wide pool of skilled personnel.

The Navy supports minority youth development and encourages the pursuit of careers in science and industry through science, technology, engineering and math (STEM) programs. The Navy also partners with organizations including the National Naval Officers Association, the National Society of Black Engineers, and Historically Black Colleges and Universities (HBCU) in support of African American service members and civilians.

A complete educational presentation, including a downloadable educational poster on African American/Black History month, can be requested from the Defense Equal Opportunity Management Institute (DEOMI) by email at demipa@us.af.mil.

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Keel laid for future USNS Miguel Keith

From Team Ships Public Affairs

SAN DIEGO

The future USNS Miguel Keith (ESB 5) held a keel laying ceremony Jan. 30, at the General Dynamics NASSCO shipyard, San Diego.

A keel laying is the formal recognition of the start of a ship’s construction. It is the joining together of a ship’s modular components and the authentication or etching of the ship sponsors initials into a ceremonial plate.

“A keel laying is the first major milestone in the construction of a new ship,” Strategic Sealift and Theater Sealift Program Manager and Program Executive Office (PEO) Ships Capt. Scot Searles said. “The keel is the symbolic backbone of the ship. Over the next several months ESB 5 will begin to take shape and I look forward to seeing its progress as we continue constructing this versatile ship.”

ESBs are highly flexible, modular platforms that are optimized to support a variety of maritime-based missions including Special Operations Force and Airborne Mine Counter Measures support operations in addition to humanitarian support and sustainment of traditional military missions. The ESBs include a four-spot flight deck and hangar and a versatile mission

deck and are designed around four core capabilities: aviation facilities, berthing, equipment staging support, and command and control assets. The ESBs will operate as the component commander requires providing the U.S. Navy fleet with a critical access infrastructure that supports the flexible deployment of forces and supplies.

The Montford Point class is comprised of five ships across two variants in support of the Maritime Prepositioning Force. USNS Montford Point (T-ESD 1) and USNS John Glenn (T-ESD 2) have been delivered and are currently in service. The first of the ESB variant, USS Lewis B. Puller (ESB 3), was delivered to the fleet in 2015 as a USNS ship. In August 2017, the ship was commissioned as a USS ship on station in Bahrain. The USNS Hershel “Woody” Williams (ESB 4) was christened in October and is expected to deliver to Military Sealift Command at the end of February.

As one of the Defense Department’s largest acquisition organizations, PEO Ships is responsible for executing the development and procurement of all destroyers, amphibious ships, special mission and support ships and boats and craft.

For more news from Naval Sea Systems Command, visit www.navy.mil/local/navseac/.



Courtesy Austal USA

The future littoral combat ship USS Omaha (LCS 12) returns to the Austal USA shipyard after successfully conducting acceptance trials. The trials consisted of a series of graded in-port and underway demonstrations for the Navy’s Board of Inspection and Survey (INSURV).

Navy to commission littoral combat ship Omaha

From Department of Defense

WASHINGTON

The Navy will commission its newest Independence-variant littoral combat ship (LCS), the future USS Omaha (LCS 12), during a 10 a.m. PST ceremony Saturday, Feb. 3, at the Broadway pier in San Diego.

The future USS Omaha, designated LCS 12, is the 11th littoral combat ship to enter the fleet and the sixth of the Independence-variant design. It is the fourth warship named for the Nebraska city. The first ship was a propeller-driven sloop-of-war. The second ship was a light cruiser and the third Omaha was an attack submarine.

Former United States Senator from Nebraska, 35th Governor of Nebraska and Medal of Honor recipient, the Honorable Bob Kerrey will deliver the ceremony’s principal address. Mrs. Susie Buffett, an Omaha philanthropist and daughter of Warren Buffett, chairman and chief executive of Berkshire Hathaway Inc., will serve as the ship’s sponsor. In a time-honored Navy tradition, she will give the order to, “man our ship and bring her to life!”

“Omaha and her sister ships represent an investment in our nation, the result of the partnership between the Department of the Navy and our shipbuilding industry. American craftsmen in Mississippi, Alabama, around the country have made USS Omaha possible” said Secretary of the Navy Richard V. Spencer. “The LCS fills a unique mission for the United States

Navy and as these remarkable ships continue to be produced out of our shipyards, they represent an increase in our readiness and lethality.”

LCS is a modular, reconfigurable ship, designed to meet validated fleet requirements for surface warfare (SUW), anti-submarine warfare (ASW) and mine countermeasures (MCM) missions in the littoral region. An interchangeable mission package is embarked on each LCS and provides the primary mission systems in one of these warfare areas. Using an open architecture design, modular weapons, sensor systems and a variety of manned and unmanned vehicles to gain, sustain and exploit littoral maritime supremacy, LCS provides U.S. joint force access to critical areas in multiple theaters.

The LCS-class consists of the Freedom-variant and Independence-variant, designed and built by two industry teams. The Freedom-variant team is led by Lockheed Martin (for the odd-numbered ships, e.g. LCS 1). The Independence-variant team is led by Austal USA (for LCS 6 and follow-on even-numbered ships). Twenty-nine LCS ships have been awarded to date: 11 have been delivered to the Navy, 15 are in various stages of construction and three are in pre-production states.

Information about the future USS Omaha (LCS 12) can be found online at www.history.navy.mil/research/histories/ship-histories/danfs/o/omaha--lcs-12--iv.html



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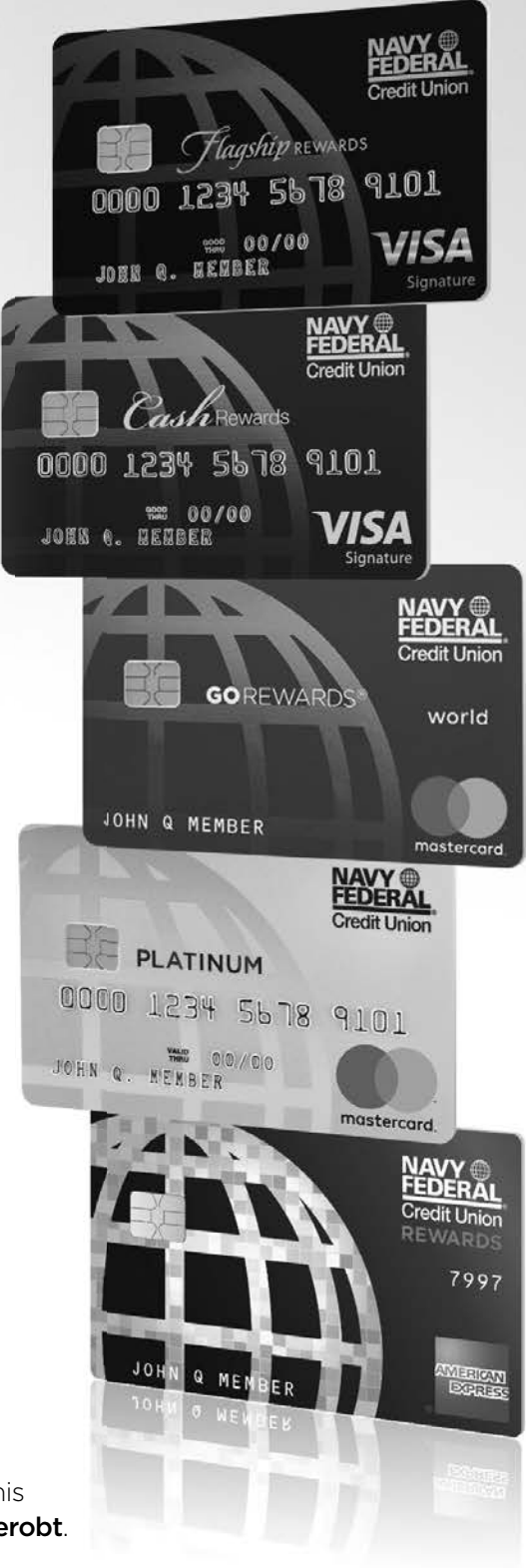
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Dorie Heyer
Naval Supply System Command's (NAVSUP) hosted more than 130 senior civilians from across NAVSUP's world-wide Enterprise for their first ever Senior Civilian Leadership Symposium at the National Conference Center, Leesburg, Va., convened Jan. 31. A major focus was NAVSUP's reform and supply chain transformation.

NAVSUP civilians focus on mission success and supply chain reform

By Benjamin Benson
Naval Supply System Command Office of Corporate Communications

MECHANICSBURG, PA.
Naval Supply System Command's (NAVSUP) first-ever Senior Civilian Leadership Symposium focused on empowering the command's civilian workforce to reform supply chain services and drive mission success.
"Our civilians are NAVSUP's consistent and dependable core of our global workforce," said NAVSUP Commander Rear Adm. Jonathan A. Yuen. "As we refine our processes to better apply resources to focus on Navy readiness and lethality, our senior civilian leaders are central to achieving mission success."
Held at the National Conference Center, Leesburg, Virginia, the two-day event included more than 130 senior civilians from across NAVSUP's worldwide Enterprise. Gaining understanding and alignment for reform and supply chain transformation was the focus of the event, which was convened Jan. 31.
NAVSUP Vice Commander Michael T. Madden, the com-

mand's most senior civilian, set the strategic stage by providing the participants an understanding the current thinking inside the Navy and Defense Department's leadership. "Understanding what our senior leaders require, and completely aligning is key as we move forward and reform," said Madden.
The senior civilian leaders gained insights into NAVSUP's role with perspectives provided by the Office of the Chief of Naval Operations (OpNav); U.S. Fleet Forces Command; the Office of the Assistant Secretary of the Navy for Research, Development and Acquisition; NAVSUP Weapon Systems Support; and NAVSUP Fleet Logistics Centers. Presentations on the supply business and initiatives provided additional insights.
Deputy Chief of Naval Operations for Fleet Readiness and Logistics Vice Adm. Dixon R. Smith told the participants, "what you do is hard. One of your responsibilities as leaders of NAVSUP is to put yourselves in the shoes of your customers so they have the information they need to help them help you."
A major focus was NAVSUP's reform and supply chain transformation. "Reform is the foundation for our competitive edge. It's about change, not just efficiencies," said Rear Adm. Yuen. "We have been tasked to refine our processes to better apply resources to improve the quality and productivity of the support we provide. Barnacles underneath the ship represent our bureaucracy. From the surface, we cannot see what is slowing us down. Sometimes we need to scrape them off."
Despite NAVSUP capabilities, the Navy's unique operating environment demands continued change, and NAVSUP is reforming to adapt. The participants learned how NAVSUP is optimally positioned to support its customers through

these demands. Employing and engaging world-class experts with diverse backgrounds, the command is undergoing supply chain transformation, and developing tailored solutions to better serve our programs engaged in life cycle support and the fleet.
The reform initiative centers around NAVSUP reasserting itself as the Title 10 leader for supply chain management for the Navy. NAVSUP is the single point of accountability for the integrated Navy supply chain with full audit compliance. As a Navy command, NAVSUP understands the customers' world as its own, providing close collaboration and customer-focused metrics. Integration from supplier to customer to program manager and collaboration on tradeoffs will provide the gold standard in contracting excellence. Data analytics and new digital technology implemented throughout programs and processes, including forecasting, will provide enhanced agility and customer service. Lastly, the reform has a bias for action and develops and trains NAVSUP's people to be the next generation of leaders in sustainment.
NAVSUP's mission is to provide supplies, services, and quality-of-life support to the Navy and joint warfighter.
With headquarters in Mechanicsburg, Pennsylvania, and employing a diverse, worldwide workforce of more than 22,500 military and civilian personnel, NAVSUP oversees logistics programs in the areas of supply operations, conventional ordnance, contracting, resale, fuel, transportation, and security assistance.
In addition, NAVSUP is responsible for food service, postal services, Navy Exchanges, and movement of household goods.
For more news from Naval Supply Systems Command, visit www.navy.mil/local/navsup/.

Naval Chaplaincy School and Center launches FY18 Professional Development Training Course

By Cmdr. Michael Baker
Naval Chaplaincy School and Center Professional Development

JACKSONVILLE, FLA.
The Naval Chaplaincy School and Center (NCSC) kicked off the fiscal year 2018 (FY18) Professional Development Training Course (PDTC) for the Navy Chaplain Corps and religious program specialist (RP) community with its first course convening Jan. 9-11 onboard Naval Air Station Jacksonville.
The topic for this year's training is "A Strategy for the Delivery of Religious Ministry to None, Dones, and Millennials."
"We are in a digital world and people rely heavily on electronics and social media to communicate," Senior Chief Religious Program Specialist Tameca Brown said, NCSC senior enlisted leader. "Religious ministry teams have to be creative on how to reach the younger generation, known as millennials."
The FY18 PDTC is designed to provide chaplains and RPs with the knowledge, skills and abilities to deliver meaningful religious ministry to millennials who are religious, have no religious preference, or who have disaffiliated from religion.
"The younger women and men of our sea services today search the digital frontier for companionship in their spiritual journey with God," Lt. Chris Terrell said, assigned to Naval Air Station Pensacola. He felt the course provided an educational, horizon-broadening understanding about one of today's ministry opportunities.
"What I perceive as our challenge is to learn new ways and social mediums to do what has always been our mission — effectively caring with Sailors, Marines, and Coast Guardsmen in their faith expressions, always supportive as they serve their nation and the world," Terrell said.
Two subject matter experts with knowledge of the military community and how technology impacts society led the PDTC by translating their knowledge into usable military skill sets through an engaging and interactive learning setting.
The Rev. Dr. Kristen Leslie, professor of pastoral care and theology at Eden Theological Seminary, has more than 20 years of experience teaching and consulting with Operation Enduring and Iraqi Freedom chaplains on issues of pastoral care. Dr. Kate Ott, associate professor of Christian social ethics at Drew University Theological School, has written extensively on the role and impact of technology on ethical development.
The professors' presentation helped chaplains and RPs as they work to enhance fleet and warfighter readiness in the context of this evolving ministry challenge.



Jacob Sippel
Navy Chaplain Lt. Jason Shawat Naval Hospital Jacksonville, talks with a Sailor inside the hospital's chapel.

"I have learned that some millennials are spiritual but don't belong to a particular faith group," Brown said. "We need to inventory our audience, understand their desires, and develop those network communications on how to reach them. Overall, we must be willing to embrace and accept change as it comes."
*The FY18 PDTC will be offered at 10 more fleet concentration area and overseas locations. Quota and location information is available online through the Catalog of Navy Training Courses and read ahead materials through NCSC's page at <https://www.milsuite.mil/book/community/spaces/navychc/naval-chaplaincy-school-center>.
For information about the Naval Chaplaincy School and Center, visit <https://www.netc.navy.mil/centers/chaplain/>.
For more news from the Chaplain Corps, visit www.navy.mil/local/crb/.
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John C. Stennis returns to Bremerton

By MCSN Erika L. Kugler
USS John C. Stennis Public Affairs

BREMERTON, WASH.
USS John C. Stennis (CVN 74) returned from a two-week underway, Jan. 29, after conducting routine training.
During the underway, John C. Stennis Sailors conducted damage control and firefighting training, medical training, and exercises designed to maintain technical and tactical proficiency in a variety of warfare areas.

While in port in San Diego, John C. Stennis successfully completed Command Assessment for Readiness and Training (CART) phase II inspection. The evolution evaluated the crew's ability to respond to damage control, medical emergencies, and other casualties.
With the completion of CART II the ship continues preparing for Tailored Ships Training Availability and Final Evaluation Problem.
John C. Stennis is in port preparing for future operations and its next scheduled deployment.
For more news on John C. Stennis, visit www.navy.mil/local/cvn74/ or follow along on Facebook at www.facebook.com/stennis74.



MC3 Charles D. Gaddis IV
Seaman Carl Jeanlouis communicates with the bridge while standing watch as the ship returns to Naval Base Kitsap. John C. Stennis is returning to homeport after the completion of a two-week underway where the ship's crew conducted training to prepare for its next scheduled deployment.

3-D PRINTING | *Designing new components*

Continued from A1

day, he used additive manufacturing (also known as 3-D printing) to build a prototype of the product at minimal cost. After determining the form, fit and function of the initial prototype needed a few adjustments, he modified the original design and built a second component that met exact requirements.

On board a submarine, a keyboard video mouse switch had a high failure rate due to a substandard button design. Two sets of four buttons continuously broke under daily use on this submarine and in every common submarine radio room in the fleet. To resolve the issue, SSC Atlantic personnel reverse engineered the buttons and built them with a strengthened design using additive manufacturing (AM). After fit testing, they contracted with an outside vendor to manufacture the buttons in a large quantity using a heavy-duty polymer. Depot employees then repaired the faulty units and the enhanced buttons were installed to meet fleet requirements.

These are just a few of the ways SSC Atlantic employees leverage AM technology to save time and money throughout the engineering lifecycle from research and development through maintenance and sustainment. This innovative technique provides optimum support to the fleet by putting the best information warfare solutions in the hands of warfighters.

SSC Atlantic engineers and scientists use AM to enhance and sustain warfighter capabilities afloat and ashore. They design and create prototypes for new components and for replacement parts, and enhance and modify existing products.

Employees continue to hone their skills by designing unique solutions to resolve critical issues that affect Sailors and those that occur during project work for numerous Navy agencies.

“Additive manufacturing further enables SSC Atlantic to improve cost, schedule and performance in delivering and sustaining solutions to the warfighter in an environment where change is constant,” said SSC Atlantic Executive Director Chris Miller. “It fundamentally changes how we think about manufacturing, enabling us to be more responsive and meet our commitments.”

Traditional vs. additive manufacturing

Traditional production processes use subtractive manufacturing: a chunk of raw material (metal, plastic, etc.) is milled using lathes and other equipment to extract pieces, leaving the final product. It often results in substantial material waste.

AM builds a product from scratch, in layers, based on a CAD drawing with precise product specifications. The 3-D printer build plates are heated so the product adheres to it, and the raw material (generally one of the various types of plastic filament) is heated and flows through tubing where it is compressed and extruded in liquefied form through a nozzle. It is then distributed onto

the printer bed in a fine layer and the nozzle oscillates across the build bed continuously until the product is complete. Depending on requirements, some plastic materials create rigid products, while others are flexible.

Because all products are tacky when completed, they must cool until they harden. Therefore, designs for some 3-D printed objects contain built-in support posts to lift part of the object and support it during cooling. The posts are removed when the product hardens and the connection points are sanded.

Solid 3-D products result from numerous passes of layers of material continuously dispersed across the designated area on the build bed. Infilled 3-D printed products have various patterns printed inside, such as honeycombs or triangles. Infill is created by printing a layer of plastic, then inserting a layer of air. Alternating layers of plastic and air, resulting in open spaces in various patterns. The percentage of infill affects product weight, strength and print time; infill can also be used for decorative purposes. Generally, the higher the percentage of infill, the stronger the product is.

Handles, knobs and other appendages can be included in the basic design, eliminating the need to build them separately and connect them after the product is complete.

Although AM can take hours, or even a week, to build a product, it is much faster than researching commercial product availability, creating and submitting contracting documents, soliciting bids, selecting a vendor, sending specs to a manufacturer and waiting for the product to arrive. It is also immensely cheaper.

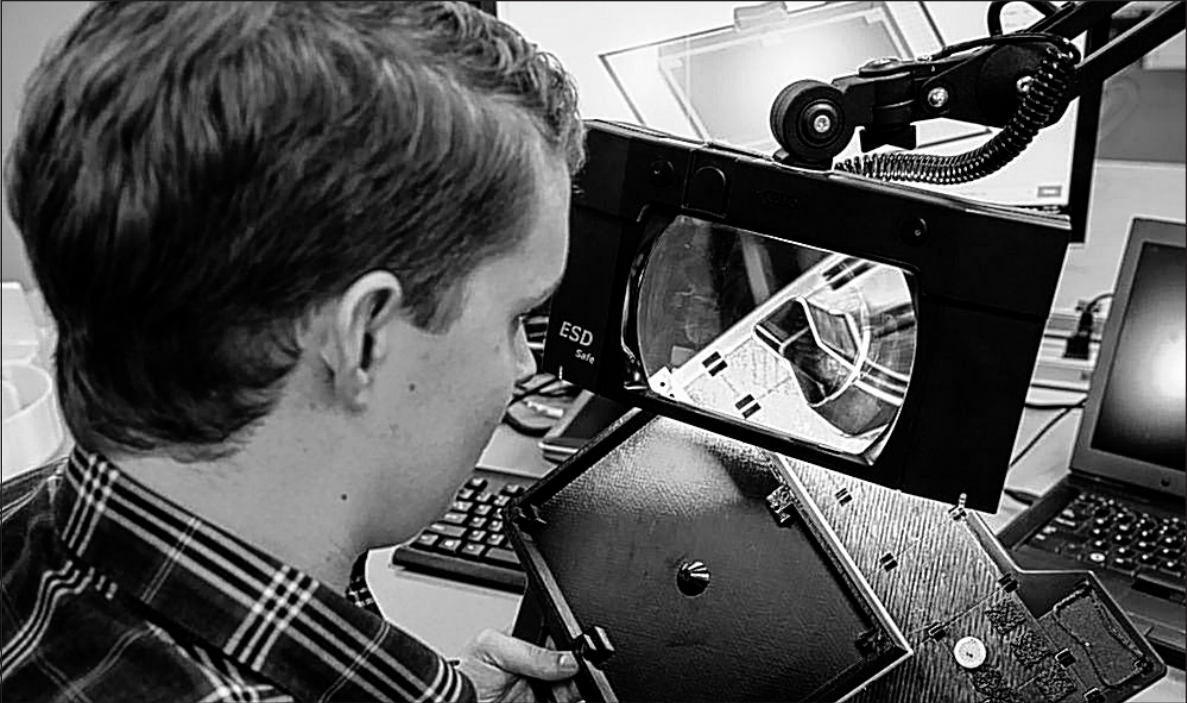
Modifications and rework

If products created using traditional manufacturing are not exactly the right form, fit and function, the design must be altered and updated drawings and contracting modification documents are sent to the manufacturer, who must create a new product or modify the existing product. The process may need to be repeated several times before the product is fully functional, and each modification costs time and money.

AM allows for design modification, editing of software drawings and on-site building of modified products at a tremendously lower cost and in less time. New products and replacement parts, often re-engineered to eliminate flaws, increase robustness and reduce the number of connecting pieces, are generally created from low-cost durable plastics. Other materials, such as steel, titanium, bronze, brass, silver, gold, aluminum, wax, metal-infused plastic and rubberized plastic, can also be used as needed.

Research and development

SSC Atlantic’s science and technology (S&T) professionals continuously strive to develop innovative products to support the warfighter and meet customer requirements. Using AM technology, a prototype of the product can be built once the



Joe Bullinger

SPAWAR Systems Center (SSC) Atlantic employee Hunter Smith compares a 3-D printed part with the CAD design. By using Additive Manufacturing technology, SSC Atlantic engineers and scientists can design and create prototypes for new components and replacement parts, and enhance and modify existing products.

design is conceptualized and tested to ensure it meets all constraints. Additional runs allow the design to be refined and improved.

In addition to producing an energy harvesting support component, S&T employees also developed an idea for a spherical-shaped intelligence and surveillance product. They designed the product in two interconnecting pieces, built it in a 3-D printer, and placed an embedded system with sensors inside. Providing a prototype to military sponsors is immeasurably more effective than presenting a white paper.

Pre-production

AM has also enhanced capabilities in the pre-production phase, which starts with identifying a need for a product and generally ends with the creation of a prototype.

SSC Atlantic pre-production employees designed and built an AM prototype of a rack required by a customer to hold an intercom component. Numerous design iterations were built due to changing requirements, and the final version of the rack was installed to verify form and fit. Product specifications were sent to a vendor and the racks were produced in large quantities, saving a considerable amount of time and money on prototyping. This flexibility would not have been possible with traditional manufacturing methods due to metal fabrication lead times.

When employees integrate command, control, communication, computers, intelligence, surveillance, reconnaissance (C4ISR) equipment in military land vehicles, it often involves designing mounting solutions to hold sensitive equipment in place. In Month 201X, the team was tasked with designing a bracket to secure cryptographic equipment in a vehicle. However, crypto equipment has security sensitivities and can only be used in a secure lab or signed out for use under secure conditions.

The team’s solution was to use AM to design and build a full-sized plastic replica of the crypto equipment exterior and to design and build the bracket to hold it. They were able to test form and fit, make necessary modifications and com-

plete the project without delay in an open environment.

In other situations, the team must design mounting solutions for commercial off-the-shelf products that are not available due to vendor back orders. The team requests a CAD model of the product from the vendor to determine the size, weight, connection layout and mounting interface patterns. They can then build a full-sized replica to design and build the mount required before the product arrives.

Pre-production employees built and use a system integrated lab (SIL) to analyze and test system equipment for the Joint Light Tactical Vehicle. Because components have exposed electrical contacts, the team used AM to design and build a 3-D safety cover to protect technicians and operators from electrical shocks when reaching around the SIL components. This proved to be an inexpensive solution to a potentially dangerous situation.

Production

During the production stage, when raw materials are transformed into a product, SSC Atlantic employees were tasked to design and create a protective case for a specific personal computer. The original case contained 13 interconnecting pieces. The team created a 3-D scale model of a case from rugged plastic and designed a hooked Plexiglas top and bottom for it. After the customer approved it, they created a full-sized model built with only two pieces, instead of 13, for approximately \$30.

On another occasion, employees needed to improve an existing metal cable support bracket attached to the back of a piece of submarine equipment. The cables continuously sagged and caught on a nearby alert panel, disconnecting the power or damaging the intricate cable assembly. An enhanced design was drawn on a napkin in 30 minutes, input into CAD software in an hour, printed on rugged plastic in a 3-D printer in 48 minutes, and fitted and tested with the equipment in 20 minutes. The resulting product confirmed the solution and led to revisions to the metal bracket.

Maintenance and sustainment

SSC Atlantic operates a mainte-

nance depot where employees repair current and obsolete circuit boards and equipment used by the fleet and other Navy entities. Maintaining and sustaining equipment entails a considerable amount of reverse engineering. Because repair and maintenance work often uncovers product flaws, AM technology is extremely helpful in duplicating and modifying products to enhance function. Employees can hand scan an object to generate continuous images or scan it on a rotating bed, which creates a software design for that item.

As part of one project, depot employees were charged to replicate a failed power supply on an obsolete product with components covered in tacky plastic. To buy a comparable new product required a minimum purchase of 10 items at \$2,000 each. Rather than incur a \$20,000 expense, they painstakingly peeled the plastic potting away with tweezers, redesigned the object and printed new parts on a 3-D printer. They replaced more than 100 components in the product and the modified power supply has never failed.

By combining the expertise of its workforce and AM capabilities, SSC Atlantic continues to move to the next level of repair and redesign needed to keep Navy systems functioning. Employees are creating rapid prototypes of innovative new products, duplicating existing products inexpensively, and enhancing existing design quickly and easily. By building lighter, cheaper and more effective parts to replace those that are no longer commercially available, SSC Atlantic is putting information warfare solutions in the hands of warfighters quickly, creatively and cost-effectively.

SSC Atlantic delivers capabilities to the naval, joint and national warfighter through the acquisition, development, integration, production, test, deployment and sustainment of interoperable C4ISR, cyber and information technology (IT) solutions that provide information warfare capabilities for national defense.

For more news from Space and Naval Warfare Systems Command, visit www.navy.mil/local/spawar/.

MONSOOR | *Next generation destroyer*

Continued from A1

Navy team worked together to incorporate lessons learned from DDG 1000. The trials once again demonstrated how truly powerful and exceptional these ships are.”

Zumwalt class destroyers feature a state-of-the-art electric propulsion system, wave-piercing tumblehome hull, stealth design and are equipped with some of the most advanced warfighting technology. These ships will be capable of performing a range of deterrence, power projection, sea control and command and control missions while allowing the Navy to evolve with new systems and missions.

DDG 1001 was christened in June 2016 and is scheduled to deliver in the coming months. Bath Iron Works is currently in production on the future USS Lyndon B. Johnson (DDG 1002), as well as future destroyers Thomas Hudner (DDG 116), Daniel Inouye (DDG 118), Carl M. Levin (DDG 120) and John Basilone (DDG 122).

As one of the Defense Department’s largest acquisition organizations, PEO Ships is responsible for executing the development and procurement of all destroyers, amphibious ships, special mission and support ships and special warfare craft.

Bonhomme Richard arrives in Okinawa, embarks 3d MARDIV Marines

By MC2 William Sykes

USS Bonhomme Richard Public Affairs

OKINAWA, JAPAN

The Amphibious assault ship USS Bonhomme Richard (LHD 6) arrived at White Beach, Okinawa to embark Marines assigned to 3d Marine Division (3d MARDIV), Jan. 31, in preparation for Exercise Cobra Gold 2018.

While in port, Bonhomme Richard will embark 3d MARDIV personnel, vehicles and equipment before continuing a scheduled patrol in which the team will participate in the multilateral exercise.

Bonhomme Richard, along with embarked MH-60S Sea Hawks, assigned to the “Sea Knights” of Helicopter Sea Combat Squadron (HSC) 22, departed from Sasebo, Japan, Jan. 23.

“I am looking forward to embarking our 3d MARDIV counterparts and kicking off Cobra Gold,” Commanding Officer of Bonhomme Richard Capt. Larry McCullen said. “With our embarked surface units and aviation squadrons, Bonhomme Richard’s crew and the Blue-Green team provide a wide range of capabilities for any type of mission. This is what we train for, and working together with our allies will give us the opportunity to demonstrate our numerous capabilities as a warfighting ship and amphibious force.”

During the transit from Sasebo, Bonhomme Richard embarked aviation units that will form the Aviation Combat Element of a Marine Air Ground Task Force. Embarked assets include AH-1Z Vipers, assigned to the “Gunfighters” of Marine Light Attack Helicopter Squadron (HMLA) 369, and CH-53E Super Stallions, assigned to the “Wolfpack” of Heavy Marine Helicopter Squadron (HMH) 466. Additionally, landing craft air cushions (LCACs) of Naval Beach Unit 7 are embarked to provide a seaborne ship-to-shore capability.

Prior to arriving at White Beach, Bonhomme Richard conducted multiple shipboard certifications, gun exercises and combat systems test fires, to include a pre-aim calibration fire (PACFIRE) and a towed drone unit (TDU) exercise with the MK 15 close-in weapons system (CIWS).

“We have the ability to engage air targets as well as surface contacts,” Fire Controlman 2nd Class Alexandria Ricalde said. “During the PACFIRE, we shot the “killer tomato” [a balloon-like gunnery target], and that was to test our surface shoot, whereas the TDU [a missile-shaped target towed by an aircraft] fire was to test our air capabilities.”

Testing CIWS ensures that the system will track and fire with precision when called into action as a defense against inbound air and surface threats, said Ricalde.

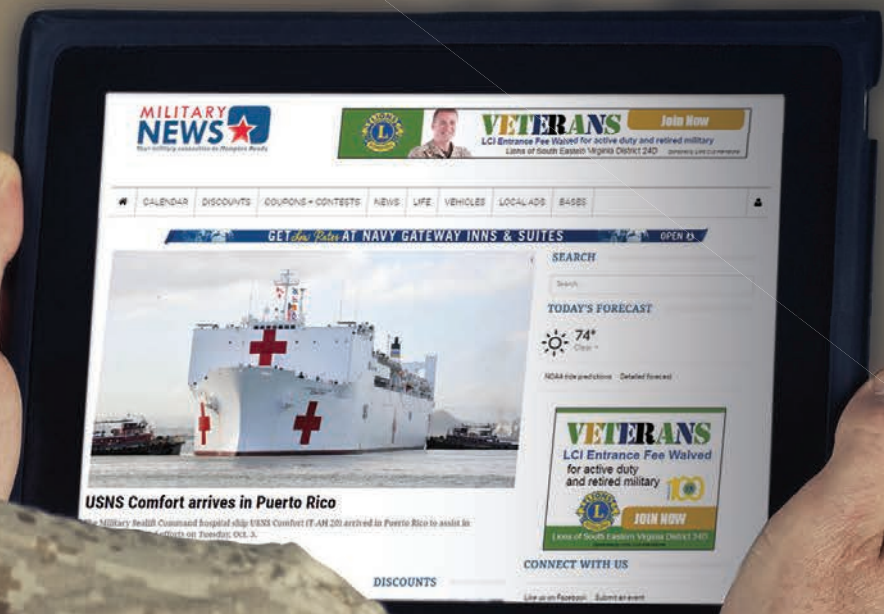
Bonhomme Richard and the embarked Marines are scheduled to train alongside Royal Thai Armed Forces counterparts in the annual exercise Cobra Gold and serve as a ready-force for any type of contingency while on the multi-month patrol.

Cobra Gold is the largest theater security cooperation exercise in the Indo-Asia-Pacific region and is an integral part of the U.S. commitment to strengthen engagement in the region. The exercise is designed to advance regional security and ensure effective response to regional crises by exercising a robust multinational force from nations sharing common goals.

Bonhomme Richard is underway on a regularly scheduled patrol in the Indo-Asia-Pacific region

For more news from Commander, Amphibious Force, U.S. 7th Fleet, visit www.navy.mil/local/ctf76/.

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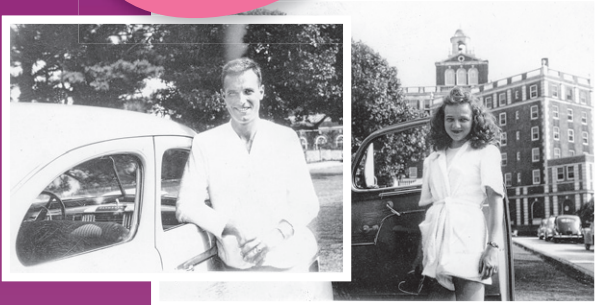
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Take a closer look at some of the couples who celebrated their wedding or honeymoon at the Cavalier Hotel over the last 75 years!

Love Stories



1940 Jeanne & George Williams

My grandparents, Jeanne Carter Williams and George Williams, honeymooned at The Cavalier in the 1940s. They’ve both passed away — but I wanted to share their photos in front of the hotel. My grandfather served in the Air Force for most of his career; Nana was a homemaker and teacher. She was also a gifted pianist. She always had a soft spot for The Cavalier. I’m so glad to know it will have new life soon. I hope you capture lots of good love stories.



1952 Nan & Art Bousquet

We were married in Washington, D.C. on May 17, 1952 after Art returned from his tour of duty in Korea. Art was a Marine Corps fighter pilot. We chose Virginia Beach for our honeymoon because neither of us had ever been there and we both love the beach. Of course, the weather did not cooperate. It was cold! But we enjoyed The Cavalier and everything it offered. What a wonderful week in a beautiful hotel.

In 1964 the Marine Corps sent us to Norfolk where we still reside, so The Cavalier was near at hand but with raising eight children we couldn’t afford a visit. Finally in 1992, I surprised Art by reserving a room for our 40th anniversary. What fun we had re-living our honeymoon. The Cavalier will always hold special memories for us.

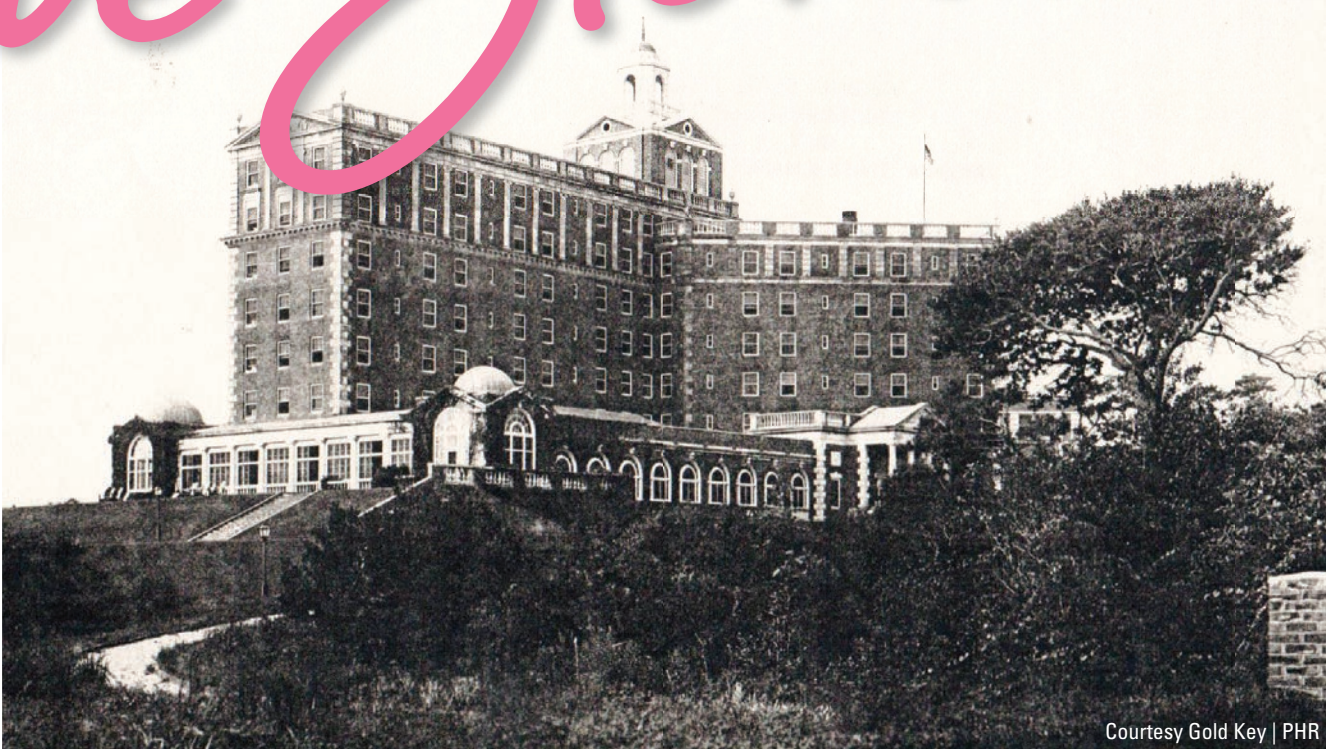


1964 Marjorie & Paul Battaglia

Although Paul and I honeymooned at the Princess Anne Hotel in Virginia Beach (since destroyed), we were advised to go to dinner and dance the night away at The Cavalier Beach Club. We arrived by cab and were seated at a lovely table under the stars. Ours is a rather funny story — one which is probably unique. As we were eating our dinners, we saw someone going from table to table, asking for what we assumed to be room numbers or keys. Worried that we might get tossed out, Paul and I fled to the dance floor and literally “danced the night away.” Definitely not dancers, we did our version of everything the band played that evening – rumbas, cha-chas, tangos, waltzes — you name it. By the time we returned exhausted to our table, our waiter said, “My, you two are amazing dancers. I never thought you were returning for your dinner. But I brought you desert.”

We never did ask or find out if room numbers or keys were really being asked for, but our dancing marathon left us exhausted as well as giddy. We had the best time at that dinner dance and we will never forget it. It is a

» See COUPLES | C5



Courtesy Gold Key | PHR

VIRGINIA’S HISTORIC CAVALIER HOTEL SELECTS 75 COUPLES FOR THE GRAND UNVEILING OF THE CAVALIER ON VALENTINE’S DAY 2018

In celebration of the hotel’s official grand reopening on March 7, 2018, seventy-five couples who were married or honeymooned on property will renew their vows officiated by Virginia Governor Ralph Northam

From Gold Key PHR

Virginia Beach’s historic Cavalier Hotel celebrates past, present, and future love stories with their celebration of love stories this Valentine’s Day 2018. Seventy-five couples who were either married or honeymooned on property have been selected to renew their vows in a ceremony officiated by Governor of Virginia, Ralph Northam, at the hotel before it officially reopens to the public on March 7, 2018.

The Cavalier Hotel holds a significant role as the backdrop to countless love stories since opening in 1927. This February, the hotel will re-open by celebrating seventy-five of those special stories. Some of the romantic stories include multiple generations marrying on property, engagements on The Cavalier’s iconic hill, meeting at the landmark hotel, former employees meeting at work and falling in love, and childhood

sweethearts who had longingly dreamt of their wedding day at The Cavalier. Among the selected participants, the oldest couple to renew their vows honeymooned at The Cavalier in 1940 and as the youngest couple wed on October 2014. Two couples share an anniversary and their weddings were the last events hosted at The Cavalier before the restoration.

While many of the participating couples returning to The Cavalier this February are lifelong locals or summer residents of Virginia Beach, others have not been back to the area since their special day. Former military couples who were stationed briefly near Virginia Beach and residents from northern cities in Virginia and other states such as Connecticut, Arizona, and Tennessee will journey back to The Cavalier Hotel for the reopening to reaffirm their commitment to each other.

A wave of inclusion

3,734 Chill Seekers Raise \$1.185 Million for Special Olympics VA at Polar Plunge® Festival

From Special Olympics Virginia

Virginia Beach, VA – It was rosy cheeks, cold toes and cool costumes as far as the eye could see this weekend in Virginia Beach as 3,734 participants teamed up to brrrave the wave at the 2018 Polar Plunge® Festival, Feb. 2-3. Plungers and runners not only celebrated an icy \$1.185 million raised – and counting! – for Special Olympics Virginia, but also the beginning of the second quarter-century of the event in Virginia Beach.

“No longer is it enough to provide a place for people of all abilities to come together through sport. It is time to demand uncompromising inclusion— in school, employment, health-care and social activities like the Polar Plunge Fest,” said Rick Jeffrey, Special Olympics Virginia President. “For our inclusion revolution to succeed, we need more rebels, heroes and fighters just like the participants who helped us



Keith Wrenn

Polar plungers braved icy waters and raised money for Special Olympics Virginia in this year’s Polar Plunge.

“For our inclusion revolution to succeed, we need more rebels, heroes and fighters just like the participants who helped us raise more than a million dollars this weekend.”

Rick Jeffrey, Special Olympics Virginia President

raise more than a million dollars this weekend.”

In addition to the main event, students and teachers tested the chilly waters during the Cool School Challenge, Friday, Feb. 2. Saturday morning, runners and walkers dashed and splashed

(if they were brrrave enough!) during the SunTrust 4 Miler and 1 Miler along the boardwalk. Before the Plunge at 2 pm, plungers and festivalgoers enjoyed live music by Party of Four, a new Crafted Plunge Marketplace featuring local artisans, the TJ Maxx Boogie Down the Boardwalk Costume Parade and Contest, vendors, a life-size sand sculpture, ice carvings, food and fun.

Special thanks to the many groups who teamed up for the coolest event of

» See PLUNGE | C5

Sports

High-flying Harlem Globetrotters bring the dunks to Norfolk

Elite basketball team makes stop at the Ted Constant Center this Saturday

After 91 years of thrilling and exciting crowds of basketball fans all over the world, the Harlem Globetrotters will bring their 2018 “Amazing Feats of Basketball World Tour” to Ted Constant Center at Old Dominion University in Norfolk on Saturday, Feb. 10, 2018, at 2 p.m. and 7 p.m.

The Harlem Globetrotters will take their show to a new level this year by celebrating the special blend of basketball and entertainment which has made the team iconic. The team’s upcoming performance will showcase the high-flying, fun, and memory-making moments that the Globetrotters are known for. The dribbling, the dunking, and the shooting – don’t forget, they led all of basketball in 4-point shots made in 2017 – will all be on full display during the 2018 tour.

The Globetrotters feature the world’s largest collection of elite dunkers, including six players who have competed in the annual College Slam Dunk contest held during Final Four weekend, a Guinness World Record holder for slam dunks, and the 2016 winner of the popular TV show “The Dunk King.”

The highflying dunks do not end with the players, as 2018 will also mark the debut of the “Flying Globies” – an amazing acrobatic trampoline dunk team, which will defy gravity during the game action with their exciting in-air stunts.

The Globetrotters show is unrivaled in the world of family entertainment, with all-star Showmen like Big Easy Lofton, Hi-Lite Bruton, Ant Atkinson, and Hammer Harrison, as well as fan favorites Firefly Fisher, Bull Bullard, Thunder Law and Cheese Chisholm. To match the growing popularity of the Globetrotters’ female stars, the team will feature four female players – the largest female roster in team history – including TNT Lister, Ace Jackson, Hoops Green, and Torch George.

Additionally, the 2018 tour marks the return of the Globetrotters’ longtime nemesis, the Washington Generals. After a long-standing series which saw the Generals lose over 14,000 times, the team is back from a two-year hiatus to rebuild and refocus around one goal – to beat the Globetrotters. After making its retooled debut this summer in the \$2 million, winner-take-all “The Basketball Tournament,” the new-and-improved Generals are out to finally take down the Globetrotters – once and for all.



Brett Meister

Big easy Lofton takes a seat.

Prior to every game, the Globetrotters will bring fans closer than anywhere else in sports, with an unmatched pregame fan interaction with its Magic Pass. This ticketed event allows fans an exclusive opportunity to interact with the team’s stars on the court, shoot hoops, learn tricks, and pose for pictures. After the game, Globetrotter stars will be on hand for additional autograph and photo opportunities.

Tickets start at \$26.50 and are now available at harlemglobetrotters.com, YnotTix.com, the Ted Constant Center at Old Dominion University box office, or by phone at 877-Ynot-Tix. Information on group and scout tickets can also be found at harlemglobetrotters.com.



Brett Meister

Firefly Fisher makes a break around an opponent during the Harlem Globetrotters U.S. tour.

base theaters \$3 Movies

Paddington, now happily settled with the Brown family and a popular member of the local community, picks up a series of odd jobs to buy the perfect present for his Aunt Lucy’s 100th birthday, only for the gift to be stolen.



Courtesy Warner Bros. Pictures

JEB Little Creek, Gator Theater – 462-7534

Friday, February 9
6 p.m. Paddington 2 (PG)
9 p.m. The Post (PG-13)

Saturday, February 10
1 p.m. Paddington 2 (PG)
4 p.m. The Greatest Showman (PG)
7 p.m. The Post (PG-13)

Sunday, February 11
1 p.m. Jumanji: Welcome To The Jungle (PG-13)
4 p.m. Insidious: The Last Key (PG-13)
7 p.m. All The Money In The World (R)

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

NAS Oceana, Aero Theater – 433-2495

Friday, February 9
6 p.m. Paddington 2 (PG)
9 p.m. The Post (PG-13)

Saturday, February 10
12 p.m. Paddington 2 (PG)
3 p.m. Jumanji: Welcome To The Jungle (PG-13)
7 p.m. The Greatest Showman (PG)

Sunday, February 11
12 p.m. The Post (PG-13)
3 p.m. Paddington 2 (PG)
6 p.m. Insidious: The Last Key (PG-13)

Home&Garden

Escape with 2018’s most in-demand color

BLACK IS BACK

From Brandpoint

Whether you’ve been a loyalist to the same shade of green for the last decade or if you’re an evolving follower of trends whose color choices have shifted over the years, the trending color of 2018 is sure to surprise and intrigue you. Indeed, black is back. But how was this classic shade named the trending color of the year? While many assume the choice is random, trending colors are based on many influencers, but where do they really begin? Trending colors arise from consumer preferences, which are formed by societal influences, such as politics, economics, lifestyle and overall sentiment. We as a society hold the power of prompting new color trends based on our ever-changing attitudes, ideas and actions.

Dee Schlotter, senior color marketing manager for PPG, a leader in paint and color, understands the path to determining each year’s top trending color. Schlotter and more than 20 PPG color stylists from around the world meet annually at the company’s Global Color Trends Workshop. “Our team of global color experts assess societal and cultural influences to forecast what colors will be popular in home decor, consumer goods, automotive and even airplanes for the upcoming year,” Schlotter says. “We also look at what’s happening in society, and the state of people’s emotions because of current events. All of this information helps us predict what colors will truly resonate with people in the coming year, especially when it comes to the paint in their homes.”

2018 finds its color of the year in a reflection of people’s daily lives and their need to find an escape.

‘Black’ to basics

“The PPG Paints brand’s 2018 Color of the Year is Black Flame (PPG1043-7). It offers the silencing impact of black with the possibility and hopefulness of indigo seen in the color’s undertone,” says Schlotter.

Schlotter adds that black will be very popular in 2018 because it offers a break from an often chaotic and over-worked world. “With society facing overstimulation and a need to take refuge, the color black offers a comforting retreat, and a chance to start new and get back to the basics,” she says. “Black Flame represents that necessary void and the need for nothingness that helps us recharge, making it a

timeless and classic color in home decor.”

A palette of options

While going darker can seem intimidating at first, incorporating black into your existing decor is a lot easier than you think.

Many people mistakenly believe that all blacks are the same. However, black, like any other color, is available in a wide array of shades. For example, Glidden paint’s 2018 Color of the Year, Deep Onyx (00NN 07/000), is a deep and rich black that encourages a less-is-more attitude when applying to home decor, while Black Magic (OL116), the 2018 Color of the Year for Olympic paints, is more glamorous and looks great as a statement color for walls. And, if you’re looking for some darker inspiration outdoors, Olympic stain’s Maximum product in a Cinder semi-transparent stain color (905) is a great complement to Black Magic when applied to exterior surfaces like doors, window trims and shutters.

Any of these black hues can be a defining piece in your decor while providing you with the mental escape you need. Schlotter adds that capitalizing on this year’s color trend isn’t solely about the color itself, but what you pair it with. Consider some of her other tips and tricks, including:

■ Pairing the PPG Paints brand’s Black Flame with Millennial orange-pinks, teals and warm gray or mocha browns for an enveloping, rich look and feel.

■ Feeling a bit more daring? Make an impactful statement with black by applying it from floor to ceiling on an accent wall or in an entire room. Completing the look with lighter elements and furnishings will make the decor stand out, because the dark walls will highlight artwork and accessories while providing depth and character, creating a perfect space for respite and conversation.

■ To keep a space more fresh and modern, consider pairing a black hue with whites, matte finishes or light-grain wood finishes.

“Outside of paint, reinvented versions of the classic black hue are showing up in key design elements — from faucets, to matte black appliances, to black veined granite countertops, black windows and marble floors,” says Schlotter. “The possibilities are truly endless when it comes to adding this misunderstood neutral in the home.”



Courtesy Brandpoint

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THE HIDDEN DANGERS OF OVERSHARING ON SOCIAL MEDIA

From Brandpoint

Locking doors and windows and leaving a light on used to deter criminals from breaking into homes when you were away on vacation, but our obsession with sharing photos and experiences in real time on social media has created a whole new security risk for travelers. According to Mercury Insurance, burglaries involving social media have become all too common these days.

“Instead of looking for physical signs that a home is unoccupied, burglars can simply scan Instagram posts, monitor Twitter feeds and check Facebook for signs that someone isn’t home. Posted photos can also show them exactly what to look for when they break in,” says Mercury Insurance Vice President of Claims Kevin Quinn. “Oversharing on social media is commonplace and built-in smartphone features like geotagging, which share the user’s exact location when they post, are only making things easier for thieves.”

One example is a Mercury claimant who took his family on vacation to Cancun, Mexico. The family was very active on social media, publicizing their upcoming vacation and continuing to post updates throughout the trip. Thieves used this information to break into the claimant’s home and steal nearly \$200,000 worth of personal property, along with a Mercedes-Benz parked in the driveway. Many of the items stolen were pictured on the family’s social media accounts, so the thieves knew exactly what to target.

“It’s important to make sure no one in your family is posting your travel plans. Facebook posts checking into restaurants or



Oversharing on social media can leave you vulnerable to cyber crimes.

Courtesy Thinkstock

Instagram photos of your family’s vacation blatantly advertise that you’re away from home and put your property at risk,” adds Quinn.

Quinn offers the following social media tips to consider before taking off on your vacation:

- Never share photos of your belongings. Be careful about displaying any expensive belongings on social media that might entice thieves. Steer clear of posting pictures of expensive jewelry, cash, designer clothing and accessories, and electronics.
- Don’t tag your location. Disable the geotagging feature on your smartphone and resist the urge to check in at locations while you’re away.
- Avoid uploading photos during your vacation. Wait until you’re home to share your family’s trip.
- Be selective about what and with whom you share. Limit your following or friend base on your personal accounts and adjust your privacy settings so that others have a limited view of your profiles. You never know if a friend of a friend is look-

ing at your photos or other posts.

■ Never announce your vacation plans on your social media channels. If you plan to go out of town, consider having a neighbor check on your home, or hiring a trusted friend or family member to housesit.

■ Verify friend requests. It’s easy for people to pretend to be someone they’re not online, so don’t get “catfished.” Be wary of connecting with people you don’t know.

■ Power down your PC. Disable the internet connection to cut off access to any personal information stored on your computer, because unattended machines are easy marks for hackers.

“Live in the moment and enjoy your time with your family. The purpose of vacation is to relax, recharge and experience things in person, not just on a screen. Save the photo sharing and status updates for when you return home — it could make the difference between whether you need to file an insurance claim after your well-deserved time away or not,” adds Quinn.

Local women celebrate sketch comedy in “Panties in a Twist”

Local improv and sketch comedy troop, The Pushers, brings its all-female sketch comedy show to The Attucks Theatre this weekend. ‘Panties in a Twist’ is sketch comedy at its finest — exclusively written, directed and starring women, it’s become the largest

all-female comedy show in the country. 36 of Hampton Roads’ funniest women star in the show, including a TV reporter, two pregnant cast members, two active duty military members, two teachers, two yoga instructors, a radio DJ and many others. It’s the largest and

most diverse cast in the show’s history, with women from their twenties to their seventies. The show is in its 7th year and appears to be gaining moment every year.

You can see what it’s all about at the historic Attucks Theatre in Norfolk, Feb. 9 & 10 at 8 p.m. Tickets are available at Ticketmaster or www.panties-inatwist.com.



Panties In A Twist sketch comedy troupe performs this weekend at the Attucks Theater in Norfolk.

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5 Ways To Cope With The Death Of A Pet

The loss of a pet can bring as much grief as the loss of some human friends and family members.

This makes sense when you consider the role our animal companions play in our everyday lives. You cared for your pet’s every need and, because they could not speak, you learned to communicate in other ways. Such caring builds intimacy similar to that found between a parent and their infant; love without conflict, jealousy, or any of the other complications found in most relationships. So when a pet dies, the depth of your grief reflects your loss of a special relationship.

“When we lose a pet, we lose a relationship unlike any other,” says Ken Dolan-Del Vecchio (www.greengateleadership.com), a family therapist and author of The Pet Loss Companion: Healing Advice From Family Therapists Who Lead Pet Loss Groups.

“Many of us love our pets the way we love our children. But in the immediate aftermath of this unique loss, too often family members and friends say things like, ‘Just get another one.’ Instead of devaluing your grief over the loss of this important relationship, as others may advise, embrace your sorrow. Your grief is important, for it will lead you to healing and

teach you important things about what matters most in life.”

Dolan-Del Vecchio offers these tips for those grieving the loss of a pet:

- **Share your grief with empathetic friends.** Spend time with people who understand your closeness with your pet. Even some friends may be insensitive, so be careful to avoid “get over it” types of people. “Unfortunately, many people see animals as if they were non-living objects,” Dolan-Del Vecchio says.

- **Attend a pet loss support group.** Pet loss groups provide a concentrated dose of social support. Meeting with others who also grieve and share similar emotions can boost one’s healing greatly.

- **Keep moving.** Exercise is a healer. It boosts feelings of well-being and calm, improves sleep and brightens your mood.

- **Be creative.** Whether you lean toward writing, scrapbooking, ceramics, photography or making collages, creative projects may contribute to healing.

- **Spend time in nature.** Nothing quiets the mind and soul like a stroll through a park, nature preserve, or by the seashore. “The natural world brings special benefits when your heart has been torn by grief,” Dolan-Del Vecchio



Courtesy Thinkstock

The loss of a pet can be emotionally devastating, regardless of your age.

says. “The sights, sounds, and smells of nature connect us to eternal, circular stories of life and death in ways that go beyond our usual thoughts and feelings, and this experience brings solace to many people.”

“It’s important to care for yourself when you’re grieving your pet,” Dolan-Del Vecchio says. “This requires some planning and acts of will, as grief can diminish energy and motivation. You can lessen your distress through self-care. Above all else, be gentle with yourself.”

Ken Dolan-Del Vecchio (www.greengateleadership.com) is an author, speaker, family

therapist, and leadership and life skills consultant. His books include *Simple Habits of Exceptional (But Not Perfect) Parents*, *The Pet Loss Companion: Healing Advice From Family Therapists Who Lead Pet Loss Groups*, and *Making Love: Playing Power: Men, Women, and the Rewards of Intimate Justice*. Ken founded *GreenGate Leadership®* after retiring from his role as Vice President, Health and Wellness, at Prudential, where he was responsible for behavioral health services for the company’s 20,000 U.S. employees.

PLUNGE | Icy temps don’t scare plungers

Continued from C1

2018: 672 students from 15 middle and high schools raised \$79,662 and made the Atlantic a little cooler Friday during the seventh Cool School Challenge, presented by Walmart. The top fundraising team, Plaza Middle School, not only took home some cool prizes, but several students also get to appear on WTKR’s morning show, Coast Live, this spring!

Saturday morning, 435 people got cold feet for a cool cause during the Plunge 4 Miler and 1 Miler, presented by SunTrust. After each race, those brrrave enough jumped into an icy above ground finish line pool!

More than 85 Special Olympics athletes, family and friends from the Fredericksburg/Stafford area (Team Area 11) took home the Top Team fundraising award, with more than

\$63,738 raised.

Kevin Vogt raised \$11,804 and claimed the top individual fundraising prize.

This year’s event was presented by FM99, 106.9 THE FOX, WTKR News 3, The Wawa Foundation, Virginia Natural Gas, Walmart, WGNT, the Virginia Knights of Columbus and the Law Enforcement Torch Run for Special Olympics Virginia. Premier level Polar Plunge sponsors included Perfect Event Rentals, GEICO, Booz Allen Hamilton, PUNCH, Chick-Fil-A and the City of Virginia Beach.

Since 1993, more than 51,000 plungers have raised in excess of \$13.8 million for Special Olympics Virginia. The inaugural Polar Plunge took place in 1993 at the Clarion Hotel when 108 plungers raised more than \$11,000 for Special Olympics Virginia. 2018 marks our eighth million dollar year!



Photo Keith Wrenn

COUPLES | Wedding memories

Continued from C1

very precious memory. We have returned to The Cavalier many times since 1964 — a wonderful vacation destination for us as well as for our children. We celebrated our 45th anniversary there accompanied by all our children and our grandchildren.

We always tell whoever is at the desk upon our arrival that we were at The Cavalier during our honeymoon in 1964. They usually are way too young to even imagine the Beach Club in its prime or The Cavalier without the newer ocean-front hotel. But for us, The Cavalier will always remain as a cherished place where we spent a very unusual “dancing evening” during our honeymoon



The next day we left for our honeymoon in Key West. The rest is history!

1994 Lori & Pete Delaney

The Unforgettable Wedding: This day was as magical as we envisioned!

We met in the summer of 1992 while Pete was training with our local Virginia Beach Navy SEAL Unit. We fell in love during our first dance and one year later, with my father’s blessings, we had chosen a fairy tale wedding and The Hotel Cavalier was the perfect fit. We had a whirlwind romance during his deployments and so grateful he made it home with only a few days to spare and now my dreams can come true. Witnessed by 120 guests, in the Grand Ballroom we were married by the late Commissioner Dewey Simmons and flowers and decor were created by the late Gale Arnold of “Topiaries.” The local band “Hot Cakes” made our night full of dancing and singing on stage with accents of lavender-lit ice sculptures, chasing bouquets of flowers, to having



1978 Mr. & Mrs. Pereira

The historic Cavalier Hotel in Virginia Beach is dear to my heart because it was the first place my husband ever called me his wife. My husband, a Lieutenant (junior grade) in the U. S. Navy at the time, and I were married in August, 1978. My dear parents indulged me in my fantasy wedding reception, held in one of the hotel’s dining rooms. There we were surrounded by the love and good wishes of all those near and dear to us — from my grandparents, who traveled from the Midwest to join us, to my husband’s extended family from Massachusetts — to an exchange student from Paris, France, who was being hosted by my family. Many of my husband’s shipmates onboard the aircraft carrier USS Independence attended in their white uniforms, leading some later viewers of our wedding photo album to comment that it looked like a scene from the film, *An Officer and a Gentleman*. I felt like a princess, wearing my long white gown, standing by the side of the love of my life, enjoying the classic surroundings and gracious Southern hospitality of the Cavalier Hotel.

1988 Tracy & Samuel Estep

The Cavalier On-the-Hill Hotel holds a very special place in my heart. Having lived in Virginia Beach my entire life, I have enjoyed following all of the attention that The Cavalier has received in recent months. I will miss the beautiful lawn and the grand entrance that led up to the front doors, but with any aging building and beautiful grounds, it was just a matter of time before a change would occur. The article in the paper announcing the contest to win a night’s stay in the renovated building especially sparked my interest. My husband, Sam, and I held our wedding reception in the Pocahontas Room on August 27, 1988. There was never a doubt in

my mind that if I were fortunate enough to get married, I wanted my reception at The Cavalier. This special place played a major part of my formative years and the person that I am today. During my teen years and college breaks, I spent many hours working at The Cavalier. I waitressed, worked in the kitchens, assisted with the night audits and, my favorite assignment, working as a front desk clerk. I had the opportunity to work with many great people including Mr. Joe Walton and Mr. Carlos Wilson, life-time employees of The Cavalier, who were full of history and taught me many life lessons. Mr. Walton was able to educate his wife and eight children through his career working at The Cavalier. When I worked late nights with Mr. Walton he would often buy the college students dinner and emphasize the importance of a college education. He would also entertain us with stories of his adventures with the ghosts that resided within The Cavalier. I also met many famous people like Johnny Cash, Victoria Principal, Roger Mudd, Muhammed Ali and many politicians. I spent many of my off hours exploring the old Cavalier and even walking around in the basement and climbing into the bell tower to personally witness the best view at the beach.

After our wedding, Sam and I arrived at the front doors in a horse-drawn carriage and entered into the beautiful Pocahontas Room filled with family, friends and tables of delicious food. Bill Deal and the Fat Ammons Band played in the background. The night flew by so fast it was like a dream. At the end of the evening we retired to the fourth floor in room 420. This was the first time that I had slept in a king size bed.



wedding caked smushed on my face seemed to go along with our theme.

We believe in our hearts that the 24 year commitment as a U.S Navy SEAL and the commitment we made to each other on the evening of November 12, 1994 at The Cavalier Hotel are part of two beautiful historical stories that have become one and has touched each other’s lives and resulted in two beautiful children who can now potentially have the honor to marry on the historical hill where we once stood 24 years ago.

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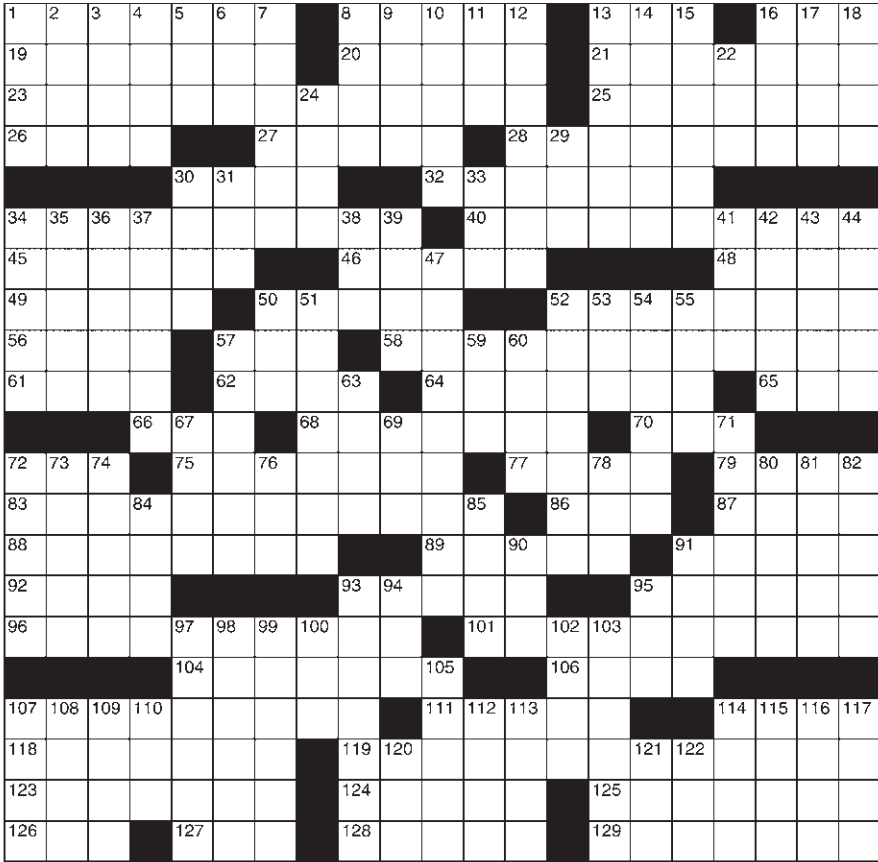
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ACROSS

- 1 Of the liver
8 "Hello" singer of 2015
13 The Cowboys, on scoreboards
16 "That feels ni-hice!"
19 Variety of coffee
20 Of the kidneys
21 Book like Titus or Jude
23 * Futile endeavor
25 Restricting factor
26 "What — state of affairs"
27 Go away
28 * Non-earthlings
30 Cowboys or Raiders
32 Money matters
34 * Freight vessels
40 * Saw beyond
45 Sirens, say
46 Rearrange
48 Safe, asea
49 Arm parts
50 Imam's God
52 Twisted fiber used in textiles
- 56 Tony-winning Schreiber
57 Bitter beer
58 * Feral horses of the West
61 Bending body part
62 Diner cousin
64 Samovars, e.g.
65 Unwelcome grade
66 Sci-fi captain Jean—
68 Their names are divided in the answers to the starred clues
70 Muscles to crunch
72 Absorb
75 Ring arbiter
77 Hood's blade
79 Not sickly
83 * People trying to get mates
86 Suffix with 121-Down
87 Distinctive periods
88 Heating device
89 Piñata topper?
91 Slips on sleet
92 Seed casing
- 93 Crumpet alternative
95 "Remington —"
96 * It often adjoins a big bedroom
101 * Folk hero of Vermont
104 — riche
106 British prep school
107 * Result of income inequality
111 Prefix with surgeon
114 Genesis twin
118 Dreadful
119 * Their members love drawing blanks
- 123 Zero
124 Bar garnish
125 French explorer who named Louisiana
126 "Goodness!"
127 St. crossers
128 Niamay site
129 Scoundrel
- DOWN
- 1 "Very funny"
2 Lustful god
3 Daddy
4 Tucked in
5 Up to, in brief
- 6 Drink cooler
7 Algiers area
8 Western gas brand
9 Unheeding
10 "Tuff —" (1986 hit)
11 Vegas intro?
12 Powell of film
13 Break the connection of
14 For each
15 Described
16 "— girl!"
17 Baldwin of Hollywood
18 "Take it"
22 Knight's title
24 Huge hauler
29 Vietnamese neighbor
30 Little kids
31 Double curve
33 Spot in la mer
34 Waterproof sealant
35 Dog-tired
36 Zellweger or O'Connor
37 Fish-tank bed
38 Comrade
39 Picnic side
41 — visit (call)
42 "... from — down under" (1981 hit song lyric)
43 Coat fabric
44 Not relaxed
- 47 Until then
50 "Carte" start
51 Body part cut by van Gogh
52 Compacted, informally
53 Big water filter brand
54 Seabees' mil. branch
55 Fed. crash probe
57 Agree to
59 Zodiac lion
60 Yogi Bear voice
61 Butler
63 "Climb — Mountain"
67 Stellar bear
69 Espy
71 Israeli coin
72 "Beat it!"
73 Butler's Scarlett
74 Toenail treatments, for short
76 Waitress at Mel's Diner
78 State of fury
80 Disney mermaid name
81 Gravy spoon
82 German steel city
84 River deposit
- 85 Trig function
90 Tennis call
91 Kenton of jazz
93 Squelches
94 Dance move, when tripled
95 — Balls (snack brand)
97 Inflatable
98 Tennis — Garros
99 Elk sounds
100 Gardner of old movies
102 Spice's kin
103 Coral rings
105 Strip of gear, nautically
107 Did vocals
108 English horn relative
109 Cell: Suffix
110 "This — recording"
112 Gutter site
113 On-demand taxi service
114 Vivacity
115 Mope
116 Adept
117 PC sort?
120 Roman 151
121 Have dinner
122 "Cyber" CBS series



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Sudoku

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

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: T equals R

UZOI EJKOTOQLI TFAOTE ZVKO

NZOQT BJTQIL BOVAE, HJ PJF

EFXXJEO NZOP UJFAH WZJJEO

NZO QBXOTQVA WOTOVA?

Last week's CryptoQuip answer

Because the old baker was very sick of his current ways, he decided to turn over a new loaf.

last week's answers

MOS		SPEC		RAS		UTES		DSL
EAT		ERMA		OPO		PIC		AP
WHAT		COULD		YOU		SEAL		ANES
LUCE			LA	ALA		ORANG		ES
		CALL		BUTLE		SAND		MAIDS
BRA		AIRS			ETTE		ISTOO	
MAT		UNO		BOG		AHOT		
WHO		AREW		ALKING		ONST		ILTS
		CIA		DAIRIES		AS		ERT
HIGH		ERED		HELP				GROATIA
ONO			OSS		EGO			UAR
NEUT		RON		HOW		ID		PEOPLE
DELA		YS		USER		IDS		ENO
ADD		RESS		THE		BRIT		ISHPOET
				OPIE		SEE		AAA
ATTIC				ILLS				MMCL
								DUO
WHEN		HE		FELL		INTO		AHOLE
HEAD		OFF		SAL		LOON		AAHS
I		PROM		ISE		LOWER		EDBYRON
LEE				PLUM		ONA		OREO
						ME		EA
END				SEPT		MAY		EASY
								ESP

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

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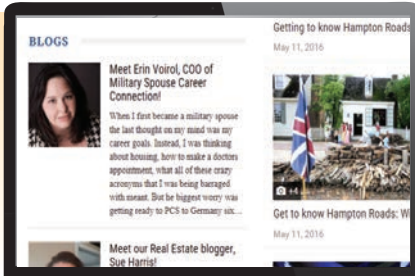
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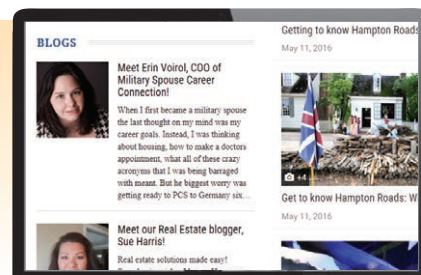
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