

NAVY ANNOUNCES ADVANCEMENT POLICY UPDATES – FINAL MULTIPLE SCORE CHANGES BENEFIT TOP PERFORMERS



Chief Aircrew Survival Equipmentman Hector Quioc, from Dededa, Guam, monitors Sailors during the Navy-wide E-5 advancement exam aboard USS John C. Stennis.

From Chief of Naval Personnel Public Affairs

WASHINGTON

Navy announced changes to the current enlisted advancement Final Multiple Score (FMS) calculation process beginning with the spring 2019 Active Duty and Selected Reserve (SELRES) advancement cycles, with the goal of rewarding Sailors demonstrating sustained superior performance.

Detailed in NAVADMIN 312/18, released December 20, the FMS changes include updates to the computation process of the Performance Mark Average (PMA), reduction of the number of cycles for Pass Not Advanced (PNA) points, changes to the Service in Paygrade (SIPG) factor, and the discontinuation of Individual Augmentee (IA) Points.

“We are changing the focus of the FMS to better manage our talent, minimize the benefits of longevity and reward our top performers,” said

Capt. Angela Katson, branch head of Enlisted Force Shaping Plans and Policies (OP-NAV 132). “This is in line with CNP’s rating modernization efforts and our Sailor 2025 talent management initiatives.” Rating modernization supports Sailor 2025 initiatives that have the goals of redefining career fields, improving talent management and the detailing process, offering more career choices, and expanding professional development opportunities. These Sailor 2025 initiatives are intended to increase Fleet readiness, sustainability, and fit.

The change to policy regarding PMA for E-6 and E-7 candidates is that the Individual Trait Average (ITA) and Reporting Senior’s Cumulative Average (RSCA) will be used to determine RSCA PMA for Sailors competing for advancement to E-6 and E-7. The NAVADMIN provides guidance for the revised PMA computation, in addition to specific steps and

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U.S. Navy graphic

Statement from Acting Defense Secretary Patrick M. Shanahan

From Department of Defense Public Affairs

WASHINGTON

Under the direction of President Trump, the Department of Defense remains focused on safeguarding our nation. We have deep respect for Secretary Mattis’ lifetime of service, and it has been a privilege to serve as his deputy secretary.

As acting secretary of defense, I now look forward to working with President Trump to carry out his vision alongside strong leaders including the service secretaries, the Joint Chiefs of Staff, the combatant commanders, and senior personnel in the Office of the Secretary of Defense.

The Department of Defense continues to be one of our nation’s bedrock institutions. Our foundational strength lies in the remarkable men and women who volunteer to serve our country and protect our freedoms, while making immense personal sacrifice. It is an honor to work with such a dedicated team committed to the greatness of our nation.



Department of Defense photo
Official portrait of Acting Secretary of Defense Patrick M. Shanahan.



U.S. Navy photo

To recognize the birth of NMCP’s first baby of the Year, representatives of the Oakleaf Club of Tidewater present a gift basket to the Basking family. Makenzie was born at 12:27 a.m. to Warren and Shantell Basking.

NMCP welcomes first baby of the New Year 2019

By MC1 Laura A. Myers

Naval Medical Center Portsmouth Public Affairs

PORTSMOUTH, VA.

Naval Medical Center Portsmouth’s (NMCP) Labor and Delivery team delivered the first baby of 2019 shortly after the ball drop to ring in the New Year. Makenzie Basking was born at 12:27 a.m. to Warren and Shantell Basking.

“It shows just how blessed we are and how much of a miracle baby she is for us that she was the first baby born in the New

Year, and all the blessings she will bring this year for us,” Shantell said.

On Jan. 1, the team delivered seven babies in all.

“I am absolutely excited,” Warren said. “This is my first baby girl and this just shows that there is a lot in store for her in her future.”

Representatives of the Oakleaf Club of Tidewater presented the Basking family with a gift basket to recognize the birth of

» See **BABY** | A7



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SECNAV NAMES FUTURE DESTROYER IN HONOR OF NAVY VETERAN, VIETNAM WAR POW

Secretary of the Navy Richard V. Spencer named a future Arleigh Burke-class guided-missile destroyer in honor of U.S. Navy Vietnam veteran, Navy Cross recipient, and former U.S. Senator from Alabama, Admiral Jeremiah Denton.



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KEY USS COLE ALQUEDA OPERATIVE CONFIRMED DEAD

U.S. Central Command has confirmed that Jamal al-Badawi was killed in a precision strike in Marib governate [Yemen] on Jan. 1.

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2018: THE YEAR IN REVIEW!

Take a look back at some of the top headlines of 2018.

» see **C1**

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If the weather outside is frightful, a little preparation can make it delightful

By Military Health System Communications Office

When it comes to weathering cold temperatures, preparation is key. The biggest risk factors and those most commonly associated with winter weather exposure are hypothermia and frostbite. Both are significant risks for both service personnel on the job and civilians enjoying winter sports at this time of year.

Frostbite occurs when a part of the body – usually an extremity such as fingers and toes– freezes. In the most severe cases, frostbitten tissue may require amputation. The incidence of frostbite is four times that of hypothermia, according to Army Maj. David DeGroot, deputy chief of the Department of Clinical Investigation at Tripler Army Medical Center.

Hypothermia occurs when body

temperature drops due to excessive heat loss, inadequate heat production, or a combination of both. This can happen due to sweating in cold air, accidental water immersion, or simply being exposed to extreme cold for a prolonged time period. Symptoms of hypothermia include shivering, confusion, memory loss, slurred speech, and exhaustion. Symptoms of frostnip, the first stage

of frostbite, include skin redness, pain, or a tingling sensation. Frostbite sets in with numbness, joint and muscle fatigue, and a hardening of the skin, usually starting with the toes and fingers or other extremities.

Service members stationed in cold climates are prone to other winter weather afflictions as well, according to DeGroot. Trench foot, a common ailment of British soldiers during the Falkland Islands War, is caused by prolonged exposure to cold and damp conditions, which can lead to severe tissue damage. Carbon monoxide poisoning is a risk for anyone using space heaters in field tents without proper ventilation. For service members and outdoor enthusiasts alike, snow blindness and sunburn are conditions that can result from the bright sun reflecting off snow. Proper eye protection and sunscreen are a must when engaging in any outdoor winter activities, especially on sunny days.

A DHA review of cold weather injuries ranked frostbite as the most common. Certain demographic groups were at greater risk of such injuries, including females and younger Army recruits. DeGroot noted that these statistics help leaders ensure their field soldiers are well-trained and properly clothed to withstand the many risks associated with cold weather exposure.

“The best precaution is dressing properly, keeping the body warm and dry,” said DeGroot. “Thanks to remarkable progress made in developing protective cold weather clothing and gear, there are very few places on this planet that people can’t survive.” For service members and outdoor adventurers alike, he advises wearing several layers of loose clothing that can be removed

easily if needed. “It’s also important to layer clothing correctly, choosing pieces made of wicking fabric to wear closest to your skin that won’t absorb moisture,” he said. For example, cotton should not be used at the bottom layer because it will trap moisture; the cooling effect could lead to hypothermia.

Prolonged exposure to cold temperatures is a greater risk factor for those who spend long periods of time outdoors – not just for the military but hunters and hikers as well. DeGroot cautioned against use of alcohol or tobacco products when venturing outdoors in winter because these substances affect blood flow to the skin and can increase risks of hypothermia or frostbite. Alcohol consumption can also impair judgement regarding how much exposure to cold the body can withstand.

Dehydration is another often overlooked cold weather risk factor, DeGroot stated, particularly for military members on patrol who drink less in order to minimize the need to relieve themselves in subzero temperatures. The result can be dizziness, confusion, or drowsiness.

“For the military, outdoor training or activities are never canceled solely due to cold weather because they insure military members are properly outfitted with the clothing and gear they will need,” said DeGroot, who stressed the critical need for immediate medical attention when the warning signs of hypothermia or frostbite are observed.

Taking proper precautions can ensure a successful outdoor experience in cold temperatures, whether at work or play.

UPDATE: COLD WEATHER INJURIES

active and reserve components, U.S. Armed Forces, July 2012–June 2017

The total number of cold weather injuries among active component service members in the 2016–2017 cold season was the lowest since 1999.

2016–2017 versus the previous four cold seasons

A total of **387** members of the active (n=328) and reserve (n=59) components had at least one medical encounter with a primary diagnosis of cold weather injury.

Rates tended to be higher among service members who were in the youngest age groups, female, non-Hispanic black, or in the Army.

Cold weather injuries associated with overseas deployments have **FALLEN** precipitously in the past three cold seasons due to changes in military operations in Iraq and Afghanistan. There were just **10 CASES** in the 2016–2017 season.

Frostbite was the most common type of cold weather injury.

Cold Season	Air Force	Marine Corps	Navy	Army	Total
Jul 2012–Jun 2013	100	100	100	100	400
Jul 2013–Jun 2014	150	150	150	150	600
Jul 2014–Jun 2015	120	120	120	120	480
Jul 2015–Jun 2016	100	100	100	100	400
Jul 2016–Jun 2017	50	50	50	50	200

Numbers of service members who had a cold injury (one per person per year), by service and cold season, active and reserve components, U.S. Armed Forces, July 2012–June 2017

Access the full report in the October 2017 **MSMR** (Vol. 24, No. 10). Go to: www.Health.mil/MSMR

#ColdReadiness

DHA
Defense Health Agency



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The Flagship

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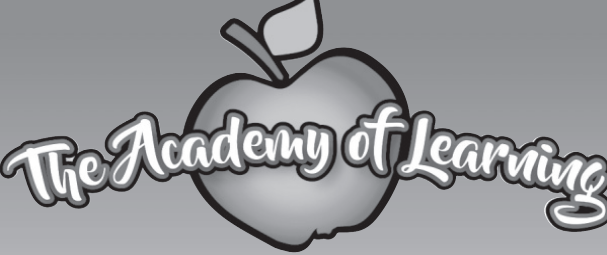
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NEWS FROM NAS OCEANA

CVW-1 RETURNS HOME TO NAS OCEANA

By MC3 Mark Thomas Mahmood

Naval Air Station Oceana Public Affairs

VIRGINIA BEACH, VA.

Three strike fighter squadrons attached to Carrier Air Wing (CVW) One returned home Dec. 13, following an eight-month deployment embarked with the USS Harry S. Truman (CVN 75) Carrier Strike Group.

F/A-18 Super Hornet pilots attached to the “Sunliners” of Strike Fighter Squadron (VFA) 81, the “Fighting Checkmates” of VFA-211 and the “Red Rippers” of VFA-11 landed on Apollo Soucek Field to a crowd of family and friends.

CVN-75, CVW-1 and several ships departed Norfolk on April 11, and for the next three months, operated in the Navy’s Sixth Fleet area of operations.

After returning to Norfolk in mid-July for a working port visit, the air wing and strike group returned to sea to complete their deployment.

Since deploying in April, the Sailors of the Harry S. Truman Carrier Strike Group conducted combat operations in support of Operation Inherent Resolve, conducted numerous bilateral training events, operated above the Arctic Circle, and participated in Exercises Baltic Operations 2018 and Trident Juncture 2018; the first Sailors to deploy under the Navy’s Dynamic Force Employment strategy.

Secretary of Defense Jim Mattis introduced the new Dynamic Force Employment strategy, which is meant to make U.S. forces more unpredictable and confuse adversaries.

Cmdr. Ken Hockycko, executive officer of

VFA-211, said he’s happy to be home with his family after such a unique deployment.

“This deployment was like none that the Navy’s seen in decades,” said Hockycko. “There was a lot demanded of all of the Sailors and all of the air crew, requiring us to be extremely agile and flexible, putting us in challenging conditions, geography, and mission sets. Everyone performed at the level we expected of them and beyond.”

Cmdr. Brian Kesselring, commanding officer of VFA-81, said he was proud of the “Sunliners” performance during the deployment.

“They did everything I asked of them and more,” said Kesselring. “They came together as a team, and truly demonstrated the core values of our service each and every day.”

After leaving his wife and 3-month-old daughter in April, Kesselring said it was difficult being away from them, but was able to keep steady communication through pictures and talking on the internet.

“I’ve done this plenty of times, but I’ve never done it where I came home to a 1-year-old daughter,” said Kesselring. “The feeling of coming home is unlike anything in this world.”

Ashley Kesselring, wife of Cmdr. Brian Kesselring, said it’s good to have her husband home for the holidays.

“I’m very excited,” said Kesselring. “You never really know what the plans are going to be or what’s going to change. The fact that we are all here today and they’re going to be on the ground and in our arms is really exciting.”



Photos MC3 Mark Thomas Mahmood

Cmdr. Brian Kesselring, commanding officer of the “Sunliners” of Strike Fighter Squadron (VFA) 81, holds his daughter on board Naval Air Station Oceana after returning from an eight-month deployment. Three squadrons from Carrier Air Wing (CVW) One returned home from an eight-month deployment embarked with the USS Harry S. Truman Carrier Strike Group where they conducted combat operations in support of Operation Inherent Resolve, conducted numerous bilateral training events, operated above the Arctic Circle, and participated in Exercises Baltic Operations 2018 and Trident Juncture 2018.



An F/A-18 pilot assigned to the “Red Rippers” of Strike Fighter Squadron (VFA) 11 walks with his family after they welcomed him home on board Naval Air Station Oceana.

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Hospital ship USNS Comfort returns to Norfolk after completing mission in South and Central America

By Bill Mesta
USN Military Sealift Command

NORFOLK

The U.S. Navy hospital ship USNS Comfort (T-AH 20) pulled into Naval Station Norfolk, Virginia, Dec. 18, after completing its deployment to South and Central America.

Comfort’s return to Norfolk signifies the conclusion of an 11-week medical support mission to the region as part of U.S. Southern Command’s Operation Enduring Promise initiative.

“The men and women on USNS Comfort, representing the best of the United States Navy and our nation, treated over 26,000 patients and conducted approximately 600 surgeries aboard the ship and at land-based sites,” said Rear Adm. Sean Buck, Commander, U.S. Naval Forces Southern Command. “Their work made a big difference in Central and South America in ways both concrete and intangible for years to come.”

Comfort’s embarked medical team worked with health and government partners in Ecuador, Peru, Colombia and Honduras, providing care both aboard the ship and at land-based medical sites, helping to relieve pressure on national medical systems caused partially by an increase in cross-border migrants. The deployment reflected the United States’ enduring promise of friendship, partnership and solidarity with the Americas.

“This deployment reflects the United States enduring promise of friendship, partnership and solidarity with our partners in the Americas,” added Buck.

The ship’s crew included more than 465 U.S. and partner nation military doctors, nurses and corpsmen. In addition, about 90 medical and dental professional volunteers were aboard to support the medical assistance mission. The mission was supported by a team of approximately 70 of Military Sea-

lift Command’s civil service mariners who oversaw the ship’s operation and navigation. During the mission, USNS Comfort visited Esmeraldas, Ecuador; Paíta, Peru; Turbo, Colombia; Riohacha, Colombia; and Trujillo, Honduras.

“We had an opportunity to work with all of our friends and partners in the region and provide amazing care for a lot of folks who really needed it,” said Capt. William Shafley, USNS Comfort’s mission commander, “The mission could not have been successful if we had not worked as a team. We feel the mission was a tremendous success and we are all very proud of the work we have done.”

Health services provided during USNS Comfort’s deployment included general surgery, ophthalmologic surgery, dermatology, medical evaluation and treatment, preventive medicine, dental screenings and treatment, optometry screenings, eyewear distribution, and general public health. Medical capabilities aboard the hospital ship include surgical and post-surgical rooms, a CAT-scan unit, four X-ray machines, a dental suite, an optometry lab, a physical therapy area, two oxygen-producing plants and a 5,000-unit blood bank.

“Our team did a great job working with partners from 11 different countries and non-governmental organizations,” said Capt. Kevin Buckley, commanding officer, USNS Comfort Medical Treatment Facility. “The team really came together during this deployment and used all of our skills while working with our partners to the south. As a professional, working with everyone on this deployment was truly an awesome experience.”

During the port visits, Comfort’s medical team conducted a variety of surgeries including cataracts, hernias, cleft palates and more. Additionally, Comfort hosted approximately 1,000 distinguished visitors and guests during 53 distinguished visitor and media days to include the President of Honduras and



Brian Suriani

Military Sealift Command’s hospital ship USNS Comfort (T-AH 20) pulls into Naval Station Norfolk, Dec. 18. Comfort returned to Virginia after completing its 11-week medical support mission to South and Central America, part of U.S. Southern Command’s Operation Enduring Promise initiative. Comfort’s embarked medical team worked with health and government partners in Ecuador, Peru, Columbia and Honduras, providing care both aboard the ship and at land-based medical sites, helping to relieve pressure on national medical systems caused partially by an increase in cross-border migrants.

Prime Minister of Peru.

“To the Enduring Promise Team and the USNS Comfort, congratulations and thank you for demonstrating America’s enduring concern for our neighbors to the south,” said U.S. Secretary of Defense James Mattis in a message to USNS Comfort’s crew. “As you return home, you carry the thanks and respect of those you treated in Ecuador, Peru, Columbia and Honduras. In a world awash in change with displaced populations, fragmented relationships and great power competition, your deployment delivered a sense of concern and humanity amidst chaos.”

The USNS Comfort’s Enduring Promise mission demonstrated U.S. commitment to the Americas and is part of a continuum of support provided by U.S. Southern Command (SOUTHCOM). SOUTHCOM sponsored civic assistance and humanitarian missions were conducted in close cooperation with partner nations in the region as well as with U.S. interagency partners at the U.S. Department of State and USAID. Similar missions include Continuing Promise, New Horizons, Beyond the Horizon, medical readiness training exercises and the Medical Civil Action Program.

This mission marked the sixth time the hospital ship has provided medical assis-

tance in the region. Since first deploying to the region on a similar mission more than a decade ago, the hospital ship has visited 18 nations in the Caribbean, Central America, and South America. During those missions, military medical professionals worked with host nation and civilian partners to provide medical treatment to nearly 390,000 people, including more than 6,000 surgeries.

A U.S. Navy hospital ship has the capacity to provide afloat, mobile, acute surgical medical facilities to the U.S. military, and is an optimal platform to provide hospital services in support of U.S. humanitarian assistance and disaster relief operations worldwide.

SOUTHCOM is one of the nation’s six geographically focused unified commands, with responsibility for U.S. military operations in the Caribbean, Central America and South America.

Military Sealift Command is responsible for 125 civilian-crewed ships that replenish U.S. Navy ships at sea, conduct specialized missions, preposition combat cargo at sea around the world, perform a variety of support services and move military equipment and supplies to deployed U.S. forces.



Brian Suriani

Family and friends of crew members aboard Military Sealift Command’s hospital ship USNS Comfort (T-AH 20) wait as the ship pulls into Naval Station Norfolk, Dec. 18. Comfort returned to Virginia after completing its 11-week medical support mission to South and Central America, part of U.S. Southern Command’s Operation Enduring Promise initiative. Comfort’s embarked medical team worked with health and government partners in Ecuador, Peru, Columbia and Honduras, providing care both aboard the ship and at land-based medical sites, helping to relieve pressure on national medical systems caused partially by an increase in cross-border migrants.

KEARSARGE DEPARTS FOR DEPLOYMENT

By MC2 Dana Legg

NORFOLK

Sailors and Marines attached to the Wasp-class amphibious assault ship USS Kearsarge (LHD 3), and components of the 22nd Marine Expeditionary Unit (MEU) departed for a scheduled deployment, Dec. 17.

Kearsarge is the flagship of the Kearsarge amphibious ready group, which consists of Amphibious Squadron 6, the 22nd MEU, the San Antonio-class amphibious transport dock ship USS Arlington (LPD 24), the Whidbey Island-class amphibious dock landing ship USS Fort McHenry (LSD 43), as well as Kearsarge.

Kearsarge’s commanding officer, Capt. Jason Rimmer, said he is confident the ARG is ready to take on the deployment’s challenges.

“Kearsarge has spent the last four months focused on combat readiness and tactical skills,” said Rimmer. “The Kearsarge crew performed across all areas during a number of underway rehearsals and cemented their reputation as who a team that demonstrates the utmost in integrity, trust and grit. Although each of us will bid a sentimental farewell to family and friends, we sail with a confidence built on proficiency and stand ready to take the watch, maintain freedom of the seas, and deter aggression.”

For more news from USS Kearsarge (LHD 3), visit <http://www.navy.mil/local/lhd3/> and “Like” <https://www.facebook.com/kearsarge>.



MC3 Maria I. Alvarez

Friends and family members watch as the Wasp-class amphibious assault ship USS Kearsarge (LHD 3) prepares to depart Naval Station Norfolk for a deployment. Kearsarge is deploying as part of the Kearsarge Amphibious Ready Group in support of maritime security operations, crisis response and theater security cooperation, while also providing a forward naval presence.



Sailors and Marines prepare to man the rails aboard the Wasp-class amphibious assault ship USS Kearsarge (LHD 3) as it departs Naval Station Norfolk. Kearsarge is deploying as part of the Kearsarge Amphibious Ready Group in support of maritime security operations, crisis response and theater security cooperation, while also providing a forward naval presence.

MC1 Mike DiMestico



Friends and family members watch as the Wasp-class amphibious assault ship USS Kearsarge (LHD 3) departs Naval Station Norfolk for a deployment.

MC3 Maria I. Alvarez

Truman Strike Group returns home from eight-month deployment

From Commander, U.S. Fleet Forces Command Public Affairs

NORFOLK

Nearly 6,500 Sailors from the Harry S. Truman Carrier Strike Group (HSTCSG) returned to Naval Station Norfolk Dec. 16 following an eight-month deployment.

Select ships from the strike group, including flagship USS Harry S. Truman, guided-missile cruiser USS Normandy (CG 60), and Destroyer Squadron Two Eight (DESRON 28) guided-missile destroyers USS Arleigh Burke (DDG 51) and USS Forrest Sherman (DDG 98), were welcomed by friends and family after completing operations in the U.S. Second, Fifth and Sixth Fleet areas of operation.

“The opportunity to perform the full spectrum of naval missions across every imaginable maritime environment during our deployment proved to our allies and potential adversaries alike what we already knew: that the American Sailor will always rise to the operational challenge in front of them,” said Commander of Harry S. Truman Car-

rier Strike Group, Rear Admiral Gene Black. “From combat operations over Syria, to co-operative exercises and engagements with NATO allies and partners, to taking on the unpredictable conditions above the Arctic Circle, these Sailors rose to the challenges of this historic deployment with honor, courage, and commitment.”

HSTCSG deployed April 11 for a regularly scheduled deployment as part of the ongoing rotation of forward deployed forces to support maritime security operations and operate in international waters across the globe. Several strike group units returned to Norfolk in July 21 for a working port visit, until Aug. 28, when they departed to continue their deployment. The strike group’s ships and aircraft conducted a variety of missions, including forward naval presence, maritime security operations, and theater security cooperation. The strike group also participated in numerous bi-lateral and multi-lateral engagements, including Lightning Handshake 2018, Baltic Operations 2018 and Trident Juncture 2018; as well as operations alongside Germany, Italy, France, the United Kingdom, Egypt and



Photos MC2 Jessica L. Dowell

Electrician’s Mate 3rd Class Eric Sacc, assigned to the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75), hugs his wife and son upon the ship’s return to homeport. Truman returns to Naval Station Norfolk following the Harry S. Truman Carrier Strike Group’s (HSTCSG) deployment in support of maritime security operations and theater security cooperation efforts in the U.S. 2nd, 5th and 6th Fleet areas of responsibility.

Norway.

“I’m incredibly proud of the men and women of Harry S Truman,” said USS Harry S. Truman’s Commanding Officer, Capt. Nick Dienna. “The performance of the Truman team over the last eight months, from supporting combat operations over Syria to operating in the unforgiving environment of the Arctic Circle, was nothing short of outstanding. This deployment showcased the phenomenal ability of these Sailors to perform at the highest level anywhere, any time.”

Along with operating across the Mediterranean, strike group ships crossed the Arctic Circle Oct. 19 and conducted sustained operations in the Norwegian Sea – the first carrier strike group to do so in nearly 30 years. For several days, the strike group also operated alongside Royal Norwegian Navy ships in the Vestfjorden, a sea area inside Norwegian territorial waters.

In addition to supporting partnership efforts during the deployment, embarked aircraft from Carrier Air Wing ONE (CVW-1) launched sorties into Iraq and Syria in May and June in support of Operation Inherent Resolve, totaling 393 combat sorties over 2,808 hours.

Embarked squadrons of CVW-1, commanded by Capt. John Perrone, returned to home stations across the U.S., including Naval Air Station (NAS) Oceana, NAS Whidbey Island, NAS Jacksonville, NAS Lemoore and Naval Station Norfolk. These include Strike

Fighter Squadron (VFA) 11 “Red Rippers”; VFA-211 “Checkmates”; VFA-81 “Sunliners”; VFA-136 “Knighthawks”; Electronic Attack Squadron (VAQ) 137 “Rooks”; Carrier Airborne Early Warning Squadron (VAW) 126 “Seahawks”; Helicopter Maritime Strike Squadron (HSM) 72 “Proud Warriors”; Helicopter Sea Combat Squadron (HSC) 11 “Dragon Slayers”; and a detachment from Fleet Logistics Support Squadron (VRC) 40 “Rawhides.”

DESRON 28 destroyers USS Bulkeley (DDG 84) and USS Farragut (DDG 99) remained in the European region during the strike group’s working port visit of July and August, performing maritime security and theater anti-submarine warfare operations and exercises in the North Atlantic and Arctic, earning Farragut Sailors the Arctic Service Ribbon. Both ships returned to their homeports in November. USS The Sullivans (DDG 68) and USS Jason Dunham (DDG 109) deployed from their respective homeports in June, and will return at a later date, following their deployments to U.S. Fifth and Sixth Fleets, where they have performed theater security cooperative engagements and maritime security operations alongside partners and allies.

For more information about Truman, visit www.facebook.com/USSTruman or www.navy.mil/local/cvn75/.



Julian Henegar and family speak with local media while awaiting the arrival of the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) to homeport. Truman returns to Naval Station Norfolk following the Harry S. Truman Carrier Strike Group’s (HSTCSG) deployment in support of maritime security operations and theater security cooperation efforts in the U.S. 2nd, 5th and 6th Fleet areas of responsibility.

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MC3 Molly DiServio
Master-at-Arms 2nd Class Wanda Cummings takes the petty officer first class Navy-wide advancement examination aboard the Wasp-class amphibious assault ship USS Essex (LHD 2) during a scheduled deployment of Essex Amphibious Ready Group (ARG) and 13th Marine Expeditionary Unit (MEU). The Essex ARG/13th MEU is a lethal, flexible, and persistent Navy-Marine Corps team deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.

Enlisted advancement worksheets transition to electronic automation in pilot

By Ed Barker
Naval Education and Training Professional Development Center (NETPDC) Public Affairs

PENSACOLA, FLA.
Paper versions of the Navy’s Enlisted Advancement Worksheet (EAW) will soon be a relic of the past as hard copy worksheets transition to an electronic automated process, becoming part of the Navy Standard Integrated Personnel System (NSIPS).
Detailed in NAVADMIN 316/18, released Dec. 27, the EAW transition will leverage authoritative data with a display of advancement eligibility factors for all E-4 through E-7 candidates.
“This new Sailor 2025 Pay and Personnel System Modernization effort gives Sailors better control over their EAW and provides commands with a more efficient way to validate Navy Enlisted Advancement System (NEAS) requirements,” said Master Chief Personnel Specialist Anton Fitz, enlisted advancement planner for the Office of the Chief

of Naval Operations (N132). “Sailors will have the ability to view their EAW months before the exam, providing additional time for corrections, if needed.”
The EAW update will begin with a pilot program from January to March 2019, including Reserve advancement cycle 104 and Active Duty advancement cycle 243. The pilot will verify command worksheet validation processes using the new online capability and ensure that connectivity and manual processes support EAW requirements.
“During the EAW pilot phase, the electronic form in NSIPS can be printed and used for the manual worksheet process,” said Naval Education and Training Professional Development Center (NETPDC) Command Master Chief Gregory Prichard. “Initially, no data will be transferred from the EAW to NEAS and no discrepancies will be rectified — we are primarily seeking feedback and will gradually integrate changes and full EAW functionality for subsequent cycles.”

Commands with NSIPS Web access should set up their command EAW hierarchy by Jan.15 in preparation for full fleet utilization, scheduled for June 2019. Training modules for the new EAW are posted on the NSIPS main page, beneath the training section. Tutorials include topics associated with user roles and detailed procedures to perform various EAW tasks.
Sailors will be able to access their EAW and post-exam administrative comments through the MyNavy Portal (MNP) Advancement Dashboard in 2019, as MNP enhancements are released.
“Once EAW is fully operational, there will no longer be a requirement for Sailors to enter their Performance Mark Average (PMA) and awards points on their exam answer sheet during the exam,” said Prichard. “Their PMA and award points will now be system calculated and transferred from their EAW into NEAS along with other advancement cycle data.”

The individual Sailors’ user role is to review their worksheet data, enter comments, upload necessary supporting documents, sign, and maintain awareness of worksheet status through the advancement cycle up to the exam. Sailors can also route post-exam administrative comments to their command Education Services Officer (ESO).
ESOs have the execution role that creates, routes and validates eligible Sailors’ worksheets. This role has full functionality to manually enter and change data, upload documents, enter comments, route, resolve discrepancies, close and digitally sign worksheets.
Additional details on the pilot program, command and other user roles and responsibilities can be found in NAVADMIN 316/18 and at <http://www.public.navy.mil/bupers-npc/career/enlistedcareeradmin/Advancement/Pages/EAW.aspx>.
Sailors can access NSIPS at <https://nsips-prod-sdni.nmci.navy.mil/>.
For process and policy questions, contact MyNavy Career Center at 833-330-MNCC or by e-mail at askmncc@navy.mil.
For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

SECNAV names future destroyer in honor of Navy veteran, Vietnam War POW

From Secretary of the Navy Public Affairs
WASHINGTON

Secretary of the Navy Richard V. Spencer named a future Arleigh Burke-class guided-missile destroyer in honor of U.S. Navy Vietnam veteran, Navy Cross recipient, and former U.S. Senator from Alabama, Admiral Jeremiah Denton.
“Admiral Denton’s legacy is an inspiration to all who wear our nation’s uniform,” said Secretary of the Navy Richard V. Spencer. “His heroic actions during a defining period in our history have left an indelible mark on our Navy and Marine Corps team and our nation. His service is a shining example for our Sailors and Marines and this ship will continue his

legacy for decades to come.”
In 1947, Denton graduated from the U.S. Naval Academy and served as a test pilot, flight instructor, and squadron leader, and developed operational tactics still in use, such as the Haystack Concept, which calls for the dispersing of carrier fleets to make it more difficult for the enemy to find the fleets on RADAR.
On July 18, 1965, Denton was shot down over North Vietnam and spent nearly eight years as a POW, almost half in isolation. During an interview with a Japanese media outlet, Denton used Morse code to blink “torture,” confirming that American POWs were being tortured. He suffered severe harassment, intimidation and ruthless treatment, yet he refused to provide military information or be used by the enemy for propaganda purposes.
In recognition of his extraordinary heroism while a prisoner-of-war, he was awarded the Navy Cross. Denton was released from captivity in 1973, retired from the Navy in 1977 and in 1980 was elected to the U.S. Senate where he represented Alabama.
Arleigh Burke-class destroyers conduct a variety of operations



U.S. Navy photo illustration
An artist rendering of the future Arleigh Burke-class guided-missile destroyer USS Jeremiah Denton (DDG 129).

from peacetime presence and crisis response to sea control and power projection. The future USS Jeremiah Denton (DDG 129) will be capable of fighting air, surface and subsurface battles simultaneously, and will contain a combination of offensive and defensive weapon systems designed to support maritime warfare, including integrated air and missile defense and vertical launch capabilities.

The ship will be constructed at Huntington Ingalls Industries’ Ingalls shipbuilding division in Pascagoula, Miss.. The ship will be 509 feet long, have a beam length of 59 feet and be capable of operating at speeds in excess of 30 knots.
For more news from Secretary of the Navy, visit www.navy.mil/local/secnav/.

‘Tis the season for reenlisting

By MC3 Mark Thomas Mahmood
Naval Air Station Oceana Public Affairs

VIRGINIA BEACH, VA.

As a Sailor progresses through their career, there are a number of highlights and important decisions to be made. One of the most important is the decision to continue that career in the United States Navy by way of reenlistment.

This decision is one that every enlisted Sailor must make. For some, this decision is made multiple times throughout a career. The choice to reenlist represents not only their commitment and dedication of service to one’s country, but the desire to pursue new responsibilities, goals and experiences within the naval service.

Naval Air Station Oceana leadership and staff are fully dedicated to facilitating the decision to reenlist and making each Sailor’s transition to the next phase of their career as smooth as possible.

Capt. Chad P. Vincelette, commanding officer of Naval Air Station Oceana, says some of his favorite things to see are the reenlisting of Sailors and the progression of their careers.

“It’s always a great day when I get to see Sailors reenlist,” said Vincelette. “I couldn’t be more proud to see them progress in their careers and become tomorrow’s leaders.”

Ship’s serviceman 2nd Class Clarence

Hackney, who reenlisted for the fourth time Dec.12, said this time was an early confirmation of his goal of serving in the navy for at least 20 years.

“Over the last few years, I’ve gotten where I need to be,” said Hackney. “I do this now to prove to my kids that you can do anything you put your mind to.”

Senior Chief Culinary Specialist Carlos Eldridge, N9 department leading chief petty officer who also reenlisted on Dec. 12, said he’s been in the Navy for 23 years. Eldridge said he’s always loved making his mother proud, and because the Navy was so fun for him, he had no problem staying in for as long as he has.

“The Navy is fun, and I enjoy my job,” said Eldridge. “I enjoy being a cook, I enjoy leading Sailors, and I enjoy what I do every day. As long as I’m having fun with it, I am happy to continue my career.”

Eldridge enlisted for another three years of service and hopes to obtain the rank of master chief petty officer before retiring.

Navy Counselor 1st Class Tiffani N. Theisen, command career counselor for Naval Air Station Oceana, has spent the last six years of her career as a navy counselor assisting Sailors with pursuing their naval career goals.

Theisen said there’s a number of incentives for a Sailor considering reenlisting, whether that incentive comes in the form of a selec-



MC3 Mark Thomas Mahmood
Chief Warrant Officer 4 Phillip Davis administers the oath of reenlistment to four Sailors at the Hornet's Nest Galley on board Naval Air Station Oceana. The choice to reenlist represents not only their commitment and dedication of service to one’s country, but the desire to pursue new responsibilities, goals and experiences within the naval service.

tive reenlistment bonus, command-specific incentives or continuing to utilize the navy’s educational benefits.

“To be eligible for reenlistment, you have to make sure you meet growth criteria for your rate and rank,” said Theisen. “Being medically cleared and recommended for retention on your most recent performance evaluation are also important requirements to meet.”

Theisen said Sailors who are interested in reenlisting should communicate their career intentions to their own chain of command.

“At the end of the day, it is up to the Sailor to make their own choice to reenlist,” said Theisen.

Hackney also said that it should be a Sailor’s own personal choice to reenlist, but they should look toward the future when deciding.

“Don’t let a difficult current situation affect your decision,” said Hackney. “Some people go to commands that leave a sour taste in their mouth about the military, but I believe that people shouldn’t let where they’re at determine where they go. Don’t let your attitude affect your altitude.”

CAC-less: The future of Navy mobile applications

By Cmdr. Erik Wells
Sea Warrior Program (PMW 240) Public Affairs

WASHINGTON

The Navy released a new mobile application that allows Sailors to access a portion of their Electronic Training Jacket (ETJ) without using a Common Access Card (CAC).

NAVADMIN 008/19 announced the launch of MyNavy Portal MyRecord Mobile (Beta) App on Jan. 8, marking a new era for both the Navy and Sailors.

“The Navy is committed to transforming how it delivers human resources services – personnel, pay and training – services to our Sailors,” said Vice Adm. Robert Burke, chief of naval personnel. The launch of the MyNavy Portal MyRecord Mobile (Beta) App is our first step to providing these services without using a Common Access Card. We are committed to expanding CAC-less services with the same level of security and convenience Sailors expect from their personal banking services. In time, Sailors will be able to conduct all personnel transactions using their mobile device.”

The initial release has limited functionality by design and will display only a portion of a Sailor’s ETJ in a read-only mode. This initial release has limited functionality specifically linked to a portion of personnel and training information from the ETJ of the Sailor, in a read-only mode, as the primary function of the release is to evaluate the CAC-less access.

By rolling out the MyRecord App in a Beta format, Sailors will be able to provide feedback for the Navy to improve the application and overall Sailor experience. Reviewing a record on the MyRecord Mobile (Beta) App does not replace a Sailor’s responsibility to conduct a full record review for boards. Sailors should still conduct a full record review as they do today to ensure accuracy of their entire record.

Sailors should also keep in mind that as a Beta release, early testing indicated an occasional error resulting in the misalignment of data fields. Before submitting records for correction, first verify their status on the MyNavy Portal (MNP) desktop version of MyRecord.

“We find Sailor feedback and suggestions

are critical for a successful application,” said David Driegert, program manager for the Navy’s Sea Warrior Program (PMW 240). “Our Sailors are tech savvy and when we include them in the process, the end result is always a better application. We want their candid feedback, what they like and dislike about the app and what future capabilities they desire.”

Going CAC-less is a multi-step process and requires Sailors to enable CAC-free setup in MNP. They must also download the MyRecord App and a Navy-approved third-party application, Okta Verify. Okta Verify allows Sailors to create a secure Multi-Factor Authentication account to log-into the MyRecord (Beta) App. Sailors may receive an email regarding the activation of their account, however no action is required.

The entire process should take less than five minutes and can be used on mobile devices with iOS version 10, 11, and 12 or Android version 6, 7, 8 and 9. Step-by-step instructions to go CAC-less are available in NAVADMIN 008/19.

Both mobile apps are available for free in the Apple App Store, Google Play Store and the Navy App Locker.

Burke added, “Starting with the MyRecord Mobile (Beta) App launch in January, new capabilities and functionality will be released over time. Sailors can expect continuous updates to the app that will offer more tools right at their fingertips and allow them

and their spouse to accomplish things that used to require a trip to a Personnel Support Detachment. Coupled with the Customer Service and responsiveness of MNCC, you can expect continuous improvement in how personnel service are delivered in the coming months.”

Sailors can send their comments to the MyNavy Career Center (MNCC) Contact Center either by selecting the email link on the Beta release in the MyRecord App (askmncc@navy.mil) or by calling 1-833-330-MNCC (6622). Sailors should also contact MNCC if they are experiencing any difficulty with the app.

“This app allows Sailors greater flexibility on when and where they can access their personnel information, allowing them to maintain continued focus on their job and operational environment,” said Driegert.

For more information about MyNavy Portal MTP&E’s Transformation and Sailor 2025 initiatives, visit the CNP website at <https://www.navy.mil/cnp/index.asp>, or follow us on Facebook at <https://www.facebook.com/usnpeople/> or Twitter at <https://twitter.com/usnpeople>.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

BABY | First born of 2019

Continued from A1

the medical center’s first baby of the New Year.

The seven babies born on New Year’s Day follow a total of eight deliveries on Christmas day.

The Labor and Delivery team typically delivers between 250 and 300 babies each month, and is staffed on holidays to welcome those little ones who just can’t wait another day.

As the U.S. Navy’s oldest, continuously-operating hospital since 1830, Naval Medical Center Portsmouth proudly serves past and present military

members and their families. The national acclaimed, state of the art medical center, along with the area’s ten branch and TRICARE Prime Clinics in the Hampton Roads area. The medical center also supports premier research and teaching programs designed to prepare new doctors, nurses and hospital corpsman for future roles in healing and wellness.

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



U.S. Navy photo
To recognize the birth of NMCP’s first baby of the Year, representatives of the Oakleaf Club of Tidewater present a gift basket to the Basking family. Makenzie was born at 12:27 a.m. to Warren and Shantell Basking.

FMS | New changes in effect

Continued from A1

examples.

“To facilitate RSCA PMA calculations, ITA and RSCA spreadsheets will be posted on the Navy Enlisted Advancement System website and Navy Personnel Command’s advancement page,” said Naval Education and Training Professional Development Center (NETPDC) Command Master Chief, Master Chief Electronics Technician, Nuclear Power (SS) Gregory Prichard. “An automated RSCA PMA calculation solution should be available for the fall advancement cycles.”

PNA points for E-4 through E-6 candidates

will continue to be added when the FMS is computed and points will continue to be awarded for the top 25 percent of eligible candidates to allow first time test takers an opportunity to compete on a more equal level. PNA points will only accumulate for the 3 previous advancement cycles — a maximum of 9 points. Current PNA points from previous cycles will be retained.

Experience will continue to be rewarded for E-4 through E-6 candidates. SIPG factor points for E-4 through E-6 candidates will continue to be added when the FMS is calculated. The SIPG factor will be changed by dividing SIPG by 5 for a maximum of 2 points.

Based on current operational requirements, the policy regarding IA points has changed.

IA points will no longer be awarded or factored into the FMS score for E-4 through E-6 candidates.

All of these changes to the FMS will be effective for E-4 through E-6 SELRES candidates in the February 2019 cycle (Cycle 104) and for E-4 through E-6 Active-Duty, Full Time Support (FTS) and Canvasser Recruiter (CANREC) candidates in the March 2019 cycle (Cycle 243).

The E-7 FMS will be updated for Active-Duty, FTS and CANREC chief petty officer candidates beginning with the January 2020 NWAE (Cycle 246) and the February 2020 SELRES E-7 Cycle 106.

Any Sailor who is competing for advancement in a past cycle will be scored with the

FMS computation used during the missed cycle. For example, Sailors who were unable to take an earlier exam or missed an exam while deployed to an approved operational area, or Sailors who missed an exam through no fault of their own with an approved exception-to-policy request or Board for Correction of Naval Records petition.

Details of the new FMS calculations can be found in NAVADMIN 312/18, available at www.npc.navy.mil.

For questions about the new FMS, contact MyNavy Career Center: 833-330-6622 or askmncc@navy.mil.

For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

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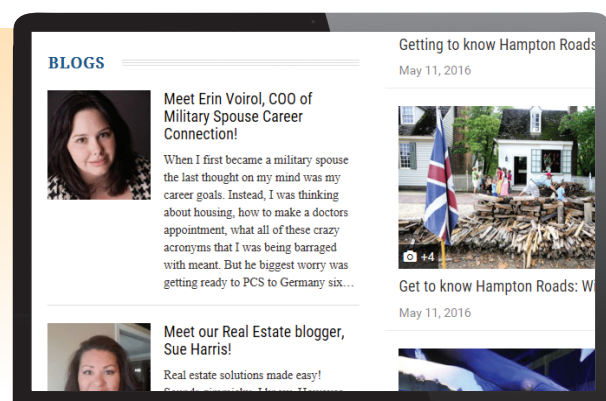
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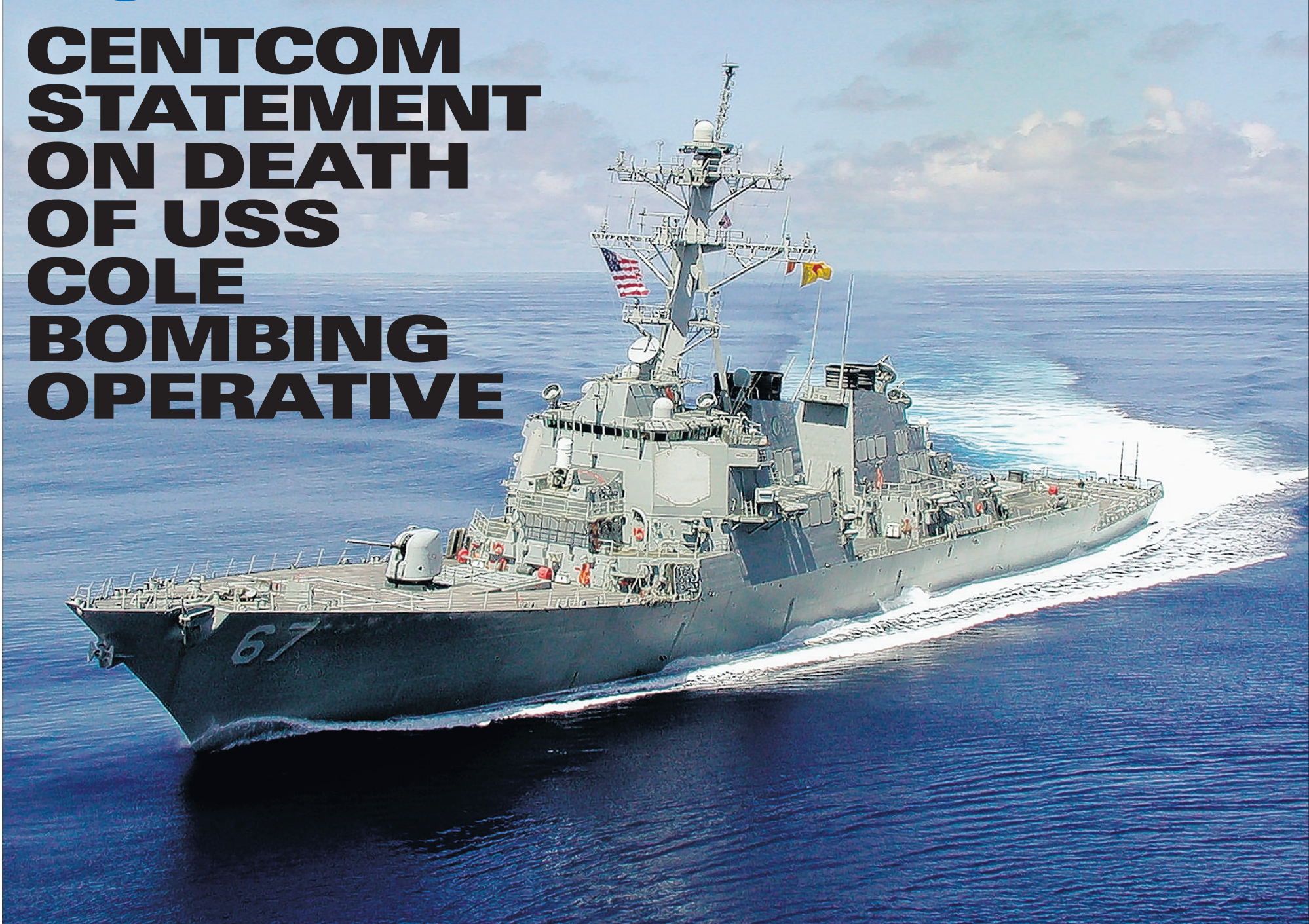


CJTH continues to provide superior care for U.S., Coalition forces

The noise of combat surrounds him. He's hurting. He's bloodied and he's confused. Next thing he knows, he looks up and sees the flag. In that moment in time, he knows he's going to be safe and he's going to see his family again.

» see B6

SECTION B | FLAGSHIPNEWS.COM | 1.10.19



U.S. Navy photo
The U.S. Navy Arleigh Burke class guided missile destroyer USS Cole (DDG 67) underway to the Mediterranean Sea, approximately one month before being attacked by a terrorist-suicide mission in the early morning hours of October 12th, 2000, while refueling in the port city of Aden, Yemen.

From U.S. Central Command Public Affairs

TAMPA, FLA.

U.S. Central Command spokesman Capt. Bill Urban released the following statement Jan. 6 on the death of Jamal al-Badawi:

“U.S. Central Command has confirmed that Jamal al-Badawi was killed in a precision strike in Marib governate [Yemen] on

Jan. 1.”

“Jamal al-Badawi was a legacy al Qaeda operative in Yemen involved in the USS Cole bombing. U.S. forces confirmed the results of the strike following a deliberate assessment process.”

“Jamal al-Badawi was indicted by a federal grand jury in 2003, charged with 50 counts of various terrorism offenses, including murder

of U.S. nationals and murder of U.S. military personnel; was wanted by the U.S. for his role in the Oct. 12, 2000, terrorist attack against USS Cole; and was also charged with attempting with co-conspirators to attack a U.S. Navy vessel in January 2000.”

USS Cole (DDG 67) was attacked during a brief refueling stop in the harbor of Aden, Yemen. The suicide terrorist attack killed 17

members of the ship’s crew, wounded 39 others and seriously damaged the ship.

After 14 months of upgrades and repairs, the Arleigh Burke-class – “Determined Warrior” – returned to the fleet, departing Pascagoula, Mississippi, April 19, 2002.



Cmdr. Paul Macapagal
Royal Norwegian Navy Cmdr. (SG) Iris Fivelstad, right, commanding officer of the Fridtjof Nansen-class frigate HNoMS Otto Sverdrup (F312) explains bridge operations to Under Secretary of the Navy Thomas Modly during a tour of the ship. Modly is on a multination visit to the European region focused on strengthening partnerships and cooperation.

Navy Undersecretary visits allies to build military-to-military ties in Europe

By Jim Garamone

WASHINGTON

Navy Undersecretary Thomas B. Modly has returned from a trip to Europe in which he visited vastly different countries facing different challenges, but with the same feeling about their alliance with the United States.

Norway and Romania are both NATO allies of the United States, but one extends above the Arctic Circle and the other borders the Black Sea. It would be hard to find more disparate nations in the alliance, but both nations are remarkably similar in their appreciation of their alliances with the United States and NATO, Modly said in an interview.

The undersecretary said he wanted to go to places “that are high value with respect to our alliance relationships.” He wanted to visit

smaller countries that demonstrate the importance of the alliance, and see first hand what the nations face and what the United States – especially the U.S. Navy – can do with them.

Modly visited U.S. service members in the countries and met with national leaders. He said his visit to Norway was “an eye-opener to me.”

“I knew we were strong allies with the Norwegians, but the depth of the relationship was stunning,” he said. “I came away appreciative of what they do for us in terms of defense cooperation. They are very comfortable and open about working with Americans and mentioned many times that the United States was their most important ally.”

» See UNDERSECRETARY | B7



MCSN Angelina Grimsley
Cmdr. James Rorer, the Nimitz-class aircraft carrier USS John C. Stennis’ (CVN 74) aircraft intermediate maintenance department officer, speaks with Rear Adm. Lorin Selby, chief engineer of Naval Sea Systems Command. Selby was aboard John C. Stennis to discuss current benefits and future applications of the additive manufacturing equipment installed on the ship in April as part of a Deputy Chief of Naval Operations for Fleet Readiness and Logistics additive manufacturing acceleration initiative.

Stennis engineers use 3D printer to make repairs to critical systems

By MCSN Joshua Leonard

USS John C. Stennis Public Affairs

ARABIAN SEA

U.S. Sailors aboard the aircraft carrier USS John C. Stennis (CVN 74) repaired a rotary joint in the commercial broadband system program (CBSP) using additive manufacturing (AM), more commonly referred to as 3D printing, to manufacture a temporary solution, Dec. 2.

When the rotary joint in the CBSP failed, it could have brought down the John C. Stennis’ internet connection. Ship’s engineers and communications personnel collaborated to create the essential part.

“The rotary joint is like a fork on a BMX

(motocross bicycle),” said Lt. j.g. Tyler Grim, the exterior communications maintenance division officer onboard John C. Stennis. “The gyro allows the fork to spin 360 degrees without getting the brake lines tangled. The rotary joint works like that. It enables the transmit cables to rotate without getting tangled while maintaining an electrical connection to the rest of the system.

When an uncommon part like the rotary joint fails and has to be replaced, the traditional repair method is time consuming.

“We spent two to three weeks troubleshooting,” said Grimm. “Finally we honed in on the rotary joint. My initial thinking was to

» See 3D PRINT | B7



THAT OLD CAR SMELL

By Lisa Smith Molinari

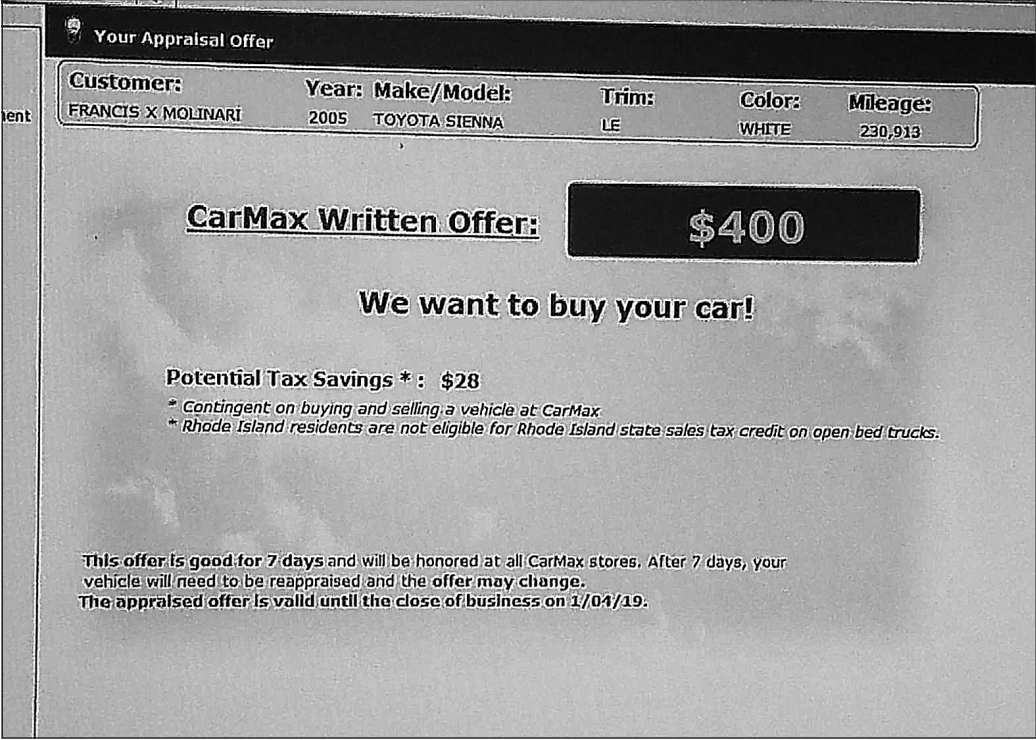
“She served us well for thirteen years,” I thought wistfully, as my husband and I drove our 2005 Sienna minivan to the local Carmax to trade her in last week. Although her trusty engine still spun like a top, our family vehicle had too many problems to ignore. Passing another state vehicle inspection would have required a couple thousand dollars or a crooked mechanic, so we had decided to upgrade. But I’d been with her so long, I had mixed emotions.

I remembered when we bought her while stationed in Virginia Beach. She was slightly used, but sparkling white. With only eight thousand miles on her odometer, she still had that new car smell.

I tried to keep her tidy, but she was soon sprinkled with dog hair, cold french fries, fruit snacks, and Polly Pockets. Her cup holders were perpetually sticky, child car seats were strapped into back seats, and the cargo area held folding chairs, Gatorades, and smelly cleats for soccer and flag football games. Each of our carsick-prone children took turns upchucking on her upholstery. And our dog, Dinghy, once ate a dead fish on the beach and threw it up in the backseat on the way home. By the time we moved to Germany, that “new car smell” had degraded into an unpleasant sourness disguised by frequent applications of Febreeze.

She braved speedy autobahns, winding mountain passes, and former communist territories to deliver us to travel destinations all over Europe. When not on the road, she waited faithfully outside our military apartment, crusted with salt for three long winters. A subsequent tour in the searing heat of Florida cracked her dashboard, but she logged thousands more miles on her odometer during carpools, orthodontist appointments, piano lessons, vacations, football games and cross country meets.

For her last five years in Rhode Island, our minivan saw our three children through high school and off to college before giving in to age. Her headlights turned hazy yellow. Her paint became a dull, dirty white. Her dash-



board warning lights stayed on; something about needing an O2 sensor. Every time it rained, water dripped from the rearview mirror. I tried stopping the leak by sealing the windshield, which only added flapping duct tape to the myriad of embarrassing blemishes. The automatic sliding door had long stopped working, and the other door was missing its handle. She had logged over 230,000 miles. It was definitely time.

We parked our Sienna in the Carmax lot, and waited at a desk for the sales associate and mechanic to inspect the minivan. As I wondered what her fate would be, I thought of my old yellow Schwinn bicycle.

It was an elementary school birthday present. Pedal brakes, cruiser handlebars, yellow painted chrome — a real classic. I knew her so well, I could steer her using only my bodyweight. I would stand on her pedals, stretch my arms out wide, and coast from the top of the hill through the curve in Chestnut Street without touching the handlebars, with the wind in my hair, listening to the cards snapping loudly on her spokes.

Even though that beloved yellow Schwinn had become my trusted friend, I eventually had to trade her in, just like the minivan.

“How much do you think we’ll get for the Swagger Wagon?” we’d asked friends.

“I guess it depends on how much gas is left in her tank,” was the best answer we got.

After speaking with the mechanics, the Carmax representative sat down at the desk and tapped numbers into a computer.

“Mr. and Mrs. Molinari, there are several significant problems with your van ...” she went on with a laundry list of things we already knew, “so are willing to offer you —” She spun the monitor around so that we could see what their algorithm had decided.

“Mr. and Mrs. Molinari, there are several significant problems with your van ...” she went on with a laundry list of things we already knew, “so are willing to offer you —” She spun the monitor around so that we could see what their algorithm had decided.

There, in bold letters on a blue screen, we read, “\$400.”

We weren’t mad, we didn’t argue, we didn’t shed tears — we cracked up laughing.

We found it hilarious that our family had used up so much of that minivan’s value, she was nearly worthless. But it was also comforting to know that the memories we’d made while driving her were truly priceless.

www.themeatandpotatoesoflife.com

Un-picture perfect homecoming

By Amanda-Lee Pitzer

So many friends have asked me, “WHERE are your homecoming pictures??” Well...We don’t have any! We had the most anti-climactic homecoming ever.

We lucked out and were down at the end of the pier in the tent. Thank God for that- because it kept raining intermittently. My husband knew we were in a tent but when I said “end” of pier he thought I meant the opposite of what I meant. As we stood there watching person after person come by, a guy dropped to his knee and proposed. There were photographers, news outlets....everyone all the sudden swarmed them and got it on camera. But in the midst of that, we got pushed back and my husband walked right by us! I started to realize that we must have missed him and ordered my boys to grab our stuff and start running. Next thing I know my phone rings and he’s asking where in the world we were! Ugh. So off we go to the ...end...of the pier where he stood waiting for us. No

camera was ready to capture any of it. He was irritated. I was irritated. The boys were mad. Yeah – it was not at all what we pictured. However, the boys ran and jumped on him and wouldn’t let go long enough to let me in there! Pictures or no pictures, we got our heart back. It was our third Christmastime homecoming, and once again he was all we wanted for Christmas.

I hardly took any pictures in the days that followed. I was really a bit mad at myself that I had hardly any pictures to show for Christmas morning. BUT, I was present in the moments that mattered. I really have tried to be on my phone less, especially now that he is home and I’m not always waiting for the ping of an email or the ring of a call from the boat. Right now life might not be “picture-perfect.” Not to show off, at least. But having him home and our family whole makes it pretty darn perfect. With or without the pictures to prove it.



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Chung-Hoon seizes drugs in Gulf of Aden

By MC2 Logan C. Kellums

Carrier Strike Group 3 Public Affairs

GULF OF ADEN

The guided-missile destroyer USS Chung-Hoon (DDG 93) interdicted a shipment of narcotics aboard a stateless vessel while conducting maritime security operations in the international waters of the Gulf of Aden, Dec. 27.

Chung-Hoon's visit, board, search and seizure (VBSS) team seized over 11,000 pounds of hashish while conducting a flag verification boarding.

"We have been conducting maritime security operations along suspected maritime smuggling routes in order to interdict illicit shipments into Yemen and Somalia," said U.S. Navy Cmdr. Brent Jackson, commanding officer of Chung-Hoon. "It's critical in an effort to curb the ongoing shipments of illicit weapons and narcotics. I am grateful that Chung-Hoon was able to play a small part in an ongoing effort to deter and limit these illicit shipments of contraband."

The vessel was determined to be stateless following a flag verification boarding, conducted in accordance with customary international law. The vessel and its crew were

allowed to depart once the narcotics were seized.

Chung-Hoon is one of the many ships currently conducting maritime security operations in the U.S. 5th Fleet. Maritime security operations as conducted by the U.S. Navy entail routine patrols to determine pattern of life in the maritime as well as enhance mariner-to-mariner relations. The relationships built as a result allow the U.S. Navy to disrupt the transport of illicit cargo that often funds terrorism and unlawful activities, and also reassures law-abiding mariners in the region.

Chung-Hoon is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.

The U.S. 5th Fleet area of operations encompasses nearly 2.5 million square miles of water area and includes the Arabian Gulf, Gulf of Oman, Red Sea and parts of the Indian Ocean. The region is comprised of 20 countries and includes three critical choke points at the Strait of Hormuz, the Suez Canal and the Strait of Bab-al-Mandeb at the southern tip of Yemen.



U.S. Navy photo

The guided-missile destroyer USS Chung-Hoon (DDG 93) seized 11,000 pounds of illicit drugs aboard a stateless vessel while conducting maritime security operations in the international waters of the Gulf of Aden. Chung-Hoon is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.



MC2 Ryan D. McLearnon

The Arleigh Burke-class guided-missile destroyer USS Chung-Hoon (DDG 93), front, and the Ticonderoga-class guided-missile cruiser USS Mobile Bay (CG 53) conduct operations in the Pacific Ocean. Chung-Hoon and Mobile Bay are currently conducting routine operations as part of Carrier Strike Group (CSG) 3 in the U.S. Pacific Fleet area of operations.



U.S. Navy photo

Members of the guided-missile destroyer USS Chung-Hoon's (DDG 93) visit, board, search and seizure team (VBSS) board a stateless dhow that was transporting 11,000 pounds of illicit drugs in the international waters of the Gulf of Aden. Chung-Hoon is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.



U.S. Navy photo

Members of the guided-missile destroyer USS Chung-Hoon's (DDG 93) visit, board, search and seizure team (VBSS) prepare to board a stateless dhow that was transporting 11,000 pounds of illicit drugs in the international waters of the Gulf of Aden. Chung-Hoon is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.

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U.S. Navy photo
Ashley Blake, an acupuncture nurse at Naval Hospital Pensacola’s Pain Management Clinic, treats a patient with Battlefield Acupuncture (BFA) Dec. 13. BFA consists of inserting five tiny and sterile 2 mm needles into specific points of the ear, where they can remain for up to three days.

ACUPUNCTURE FOR PAIN, WEIGHT LOSS AND MORE

By MC1 Brannon Deugan
Naval Hospital Pensacola Public Affairs

PENSACOLA, FLA.

All TRICARE beneficiaries can now receive auricular acupuncture within the Pain Management Clinic at Naval Hospital Pensacola (NHP). Acupuncture is the stimulation of specific points on the body by a variety of techniques, including the insertion of thin filiform metal needles through the skin. Three nurses at NHP provide auricular acupuncture, which involves the treatment of the ear with very fine needles to treat conditions such as migraines, general pain, nausea, vomiting, post-operative pain and weight loss. “Acupuncture is a good alternative to traditional pain therapies

such as narcotics,” said Mary Pugh-Farrow, acupuncture nurse at NHP. “It is a good holistic alternative that is noninvasive with minimal chance of complications unlike other types of medications. Also, it works quickly.” A typical appointment will last between 15-20 minutes. Once the patient arrives, the staff checks them in, takes vital signs and reviews the chief complaint that brought the patient into the clinic. One of the acupuncture nurses will then describe the procedure and the expected outcomes before completing the procedure. Many patients notice pain relief before leaving their appointment. “Most people feel results almost immediately,” said Ashley Blake, an acupuncture nurse at NHP. “Some

medications can take four to six weeks before the patient feels any relief, however, acupuncture can offer relief for most patients almost instantly. It is rare when someone doesn’t receive instant relief.” NHP offers four types of auricular acupuncture with the most common method provided being Battlefield Acupuncture (BFA), which addresses areas of chronic pain. BFA consists of inserting five tiny and sterile 2 mm needles into specific points of the ear where they can remain for up to three days before naturally falling out. The thought of needles being inserted into the ear may be frightening for some, but the initial pain is mild and quick. Plus, the benefits are proven and effective for most patients.



U.S. Navy photo
A sterile 2 mm needle that is used for auricular acupuncture at Nava Hospital Pensacola’s Pain Management Clinic Dec. 13. Auricular acupuncture is the treatment of the ear with very fine needles to treat conditions such as migraines, general pain, nausea, vomiting, post operation pain and weight loss.

To receive auricular acupuncture at the Pain Management Clinic, patients need a referral from their primary care manager (PCM). For more information, please contact the Pain Management Clinic at (850) 505-PAIN (7283). Established in 1826, Naval Hospital Pensacola’s mission is to deliver high quality health care to ensure a medically ready force and a ready medical force through stra-

tegic partnerships and innovation. The command is comprised of the main hospital and 10 branch health clinics across five states. To find out more, visit <http://www.med.navy.mil/sites/pcola/Pages/default.aspx> or download the command’s mobile app (keyword: Naval Hospital Pensacola). *For more news from Naval Hospital Pensacola, visit www.navy.mil/local/nh_pensacola/.*

Officials detail progress on security clearance investigations, transfer to DOD

By Jim Garamone
Defense.gov

WASHINGTON

Defense Department and Office of Personnel Management officials continue to make progress on the security clearance backlog even as they move forward with merging the National Background Investigations Bureau into DOD. Garry Reid, DOD’s director for defense intelligence, and Charles S. Phalen Jr., the NBIB director, testified before the House Armed Services oversight and investigations subcommittee Dec. 12. Reid said DOD continues to work with interagency partners to transfer the functions, personnel and resources of the bureau to the Defense Security Service. The service will be responsible for conducting background inves-

tigations. OPM previously held this responsibility. **Speeding Up the Clearance Process** In addition, Reid’s organization put in place changes to the process to speed clearance procedures and cut down the backlog of pending requests. “Overall, these new measures have helped reduce the inventory of DOD investigations by almost 18 percent over the past four months,” he said in written testimony to the subcommittee. “We will build on this work in the coming months – continuing to focus on backlog reduction as we develop detailed plans for the transfer and transition.” DOD has roughly 1.1 million personnel enrolled in the Continuous Evaluation Program. “We are planning to expand enrollment to encompass the entire population eligible for access to classified information or to hold a

sensitive position by fiscal year 2021,” he said. The Defense Security Service worked extensively to realign the bureau’s functions, personnel, and resources. “We will soon establish a Personnel Vetting Transformation Office to develop detailed transfer plans and facilitate implementation,” he said. The office will also examine cutting-edge technology to alleviate the burdens of costly, time-intensive investigations. “We acknowledge the key challenges ahead and are prepared to address any obstacles that arise including logistics, budget, human resources and cultural issues,” Reid said. **Tackling the Backlog** Right now, the bureau handles 95 percent of the background investigations within the federal government. “At its peak in April 2018, NBIB’s inventory was at approximate-

ly 725,000 investigative products, including simple record checks, suitability and credentialing investigations and more labor-intensive national security investigations,” Phalen said. “Today, our inventory is at 605,000 investigative products, a reduction of over 16 percent, and we continue to reduce the ‘backlog’ by an average of 3,000 – 4,000 cases every week.” This is happening while the number of cases the bureau receives has increased over the past few months to about 55,000 per week. “We not only managed to keep up, but have surpassed our case closures at approximately 59,000 per week, enabling the inventory to decrease,” he said. “We project we will continue to reduce inventory for the foreseeable future at an accelerating rate.” He noted that of the current backlog, 190,000 are for initial secret clearances and 90,000 are for initial top secret investigations. As of Nov. 5, 112,000 of those persons awaiting an initial secret or top secret investigation — or about 40 percent — have been granted interim clearances by their agencies while the bureau completes the overall investigation.

Naval Mobile Construction Battalion 1 and volunteers help keep Pohnpei clean

By MC2 Kory Alsberry
Commander, Task Force 75

POHNPEI, FEDERATED STATES OF MICRONESIA

Sailors with Construction Civic Action Detail, Federated States of Micronesia (CCAD FSM) assigned to Naval Mobile Construction Battalion (NMCB) 1 along with employees from US, Australian and Japanese embassies participated in a roadway cleanup community relations (COMREL) event,

Jan. 5 in Pohnpei. The volunteers picked up over 20 bags of rubbish along the causeway that leads from Pohnpei airport into the city of Kolonia. “This event was a great opportunity for our team to work with our friends from the US, Australian, and Japanese embassies to cleanup the causeway,” said Lt. j.g. Jon Dean, officer in charge of CCAD FSM. “More importantly, this is a chance to prevent discarded trash from polluting the water

Pohnpeians use to catch fish.” COMREL events allow service members an opportunity to interact and build relationships with the people of Pohnpei. “It’s important to keep this road clean, my kids walk through here everyday,” said Kathy Santos, a Japan Embassy volunteer. “It’s important to keep this community clean and show Pohnpei’s beauty.” The highway cleanup is one of many COMREL events CCAD FSM Sailors have participated in since deploying to Pohnpei in August. NMCB 1 is assigned to CTF 75 and is the primary expeditionary task force responsible for the planning and execution of coastal riverine operations, explosive ordnance disposal, diving engineering and construction, and underwater construction in the U.S. 7th Fleet area of operations.

NIOC Georgia Sailor selected to Warrant Officer 1, Navy’s first Since 1975

From U.S. Fleet Cyber Command/U.S. TENTH Fleet Public Affairs

FORT GORDON, GA.

A Sailor assigned to Navy Information Operations Command (NIOC) Georgia was selected December 7 as one of the Navy’s first warrant officer 1s since the rank was discontinued in 1975.

The Navy announced in NAVADMIN 293/18 the selection of Cryptologic Technician (Networks) 1st Class Nicholas T. Drenning and five other petty officers to the newly reestablished rank.

The warrant officer 1 rank was reinstated through the Cyber Warrant Officer In-Service Procurement Selection Board in order to retain cyber-talent and fill leadership roles. The Navy began accepting applications in June 2018 from CTNs in the paygrades of E-5 and E-6 who met Naval Enlisted Classification and time-in-service requirements.

Drenning, who was a second class petty officer when he submitted his package but promoted to petty officer first class in December, applied for the warrant officer program to remain on a technical career path and shape the Navy’s cyber forces. He said he believes a strong technical background and dedication to training others directly contributed to his selection.

“After taking the enlisted advancement exam multiple times, I wanted to prove it to myself and the warrant officer selection board that they chose the right candidate” Drenning said. “Now I am excited to set a new precedent and build on the heritage and traditions that make the Navy unique.”

Drenning currently has nine years of enlisted service and is slated to be appointed to warrant officer 1 in September. He said he looks forward to working with the other warrant officer selectees many of whom he has worked with previously in Maryland

and Georgia.

“My personal focus will be fulfilling the intent of the program, which stresses technical expertise,” Drenning said. “Part of shaping our community is going to be building effective relationships with junior-enlisted, the chief’s mess and fellow officers.”

Upon appointment, Drenning said he looks forward to filling many different cyber work roles and mission sets as he helps to shape policy and build an effective cyber force.

NIOC Georgia conducts SIGINT, cyber and information operations for Fleet, Joint and National Commanders. The command supports operational requirements and deployment of Naval forces as directed by combatant and service component commanders.

Since its establishment, FCC/C10F has grown into an operational force composed of more than 14,000 Active and Reserve Sailors and civilians organized into 28 active commands, 40 Cyber Mission Force units, and 26 reserve commands around the globe. FCC serves as the Navy component command to U.S. Strategic Command and U.S. Cyber Command, and the Navy’s Service Cryptologic Component commander under the National Security Agency/Central Security Service. C10F, the operational arm of FCC, executes its mission through a task force structure similar to other warfare commanders. In this role, C10F provides support of Navy and joint missions in cyber/networks, cryptologic/signals intelligence and space.

For news and information from Commander, U.S. Fleet Cyber Command / U.S. 10th Fleet, visit www.navy.mil/local/FCCC10F/ or follow us on twitter @US-FLEETCYBERCOM.

For more news from Commander, U.S. Fleet Cyber Command/U.S. 10th Fleet, visit www.navy.mil/local/FCCC10F/.



U.S. Navy photo

Cryptologic Technician (Networks) 1st Class Nicholas Drenning receives his promotion frocking letter from NIOC Georgia Commanding Officer, Captain William Kramer.

MyNavy Career Development Symposium to visit Hawaii

From Navy Personnel Command Public Affairs

MILLINGTON, TENN.

The MyNavy Career Development Symposium (CDS), hosted by Navy Personnel Command, will be visiting Joint Base Pearl Harbor-Hickam Jan. 16-17 to showcase Sailor or 2025 career and personnel management initiatives to Sailors in the region.

The symposium is scheduled for two days at Sharkey Theater with two sessions each day. The E1-E6 sessions are Wednesday, Jan. 16 starting at 7:30 a.m. and 12:45 p.m. The CPO and Officer sessions are Thursday, Jan. 17 starting at 7:30 a.m. and 12 p.m.

MyNavy CDS brings senior Navy leadership directly to Sailors to inform them of new Navy programs and initiatives, and how these changes will be affecting them to make life as a Sailor less stressful and less difficult to navigate.

“CDS Hawaii provides us the opportunity to engage with our Pacific Fleet Sailors and talk about all the new programs and changes happening in the personnel world. We are pushing hard to modernize our personnel systems so our Sailors can focus on training, readiness and mission success. It’s our Sailors on the deck plates who are key to building and growing the Navy Our Nation Needs,” said Chief of Naval Personnel (CNP) Vice Adm. Robert Burke.

Key topics to be presented include: Sailor 2025 programs, The Navy the Nation Needs, MyNavy Career Center, the Performance Evaluation Transformation, Detailing Process and Placement, Enlisted Advancement, Modern Training Delivery (Ready Relevant Learning), MyNavy Portal, and special interest topics.

CNP will host a senior leadership panel Q&A session, giving Sailors a unique opportunity to ask questions directly to senior leadership and voice their interest about the changes.

“CDS also gives Sailors a chance to see what we are working on and give us direct feedback”, added Burke. “We made significant strides in 2018 and as we move into 2019, we are focusing on delivering more



MC2 Matthew Riggs

Chief of Naval Personnel Vice Adm. Robert Burke, right, discusses future policy changes with Sailors during the Career Development Symposium at Commander Fleet Activities Yokosuka. The symposium, hosted by Navy Personnel Command, is visiting Japan to reach out to Sailors and inform them of the benefits available from the personnel modernization initiatives of the Sailor 2025 program.



MC2 Matthew Riggs

Yeoman 1st Class Kathryn Patten, center, a command career counselor assigned to Navy Recruiting Command Richmond, fills out Career Waypoints (C-Way) applications with Chief Yeoman Curtis Aldridge, the enlisted community manager technical advisor assigned to Navy Personnel Command (NPC), during the My Navy Career Development Symposium at Naval Station Norfolk. The symposium, hosted by NPC, is in the Norfolk area to reach out to Sailors and inform them of the benefits available from the personnel modernization initiatives of the Sailor 2025 program.

CJTH continues to provide superior care for U.S., Coalition forces

By Senior Airman Kaylee Dubois
455th Air Expeditionary Wing Public Affairs

BAGRAM AIRFIELD , AFGHANISTAN

The noise of combat surrounds him. He’s hurting. He’s bloodied and he’s confused. Next thing he knows, he looks up and sees the flag. In that moment in time, he knows he’s going to be safe and he’s going to see his family again. He knew he was at the Craig Joint Theater Hospital at Bagram Airfield, Afghanistan.

“That flag is a huge symbol for our patients,” said Col. (Dr.) Robert York, 455th Expeditionary Medical Group commander. “It’s a huge symbol for us too. It brings a huge sense of pride for me and this facility. When our patients see that flag they know that they are safe and they know they are going to get the world’s best health care right here in Afghanistan.”

This symbol of protection and pride is a 30 foot by 50 foot flag hanging above what is known as “Warrior’s Way,” which is along the path the patient takes to get life-saving medical care.

The Path
The path of the patient is the flow of the patient from crossing the gates to Craig Joint Theater Hospital through all levels of care and then ultimately out to the aircraft to fly to Landstuhl, Germany for definitive care.

Once patients land at Bagram Airfield, before even entering the hospital, they are thoroughly assessed, administratively in-processed and are checked for any explosive ordnance or weapons.

They are immediately taken into the trauma center to be rapidly assessed and resus-



Senior Airman Kaylee Dubois
A medical team transports a patient by a stretcher to Craig JointTheater Hospital at Bagram Airfield, Afghanistan, Dec. 10, 2018. Before entering the hospital, patients are thoroughly assessed, administratively in-processed and checked for any explosive ordnance or weapons.

citated, either with blood or fluid products, and provided any emergency types of procedures, such as thoracotomies.

While in the trauma bay patients will receive an initial evaluation then they will either receive a CT scan, or be moved directly to the operating room, depending on the injuries and patient condition.

After receiving life-saving care, U.S. and Coalition members are flown to Landstuhl or the United States within 24-72 hours by aeromedical evacuation or a critical care air transportation team.

The Care
The 455th EMDG is the medical component of Task Force Medical-Afghanistan, providing combat medical services and support to U.S. and coalition forces throughout Afghanistan.

Additionally, they serve as hub for all aeromedical evacuation missions within the Combined Joint Operations Area-Afghanistan

“We are the go-to place for patients,” York said. “This is the U.S. Central Command’s biggest, ‘baddest,’ most capable medical operation center in the entire [area of respon-

sibility].”
With a 99.3-percent survival rate, the hospital staff have reason to be proud.

For Lt. Col. (Dr.) Valerie Sams, 455th EMDG trauma medical director, also known as the trauma czar, her goal is to keep the statistic level, or even get it to 100-percent.

As the trauma czar, Sams is responsible for coordinating all of the patient’s treatments, as well as making the final decision of their care.

Sams doesn’t take on all of this pressure on her own. She looks to every specialty doctor available to her patients before coming to a decision, even if it is a difficult one.

“We have a pretty tremendous team here,” Sams said. “I am honestly surprised how hard people work in their jobs every day.”

The Team
Sams noted her medical staff comes from all different specialties, yet step outside of their comfort zones to make sure the mission gets done.

“We have nurses who come from labor and delivery or technical staff that come from outpatient clinics, and they come here and work in an environment they are not en-

tirely used to,” Sams added. “They step up to the plate, and that’s really what makes our success a reality.”

For both York and Sams, working at the hospital in their respective positions has reinforced years of hard work and dedication in their profession.

York joined the Air Force hoping to “effect change and improve people’s lives downrange.” Sams knew at a young she wanted to be a doctor, and being a surgeon fell into all of her expectations.

“I think there is no better way to connect to the mission than to be here to take care of those who are putting their lives on the line,” Sams said. “Somebody has to be there to either put the pieces back together or to just pick up the pieces.”

York and Sams couldn’t think of a better job than what they are doing right now.

“This is the ‘away game,’ and not only do I believe that, but for me this is the ‘Super Bowl,’ York said. “This is the best job in the world. I’m doing this so hopefully my kids don’t have to someday do it.”



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National Maritime Intelligence-Integration Office announces annual award for MDA Excellence

By Christopher Hickey
National Maritime Intelligence-Integration Office (NMIO) Public Affairs

ALEXANDRIA, VA.

Directors of the Orange County Intelligence Assessment Center and the Joint Regional Intelligence Center-Los Angeles have become the recipients of the annual National Maritime Domain Awareness Executive Steering Committee (MDA ESC) Award. Chief of the Maritime Security Department in the National Maritime Intelligence-Integration Office (NMIO) John Sanford presented the MDA ESC Award to the directors during the 2018 National Fusion Center As-

sociation Annual Training Event in Alexandria, Virginia in December, 2018. “It is certainly an honor to recognize the work of the Orange County Intelligence Assessment Center and the Joint Regional Intelligence Center-Los Angeles’ work to improve maritime information sharing and collaboration on behalf of the MDA ESC,” said Sanford, who presented the award to the directors on behalf of Rear Adm. Bob Sharp, chair of the MDA ESC. “Their work is a great example of how fusion centers, working with their partner law enforcement agencies, can improve security in our coastal waters, Sanford said. The MDA ESC recognized the Orange

County Intelligence Assessment Center and the Joint Regional Intelligence Center-Los Angeles, for distinguishing themselves in expanding their collaborative efforts in supporting the Department of Homeland Security’s Regional Coordinating Mechanism’s maritime law enforcement operations in the Los Angeles-Long Beach Coast Guard Sector. These two centers are proven partners to the local Coast Guard and Customs Border Protection intelligence personnel, and have provided intelligence support to numerous state, local and federal law enforcement agencies to counter illicit activities along the Southern California coast. The centers have successfully proven the

value in sharing maritime intelligence and information, and the value in collaborating on intelligence assessments and other products. Their collective efforts have now spread across five counties, leading to numerous successful prosecutions and the effective interdiction of illicit shipments of people and cargo prior to their arrival on our shores. The Director of National Intelligence, in cooperation with Navy and Coast Guard created NMIO in 2009 to advance governmental collaboration and unity of effort as outlined in the 9/11 Commission Report, the Intelligence Reform and Terrorism Prevention Act of 2004, and the National Strategy for Maritime Security. NMIO facilitates information sharing and collaboration across the Global Maritime Community of Interest, which consists of U.S. federal, state, local, tribal, and territorial governments; maritime industry; academia; and our international partners. To learn more about NMIO go to <http://nmio.isc.gov/index.htm>.

Fort McHenry arrives in Romania

By SN Dominic L. Holder
CONSTANTA, ROMANIA

The Whidbey Island-class amphibious dock landing ship USS Fort McHenry (LSD 43) arrived in Constanta, Romania, Jan. 7 for a scheduled port visit. Constanta is the first port visit for Fort McHenry, which deployed from its homeport of Mayport, Florida, Dec. 16, 2018. “The Sailors and Marines of Fort McHenry have a great opportunity to experience a historic city,” said Cmdr. Steve Schmidt, commanding officer of Fort McHenry. “We stand together with our Romanian allies and partners to maintain a safe, secure and prosperous

region. Strong relationships are the foundation of peace and prosperity.” Fort McHenry is a member of the Kearsarge Amphibious Ready Group, which also consists of the Wasp-class amphibious assault ship USS Kearsarge (LHD 3), the San Antonio-class amphibious transport dock ship USS Arlington (LPD 24), Fleet Surgical Teams 2 and 8, Helicopter Sea Combat Squadron (HSC) 26, Tactical Air Control Squadron (TACRON) 21, components of Naval Beach Group 2 and the embarked staff of Amphibious Squadron 6.



Cmdr. Michael Fabrizio, executive officer of the Whidbey Island-class amphibious dock landing ship USS Fort McHenry (LSD 43), observes from the bridge wing as Fort McHenry pulls into Constanta, Romania for a scheduled port visit, Jan. 7, 2019. MC3 Christopher Roys

The Whidbey Island-class amphibious dock landing ship USS Fort McHenry (LSD 43) pulls into Constanta, Romania, for a scheduled port visit, Jan. 7, 2019. Fort McHenry and embarked 22nd Marine Expeditionary Unit are on a scheduled deployment as part of the Kearsarge Amphibious Ready Group in support of maritime security operations, crisis response and theater security cooperation, while also providing a forward naval presence.



3D PRINT | Repairs made by printer

Continued from B1

get a metal plate manufactured and bolt it into place. We got together with repair division, and Cmdr. Holland (Stennis’ chief engineer) came up with a more sophisticated way using 3D printing to manufacture a solution.” Grimm’s design for a replacement part was used as the model for the manufactured piece. “We put together the support structure based on the design Lt. j.g. Grimm recommended,” said Cmdr. Ken Holland, the chief engineering officer onboard John C. Stennis. “Using the understanding of how the additive manufacturing process works and how the

component operated, we were able to build a temporary support system to allow the intended piece to rotate as needed.” Providing Sailors with the technology to create imaginative solutions provides more flexibility to repair equipment. This fix allows the ship to stay online and complete its mission by maintaining communications that serve a plethora of programs. “The 3D printing equipment allows us the opportunity to come up with alternative ways to restore a system to operation,” said Holland. “It’s probably not the way the manufacturer meant for it to work. In this case, it’s a temporary fix. We were able to fix this com-

ponent off of one Sailor’s idea.” The entire process from conception to reality took less than one day. The temporary fix provided by additive manufacturing allowed the ship to continue operating at full capacity, rather than spending four to eight weeks waiting for a replacement part to arrive. “Since its founding, our Navy has relied on the innovation of our sailors to fix our systems to keep them in the fight,” said Capt. Jason Bridges, OPNAV N415 Branch Head and Navy Lead for additive manufacturing. “Additive Manufacturing adds a new, extremely capable tool that gives us the ability to return systems to operations, even if only temporarily. This example of fixing the CBSP antenna aboard Stennis demonstrates this potential of

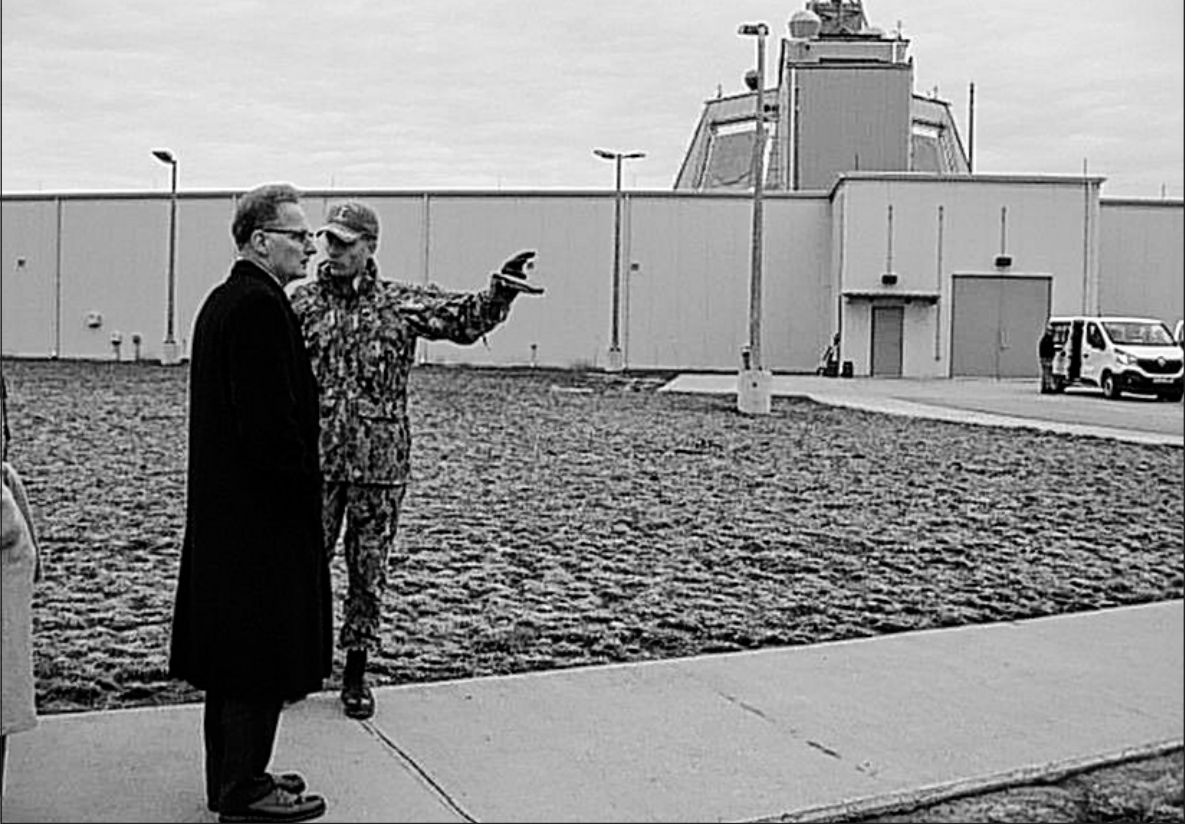
additive manufacturing to enhance a ship’s combat endurance, an ability that will rapidly expand as the Navy fields additive manufacturing capability in the fleet over the next couple of years.” The John C. Stennis Carrier Strike Group is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points. For more news on John C. Stennis, visit www.stennis.navy.mil or follow along on Facebook at www.facebook.com/stennis74. For more news from USS John C. Stennis (CVN 74), visit www.navy.mil/local/cvn74/.

UNDERSECRETARY | Building military ties in Europe

Continued from B1

Trident Juncture Exercise
Norway is in a complex area, as it borders Russia in the far north and has to police a coast cut by fjords and island chains. Modly’s visit came in the afterglow of the very successful NATO Trident Juncture exercise. Trident Juncture – the largest NATO exercise in years – demonstrated the will and proficiency of the 29-member alliance. The land portion of the exercise took place in Norway’s villages and towns, and the Norwegians talked to the undersecretary about their pleasure in meeting service members from many nations. Navy Cmdr. Axel Steiner, right, commanding officer of U.S. Aegis Ashore Missile Defense System, gives Navy Undersecretary Thomas B. Modly a tour system at Naval Support Facility Deveselu, Romania.

geographic level, but remarkably similar in the appreciation of the U.S. and NATO alliance. Romania emerged from behind the Iron Curtain in 1989. “Romanians are looking to see that the United States is there and supportive of them,” Modly said. “Right in their back yard, they are dealing with Russian incursions on national sovereignty in Ukraine, and that has been exacerbated in recent weeks because of the recent Kerch incident. They are very concerned about this and want us to stand with them to enforce international standards that govern how ships should operate on the seas.” Modly spoke with younger Romanians who were studying about the NATO alliance. “I came away from that understanding they are very, very proud of being part of NATO and they are really trying to get their younger population to understand the alliance,” he said. **Missile Facility in Romania**
In Romania, Modly visited sailors manning the Aegis-Ashore facility in Deveselu. The ballistic missile defense facility is designed to shield allies from the threat of Iranian missiles. It is fully operational, and when joined by the one under construction in Poland, it will



Cmdr. Axel Steiner, commanding officer of U.S. Aegis Ashore Missile Defense System (AAMDS) provides a tour to the Under Secretary of the Navy Thomas Modly of the AAMDS at Naval Support Facility (NSF) Deveselu. AAMDS and NSF Deveselu are co-located with the Romanian 99th Military Base and play a key role in ballistic missile defense in Europe. Modly is on a multination visit to the European region focused on strengthening partnerships and cooperation.

help bring security to the region. He said he came away impressed with the facility and the team running it. “When you go into the Aegis tower, it is sort of like you are on a ship, without the sense of motion,” he said.

Sailors deploy to the facility and get credit for sea duty. The Romanians are investing in facilities for the facility’s crew. Both countries want more Navy ships to visit, Modly said. “That is the first thing I get asked,” he added.

The nations enjoy hosting the sailors, he said, but more importantly, they like the concrete example of U.S. support and engagement that these ships mean.

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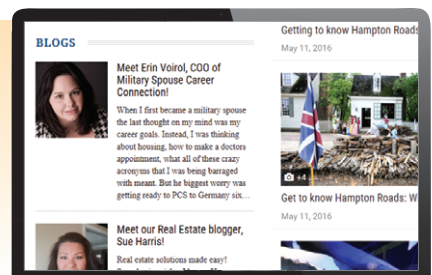
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JANUARY 2018

USS Vella Gulf returns from eight-month deployment

NORFOLK

The guided-missile cruiser USS Vella Gulf (CG 72) returned to its homeport at Norfolk Naval Station, Dec. 15, following an eight-month deployment to the U.S. 5th Fleet area of operation.

Vella Gulf departed Norfolk April 23, as an independent deployer, to support maritime security operations in the Arabian Gulf. With their ballistic missile defense capability, the cruiser and its crew were an asset there for more than six months



U.S. Navy photo



U.S. Navy photo

Trump signs order to improve mental health resources for transitioning veterans

WASHINGTON

Transitioning service members and veterans can now receive up to a year of mental health care from the Veterans Affairs (VA) Department after discharge from the service, according to an executive order President Donald J. Trump signed Jan. 10.

The order, "Supporting Our Veterans During Their Transition From Uniformed Service to Civilian Life," directs the Defense, Veterans Affairs and Homeland Security departments to develop a joint action plan to ensure the 60 percent of new veterans who now do not qualify for enrollment in health care — primarily because of a lack of verified service connection related to the medical issue at hand — will receive treatment and access to services for mental health care for one year following their separation from service.

FEBRUARY 2018

USS Wyoming arrives at NNSY for an Engineered Refueling Overhaul

NORFOLK

USS Wyoming (SSBN-742) arrived at Norfolk Naval Shipyard (NNSY) Jan. 9 for its 27-month Engineered Refueling Overhaul (ERO). As a critical piece in the country's nuclear deterrence strategy, the submarine will be refueled and upgraded during this major availability.

In a first for NNSY, Enlisted Women at Sea ship alterations will be performed onboard, modifying the layout of berthing areas. For the other work, the availability is highly similar to the shipyard's ERO currently being conducted on USS Rhode Island (SSBN-740), allowing the Wyoming project to leverage off record-setting successes and valuable experience gained during that overhaul. "Apples to apples, it's pretty much the same," Project Superintendent John Walker said. "We're looking to get at least 70 percent of the employees who worked on the Rhode Island to roll over to the Wyoming."

A facelift for Naval Station Norfolk's fitness programs

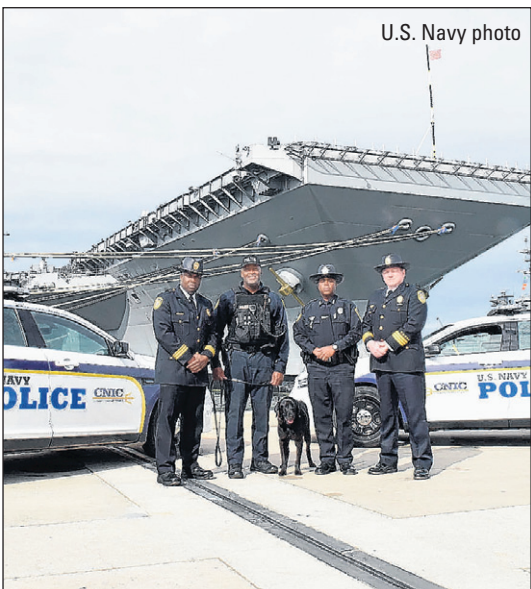
NORFOLK

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.



U.S. Navy photo



U.S. Navy photo

Excellent benefits, excellent pay: Navy hiring civilian police officers

NORFOLK

The Navy is looking to expand the civilian police force for installations in Navy Region Mid-Atlantic.

No experience is required and the hiring process is being done through direct hire authority which will streamline the process to help identify candidates who fit the job. Applicants must be 21 and pass a background check, a physical agility test and a drug screening.

MARCH 2018

Senate staff delegation visits USS George H.W. Bush

NORFOLK

The aircraft carrier USS George H.W. Bush (CVN 77) welcomed a three-member senatorial staff delegation aboard to observe in-port operations, Feb. 20.

The delegation, representing Sen. Mark Warner of Virginia includes Ms. Caroline Wadhams, military legislative assistant and national security advisor; Mr. Zach Lewis, defense legislative correspondent; and Ms. Charlotte Hurd, local defense military assistant. Their visit to George H.W. Bush allows the group to expand their understanding of ship capabilities and interact with Sailors from their state.



U.S. Navy photo

Harry S. Truman Carrier Strike Group completes COMPTUEX

NORFOLK

The Harry S. Truman Carrier Strike Group (CSG) returned to Naval Station Norfolk after completing their Composite Training Unit Exercise (COMPTUEX) March 1, certifying the strike group ready for deployment.

Harry S. Truman CSG got underway Feb. 1, to participate in COMPTUEX — a series of training scenarios that tested the strike group’s abilities in multiple categories including air warfare, strait transiting, visual information, responses to surface and subsurface contacts, electronic attacks and more.



U.S. Navy photo

F/A-18F crash off the coast of Florida

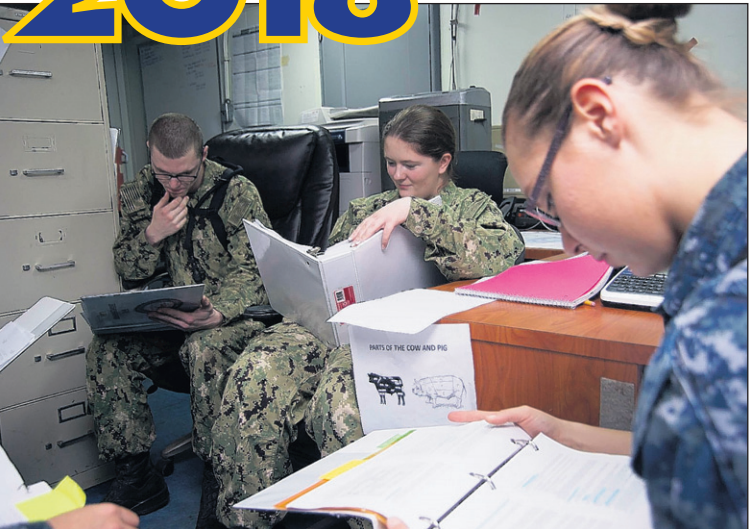
NORFOLK

The F/A-18F crash which occurred on Wednesday, March 14 just east of Naval Air Station Key West is currently under investigation. Today, the squadron took the day off from training in order to grieve. The remaining squadrons of Carrier Air Wing EIGHT were briefed on the mishap and then resumed normal training operations. The F/A-18F remains in the water where it crashed and will stay there until a Mishap Investigation Board (MIB) conducts its investigation. The MIB consists of high qualified Naval officers with extensive experience in all aspects of aviation. The MIB thoroughly examines previous aircraft maintenance, number of hours flown on the aircraft, physical condition of the aircrew and their activities previous to the accident.



U.S. Navy photo

APRIL 2018



U.S. Navy photo

Professional military knowledge transitions to stand-alone electronic exams

PENSACOLA, FLA.

The professional military knowledge (PMK) section of the Navy-Wide Advancement Exam (NWAE) will transition to a stand-alone, once-per pay grade, electronically-delivered eligibility exam starting in October 2018 as announced in NAVADMIN 085/18.

The electronic PMK eligibility exam (PMK-EE) will expand from the current 25 questions to 100 for the stand-alone exam, but Sailors will only have to pass that exam once per pay grade. The PMK information will be removed from the NWAE starting with the September 2019 Cycle 244 (E-4/5/6). Future NWAEs will then consist of 175 rating-related questions.

USS Hue City rescues distressed mariners

ATLANTIC OCEAN

Guided-missile cruiser USS Hue City (CG 66) rescued three fishermen March 27 off the coast of Georgia.

At approximately 4 a.m. Hue City was notified by the U.S. Coast Guard and guided-missile destroyer USS Mitscher (DDG 57) that a small craft in their vicinity had issued a distress signal and needed assistance.



U.S. Navy photo



U.S. Navy photo

US, allies strike Syrian targets in response to chemical attacks

WASHINGTON

U.S., French and British forces have struck targets in Syria as punishment for Syrian leader Bashar Assad using chemical weapons against his own people.

President Donald J. Trump announced the combined force launched precision strikes against the chemical weapons capabilities.

The strike against the capabilities is designed to stop Assad from using the banned weapons.

MAY 2018

2017 Sailors of the Year advanced to chief petty officer

WASHINGTON

The 2017 Sailor of the Year winners were meritoriously advanced to Chief Petty Officer during a ceremony held at the United States Navy Memorial, May 17.

The Sailors meritoriously advanced to Chief Petty Officer were:

- Chief Naval Air Crewman (Operator) John Herrman, U.S. Fleet Forces Sea Sailor of the Year
- Chief Engineman Brandon Lovell, Navy Reserve Sailor of the Year
- Chief Culinary Specialist Latoya Farrish, U.S. Pacific Fleet Sea Sailor of the Year
- Chief Legalman Jean Yusten, U.S. Naval Forces Europe-Africa / U.S. 6th Fleet.



MCPON holds all-hands call in Guam, announces ‘Laying the Keel’

ASAN, GUAM

Master Chief Petty Officer of the Navy (MCPON) Steven Giordano kicked off his tour of the Indo-Pacific region with a stop in Guam to meet with Sailors during an all-hands call at the U.S. Naval Base Guam theater, April 24.

During his visit, MCPON announced “Laying the Keel — Developing the Backbone of Our Navy,” a document which serves as a vision for enlisted leader development.

“Laying the Keel” provides junior Sailors an earlier opportunity to learn leadership skills and prepare themselves to become future leaders.



U.S. Navy photo

Navy revises PCS rules to minimize disruption for school-aged dependents

WASHINGTON

Effective immediately, to minimize the disruption to the education of school-aged children and increase family stability, Navy has revised the delayed dependent travel policy for Sailors who are undergoing a permanent change of station (PCS) and have school-aged dependents.

In line with joint travel regulations, when PCS orders have been issued, a Sailor’s dependents may perform PCS travel at a different time. The Sailor may also be authorized a housing allowance based on the location at which the dependents maintained a permanent residence, at the previously approved designated place or the old permanent duty station.



U.S. Navy photo

USFF holds change of command, welcomes 42nd commander

NORFOLK

Adm. Chris Grady relieved Adm. Phil Davidson as commander, U.S. Fleet Forces (USFF) and U.S. Naval Forces Northern Command, in a ceremony aboard aircraft carrier USS George H. W. Bush (CVN 77) in port Naval Station Norfolk, Virginia, May 4.

Nearly 500 civilian and military guests gathered to welcome Grady and bid fair winds and following seas to Davidson as he departs after more than three years in command.



U.S. Navy photo

JUNE 2018

Wear test of two-piece flame resistant variant begins

NORFOLK

Based on a strong demand signal from the fleet, U.S. Fleet Forces (USFF) Command, on May 14, began fitting Sailors for a wear test to prototype a two-piece flame resistant organizational clothing variant.

More than 300 Sailors at 34 afloat and operational shore commands in the U.S. and overseas will participate in the wear test. The trial period will run until September 2018 to determine if the two-piece variant will support all of the requirements for operational units.

Navy releases new parental leave program

WASHINGTON

Navy announced the establishment of the Military Parental Leave Program in NAVADMIN 151/18, released June 21. The new program increases parental leave and combines the current family leave policies into one. The Military Parental Leave Program also aligns the Navy with recently released Department of Defense guidance pertaining to changes about parental leave.

Under the new program, parental leave for the secondary caregiver increases from, 10 days to 14 days, and consolidates Adoption Leave MILPERSMAN 1050-420, Paternity Leave MILPERSMAN 1050-430 and Maternity Leave MILPERSMAN 1050-435 into the Military Parental Leave Program MILPERSMAN 1050-415 that will be published at a later date.



U.S. Navy photo



U.S. Navy photo

Truman Strike Group returns to Eastern Mediterranean to support OIR

MEDITERRANEAN SEA

The Harry S. Truman Carrier Strike Group (CSG) returned to the Eastern Mediterranean Sea to resume flight operations in support of Operation Inherent Resolve (OIR), June 10.

“Bringing the Harry S. Truman strike group back into the fight against ISIS sends a powerful message to our partners that we are committed to peace and security in the region, and anywhere threatened by international terrorism,” said Rear Adm. Gene Black, commander of the Harry S. Truman CSG. “Once again we demonstrate the incredible flexibility and capabilities of a carrier strike group; we are combat-proven and ready to answer the call anytime and anywhere to carry out any mission we are directed.”

JULY 2018



U.S. Navy photo

NATO’s oldest allies unite

ATLANTIC OCEAN

From July 2 to July 6, aircraft from Carrier Air Wing One (CVW-1), embarked aboard USS Harry S. Truman (CVN 75), conducted integrated flight operations with French Naval Aviation aircraft as part of French Air Defense week.

The purpose of the exercise was to increase readiness and demonstrate the ability to operate together by practicing air warfare and strike techniques, to include dissimilar air combat training.



U.S. Navy photo

Navy reestablishes Sailor early return-to-sea policy

MILLINGTON, TENN.

In an effort to fill critical billets at sea, the Navy announced June 27 that it has increased detailers’ authority to transfer Sailors from their shore duty assignment earlier than their projected rotation date (PRD).

Announced in NAVADMIN 156/18, the Sailor Early Return to Sea (SERTS) policy enables enlisted rating detailers to begin filling high-priority E4 — E9 sea duty billets by using an increased distribution authority.



U.S. Navy photo

CNRMA holds Change of Command, Retirement Ceremony

NORFOLK

Rear Adm. Charles W. Rock relieved Rear Adm. John C. Scorby Jr. as Commander, Navy Region Mid-Atlantic (CNRMA), during a change of command ceremony held at Naval Station Norfolk, July 20.

The change of command ceremony was immediately followed by a retirement ceremony for Scorby.

Changes announced to Post-9/11 GI Bill transferability

WASHINGTON

Department of Defense released changes to department policy on the transfer by service members in the Uniformed Services of “Post-9/11 GI Bill” education benefits to eligible family member, July 12.

Effective July 12, 2019, eligibility to transfer those benefits will be limited to service members with less than 16 years of total service, active duty service and/or selected Reserves as applicable.

AUGUST 2018

Navy’s first female admiral, Alene Duerk, passes away

NORFOLK

Retired Rear Adm. Alene B. Duerk, the Navy’s first female admiral, passed away July 21, 2018. She was 98 years old.

“It took 197 years and a forward-looking Chief of Naval Operations, Elmo Zumwalt, to break with tradition before Alene Duerk became the first woman admiral in the U.S. Navy,” said Naval History and Heritage Command director Sam Cox. “But the credit goes to Duerk. From the crucible of caring for wounded Sailors, Marines and prisoners of war during World War II in the Pacific, she blazed a trail of stellar performance in tough jobs, serving as an inspiration for an ever increasing number of women officers who have followed her path.”



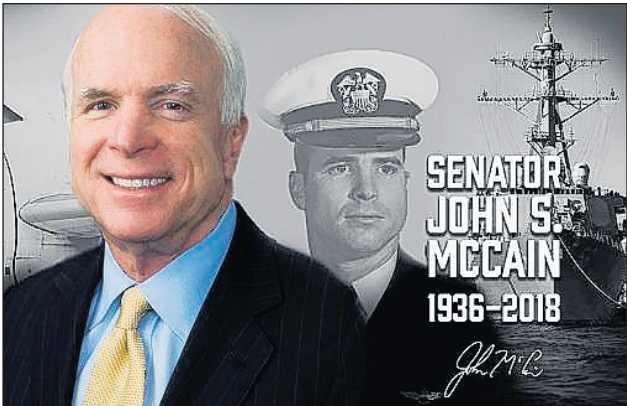
U.S. Navy photo

Farewell to a Legend and Shipmate: Sen. John S. McCain III passes away

WASHINGTON

Senator and retired Capt. John S. McCain III, former prisoner of war, passed away Aug. 25, 2018, at the age of 81. McCain had been battling an aggressive type of brain tumor known as a glioblastoma since at least the summer of 2017.

Secretary of the Navy Richard V. Spencer, Chief of Naval Operations Adm. John Richardson and the commanding officer of USS John S. McCain (DDG 56), Cmdr. Micah Murphy, released statements Aug. 25 on the death of Senator and Navy veteran John S. McCain III who died Aug. 25 at age 81.



U.S. Navy photo



U.S. Navy photo

Three aircraft carriers to change homeports

SAN DIEGO

The U.S. Navy announced Aug. 2 that three Nimitz-class aircraft carriers — USS Carl Vinson (CVN 70), USS Abraham Lincoln (CVN 72) and USS John C. Stennis (CVN 74) — will conduct homeport shifts.

SEPTEMBER 2018



U.S. Navy photo

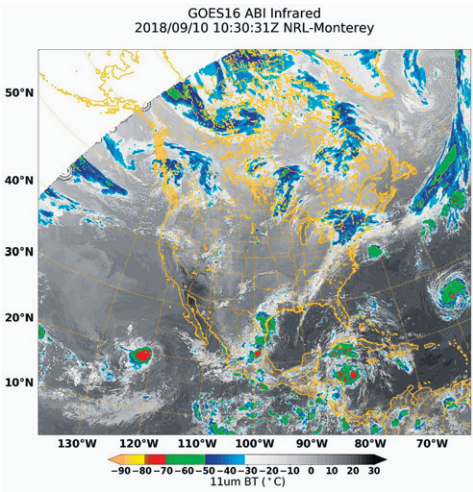
MCPON Smith pinned aboard USS Constitution

BOSTON

Russell Smith, the Master Chief Petty Officer of the Navy, was pinned to MCPON, Aug. 31, during USS Constitution’s underway, which concluded this year’s Chief Petty Officer Heritage Weeks.

“To be honest, I can’t think of a better place to be pinned,” Smith said. “I have a long history with USS Constitution; I’m an honorary crew member. Constitution was the place where I reenlisted the last time. Where I have had so many fun experiences with chiefs and chief selectees.”

Chief of Naval Operations Adm. John Richardson announced Smith as the 15th MCPON Aug. 29.



U.S. Navy photo

USFF directs Norfolk ships to sortie, installations set TCCOR III

NORFOLK

Commander, U.S. Fleet Forces Command ordered all Navy ships in the Hampton Roads area to set Sortie Condition Alpha; ships are completing final preparations and will begin to sortie today, ahead of Hurricane Florence.

There are nearly 30 ships preparing to get underway from Naval Station Norfolk and Joint Expeditionary Base Little Creek as Hurricane Florence is forecasted to bring high winds and rain to the Mid-Atlantic coast. Ships will be directed to areas of the Atlantic where they will be best postured for storm avoidance.

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OCTOBER 2018

Navy announces Deployability Assessment and Assignment Program

WASHINGTON

In an effort to maximize warfighting effectiveness and lethality across the force, Navy announced implementation of its Deployability Assessment and Assignment Program in NAVADMIN 239/18, released Sept. 25.

The program will ensure the timely disposition, processing, and accountability of all Active Component, Full Time Support, and Selected Reserve Sailors who are either medically, legally or administratively limited from deployment. The Deputy Chief of Naval Personnel (DCNP) is the single process owner of the program.



U.S. Navy photo



U.S. Navy photo



U.S. Navy photo

Dunford pleased DOD enters fiscal 2019 with budget

MADRID

For the first time in a long time, the Defense Department entered the fiscal year with a budget, and the chairman of the Joint Chiefs of Staff said troops should be extremely pleased with the development.

Marine Corps Gen. Joe Dunford, chairman of the Joint Chiefs of Staff, speaks to British Army Gen. Sir Nicholas Carter, chief of the defense staff, prior to the start of a session during the NATO Military Committee Conference in Warsaw, Poland.

NOVEMBER 2018

USS Harry S. Truman Strike Group joins NATO for Trident Juncture

VESTFJORDEN SEA

The Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) and select ships from Carrier Strike Group Eight (CSG-8) joined U.S. Army, Air Force and Marine Corps service members Oct. 25 for the largest NATO exercise since 2015 – Trident Juncture 2018 (TRJE 18).

The U.S.'s 14,000-strong combined force will join participants from all 29 NATO member nations, as well as partners Sweden and Finland. The Harry S. Truman Carrier Strike Group (HSTCSG) will send aircraft from embarked Carrier Air Wing One (CVW-1) to conduct sorties, both at-sea and on Norwegian land ranges, nearly every day while participating in TRJE 18. Adding to the exercise, the strike group will be conducting high-end warfare training in air, surface and subsurface operations. Through these focused, multi-mission events, HSTCSG will work alongside allies and partners to refine its network of capabilities able to respond rapidly and decisively to any potential situation.

USNS Comfort begins mission in Peru

PAITA, PERU

A team comprised of more than 900 personnel, embarked aboard the hospital ship USNS Comfort (T-AH 20), commenced their second mission stop, in Paita, Peru, as part of U.S. Southern Command's Enduring Promise initiative, Oct. 30.

"This first day has been incredibly busy with setting up the site, unpacking equipment and conducting pre-surgical screenings, which were organized by the Ministry of Health," said Lt. Cdr. Peter McIntyre, officer-in-charge of the San Alfonso Medical Site. "Our partners, the Peruvian police, have been stellar in assisting with patient coordination at the site, and we have been working alongside Peruvian contractors to get both sites prepared for medical care later this week."



U.S. Navy photo



U.S. Navy photo

USS Harry S. Truman celebrates Thanksgiving with CNO, MCPON

MEDITERRANEAN SEA

Chief of Naval Operations (CNO) Adm. John Richardson and Master Chief Petty Officer of the Navy (MCPON) Russell Smith embarked the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) Nov. 22 to celebrate the season of giving with Truman's more than 5,000 Sailors.

"Everybody in the United States Navy and national leadership is watching your deployment," said Richardson. "You are really defining the cutting edge of operations as the strike group gets out and exercises the concept of dynamic force employment. And on behalf of everybody who's back home...they are absolutely and tremendously thankful for what you are doing. We are very mindful that while we spend comfortable time at home you are out here at the pointy end of the spear doing tremendously difficult and dangerous work...that you do so to protect America from attack, to promote our interests around the world, and make us a more prosperous nation."

DECEMBER 2018

Navy joins the Nation in mourning loss of former President, Sailor George H.W. Bush

WASHINGTON

Among America's few seafaring presidents, former President George H.W. Bush passed away Nov. 30 at his Houston, Texas home at the age of 94.

"Today, I join the Navy-Marine Corps team, our Nation, and the world in mourning the loss of President George H. W. Bush. Navy Pilot. Congressman. Ambassador to the United Nations. CIA Director. Vice President. President. Father. Husband," Secretary of the Navy Richard Spencer said in a statement from Washington. "To paraphrase his own words, President Bush's life is a shining example of service 'like a thousand points of light in a broad and peaceful sky.' I offer my deepest condolences to the Bush family, their friends, loved ones, and all who had the privilege of knowing President H. W. Bush."



U.S. Navy photo

USS Oklahoma Sailor killed in Pearl Harbor, interred in Arlington Cemetery

WASHINGTON

Navy Seaman 1st Class William Bruesewitz, killed at the Pearl Harbor attack, was interred at Arlington National Cemetery Dec. 7 on the 77th anniversary of the incident.

Bruesewitz, 26, of Appleton, Wisconsin, was assigned to the battleship USS Oklahoma (BB 37) moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft Dec. 7, 1941. The Defense POW/MIA Accounting Agency (DPAA) announced in November that Bruesewitz was accounted for March 19 this year and his remains were being returned to his



U.S. Navy photo

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Announcements

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MLK DAY CELEBRATION
Greetings to Everyone The International Prayer Group is sponsoring an MLK March on Jan 15th. Everyone is invited. Come & Celebrate MLK Day with his speech "I Have A Dream" Featuring his son MLK III & his daughter.

Religious Announcements

THE INTERNATIONAL PRAYER GROUP
Greetings to Everyone. We have started an international prayer group, because we believe there is power in prayer & so much has been going on in this world. We're calling all denominations & all walks of life to join us every Mon-Sun at 7pm-9:30pm & Mid-night-2am. Call 515-604-9067 prayer code "317525" Thank you for joining the International Prayer Group



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doned for more than 60 DAYS on the
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Ocean View Ave Apt. A Norfolk, VA.
23503, 618-741-0157. Description of
watercraft:
1995 Bayliner Fish and Ski, Outboard,
White and Blue, NC-0065 CK.
Application for Watercraft Registra-
tion/Title will be made in accordance
with Section 29.1-733.25 of the
Code of Virginia if this watercraft is
not claimed and removed within 30
days of first publication of this notice.
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ment of Game and Inland Fisheries
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Fun and Games

Super Crossword

ACROSS

1 Dry out.
6 Should the necessity arise.
14 Eye, kidney and heart.
20 Informed.
21 Grade on a salary scale.
22 Big chicken brand.
23 Rodent who helps couples end spats?
25 Forced out of a country.
26 Squeezed (out).
27 — polloi.
28 Untold millennium.
30 — bean (Old World plant).
31 Stand for.
33 Rodent causing prices to increase over time?
40 “— Haw”.
42 Visit briefly.
43 “By the way,” on memos.
44 Frothy pie topping concocted by a rodent?
50 Bit of a tortilla treat.

55 Spheres.
56 Cliff nests.
57 Seized.
59 Part of CD.
60 Throws in.
61 Actor Arnaz.
62 “Jazz” writer Morrison.
63 Serious rifts.
65 Rodent blurring out secrets?
69 Shooters’ go.
70 How cliffs incline.
72 Very bad grade.
73 Rodent who’s a pop star?
77 Fishing boat.
81 Chevy now called the.
82 Tune for two.
83 Utterances of disgust.
85 Ames’ home.
86 Series with Agent 99.
88 Of the eyes.
91 Middle name of Poe.
92 Malia Obama’s sis.
93 Rodent who was a U.S. president?
96 Outrage.
98 Battery terminal.

99 Massive fight of all the relevant facts about a rodent?
106 Nary a soul.
111 Shuffle or Mini.
112 Silvery gray.
113 Silver of film.
115 Special air.
116 Fight against.
118 Rodent-themed hit for Peter, Paul and Mary?
125 Franklin of soul music.
126 Bolsheviks’ theory.
127 Laotian, say.
128 Eye liners?
129 Infuriates.
130 Idylls, e.g.

DOWN

1 Turned white.
2 Stirred from sleep.
3 Poe bird.
4 Ideology.
5 That woman.
6 — facto.
7 Muslim ascetic: Var.
8 Sch. in Manhattan.
9 Manning the quarterback.

10 Suffix with auction.
11 TiVo is one, for short.
12 Stinging thing.
13 Actress Page.
14 Not in secret.
15 T. — (big dino).
16 Petty swindle.
17 Old veep.
18 New, to Julio.
19 Roomy auto.
24 Actor Charlie.
29 Sin.
32 Just — once.
34 Imitating sorts.
35 Spelling of the screen.
36 Mayberry tyke.
37 Fish parts.
38 Having one sharp, musically.
39 “— that the truth!”
41 “My word!”
44 Young guys.
45 Actor Stoltz of “Mask”.
46 Go well (with).
47 Apple debut of 1984.
48 G.P.’s study.
49 Start of an expiration notice.

51 Deliberate choice.
52 China’s — En-lai.
53 Pullets, e.g.
54 Comics dog.
58 TV and radio stations.
60 “Jack & Jill” actress Peet.
61 Certain baseball hit: Abbr.
64 — Lanka.
65 Roseanne’s mom on “Roseanne”.
66 “Chi-Raq” director Spike.
67 Mo. #4.
68 Advanced deg. for a designer.
70 Arrange for.
71 Pec pic, say.
73 Binges.
74 Iris locale.
75 Filming sites.
76 “A Clockwork Orange”.
77 Heaved.
78 Entertainer.
79 Moviedom’s McGregor.
80 Novelist Ayn.
83 Peptic problem.

84 With 94-Down, female chum.
87 Inn worker.
88 “Horrors!”
89 Co. big shots.
90 Language in Lahore.
91 Brit’s prefix for plane.
94 See 84-Down.
95 White on “Wheel of Fortune”.
97 Ranch ropes.
100 Like the flu.
101 “Rigoletto,” for one.
102 Doesn’t win.
103 Plaf of song.
104 Dish with kidney beans.
105 Make blank.
107 Low voice.
108 Navel type.
109 REM activity.
110 Tall stories.
114 Bits of resistance.
117 That woman.
119 Wet lowland.
120 Ltd. relative.
121 Move hastily.
122 Raggedy —.
123 Trash-talk.
124 Hiker’s aid.

THAT GNAWING FEELING

1	2	3	4	5		6	7	8	9	10	11	12	13		14	15	16	17	18	19
20						21									22					
23					24										25					
26					27								28	29			30			
31				32				33	34	35	36	37	38			39				
				40		41		42						43						
44	45	46	47				48						49			50	51	52	53	54
55						56							57		58					
59					60								61				62			
63				64					65	66	67					68				
			69					70	71						72					
73	74	75					76						77				78	79	80	
81						82							83	84			85			
86					87					88	89	90					91			
92						93		94								95				
					96	97			98						99					
100	101	102	103					104					105		106		107	108	109	110
111					112								113	114			115			
116					117			118	119	120	121	122	123				124			
125								126									127			
128								129									130			

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last week's answers

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

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

Sudoku

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

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: P equals U

CAQUQZQI V LQKKDC KDVUF

RDP AHF OVINR UDFHFQYVSQI,

OKQVFQ YVSQ FPIQ RDP

IQNPIU NAQ LVZDI.

Last week's CryptoQuip answer

If someone makes a dish of carrots, radishes and yams, could you call that a root cocktail?

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