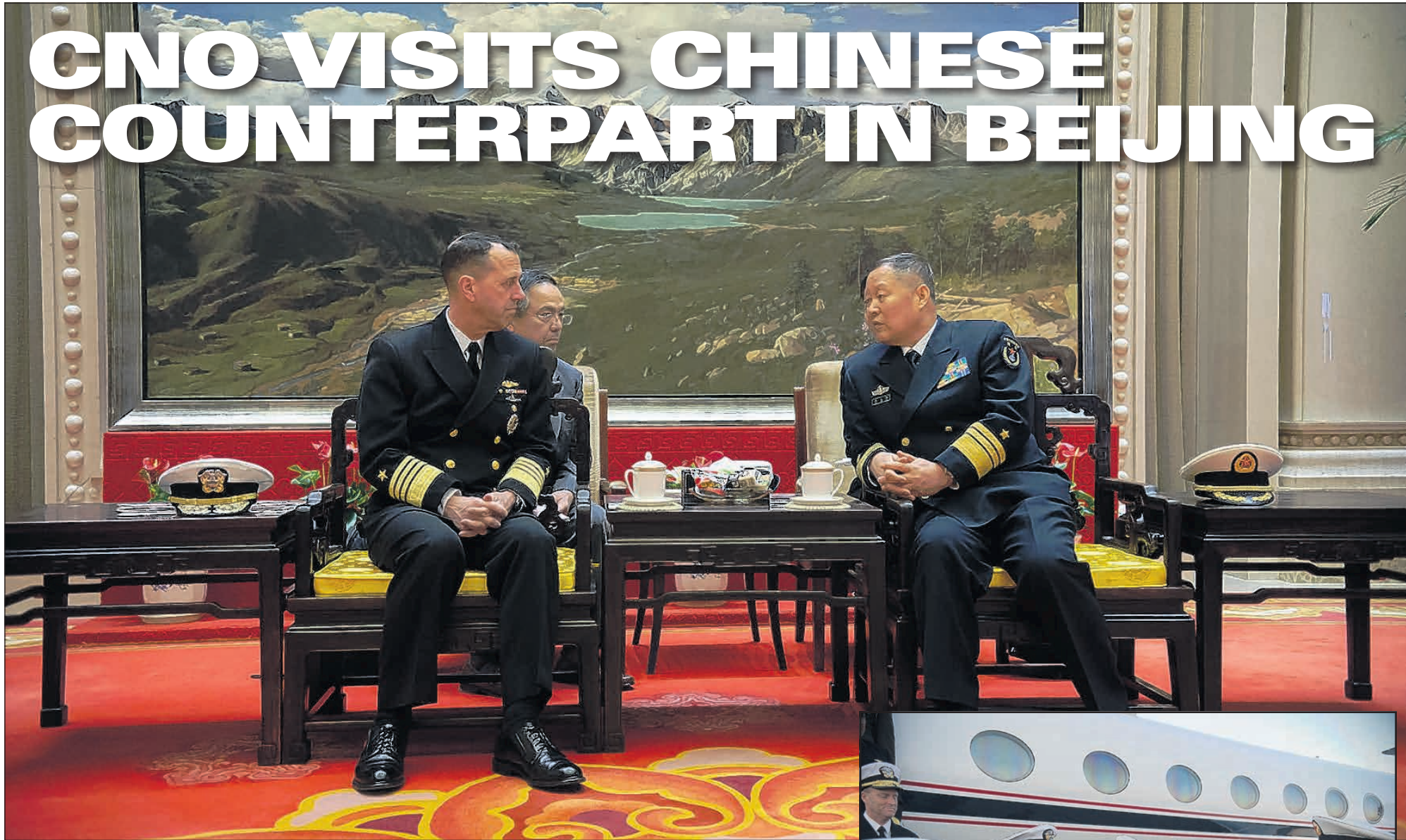




## CNO VISITS CHINESE COUNTERPART IN BEIJING



Chief of Naval Operations (CNO) Adm. John Richardson meets with senior Chinese defense officials at the People's Liberation Army (Navy) (PLA(N)) headquarters in Beijing. Richardson is on a three-day visit to Beijing and Nanjing to continue the ongoing dialog between the two heads of navy and encourage professional interactions at sea, specifically addressing risk reduction and operational safety measures to prevent unwanted and unnecessary escalation.

MCC Elliott Fabrizio

### From Chief of Naval Operations Public Affairs

#### BEIJING

Chief of Naval Operations (CNO) Adm. John Richardson met with People's Liberation Army (Navy) (PLA(N)) commander Vice Adm. Shen Jinlong in Beijing, Jan 14.

The two heads of navy discussed professional interactions at sea, specifically addressing risk reduction and adherence to rules of behavior.

"I appreciate the opportunity to visit China and to meet with Vice

Adm. Shen in person," Richardson said. "There is no substitute for these types of face-to-face meetings. Given the responsibilities that our navies have in the larger nation to nation relationship, we must work together. These meetings between senior leaders allow us to speak candidly about areas where we agree and about how to manage risk while we resolve our differences."

While in Beijing, Richardson also visited PLA(N) headquarters, the PLA(N) Research Academy and met with other senior Chinese defense officials of the Central

Military Commission.

"The U.S. and its allies and partners have operated consistently in the region for the last 70 years with a focus on mutual security. This presence has supported exponential growth in prosperity for all," Richardson said. "Our vision of a free and open Indo-Pacific excludes no nation and we recognize that while our two nations may not always agree, it serves both our people's interests to engage where we can."

Richardson's visit continues with a stop in Nanjing, where he is scheduled to visit the PLA(N)



MCC Elliott Fabrizio

Chief of Naval Operations (CNO) Adm. John Richardson is greeted by senior Chinese defense officials in Beijing.

Command College for a roundtable discussion.

The visit is Richardson's second visit to China as the chief of naval operations.

The two admirals met previously at the International Seapower Symposium, hosted by Richardson in

Newport, R.I. and have held three discussions via video teleconference.

*For more news from Chief of Naval Operations, visit [www.navy.mil/local/cno/](http://www.navy.mil/local/cno/).*

## 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

» See **MOBILE** | A7

## 2019 Navy Week schedule announced

From Navy Office of Community Outreach Public Affairs

#### MILLINGTON, TENN.

America's Navy sails into 14 sites across the country in 2019 — from the Lowcountry of Charleston, S.C., to the island of Puerto Rico, to the frontier of Grand Junction, Colo. — as part of the Navy Week outreach program.

Navy Weeks, coordinated by the Navy Office of Community Outreach (NAVCO), are designed to give Americans the opportunity to learn about the Navy, its people, and its importance to national security and prosperity. Since 2005, the Navy Week program has served as the Navy's flagship outreach effort into areas of the country without a significant Navy presence, with 224 Navy Weeks held in 76 different U.S. markets.

"Navy Weeks allow us to showcase the skilled, talented and capable sons and daughters of America who serve in today's Navy, and some of the innovative technology they use every day," said Cmdr. Linda Rojas, NAVCO's director. "We focus our forward presence on sharing in communities across the U.S. who often have little-to-no contact with Sailors. We've found that these exchanges have gone a long way for raising awareness of the Navy, expanding and strengthening community partnerships with the people we serve."



MC1 Ryan J. Batchelder

A child interacts with a TALON explosive ordnance disposal robot before a Milwaukee Brewers baseball game at Miller Park during Milwaukee Navy Week.

Navy Weeks are scheduled for the following cities in 2019:

- - Mobile, Ala., Feb. 27-March 5
- - Charleston, S.C., March 11-17
- - Miami, Fla., March 25-31
- - Wilmington, N.C., April 1-7

» See **SCHEDULE** | A7



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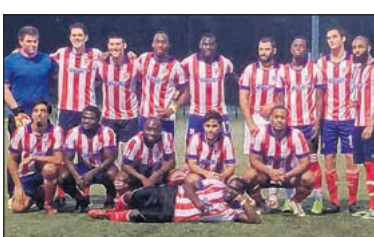
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### CULINARY SPECIALIST CHASES GOAL OF PLAYING SOCCER

Culinary Specialist 2nd Class Prince Kudalor, a Field Supervisor at the Naval Support Activity (NSA) Hampton Roads First Lieutenant Division, always knew that his love for soccer would take him places, but he never knew it would lead to a lifetime of adventure.



» See **A5**

### COMMANDER STRESSES IMPORTANCE OF INDO-PACIFIC PARTNERSHIPS

Indo-Pacific region should be about building communities, not about confrontation.

» See **B1**

### MONSTER TRUCKS INVADE HAMPTON THIS WEEKEND

Gravedigger is just one of the trucks to roll into the Hampton Coliseum this weekend!

» See **C1**

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# Be prepared to stay safe and healthy in winter

From CDC.gov

Winter storms and cold temperatures can be dangerous. Stay safe and healthy by planning ahead. Prepare your home and cars. Prepare for power outages and outdoor activity. Check on older adults.

Although winter comes as no surprise, many of us are not ready for its arrival. If you are prepared for the hazards of winter, you will be more likely to stay safe and healthy when temperatures start to fall.

### Take These Steps for Your Home

Many people prefer to remain indoors during winter, but staying inside is no guarantee of safety. Take these steps to keep your home safe and warm during the winter months.

Winterize your home.

- Install weather stripping, insulation, and storm windows.
- Insulate water lines that run along exterior walls.
- Clean out gutters and repair roof leaks.

Check your heating systems.

- Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.

- Inspect and clean fireplaces and chimneys.
- Install a smoke detector. Test batteries monthly and replace them twice a year.
- Have a safe alternate heating source and alternate fuels available.

- Prevent carbon monoxide (CO) emergencies.

*Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas. Check batteries when you change your clocks in the fall and spring.*

*Learn symptoms of CO poisoning: headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.*

### Don't Forget to Prepare Your Car

Get your car ready for cold weather use before winter arrives:

- Service the radiator and maintain antifreeze level; check tire tread or, if necessary, replace tires with all-weather or snow tires.
- Keep gas tank full to avoid ice in the tank and fuel lines.
- Use a wintertime formula in your windshield washer.

Prepare a winter emergency kit to keep in your car in case you become stranded. The kit should include:

- cell phone, portable charger, and extra batteries;
- blankets;



- food and water;
- booster cables, flares, tire pump, and a bag of sand or cat litter (for traction);
- compass and maps;
- flashlight, battery-powered radio, and extra batteries;
- first-aid kit; and
- plastic bags (for sanitation).

### Equip in Advance for Emergencies

Be prepared for weather-related emergencies, including power outages.

- Stock food that needs no cooking or refrigeration and water stored in clean containers.
- Ensure that your cell phone is fully charged.
- When planning travel, be aware of current and forecast weather conditions.

Keep an up-to-date emergency kit, including:

- Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamps;
- extra batteries;
- first-aid kit and extra medicine;
- baby items; and
- cat litter or sand for icy walkways.
- Protect your family from carbon monoxide.
- Keep grills, camp stoves, and generators out of the house, basement and garage.
- Locate generators at least 20 feet from the house.
- Leave your home immediately if the CO

detector sounds, and call 911.

### Take These Precautions Outdoors

Many people spend time outdoors in the winter working, traveling, or enjoying winter sports. Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare for them:

- Wear appropriate outdoor clothing: wear a tightly woven, preferably wind-resistant coat or jacket; inner layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Sprinkle cat litter or sand on icy patches.
- Learn safety precautions to follow when outdoors.
- Work slowly when doing outside chores.
- Take a buddy and an emergency kit when you are participating in outdoor recreation.
- Carry a cell phone.

### Do This When You Plan to Travel

When planning travel, be aware of current and forecast weather conditions.

- Avoid traveling when the weather service has issued advisories.
- If you must travel, inform a friend or relative of your proposed route and expected time of arrival.
- Follow these safety rules if you become stranded in your car.
- Make your car visible to rescuers. Tie a brightly colored cloth to the antenna, raise the hood of the car (if it is not snowing), and turn on the inside overhead lights (when your en-

gine is running).

■ Move anything you need from the trunk into the passenger area. Stay with your car unless safety is no more than 100 yards away.

■ Keep your body warm. Wrap your entire body, including your head, in extra clothing, blankets, or newspapers. Huddle with other people if you can.

■ Stay awake and stay moving. You will be less vulnerable to cold-related health problems. As you sit, keep moving your arms and legs to improve circulation and stay warmer.

■ Run the motor (and heater) for about 10 minutes per hour, opening one window slightly to let in air. Make sure that snow is not blocking the exhaust pipe—this will reduce the risk of carbon monoxide poisoning.

Above all, be ready to check on family and neighbors who are especially at risk from cold weather hazards: young children, older adults, and the chronically ill. If you have pets, bring them inside. If you cannot bring them inside, provide adequate, warm shelter and unfrozen water to drink.

No one can stop the onset of winter. However, if you follow these suggestions, you will be ready for it when it comes.

*Be sure to visit CDC's Winter Weather webpage for more winter weather safety tips.*

# Suicide prevention, eliminating the stigma

By Story by Sgt. Amaia Unanue

III Marine Expeditionary Force

### OKINAWA, JAPAN

Behavioral health specialists report depression and suicide ideation rates increase during the holiday season and into the post-holiday period in the Marine Corps, according to the Headquarters Marine Corps Force Preservation Directorate. Marines may feel lonelier during these times as a result of being away from their families and supporters, said Shannon Hutchinson, the 3rd Marine Division behavioral health specialist. Marines then question their belonging and wonder if people would care if they weren't around.

One of the 14 Marine Corps leadership principles states, "know your Marines and look out for their welfare." Hutchinson said leaders should make it a regular practice to talk about taking care of yourselves and each other when it comes to managing stress and everyday issues. She also advised that regular counseling sessions should include discussions about issues other than work, like family, finance and mental health. In order to be "ready to fight tonight" and achieve the Marine Corps mission, Marines must be mentally

and spiritually ready, said Hutchinson.

"The truth is it's your responsibility and part of the commitment you made to the Marine Corps to be ready to handle whatever the Marine Corps needs of you at any time," said Hutchinson. "We perform corrective and preventative maintenance on equipment so why wouldn't we do that for ourselves and our fellow Marines?"

As military members, we're required to attend suicide prevention training to recognize the signs amongst peers and lead them to the appropriate resources, but even then it's difficult to know if someone is actually contemplating suicide unless we truly know that person. According to Commander Salee Oboza, the operational stress control and readiness training clinical provider, the best way to recognize the signs is to get to know your peers and care about their well-being.

"People don't hesitate to help when someone is limping, but people tend to hesitate and turn the other way when someone is having a difficult time with their emotions," said Oboza. "Emotional pain is the same as physical pain, it needs treatment for it to be better."

To defeat the stigma surrounding uti-

lizing mental health resources, Oboza advises Marines to take every suicidal comment seriously and never make fun of the topic. She also encourages commands to invite the providers into work spaces to introduce themselves and their capabilities. Some resources found on base are the Behavioral Health Community Counseling Program and Family Advocacy Program, military and family life counselors, the Families Overcoming Under Stress team, the operational stress control and readiness team, the U.S. Naval Hospital mental health department, the substance abuse control officer and the command chaplain.

"Asking for help will not make you appear weak and/or less of a Marine," said Hutchinson. "You have a role in enhancing overall readiness. Protect yourself and others against behavioral health issues and take action to prevent incidents."

Other sources include the DSTRESS line, which can be reached through a DSN line at 645-7734 or 098-970-7734; the Crisis Hotline, which can be reached at 1-800-273-TALK; or Military OneSource, which can be reached through a DSN line at 145. Call 911 or 098-911-1911 in the event of an emergency.

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# NEWS FROM NAS OCEANA



MC3 Mark Thomas Mahmod Electronics Technician 1st Class Ryan Perry is awarded a Navy and Marine Corps Achievement Medal from Capt. Chad Vincelette, commanding officer, on board Naval Air Station Oceana for exceptional performance of his duties while serving as ground electronics maintenance division leading petty officer.



MC2 Jacob S. Richardson Cmdr. Robert Perez poses for a photo with his family after an aerial change of command for the 'Ragin' Bulls' of Strike Fighter Squadron (VFA) 37 on board Naval Air Station Oceana. During the ceremony, Cmdr. Benjamin Walborn received command from Cmdr. Robert Perez.



MC3 Mark Thomas Mahmod Sailors assigned to the 'Ragin' Bulls' of Strike Fighter Squadron (VFA) 37 stand at parade rest during an aerial change of command on board Naval Air Station Oceana. During the ceremony, Cmdr. Benjamin Walborn relieved Cmdr. Robert Perez as com-



MC3 Mark Thomas Mahmod Cmdr. Benjamin Walborn, commanding officer of the 'Ragin' Bulls' of Strike Fighter Squadron (VFA) 37, greets his family after landing during VFA-37's aerial change of command ceremony on board Naval Air Station Oceana. During the ceremony, Walborn relieved Cmdr. Robert Perez as commanding officer.



MC3 Mark Thomas Mahmod Aviation Boatswain's Mate (Equipment) 2nd Class Anthony N. Montgomery receives his certificate of reenlistment from Chief Warrant Officer 3 Robert C. Ruggiero on board Naval Air Station Oceana.



MC3 Mark Thomas Mahmod Cmdr. Benjamin Walborn and Cmdr. Robert Perez perform a flyover for guests during an aerial change of command for the 'Ragin' Bulls' of Strike Fighter Squadron (VFA) 37 on board Naval Air Station Oceana. During the ceremony, Walborn relieved Perez as commanding officer.

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WIC representative informing parent about the services they offer.

IC3 Kaelyn Hernandez

# Naval Station Norfolk holds Parenthood Fair for expecting and new parents

By IC3 Kaelyn Hernandez  
Naval Station Norfolk Public Affairs

NORFOLK

The Naval Station (NAVSTA) Norfolk Navy Exchange (NEX) provided pragmatic information and diverse resources to service members and their families to assist them through parenthood with a quarterly Parenthood Fair, Jan. 9.

Raising a child may be arduous moments and a majority of the time, no instruction manual is handed over with that little bundle of joy. Most of the time, this leaves new and expecting parents worrying about all sorts of things such as vaccinations, daycares, the type of budget they will be needing in order to support a child and if there is a specific method to raise a child.

“23 years ago when my wife and I had our first child, it was overwhelming. We were thousands of miles away from home and had no family nearby,” said NAVSTA Norfolk Command Master Chief Marc Puco. “With this being the first child for the both of us, I would have loved an event like this to help us out and answer our questions about childcare. That’s why I felt it was important to begin these events.”

Many representatives, such as the Fleet and Family Support Centers Mid-Atlantic, Navy Marine Corps Relief Society (NMCRS), Mil-

itary Child and Youth Program, Naval Support Activity Norfolk Housing Service Center and Women, Infant and Children (WIC) set up booths and presentations to further explain the services that were available to the parents. All of the programs gave out their contact information to parents and attendants, in case any of them had more questions or became concerned with something along the way.

“We put this together to give a one-stop shop for new and expecting parents to find out information,” explained Margie Russell, Life Skills educator at Fleet and Family Support Centers Mid-Atlantic. “Sometimes they don’t even know what questions to ask, so to have all the resources here allows them to ask the experts and find out what kind of things are available to them.”

Although many of the parents that came to the event were mainly mothers, quite a few fathers managed to show their support by attending the event with their spouses or in place of.

“Today, we had a lot of fathers come out which was really nice to see. We do highly encourage the fathers to participate in our programs,” expressed Cynthia Saunders, one of the representatives of the Navy New Parent Support program.

The hope for the next Parenthood Fair is to get the word out even further within the military community so that parents will become



IC3 Kaelyn Hernandez  
NMCRS representatives informing parents about visiting nurses and how to budget a baby.

aware of the phenomenal resources that are available to them, as well as to alleviate the stress that follows with a growing family.

For more information on the next Parenthood Fair, contact the Norfolk NEX at 757-440-2000 or Norfolk’s Fleet and Family Support Center at 757-4400-2102.

# Naval Medical Center Portsmouth recognizes nine officers of the year

By Rebecca Perron  
Naval Medical Center Portsmouth Public Affairs

PORTSMOUTH, VA.

Naval Medical Center Portsmouth (NMCP) recognized the 2018 Officers of the Year during a ceremony on Jan. 8 in which nine officers were recognized for their contributions to the command. Junior and senior officers were each selected from the Medical Corps, Nurse Corps, Dental Corps and Medical Service Corps, as well as a staff corps junior officer of the year.

During the ceremony, Capt. Christopher Culp, NMCP commanding officer, presented them with plaques and command coins, and then remarked on the reason for this unique recognition program to exist.

“We expect leadership and officership from the officers, so there is no formal Navywide Officer of the Quarter and Officer of the Year program,” Culp said. “We do this here because even though we expect leadership and officership and success, we want to celebrate the best of what you have done. But all of you are here not just because of the accomplishments that are on the certificate, although they are real and meaningful.”

Culp said that if he were to ask the person who nominated each officer why they were nominated, he believed that it would be because of the intangibles that each of them brings.

“There is something more to it than just job

accomplishment – the can-do officership, the can-do attitude, the infectious leadership, the persistent optimism,” Culp said. “We are here to celebrate the intangibles that make leaders leaders, and the best of our officers the best of our officers. We may not always define it, but we know it when we see it. I say congratulations to you, but more so, thank you. Thank you for what you have done to merit this recognition. Thanks for making us the ‘Finest’ – you are the reason we are “First and Finest.””

During the ceremony, each officer gave short remarks after receiving their award, most of them attributing their success to their family and co-workers while expressing that they were honored to represent their Corps.

“Thanks to my family, my leadership and all of my co-workers and my staff at Branch Health Clinic Northwest,” said Lt. Haley Huneycutt, Nurse Corps Junior Officer of the Year, who is a department head and clinic manager at BHC Northwest. “Thank you for your support and the love that you have shown throughout the year that has made this possible. I am honored to represent the Nurse Corps and all of the Nurse Corps officers. Thank you.”

“It’s pretty easy to do great things when you are surrounded by talented officers and staff,” said Cmdr. Michael Gentile, Dental Corps Senior Officer of the Year. “In my department, with surgeons and dentists, that is certainly the case and I appreciate their support.”



U.S. Navy photo  
Front row from left: Lt. Natalie King, Cmdr. Michael Gentile, Capt. Christopher Culp, commanding officer, Lt. Cmdr. Jonathan Levenson, and Cmdr. Kerry Hudson. Back row from left: Lt. Deshawnda Gilliam, Cmdr. Kerri Browne, Lt. Cmdr. Bridget Cunningham, Lt. Haley Huneycutt, and Lt. Cmdr. Gustavo Lores.

NMCP’s 2018 Officers of the Year were Cmdr. Kerri Browne, Medical Service Corps Senior Officer of the Year; Lt. Cmdr. Bridget Cunningham, Medical Corps Junior Officer of the Year; Cmdr. Michael Gentile, Dental Corps Senior Officer of the Year; Lt. Deshawnda Gilliam, Medical Service Corps Junior Officer of the Year; Cmdr. Kerry Hudson, Medical Corps Senior Officer of the Year; Lt. Haley Huneycutt, Nurse Corps Junior Officer of the Year; Lt. Natalie King, Staff Corps Junior Officer of the Year; Lt. Cmdr. Jonathan Levenson, Nurse Corps Senior Officer of the Year; and Lt. Cmdr. Gustavo Lores, Dental Corps Junior Officer of the Year.

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/](http://www.navy.mil/local/NMCP/).



# Culinary Specialist chases goal of playing soccer

By MC2 Joshua Tolbert  
Naval Support Activity Hampton Roads Public Affairs

NORFOLK

Culinary Specialist 2nd Class Prince Kudalor, a Field Supervisor at the Naval Support Activity (NSA) Hampton Roads First Lieutenant Division, always knew that his love for soccer would take him places, but he never knew it would lead to a lifetime of adventure. “Traveling overseas was everyone’s dream back home,” said Kudalor. “I wanted to be a professional soccer player and my backup plan was to become a reputable accountant.” Growing up in Cape Coast, Ghana, Kudalor was focused on succeeding in school and playing soccer. After graduating from Senya Senior High School in 2008, he attended Cape Coast Technical University on a soccer scholarship and pursued a degree in Accounting.

“My college roommate convinced me to sign up for the U.S. Department of State Diversity Visa lottery,” said Kudalor. “I initially thought that the Visa lottery was a joke or a scam, and didn’t take it seriously.”

After finding out that he had won a Diversity Visa, Kudalor remained skeptical until he spoke with his father and confirmed that the lottery was legitimate. He continued his education at the university until moving to the United States in 2011. Upon arrival in Ohio, Kudalor began looking for a job.

“Setting foot in the United States for the first time was a dream come true,” said Kudalor. “I settled in with my uncle and found a job at a local company packing and shipping toys for wholesale and retail stores.”

“My uncle told me about the Navy,” he said. “I started looking online at the different opportunities that the Navy offered potential candidates, and decided to find out more.”

After talking with a recruiter, Kudalor decided to join the Navy and make the most of the benefits offered by military service.

“I signed up to join the Navy when I found out that I could become a citizen, potentially play on the All-Navy Men’s Soccer Team, and get tuition assistance to help pay for college,” he said. “Joining the Navy meant the world to me. I would get to travel around the world and am the only child in my family that



MC2 Joshua Tolbert  
Culinary Specialist 2nd Class Prince Kudalor, field supervisor at Naval Support Activity (NSA) Hampton Roads First Lieutenant Division (far right), directs Quartermaster 2nd Class Joseph Vogel (center) and Quartermaster 3rd Class Caleb Hawks (left) during daily grounds keeping operations at NSA Hampton Roads.

has attained an American citizenship.”

After graduating from U. S. Navy Recruit Training Command in Great Lakes, Ill., and “A” school, Kudalor flew out to his first ship, the guided-missile destroyer USS James E. Williams (DDG 95), while it was deployed. As a Culinary Specialist Seaman Recruit, he quickly stood out from his peers.

“I became the bulk storeroom supervisor as Seaman Recruit and as a Seaman I became a galley watch captain, as well as a wardroom supervisor,” he said. “I was the first Culinary Specialist on the ship to earn an Enlisted Surface Warfare device in almost seven years at the time.”

While stationed on the destroyer for five years, Kudalor went on two deployments, visited seven countries during port calls, and received a Blue Jacket of the Quarter award.

After departing the USS James E. Williams, Kudalor reported for shore duty at NSA Hampton Roads’ First Lieutenant Division in February 2017. As one of the supervisors, he oversees maintenance, upkeep, and beautification projects around the installation.

“Kudalor leads by example and is a great role model for his peers,” said Chief Boat-swain’s Mate Jean Louisjean, leading chief



Photo courtesy of CS2 Prince Kudalor  
Culinary Specialist 2nd Class Prince Kudalor (back row, center) poses with the Avengers Soccer Club following a 2016 Southside Men’s League soccer game in Virginia Beach in the summer of 2016.

petty officer of NSA Hampton Roads’ First Lieutenant Division. “He is fair, diligent, and driven to steer his fellow Sailors in the right direction.”

Since joining the Navy, Kudalor has played for a number of intramural soccer teams, including the Hampton Roads All-Navy Soccer Team, and has continued to apply to the All-

Navy Men’s Soccer Team.

“I am looking forward to playing for the All-Navy Men’s Soccer Team one day and hopefully even in the World Military Soccer Championship,” he said. “I feel very accomplished to be a member of the world’s most powerful naval force.”

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# Pioneering oceanographer honored by Navy, American Geophysical Union

By Warren Duffie Jr.  
Office of Naval Research Public Affairs

ARLINGTON, VA.

For his work in the establishment of a new scientific field, Dr. Nicklas Pisas received the Maurice Ewing Medal, sponsored jointly by the U.S. Navy and the American Geophysical Union (AGU).

Pisas, a professor emeritus at Oregon State University, accepted the award at the AGU Fall Meeting in December 2018. Named after Dr. Maurice Ewing, a trailblazing geophysicist and oceanographer, the medal is given yearly to one honoree in recognition of “significant original contributions to the ocean sciences.”

In the late 1970s, and for the next two decades, Pisas helped establish the field of paleoceanography—the study of the ocean’s history through sediment analysis, geochemistry, isotopic dating and time-series analysis of ocean processes and dynamics.

The Office of Naval Research (ONR) sponsored some of Pisas’ early research, including analysis of sediment cores during the Deep-Sea Drilling Project and Ocean Drilling Program, which lasted from 1968 to 2004. Both international drilling initiatives studied the history of the ocean and the nature of the crust beneath the seafloor. Pisas’ research established some of the first continuous, high-resolution records of climate shifts over the past five million years.

“Dr. Pisas combined a deep, broad understanding of both paleoceanography and climate dynamics with nonlinear, statistical-analysis techniques that he pioneered,” said Dr. Tom Drake, head of ONR’s Ocean Battlespace Sensing Department and presenter of the award.

“He demonstrated that time-series analysis could date layers of seafloor sediment in absolute terms and reveal changes in the Earth’s climate,” Drake continued. “Dr. Pisas’ groundbreaking work underlies, and has had a strong influence on, current climate research.”

Knowledge of seafloor properties is of great interest to the Navy. ONR-sponsored studies of marine geology and geophysical phenomena have had a number of surprising and unexpected outcomes in diverse fields, illustrating the value of basic research.

Since the Maurice Ewing Medal’s creation in 1974, multiple ONR-sponsored researchers have won the prize. These include Dr. Walter Munk, who invented the concept of surf forecasting; geophysicist John I. Ewing; and marine seismologist Dr. John Orcutt.

AGU is a not-for-profit, scientific organization with nearly 60,000 members in 139 countries.

Warren Duffie Jr. is a contractor for ONR Corporate Strategic Communications.

For more news from Office of Naval Research, visit [www.navy.mil/local/onr/](http://www.navy.mil/local/onr/).



Photo courtesy of the American Geophysical Union

Dr. Nicklas Pisas, a professor emeritus at Oregon State University, is the 2018 recipient of the Maurice Ewing Medal, sponsored jointly by the U.S. Navy and the American Geophysical Union. Pisas helped create the field of paleoceanography—the study of the ocean’s history via sediment analysis, geochemistry, isotopic dating and rigorous statistical methods in time-series analysis. His research was supported by the Office of Naval Research for many years.

“He demonstrated that time-series analysis could date layers of seafloor sediment in absolute terms and reveal changes in the Earth’s climate. Dr. Pisas’ groundbreaking work underlies, and has had a strong influence on, current climate research.”

Dr. Tom Drake, head of ONR’s Ocean Battlespace Sensing Department

# USS Gravely assumes Flagship of SNMG1

From U.S. Naval Forces Europe-Africa/U.S. 6th Fleet Public Affairs

COPENHAGEN, DENMARK

The Norfolk based Arleigh Burke-class guided-missile destroyer USS Gravely (DDG 107) became the flagship for Standing NATO Maritime Group (SNMG) 1 during a ceremony in Copenhagen, Denmark, Jan. 14.

Rear Adm. Edward Cashman assumed command of SNMG-1 from Royal Danish Navy Commodore Anders Friis and will command the group from the new flagship, Gravely.

“My staff and I are honored to become part of Standing NATO Maritime Group 1 as we begin the 70th anniversary year of the alliance,” said Cashman. “I understand how important our mission is and what a critical time in history we are living in. The North Atlantic is a bridge that connects the allies, not a barrier that separates them. That connectivity is even stronger today and more important than ever to our security and to our prosperity.”

Cashman assumed command of SNMG-1 after serving as special assistant to commander, U.S. Fleet Forces Command.

Prior to Gravely becoming the flagship, SNMG-1 had been under Danish command since January 2018, with HDMS Niels Juel followed by HDMS Esbern Snare serving as flagship.

Gravely was previously in the U.S. 6th Fleet area of operations in May 2018 to participate in exercise Joint Warrior 18-1, an 11-day, semi-annual training exercise conducted in the coastal waters of the United Kingdom.

SNMG-1 is one of four standing maritime forces composed of ships from allied countries. These vessels provide a continuous maritime capability for NATO to accomplish different tasks ranging from partnership building and enhancing NATO relationships to being able to complete high intensity warfare. The Standing Naval Forces are visible demonstrations of alliance capability.



U.S. Navy photos courtesy of NATO by Christian Valverde

Rear Adm. Edward Cashman, left, accepts the NATO flag during a ceremony in Copenhagen, Denmark, where Cashman assumed command of Standing Nato Maritime Group One, Jan. 14, 2019. The guided-missile destroyer USS Gravely (DDG 107) will assume the responsibilities as flagship of Standing NATO Maritime Group 1.



The guided-missile destroyer USS Gravely (DDG 107) is moored in Copenhagen, Denmark, Jan. 14, 2019. Gravely is deployed conducting maritime operations as the flagship of Standing NATO Maritime Group 1 in the U.S 6th Fleet area of operations.

# 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 Association 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 collaborat-

ing 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.ise.gov/index.htm>.

“Their work is a great example of how fusion centers, working with their partner law enforcement agencies, can improve security in our coastal waters.”

John Sanford,  
Chief of the Maritime Security Department  
in the National Maritime Intelligence-Integration Office (NMIO)





MC2 Vaughan Dill

Lt. Chris Donnelly, from Mechanicsburg, Pa., assigned to the Ohio-class ballistic-missile submarine USS Louisiana (SSBN 743), reads a book to children during an interactive story time at the Shreve Memorial Library as part of Shreveport-Bossier City Navy Week, Nov. 1, 2018. Navy Weeks are designed to connect the public with Navy Sailors, programs and equipment throughout the country. Every year, America's Navy comes home to approximately 15 cities across the country to show Americans why having a strong Navy is critical to the American way of life.

## SCHEDULE | 2019 Navy Week activities announced

Continued from A1

- Puerto Rico, April 8-14
- Oklahoma City, Okla., May 27-June 2
- Nashville, Tenn., June 3-9
- Quad Cities, Iowa, June 24-30
- Duluth, Minn., July 15-21
- Grand Junction, Colo., July 22-28
- Boise, Idaho, Aug. 19-25
- St. Louis, Mo., Sept. 2-8
- Wichita, Kan., Sept. 9-15
- Charleston, W.V., Oct. 14-20

Navy Weeks bring a variety of events, equipment, and personnel to a single city for a week-long series of engagements with the public, key influencers, and organizations representing all sectors of the community.

“During a Navy Week, nearly one hundred outreach events are coordinated with corporate, civic, government, education, media, veterans, community service, and diversity organizations in the city,” said Lt. John Stevens, NAVCO's event planning department head. “Partnering with communities across our nation, we bring in as much of the Navy as we can to raise awareness of our ultimate mission — protecting our way of life — and its importance to the public.”

A microcosm of our bigger, better and increasingly networked fleet, the Navy Week program has grown each year since its inception and now incorporates more than 15 activities including:

- Senior Navy Leadership
- The Blue Angels
- The Navy “Leap Frogs” Parachute Demonstration Team

- The Navy Bands
- Divers, Seabees, and Explosive Ordnance Disposal teams
- Naval aviation aircraft and aircrew
- Sailors from ships and submarines with namesake ties to Navy Week markets
- Sailors from Navy Week markets
- Navy Medicine personnel
- USS Constitution Sailors and equipment
- Naval History and Heritage Command
- Meteorological and Oceanographic Command
- The Navy Ceremonial Guard
- Navy Recruiting Command
- Navy Office of Small Business Programs

Navy Week cities are chosen based on a variety of factors, including Gallup data on Navy knowledge and awareness, Navy recruiting data, demographic information, namesake ties of ships and submarines, past outreach history in the market, and geography to ensure events are dispersed across the country.

Last year's Navy Week program, through the execution of more than 1,000 individual outreach events, showcased the Navy, its mission, and its people to a combined audience of approximately 150 million Americans — almost half the U.S. population.

For more information, visit [www.outreach.navy.mil](http://www.outreach.navy.mil)

Join the conversation at [www.facebook.com/navyoutreach](https://www.facebook.com/navyoutreach) and [www.twitter.com/navyoutreach](https://www.twitter.com/navyoutreach)



MC2 Vaughan Dill

The U.S. Navy parachute team “Leap Frogs” performs an aerial demonstration at Forest Park during Springfield Navy Week. Navy Weeks are designed to connect the public with Navy Sailors, programs and equipment throughout the country. Every year, America's Navy comes home to approximately 15 cities across the country to show Americans why having a strong Navy is critical to the American way of life.

## Porter Sailor honored as Navy Missile Defender of the Year

By Laurie Buchanan

Mine Warfighting Development Center Public Affairs

ALEXANDRIA, VA.

Lt. j.g. McKenzie Anderson, USS Porter (DDG 78) training officer, was honored as the Navy's Missile Defender of the Year (MDOY) at the annual Missile Defense Advocacy Alliance (MDAA) awards banquet held in Alexandria, Va., Jan. 11. The annual MDAA-sponsored event honors the best missile defense Soldier, Sailor, Airman and National Guard member for their outstanding efforts.

Anderson was recognized along with Army Chief Warrant Officer Lucas Watterson, Air Force Capt. Rex Villa, and Army National Guard Chief Warrant Officer Jacob Moore — recipients of the same honor within their respective branches of service.

When Anderson was notified of his selection he said, “It's an honor to be selected as the 2018 Navy Missile Defender of the Year.

It's important to remember that [Ballistic Missile Defense (BMD)] is fundamentally a team effort, and I could not have asked for a better team than was onboard USS Porter. The men and women manning Porter's combat systems are dedicated to meet mission requirements and execute BMD tasking at any time.”

Vice Adm. Dixon Smith, deputy Chief of Naval Operations for fleet readiness and logistics, and Riki Ellison, Chairman and Founder of MDAA presented the Navy MDOY award to Cmdr. John Tobin, Porter's former commanding officer, who accepted the award on behalf of Anderson because of Porter operational commitments.

“[Anderson] is not here, he is standing the watch,” Smith said as he highlighted Anderson's key role in the Eastern Mediterranean Sea during the past two years. “Anderson became one of the Ballistic Missile Defense watchstanders when Porter along with [USS] Ross launched 56 Tomahawk missiles in 2017. As a Lt. j.g., Anderson trained all six tactical action officers on Porter, and led them through 32 training missions in the area of responsibility. I haven't met [Anderson] but I want him working for me.”

Through Anderson's relentless drive to maintain critical manning and readiness aboard Por-

## MOBILE | The future of Navy mobile apps

Continued from A1

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](mailto: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/](http://www.navy.mil/local/cnp/).

## ZERO TOLERANCE

By GM2 Imani Jordan

Naval Station Norfolk Public Affairs

NORFOLK

Naval Station (NAVSTA) Norfolk's Security Department wants to remind Sailors, Department of Defense ID card holders and anyone entering the installation that the Navy maintains a “ZERO TOLERANCE POLICY” on illegal drugs.

Over the last several months and in particular over the holiday season there has been a significant increase in the amount of illicit drugs brought onto NAVSTA Norfolk. From Aug. 2018 to Dec. 2018, 32 vehicles were discovered with illegal drugs while attempting to access the base. In Dec. alone there were 14 vehicles. Most of the incidents involved marijuana which is illegal in the state of Virginia.

“These drugs are being found on military and civilian personnel and we need everyone to know that this is illegal,” said Senior Chief Kevin Kubacki of the NAVSTA Norfolk Security Department.

Alcohol and drug abuse undermines combat readiness and is incompatible with maintaining high standards of performance and military discipline.

“Security is cracking down hard,” said Naval Station (NAVSTA) Norfolk Precinct Commander Lieutenant Colonel James L. Scott. “Our goal for 2019 is to increase random searches at entry control points and take more of a proactive role to ensure the base populous gets the message.

## “ Security is cracking down hard.”

Lieutenant Colonel James L. Scott, Naval Station (NAVSTA) Norfolk Precinct Commander.

Not only is possessing illicit drugs on base illegal, but the penalties are severe for both military and civilian personnel.

“Military members will be punished under the Uniform Code of Military Justice and have their base driving privileges suspended. Civilian employees face termination along with charges,” said Scott.

According to OPNAVINST 5350.4D, Navy members shall never wrongfully possess, distribute or abuse drugs, be in possession of drug abuse paraphernalia, or be under the unauthorized influence of prescribed drugs. Members shall report all prescription medications received from non-military Medical Treatment Facilities to their chain of command and ensure they are entered into their military health record.

If you or anyone you know have questions or issues regarding the Navy's policy on drugs and alcohol, you can contact your command's Drug and Alcohol Program Advisor.



U.S. Navy photo

Lt. j.g. McKenzie Anderson, USS Porter (DDG 78) training officer, was named the Navy's Missile Defender of the Year.

leged to be his commanding officer, and privileged to nominate him.”

SMWDC is a subordinate command of Commander U.S. Naval Surface Forces, and is headquartered at Naval Base San Diego with four divisions in Virginia and California focused on IAMD, Anti-Submarine Warfare/Surface Warfare, Amphibious Warfare and Mine Warfare.

For more news from Naval Surface and Mine Warfighting Development Center, visit [www.navy.mil/local/SMWDC/](http://www.navy.mil/local/SMWDC/).





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**USS Donald Cook departs NAVSTA Rota, resumes 8th FDNF patrol**  
Donald Cook was in Naval Station Rota for a training and maintenance availability (TRAV) period.

» see **B5**

SECTION B | FLAGSHIPNEWS.COM | 1.17.19



MC1 Robin W. Peak  
Adm. Phil Davidson, commander of U.S. Indo-Pacific Command (USINDOPACOM), answers questions during a panel discussion at the Raisina Dialogue in New Delhi, India. The Raisina Dialogue is hosted by the Observer Research Foundation in collaboration with the Government of India, Ministry of External Affairs and is a multilateral conference committed to addressing the most challenging issues facing the global community. This is the fourth Raisina Dialogue and the fourth time the USINDOPACOM commander has participated.

**By Jim Garamone**  
Department of Defense Public Affairs

**WASHINGTON**

Carrying the message that the Indo-Pacific region should be about building communities, not about confrontation, the commander of U.S. Indo-Pacific Command participated in a panel discussion in New Delhi today as part of the Raisina Dialogue, an annual multinational conference geared toward issues facing the global community.

Navy Adm. Philip S. Davidson joined Navy Adm. Sunil Lanba, the chief of India's naval staff; Navy Adm. Christophe Prazuck,

the chief of France's naval staff; Navy Adm. Katsutoshi Kawano, chief of Japan's joint staff; and Army Gen. Angus J. Campbell, the chief of Australia's defense staff, on the panel.

The United States recognizes the changing dynamics in the region, Davidson told panel moderator Yalda Hakim, and that is why the name of its regional command changed from U.S. Pacific Command to U.S. Indo-Pacific Command. The name change "articulates much of what President [Donald J.] Trump put out in 2017, that the future for prosperity — not only for the United States, but all nations of the region — is resident in the

Indo-Pacific, and the name change is to help support that vision and certainly describes what responsibilities the headquarters has," he said.

Davidson said the greatest capability the United States brings to the region is the unmatched network of allies developed since the end of World War II.

"Most importantly, the capability set that I think must be displayed and put in the battlespace is the alliances and partnerships that we are all capable of," he said. "As we look back ... it has been allies and partners

that have come together in times of crisis, not to conquer others, but to liberate them. We have proved time and time again that a strategic partnership and set of alliances will triumph for the good of global stability."

The allies do work together, Davidson said, noting that the United States has worked with Japan, France, New Zealand, Canada, the United Kingdom and others in the South China Sea to assert the rights of all nations to access these crucial sea lines of communication.

**The 'Quad Alliance'**

» See **RELATIONSHIPS** | B7



MC2 Kelsey J. Hockenberger  
Jude U. Hofschneider, Senator of Tinian and Aguiguan, delivers opening remarks during a relief-in-place and transfer of authority ceremony. Naval Mobile Construction Battalion 3, Detachment Tinian, assumed responsibility as command element for Joint Task Group Engineer from Naval Mobile Construction Battalion 1, Detachment Guam.

## NMCB-3 Seabees deploy to support ongoing Tinian recovery efforts

**By MC2 Michael Lopez**  
Naval Mobile Construction Battalion 3 Public Affairs

**OKINAWA, JAPAN**

Sixty Seabees assigned to Naval Mobile Construction Battalion (NMCB) 3 deployed to Tinian to assume charge of ongoing Tinian Defense Support of Civil Authorities (DSCA) relief efforts on the island from NMCB-1 during a relief in place/transfer of authority ceremony, Jan. 9.

Tinian and Saipan are part of the Commonwealth of the Northern Mariana Islands (CNMI) and were devastated by Super Typhoon Yutu, which struck Oct. 24, 2018. Super Typhoon Yutu was the second-strongest storm system to hit U.S. territory in recorded history, according to the National Oceanic and Atmospheric Administration.

Many of the homes and structures on the islands were destroyed or severely damaged as a result of the natural disaster, and many were left without power and running water. In response, U.S. Indo-Pacific Command (INDOPACOM) stood up Task Force-West, divided into Task Group Saipan and Task Group Tinian, to conduct DSCA relief efforts in support of the Federal Emergency Management Agency (FEMA).

"I feel incredibly excited and honored to be part of this mission," said Lt. Lawrence Burkart, officer in charge of NMCB-3, Detachment Tinian. "An unfortunate tragedy happened to the people of Tinian, and with us being Seabees deployed to the Indo Pacific Region, humanitarian aid and disaster

» See **SEABEES** | B7

## Naval Forces Europe-Africa Commander selects new Fleet Master Chief

**From U.S. Naval Forces Europe-Africa/U.S. 6th Fleet Public Affairs**

**NAVAL SUPPORT ACTIVITY NAPLES, ITALY**

Adm. James G. Foggo III, commander, U.S. Naval Forces Europe-Africa and Allied Joint Force Command Naples, Italy, announced the successor to Fleet Master Chief Raymond Kemp on Jan. 11.

"I am excited to announce Force Master Chief Derrick Walters will be our new Fleet Master Chief," Foggo said, "He is a proven leader who brings a tremendous and very unique wealth of experience and will advocate for our Sailors and their families serving overseas."

Today, Walters is the Force Master Chief for Naval Special Warfare, headquartered in San Diego. He will assume the position of Fleet Master Chief in early Spring, 2019.

"Force Master Chief Walters has a stellar record," Foggo said. "Accordingly, he rose to the top of an impressive list of candidates considered for this critical job and I look forward to the pride, professionalism, and experience he will bring to our mission in Europe and Africa."

His previous assignments include a tour of duty with SEAL Teams 8 and 2, and Naval Special Warfare Group 2 Training Det. Walters returned to SEAL Team 2 as the operations and command master chief and did a repeat tour with Special Warfare Group 2 as the senior enlisted adviser.



U.S. Navy photo  
Force Master Chief for Naval Special Warfare Derrick Walters has been selected as fleet master chief for U.S. Naval Forces Europe-Africa/U.S. 6th Fleet. Walters is the first Navy SEAL to achieve the rank of fleet master chief. Headquartered in Naples, Italy, U.S. Naval Forces Europe-Africa/U.S. 6th Fleet conducts the full spectrum of joint and naval operations, often in concert with allied and interagency partners in order to advance U.S. national interests and security and stability in Europe and Africa.

He has also served as command master chief at Naval Special Warfare Center and was the senior enlisted leader at NATO Special Warfare headquarters before becoming the force master chief of Naval Special Warfare Command.

U.S. Naval Forces Europe-Africa/U.S. 6th Fleet, headquartered in Naples, conducts the full spectrum of joint and naval operations, often in concert with allied and interagency partners in order to advance U.S. national interests and security and stability in Europe and Africa.





iStock image

**By Lisa Smith Molinari**

Last week, TV networks aired a viral video of an airline customer melting down. These videos surface every few months — a woman’s tirade over a \$20 baggage fee in Memphis, an irate doctor’s dramatic arrest in Orlando, a Spirit passenger ranting in the isle after her plane was diverted, and a mother losing her cool after her family’s flight to catch a Disney cruise was delayed 12 hours. Last week’s viral video featured a woman body-slaming the gate kiosk after her JetBlue flight was cancelled, screaming, “Get me out of this f---d up place, you rapist!” Lovely.

Why do we have a sick fascination with watching seemingly normal citizens lose control? I figure, we must secretly enjoy seeing irate customers berating airline employees for the delays, cancellations, and exorbitant costs we’ve all experienced. Hasn’t everyone on the planet been frustrated with air travel?

And now, as rumors circulate about longer TSA lines due to the government shutdown, thumbs are hovering over cell phone record buttons as air travel causes more customers to unexpectedly reach the end of their ropes.

My last flight was pretty standard, with the requisite number of aggravations now expected of air travel. Providence to Pittsburgh — a veritable hop, skip and jump in the whole grand scheme of things. But distance traveled is not

equally proportional to the level of inconvenience experienced at the airport facility. In other words, no matter where I fly, I know it will be a goat rope.

It started at the TSA lines, where I stared clumsily at the same twenty people every time we zig-zagged past each other toward security screening. Thirty minutes later, I’d formed a silent kinship with them. In the microcosm of airport society, they were my friends. At the end of the line, I bid them adieu and nervously moved to the next, intimidating step: TSA check-in.

The seemingly sole-less TSA agent looked from my documentation to my face to my ID, making me feel like a fugitive wanted for heinous crimes. I feared that TSA German shepherds might sense my natural guilt complex and attack, but somehow, I passed and was directed to the security screening conveyor belts.

Nothing says humility like a TSA security screening line. Everyone tried to act nonchalant as we fumbled for grey plastic bins. We wanted to appear to be a savvy travelers, but all were uneasy with the indignity of the process. I scrambled to remember the complicated rules: Do I remove my jacket in addition to my shoes and belt? If my laptop has to be in a bin by itself, does my phone get its own bin too? Will that packet of ketchup in my purse be flagged as liquid? Will the screener think my hairdryer is a gun?

I stood, legs spread and arms over my head, in the futuristic metal detector as an exhaled puff blew my hair into the air. The lady behind me was selected for a random pat-down. I tried not to gawk. We retrieved our bins, and as my comrades and I put our shoes and belts back on, I felt like we’d had an awkward one-night stand.

I stopped to get a cup of coffee on my way to my gate, but the Dunkin’ Donuts line was longer than the one at TSA. Turns out, I had plenty of time. My flight was delayed two hours due to a flight attendant calling in sick at the last minute.

The large latte soon hit my bladder and I went in search of restrooms. Heeding the prohibition against leaving bags unattended, I muscled my wheeled carryon into the stall, only to realize that I’d dipped the sleeve of my jacket into the toilet in the process.

Thanks to a calming eighties mix emanating from invisible speakers in the terminal, broadcasting obscure oldies like “I Wanna Be A Cowboy,” and “Sidewalk Talk,” I made it to Pittsburgh that day without losing my cool. However, long hours of confusion, inconvenience, boredom and frustration will inevitably bring even the sanest of us to the brink.

So expect air travel to be a hassle, and always keep your camera charged.



iStock image

# EMERGENCY VS. URGENT CARE: DO YOU KNOW THE DIFFERENCE?

**From TRICARE.mil**

You feel lousy and know you need medical care. But you aren’t sure if your symptoms require urgent or emergency care. Sometimes it’s difficult to know what level of care you need. Especially when you’re hurt or sick. Learn the difference between emergency and urgent care, and the rules for your TRICARE plan now. That way, you’ll be able to make informed decisions should the need arise.

**What is Emergency Care?**

An emergency threatens life, limb, or eyesight. Examples include severe bleeding, spinal cord or back injury, chest pain, broken bones, or difficulty breathing. Other types of emergencies include maternity and psychiatric. If you have an emergency, go to the nearest emergency roomClick to closeThe hospital department that provides emergency services to patients who need immediate medical attention. or call 911. If overseas, call the emergency medical service for your area. You want to get in touch with your primary care manager or regional contractor within 24 hours or the next business day after you receive care.

**What is Urgent Care?**

Urgent care is care you need within 24 hours for a non-emergency illness or injury that requires treatment. Examples include a rising fever or sprained ankle. You should get urgent care before your condition becomes an emergency. Most TRICARE beneficiaries can visit an urgent care center whenever needed, but you should check the urgent care rules for your plan. When possible, visit a TRICARE network provider or a TRICARE-authorized (network or non-network) urgent care center to avoid additional out-of-pocket costs. If you’re a family member or retiree and get urgent care from a non-network provider outside of a TRICARE-authorized urgent care center, you’ll have to pay point-of-service cost-shares.

You can find TRICARE-authorized urgent care centers by searching your region’s provider directory. Active duty service members enrolled in TRICARE Prime or TRICARE Overseas Program Prime must continue to visit military hospitals and clinics for urgent care. A referral would be required for civilian urgent care.

**Not Sure Where to Go After Hours? Call Military Health System Nurse Advice Line**

If you’re not sure whether to seek urgent care, emergency care, or routine care, contact the Military Health System (MHS) Nurse Advice Line. You can call, chat online, or video chat with a registered nurse 24/7. The nurse can answer questions and give you medical advice. You can also get help with scheduling an appointment within 24 hours at a military hospital or clinic, if available. In the U.S., call the MHS Nurse Advice Line at 1-800-TRICARE (1-800-874-2273) and choose option 1. For all country-specific numbers, visit the MHS Nurse Advice Line website. The MHS Nurse Advice Line is available to TRICARE beneficiaries living or traveling in the U.S. or a country with an established military hospital or clinic. However, if you have the US Family Health Plan, there’s a different resource for you to use.

Take command of your health in 2019 by learning more about your emergency and urgent care coverage. And how to get care based on your TRICARE plan. Remember costs differ based on who you are and your plan, so visit Health Plan Costs for information.



**Q. My lease does not mention the “military clause” am I still protected if I have to break my lease.**

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# CIAT trains its first ship

By Kimberly Lansdale  
Center for Surface Combat Systems

SAN DIEGO

Over forty crew members of USS Rafael Peralta (DDG 115) were the first to pilot the updated Advance Warfare Training (AWT) curriculum inside the Navy’s newest combat systems trainer, Combined Integrated Air and Missile Defense (IAMD) / Anti-Submarine Warfare (ASW) Trainer (CIAT), onboard Naval Base San Diego (NBSD), Jan. 8 – 11.

The Center for Surface Combat Systems (CSCS) officially opened the CIAT during a ribbon cutting ceremony this past December and is planned to deliver tactical training to all San Diego based Baseline 9 warships.

“The overall purpose of CIAT is to capitalize on advances in virtual technology to deliver a warfighting laboratory that is realistic, relevant, and just as complex as the threat environment our deployed ships are sailing into,” said Lt. Cmdr. Reisheid Dixon, CSCS Det San Diego’s officer in charge.

The CIAT facility currently provides Navy watchstanders a state-of-the art training environment to detect and engage the entire spectrum of naval combatants. With an emphasis on realism, it is engineered in every detail to replicate a naval warship’s actual combat suite. The feedback from Rafael Peralta is overwhelmingly positive.

“We are honored and thrilled to be the first warship through CIAT,” said Cmdr. Aaron DeMeyer, commanding officer. “It’s clear that even this first iteration of the CIAT curriculum is far better than any training we could develop on the ship.”

Moving away from pre-packaged training scenarios, the virtualization of the trainer is completely customizable by CSCS instructors. Evaluators can now employ advanced enemy tactics, reduce visibility, degrade weapons systems, overwhelm the radars with clutter returns, and in the end, force every single watchstander in the combat information center to adapt. The first CIAT stu-



MC2 Nicholas Burgains  
Chief Operations Specialist Anna Penrod, left, assigned to the guided-missile destroyer USS Rafael Peralta (DDG 115), and Lt. Aaron Van Driessche participate in an air defense scenario at the Combined Integrated Air and Missile Defense (IAMD) and Anti-Submarine Warfare (ASW) Trainer (CIAT). CIAT is the Navy’s newest combat systems trainer. Rafael Peralta became the first warship to pilot the advance warfare training curriculum at CIAT.

dents were able to experience these advanced training capabilities.

“This is by far the most realistic level of complexity and integration that our ship’s training team has faced,” said Lt. j.g. Anthony Pronchilo, fire control officer.

Chief Operations Specialist Anna Penrod, anti-air warfare coordinator, has been through the AWT curriculum in the past, but not like this.

“The CIAT has so many features,” she explained. “This was our team’s first opportunity to combat a reactive threat or fight through an electronic attack. I know full well the next time we see this challenged battlespace may be on deployment.”

“There is a steep learning curve for every training event in CIAT,” said Lt. Aaron Van Driessche, CSCS Det San Diego’s course supervisor for AWT. “Many of our students are seeing complex enemy tactics for the first time but it’s critical that they face these combat challenges now. We need to begin training ships for the worst case scenarios because when a ship leaves the pier, its mis-

sion could depend on it.”

The CIAT is also equipped with a full debrief room capable of replaying all scenarios. CSCS instructors can break-down, in exact detail, every choice made by a ship’s combat team.

“The debrief room allowed us to articulate the full PBED process — plan, brief, execute, and debrief,” said Lt. Wayne Badstuebner, tactical action officer evaluator. “With the ability to relive every scenario in the debrief, the feedback loop was instantaneous and their team was maturing with every run.”

This multi-mission and shore-based trainer also executes training at a lower cost compared to training live on shipboard systems.

“CSCS’ CIAT is a game changer,” said Capt. David Fowler, commodore, Destroyer Squadron 23. “It provides the most realistic combat systems training of any system to date. The full potential of CIAT’s capabilities are yet to be experienced.”

CSCS’ mission is to develop and deliver surface ship combat systems training to achieve surface warfare superiority. CSCS

headquarters’ staff oversees 14 learning sites and detachments, including CSCS Det San Diego, located throughout the continental United States, Hawaii, and Japan and manages and operates a Naval Education and Training Command (NETC) training division in Rota, Spain. CSCS provides over 538 courses, awards 114 different Navy Enlisted Classifications (NECs), and trains over 38,000 Sailors a year. CSCS delivers specialized training for Officer and Enlisted Sailors to tactically operate, maintain, and employ shipboard and shore-based weapons, sensors, and command and control systems utilized in today’s Navy.

For information on the Center for Surface Combat Systems, visit: <https://www.netc.navy.mil/centers/cscs/>

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# NAS Fallon Longhorns rescue lost snowshoer

From Naval Air Station Fallon

NAVAL AIR STATION FALLON, NEV.

An 80-year-old snowshoer was found and rescued by a Navy helicopter after spending the night in the snowy Sierra Mountains southeast of Lake Tahoe.

The Longhorn Helicopter Search and Rescue (SAR) team from Naval Air Station (NAS) Fallon accomplished the rescue at Kingsbury Grade on Monday, 7 January.

The crew consisted of mission commander Lieutenant Cary Lawson, from Loma Linda, Calif., copilot Lieutenant Commander Joshua Haggard, from Fairview, Tenn., crew chief Petty Officer 2nd Class Jacob Glende, from Spencerport, New York, and Helicopter Inland Rescue Aircrewman (HIRA), Petty Officer 2nd Class Michael Dragan-Gosselin, from Hartville, Ohio.

On the evening of 6 January, the Douglas County Sheriff's Office (DCSO) received a 911 call from an 80-year-old snowshoer who was lost and running out of daylight. The snowshoer had 1 percent battery left on his cell phone, but law enforcement was able to obtain a search box before the call was lost.

Ground search and rescue efforts were hampered by nightfall and deteriorating weather.

The SAR team received the request for immediate life-saving response with military aircraft from the DCSO via the Air Force Rescue Coordination Center (ARFCC).

The plan was to launch at sunrise, but weather in the mountains continued to be a limiting factor.

The crew of four departed NAS Fallon at 8 a.m. for the 70-mile transit to Kingsbury

“What struck me most was how difficult it was to spot the survivor in that terrain and the fact that he spent the whole night in the snow storm.”

Petty Officer 2nd Class Jacob Glende

Grade near Lake Tahoe. After arriving on scene, the crew searched for an hour before spotting the survivor standing and waving his arms at the bottom of a canyon.

“What struck me most was how difficult it was to spot the survivor in that terrain and the fact that he spent the whole night in the snow storm,” Glende said.

No landing site was available due to steep, mountainous terrain and vegetation, so the crew had Dragan-Gosselin rappel down to the survivor.

“I rappelled 10 feet away from him and immediately sank into waist-deep snow,” Dragan-Gosselin said. “He had been walking in that almost all night without sleeping.”

Once on the ground, Dragan-Gosselin performed a medical assessment of the survivor and prepared him to be hoisted before they were taken up into the aircraft together.

With both men safely onboard, the crew



MC1 Larry S. Carlson

The Longhorns Search and Rescue team from Naval Air Station Fallon that conducted a rescue in the Sierra Mountains southeast of Lake Tahoe stand by one of their three MH-60S “Knighthawk” helicopters. The team that participated in the rescue are, from left to right, Lt. Cmdr. Joshua Haggard, crew chief Naval Aircrewman Helicopter 2nd Class Jacob Glende, Naval Aircrewman Helicopter 2nd Class Michael Dragan-Gosselin and mission commander Lt. Cary Lawson.

provided in-flight care during the 5-minute transit to South Lake Tahoe Airport. The survivor was turned over to ambulance paramedics at 10 a.m. after almost 24 hours in inclement conditions.

NAS Fallon operates three MH-60S Night-hawk helicopters as search and rescue/medical evacuation (SAR/MEDEVAC) platforms for the Fallon Range Training Complex. The rescue, which required expert skill in helicopter mountain rescue techniques, was the first 2019 rescue for NAS Fallon SAR as well as Glende’s first flight as the mission crew chief.

Pursuant to the National SAR Plan of the United States, the unit may also be used for civil SAR/MEDEVAC needs to the fullest extent practicable on a non-interference basis, with primary military duties according to applicable national directives, plans, guidelines and agreements. Specifically, the unit may launch in response to tasking by the AFRCC for inland missions and/or tasking by the NAS Fallon commanding officer for all other aeronautical and maritime regions when other assets are unavailable.

“I rappelled 10 feet away from him and immediately sank into waist-deep snow. He had been walking in that almost all night without sleeping.”

Petty Officer 2nd Class Michael Dragan-Gosselin

## Archbishop of Military Services Timothy Broglio visits NSA Bahrain

By Paulina Kosturos Khoury

Naval Support Activity Bahrain Public Affairs

MANAMA, BAHRAIN

Archbishop of Military Services Timothy Broglio stopped by Naval Support Activity (NSA) Bahrain Jan. 9 to visit with Sailors on ships, hold religious services, including the Holy Sacrament of Confirmation, and to speak with the public affairs office about his role in the wider Navy community.

As Archbishop, Broglio is charged with the pastoral care for Catholics in all five branches of the military, their families, as well as all Catholics in the veterans’ hospitals throughout United States and its territories.

Additionally, Broglio is charged with the pastoral care of any Catholic who works for the U.S. federal government outside of the United States.

When asked what the overarching goals of the Chaplain Corps were, Broglio emphasized that support and confidentiality were key.

“One goal is to assure the first amendment rights of the men and women and the families in the military. And then secondly, and also very important, is to ensure the health and spiritual welfare of those who serve our country and to be there in situations, not only in crisis, but also in the everyday activities to be a part of the military family and to ensure that the people know that there is someone there that they can go to and in that regard, confidentiality is extremely important,” he said. “And that’s one of the things that’s guaranteed to a chaplain. He or she never has to reveal who comes to see them or why and that’s something that’s very precious, I think, in our military installations;

especially so far away from home.”

Broglio also discussed how NSA Bahrain specifically works to support Sailors.

“At least from my impression, and I’ve visited Bahrain probably at least eight, if not more times in the 11 years that I’ve been the Archbishop for Military Services, I think the Chaplain Corps is particularly important in a place like this because it is remote,” he said. “Some of the years that I was here, families were not with the Sailors and so that creates an additional tension, an additional burden and the chaplain doesn’t substitute for the family, but he is someone who is there and someone that you can talk to in a situation where you are removed from your everyday contacts and your normal possibility to react. So I think the chaplain is very important in that situation because there isn’t that much in the same realm outside the gates as there would be say, in an installation on CONUS.”

Lt. Cmdr. Joseph Reardon, NSA Bahrain’s command chaplain, was delighted to have Broglio on base and described the visit as a gift.

“It’s always a special gift when you have a shepherd of the church come to visit his congregation, especially to dispense a beautiful sacrament; in this case, the sacrament of confirmation. Just having that fullness of the Holy Spirit come into the souls, the hearts and the minds of these young people who are on this journey with Christ,” Reardon said.

For more news from Naval Support Activity Bahrain, visit [www.navy.mil/local/nsabahrain/](http://www.navy.mil/local/nsabahrain/).



MC2 Kelly M. Agee

Tug boats from Naval Support Activity Souda Bay Port Operations pull the Wasp-class amphibious assault ship USS Kearsarge (LHD 3) as it arrives in Souda Bay, Greece for a scheduled port visit, Jan. 8, 2019. NSA Souda Bay is an operational ashore base that enables U.S., allied, and partner nation forces to be where they are needed and when they are needed to ensure security and stability in Europe, Africa, and Southwest Asia.

## Kearsarge departs Souda Bay, Greece

By MC3 Kaitlyn E. Eads

USS Kearsarge (LHD 3) Public Affairs

SOUDA BAY, GREECE

The Wasp-class amphibious assault ship USS Kearsarge departed Souda Bay, Greece, following a scheduled port visit, Jan. 10.

The three-day visit allowed for the ship to refuel, receive supplies and perform maintenance, but the crew also had time to enjoy the culture and hospitality of Crete.

“Our port visit to Souda Bay was just what the ship and crew needed after several weeks underway since our departure from Norfolk, Virginia,” said Capt. Jason Rimmer, commanding officer of Kearsarge. “The visit afforded time for Sailors and Marines to enjoy the stunning surroundings of Crete and historic Greek culture through numerous MWR (Morale, Welfare and Recreation) tours, sports activities, and liberty. Kearsarge was warmly welcomed during the visit and received outstanding support from the command leadership and support personnel at Naval Support Activity Souda Bay. I sincerely thank all who had a hand in making our visit a success.”

In port, many Sailors, and embarked Marines with the 22nd Marine Expeditionary Unit, explored Chania, Crete’s second largest city, while others participated in a variety of tours organized by Kearsarge’s MWR program.

“We went on a tour of a winery and it was absolutely beautiful. It looked exactly like what you see in paintings,” said Logistics Specialist 3rd Class Charlene Bedard, who participated in an MWR tour that took Sailors and Marines to a local winery, archaeological site, market and restaurant. “You could see mountains in the distance and the building looked like a small castle covered in vines. We got to see the wine presses and the cellar lined with barrels. Later, we were

treated to a lunch in a warm and uplifting environment where they served local cuisine. It was definitely a new experience that was very enjoyable from beginning to end.”

A few Sailors and Marines engaged in some friendly competition through a soccer game against a local Greek club.

“On the ship, we don’t have much opportunity to practice soccer,” said Aviation Support Equipment Technician 1st Class Romeo Martin. “We were worried about how well we would play against a team that regularly gets to practice. The game was competitive and fun. The other team was very friendly and respectful.”

While the game ended in a draw, Martin said everyone who played won.

“Sharing this experience with the other team built a bond, a friendship and an experience, that I will remember for a long time, and I hope the other team will too.”

Kearsarge is on a scheduled deployment as part of the Kearsarge Amphibious Ready Group (ARG) in support of maritime security operations, crisis response and theater security cooperation, while also providing a forward naval presence.

The Kearsarge ARG consists of Amphibious Squadron 6, 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 and the 22nd MEU.

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

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





The Arleigh Burke-class guided-missile destroyer USS Donald Cook (DDG 75) departs Naval Station Rota, Spain, March 12, 2018. Donald Cook, forward-deployed to Rota, Spain, is on its seventh patrol in the U.S. 6th Fleet area of operations in support of regional allies and partners, and U.S. national security interests in Europe and Africa.

Photos MC2 Alyssa Weeks

# USS Donald Cook departs NAVSTA Rota, resumes 8th FDNF patrol

By MC2 Ford Williams

## NAVAL STATION ROTA, SPAIN

The Arleigh Burke-class guided-missile destroyer USS Donald Cook (DDG 75) departed Naval Station Rota, Spain resuming its eighth forward-deployed naval forces (FDNF) patrol in the U.S. 6th Fleet area of operations, Nov. 19, 2018.

Donald Cook was in Naval Station Rota for a training and maintenance availability (TRAV) period. While in port, the crew performed maintenance that was unable to be completed underway. In addition, inspectors from Afloat Training Group Norfolk em-

barked aboard Donald Cook to complete a mobility-seamanship inspection.

“TRAV gave us a great opportunity for some much needed holiday rest and relaxation,” said Master Chief Petty Officer Jeremy Douglas, command master chief of Donald Cook. “It was great to be able to enjoy the holidays at home, while simultaneously completing necessary inspections and ship-board maintenance.”

Donald Cook is a multi-mission surface combatant capable of conducting exercises and operations in areas such as anti-submarine warfare and ballistic missile defense. While on patrol, Donald Cook will engage



with NATO allies and partners to reaffirm the United States commitment to strengthening ties, and to promote peace and stability in the region.

This is Donald Cook’s eighth FDNF patrol since becoming forward-deployed in Naval Station Rota in February 2014.

While on patrol, Donald Cook is scheduled to conduct naval operations in the U.S. 6th Fleet area of operations in support of U.S. national security interests in Europe

and Africa.

U.S. 6th Fleet, headquartered in Naples, Italy, conducts the full spectrum of joint and naval operations, often in concert with allied and interagency partners, in order to advance U.S. national interests and security and stability in Europe and Africa.

*For more news from Navy Public Affairs Support Element Det. Europe, visit [www.navy.mil/local/NPASEDE/](http://www.navy.mil/local/NPASEDE/).*



The crew of the Navy’s newest littoral combat ship USS Wichita (LCS 13), bring the ship to life during its commissioning ceremony, at Naval Station Mayport, Jan. 12. LCS 13 is the fourteenth littoral combat ship to enter the fleet and the seventh of the Freedom variant. It is the third Navy combat ship named after Wichita, the largest city in Kansas.

MC3 Alana Langdon

# Navy commissions USS Wichita

By MCSN Marianne Guemo  
Navy Public Affairs Support Element East Detachment Southeast

## MAYPORT, FLA.

USS Wichita (LCS 13), the Navy’s seventh Freedom-variant littoral combat ship, was brought to life during a commissioning ceremony at Naval Station Mayport on Jan. 12.

“The LCS, like your favorite mobile device, offers more portability and maneuverability, while

being much less conspicuous,” said Cmdr. Nathan Rowan, commanding officer of Wichita. “And, like a smartphone, the LCS packs quite a hefty punch for such a small package.”

Wichita has a crew of approximately 70 Sailors, and is designed to work close to shore and in the open ocean. This provides cost-effective force flexibility and allows the Navy to strengthen allied partnerships.

“It’s good to be part of a

crew that’s small,” said Damage Controlman Fireman Brandon O’Connell, assigned to Wichita. “I can talk to everyone. We’re close to each other. Overall, I like it.”

Wichita is the third ship honoring Kansas’ largest city. It sails with the motto, “Keeper of the Seas.”

The first USS Wichita (CA 45), a heavy cruiser, was commissioned in 1939 and served in World War II. The second was the lead ship of Wichita-class replenishment oilers



U.S. Navy photo illustration

and designated Wichita (AOR 1) upon its commissioning in 1968.

“It’s an honor and a privilege to be assigned to Wichita,” said Chief Operation Specialist Isaac Davis. “I was born and raised in Kansas, so this is a real privilege. This is

my first time being a plank owner (commissioning crew), or being on a new ship. It’s a moment I’ll definitely treasure. I hope I will do justice to the city of Wichita.”



# PENSACOLA LIGHTHOUSE MARKS 160TH ANNIVERSARY



Naval Air Station (NAS) Pensacola Commanding Officer Capt. Christopher Martin (center) and Pensacola Mayor Grover Robinson cut a ribbon at the Pensacola Lighthouse and Museum Jan. 11 marking the end of the structure's four-year restoration project and celebrating the 160th anniversary of the structure. The Pensacola Lighthouse, is a Florida Gulf Coast historic landmark, situated on Pensacola Bay and accessible through NAS Pensacola.

Michael F. OConnor

By Bruce Cummins

Naval Air Station Pensacola

## PENSACOLA, FLA.

Nearly 100 invited guests attended a Jan. 11 ceremony onboard Naval Air Station (NAS) Pensacola marking the 160th anniversary of one of Northwest Florida's most well-known landmarks.

The Pensacola Lighthouse and Museum, accessible through NAS Pensacola on Pensacola Bay, was celebrated during the hour-long ceremony, during which Pensacola Lighthouse Association founders Dianne Levi, Richard Callaway and executive director Jon Hill, offered remarks on the 171-foot tower. The celebration marked not only the structure's 160th anniversary but the end of a four-year multimillion dollar restoration effort.

"None of this would have been possible without the Ladies of Impact, and the more than 130,000 visitors we have annually," said Jon Hill, the executive director of the Pensacola Lighthouse and Museum. "To a person, they all love this Lighthouse and have a

vested interest in its continued success and accessibility."

According to Hill, the current lighthouse is the second iteration of the structure in Pensacola, the first of which was established in 1824. That lighthouse was deemed "insufficient, too short and light not bright enough," by sea captains working in the area, Hill said, and Congress appropriated funds for the current lighthouse with construction beginning in 1856 and completed two years later. The lighthouse's Fresnel lens was lit for the first time on Jan. 1, 1859.

Restoration efforts during the four-year refurbishment included repair of 300 feet of linear cracks on the exterior, replacement of 110 of the structure's 177 stairs, restoration of the ironwork at the top, restoration of the Fresnel lens and complete restoration of all associated buildings. Hill added that the significant community involvement made the facility's refurbishment possible.

"We are excited to see the end of this large historic restoration effort," he said. "All work was completed without the benefit of federal dollars. It was completed entirely through

earned income, donations and grants from organizations such as Pensacola Bay Area Impact 100, Florida Lighthouse Association and Florida Department of Historic Resources."

Event guest speaker NAS Pensacola Commanding Officer Capt. Christopher Martin said that although the lighthouse resides on an area of Pensacola Bay occupied by the U.S. Coast Guard, the rich tradition the Pensacola community shares with the U.S. Armed Forces makes the iconic Lighthouse part of the history of a base which has trained Naval aviators for a century.

"I'm honored that this important part of Gulf Coast history is located so close to NAS Pensacola," he said. "The Pensacola Lighthouse Association does an incredible job of maintaining this amazing landmark, and I do not doubt the thousands of visitors passing through the base to visit the lighthouse are impressed with what is an important part of this area's history."

According to Hill, since the lighthouse was lit in 1859, the structure has survived cannon fire, two lightning strikes and the Great Charleston earthquake of 1886. He also said

that in 1965, the Lighthouse was automated and no longer manned by the U.S. Coast Guard. Although still in use, most of the Pensacola Lighthouse's historic buildings — including the lighthouse keeper's quarters — were left to decline, and in 1991 were slated for demolition. An effort from Navy Cultural Resource Officer Richard Callaway, however, saved the facility's structures and helped found an organization to care for and restore the Lighthouse.

The Pensacola Lighthouse and Museum, accessible through NAS Pensacola, is a 501© non-profit organization.

NAS Pensacola, referred to as the "Cradle of Naval Aviation," is designed to support operational and training missions of tenant commands, including the Naval Aviation Technical Training Center (NATTC), Naval Aviation Schools Command (NASC), the Center for Naval Aviation Technical Training (CNATT), Marine Aviation Training Support Groups (MATSG) 21 and 23 and is the headquarters for Naval Education and Training Command (NETC).

# Apprenticeship program roaring to life with 97 openings at Fleet Readiness Center Southeast

By Clifford Davis

Fleet Readiness Center Southeast

## JACKSONVILLE, FLA.

Seniors and recent graduates at Orange Park High School listened Tuesday as Fleet Readiness Center Southeast's Career Division Director Vince Elston rattled off the benefits of the Navy command's civilian apprenticeship program.

The program, which is now accepting applicants for 97 positions through the USAjobs.gov website, offers paid training, beginning at \$15.60 per hour, and a guaranteed federal job in the field once the three-to-four-year program is successfully completed.

"We're looking for a new generation of employees who are seeking a stable, profitable career," said FRCSE Commanding Officer Capt. Trent DeMoss. "This is a chance for people to learn a skilled trade, contribute to the defense of our country and get paid while they do it."

The 97 vacancies include apprenticeships for trades such as electronics mechanic, machinist, sheet metal mechanic, painting and aircraft mechanic. These skills will be learned through a combination of on-the-job training and classroom instruction.

In a partnership with St. Johns River State College, those selected for the program will receive 18 credit hours of college courses at the school — at no cost to the student.

Elston has been on a whirlwind tour of sorts through high schools in Clay, Duval, Putnam and St. Johns County in recent months.

"You should see their eyes when we tell them we're going to bring them onboard at \$15.60 an hour, pay them to learn a valuable trade and give them a \$1.05 raise every six months they successfully complete," Elston said. "Once they finish the course, they've got a job waiting on them with no student loans to pay back."

However, the benefits are mutual for the apprentices and the military aviation maintenance, repair and overhaul facility.

"The average age of our artisans is between 48 and 50 years old," Elston said. "We need to get new employees in



Clifford Davis

Fleet Readiness Center Southeast Career Division Director Vince Elston talks to students and recent graduates of Orange Park High School about FRCSE's apprenticeship program, which is now accepting applicants.

here, and get them trained, before we start to lose the experienced artisans we have now."

Along with being paid to learn a skilled trade, free college courses and a guaranteed job after successfully completing the course, apprentices will also start off earning 13 days of annual leave and 13 days of sick leave per year.

Department of the Navy civilian employees also earn a pension and have their contributions to their 401(k)-style retirement account matched up to five percent.

With a combined workforce of more than 5,500 employees, FRCSE is the largest industrial employer in Northeast Florida and Southeast Georgia.

"These are the types of opportunities people say no longer exist," DeMoss said. "They do, and they're right here in Jacksonville."

- The last day to apply for the program is Feb. 1, 2019.
- For questions regarding academic requirements, contact St. Johns River State College Career and Technical Education Advisor Jennifer Griner via email at jennifergriner@SJRstate.edu or by phone at (904) 276-6800.
- For questions about the FRCSE apprenticeship program, contact Career Development Director Vince Elston via email at vincent.elston@navy.mil or by phone at (904) 790-7536.

“ We’re looking for a new generation of employees who are seeking a stable, profitable career. This is a chance for people to learn a skilled trade, contribute to the defense of our country and get paid while they do it.”

Capt. Trent DeMoss.  
FRCSE Commanding Officer



SEABEES | *Deployment to support Tinian efforts*

Continued from B1

relief are in our hierarchy of priorities, so it is something we have all trained and volunteered for.”

NMCB-1, along with other INDOPA-COM units, conducted route clearance of 64 miles of road, built more than 150 FEMA-provided tents for families whose homes became unlivable, and produced more than 54,000 gallons of potable water during the relief efforts. Following the debris cleanup, the unit focused on roof repairs in which they assessed over 300 households and executed 122 repairs.

“Thank you so much for coming this distance to be America’s force that was able to help this community bring its services back online,” said Rear Adm. Shoshana Chatfield, commander of Joint Region Marianas and Task Force West. “Your efforts here and the work that you did, the equipment that you brought, and the spirit that you gave to this community was appreciated deeply by the mayor. I want to thank you for approaching your work as though these were your own families.”

In delivering his remarks, Ralph Torres, governor of the CNMI, thanked the task force for delivering aid to those in need.

“Folks, thank you from the bottom of our hearts for all the hard work and dedication and leaving your family to come here and providing a normalcy for other families you

don’t even know or never even met,” said Torres. “Your work is definitely appreciated.”

NMCB-3, Detachment Tinian will take over the recovery and roof repair mission in an effort to restore many of the resident’s homes to habitable conditions.

“Many of the people in Tinian can’t live in their homes right now,” said Burkart. “The roofs have either been completely or mostly destroyed, and with the frequent rain storms that this island gets, the residents are having an extremely tough time rebuilding their lives. We hope that putting roofs over their heads will give them the foundation they need to help return to life as they knew it.”

Not every single destroyed roof on the island can be repaired. If the support structures vital to stability are not present, a roof cannot be placed. The Seabees will identify structures that are safe to repair, and in a structural condition that will be able to house residents following a repair. The Seabees plan to conduct expedient, high quality construction to return the identified structures to a state that can sufficiently shelter the residents.

“Our mission is two-fold,” said Lt. Cmdr. Christian Auger, NMCB-3’s operations officer. “First, and most importantly, we must provide the necessary structures and accommodations to relieve the suffering that was caused by Super Typhoon Yutu. The second part is to continue to develop and demon-



MC2 Kelsey J. Hockenberger

Ralph Torres, governor of the CNMI, addresses attendees during a relief-in-place and transfer of authority ceremony. Naval Mobile Construction Battalion 3, Detachment Tinian, assumed responsibility as command element for Joint Task Group Engineer from Naval Mobile Construction Battalion 1, Detachment Guam. Service members from Joint Region Marianas and U.S. Indo-Pacific Command are providing Department of Defense support to the Commonwealth of the Northern Mariana Islands’ civil and local officials as part of the Federal Emergency Management Agency-supported Super Typhoon Yutu recovery efforts.

strate the skills necessary to respond to any type of emergency, whether it be a humanitarian mission or a major combat operation, and this mission helps us demonstrate those skills.”

NMCBs are part of the Naval Construction Force and specialize in providing contingency construction, disaster preparation and recovery support, humanitarian assistance, and combat operations support.

“As Seabees, we pride ourselves on the fact that we can build and fight,” said Auger. “Tinian is an opportunity to provide relief and demonstrate our expeditionary construction abilities at the right time, at the right place.”

Military service members from Joint Region Marianas and INDOPACOM continue to provide Department of Defense (DoD) support to FEMA, and work with Commonwealth of the Northern Mariana Islands’ civil and local officials for Typhoon Yutu recovery efforts. The DoD mission is expected to continue until the critical needs are met or FEMA officials have implemented the appropriate mix of civil and contracted solutions to allow

them to continue to lead federal government relief and recovery efforts without DoD support.

The effort is a joint force endeavor that makes up the newly created Task Group Engineer, which employs units from the Navy, Army, and Air Force, and is operationally led by the Army’s 84th Engineer Battalion, 130th Engineer Brigade, based out of Hawaii. Task Group Engineer replaces Task Group Tinian and Task Group Saipan.

NMCB-3 is forward deployed throughout the Indo-Pacific region and United States ready to support major combat operations, theater security, humanitarian assistance and disaster relief operations. Seabees provide general engineering and civil support to Navy, Marine Corps and joint operational forces globally.

For more information about Seabees and NMCB-3, visit <http://seabeesmagazine.navylive.dodlive.mil> or <https://www.facebook.com/NMCB3/>

For more news from Naval Mobile Construction Battalion 3, visit [www.navy.mil/local/nmcb3/](http://www.navy.mil/local/nmcb3/).



MC1 Robin W. Peak

Adm. Phil Davidson, commander of U.S. Indo-Pacific Command (USINDOPACOM), answers questions during a panel discussion at the Raisina Dialogue in New Delhi. The Raisina Dialogue is hosted by the Observer Research Foundation in collaboration with the Government of India, Ministry of External Affairs and is a multilateral conference committed to addressing the most challenging issues facing the global community. This is the fourth Raisina Dialogue and the fourth time the USINDOPACOM commander has participated.

RELATIONSHIPS | *Commander stresses Indo-Pacific relations*

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The panelists were repeatedly asked about military aspects of the so-called “Quad Alliance.” An outgrowth of the Quadrilateral Security Dialogue, it features India, Japan, Australia and the United States. “The multilateral nature of alliances and partnerships enables much more combat power,” Davidson said. “The United States has a strategic partnership with India that advanced greatly last year.”

The United States is a treaty ally of Japan and Australia.

There is no formal military partnership, the panelists said, and it is not an Indo-Pacific NATO. “It’s a growing relationship, which is robust,” Lanba said. “It will only grow as time goes by.” The Quad is “a burgeoning relationship rooted in some 25 years now,” Davidson added, “and we look forward to building it in the future.”

Some see the free and open Indo-Pacific strategy as a containment strategy for China. “It is advocacy for free nations in terms of security, values, political systems and the freedom to choose their own partners,” Davidson said. “As we look back on the rules-based order over the past 70 years, it has delivered a level of peace and security that has lifted billions out of poverty in all our nations. It is an important part of the international order. And it has been underwritten in many respects, by the combat credibility of not only the United States forces, but the forces represented here on the panel. I think that’s incredibly important to sustain as we move forward.”



MC1 Robin W. Peak

Adm. Phil Davidson, commander of U.S. Indo-Pacific Command (USINDOPACOM), speaks about the Free and Open Indo-Pacific strategy at the Young Leaders engagement during the Raisina Dialogue in New Delhi, India. The Raisina Dialogue is hosted by the Observer Research Foundation in collaboration with the Government of India, Ministry of External Affairs and is a multilateral conference committed to addressing the most challenging issues facing the global community. This is the 4th Raisina Dialogue and the fourth time the USINDOPACOM commander has participated.



MC1 Kevin A. Flinn

A U.S. Navy P-8A Poseidons taxi at Joint Base Pearl Harbor-Hickam.

U.S., Australia set to kick off 2019 Exercise Sea Dragon

By PO1 Kevin Flinn

Patrol Squadron 47

ANDERSEN AIR FORCE BASE, GUAM

Located at the southernmost point of the Northern Mariana Islands and the United States’ westernmost point, Guam will serve as the location of 2019 Exercise Sea Dragon, which is slated to kick off Jan. 14.

“Exercise Sea Dragon is an exciting opportunity to enhance maritime patrol relationships in the Western Pacific and focus on building anti-submarine warfare (ASW) proficiency and increase warfighting lethality,” said Capt. Brian Erickson, Commander, Task Force (CTF) 72. “In future Sea Dragon exercises, I am excited to expand ally and partner nation participation.”

Exercise Sea Dragon is an annual, multilateral exercise based out of Andersen Air Force Base with this year’s event running until Jan. 25. Participating U.S. units will include Patrol Squadron (VP) 47, VP-16, both operating under CTF-72, and Commander, Submarine Squadron (CSS) 15, operating under CTF-74. CTF-72 has taken lead and will oversee the exercise. Units from the Royal Australian Air Force (RAAF) will join U.S. units throughout the exercise.

“Being a multi-national exercise, our goal is to work closely with our Pacific allies and to continue to foster relationships in the region,” said Lt. Cmdr. Korhan Orgun, VP-47’s 2019 Exercise Sea Dragon Officer in Charge. “We’ll do this through ASW events and learning to work together more efficiently. Additionally, this exercise is a chance for us to further hone our ASW skills and become even more proficient in one of

our core missions.”

Four U.S. and one RAAF P-8A Poseidons will be conducting flight operations, with support from a joint Mobile Tactical Operations Center, during the exercise. Respectively, four U.S. aircrews and one RAAF aircrew will be sent with the aircraft. Exercise Sea Dragon stresses coordinated ASW prosecution against both simulated and live targets to include a Los Angeles-class attack submarine assigned to CSS-15.

“By also working with one of our submarines, it provides training for them and helps us prepare for any future engagements,” said Orgun. “It’s an incredible opportunity for all involved.”

Exercise Sea Dragon illustrates that the U.S. and our partners stand ready to ensure the freedom of navigation and the free flow of commerce wherever international law allows. The United States stands firm with allies and looks forward to taking part in forging stronger relations, safeguarding safe and established maritime zones, and ensuring safe sea lanes.

“I have worked very closely with the RAAF P-8s before and even recently during the Rim of the Pacific Exercise,” said Orgun. “Our Australian allies have been very professional and skilled at what they do and I look forward to sharing our experiences and learning more from each other.”

CTF-72 leads patrol, reconnaissance and surveillance forces in support of U.S. 7th Fleet (C7F), promoting regional security and enhancement of theater security operations through multilateral engagements to build reconnaissance and surveillance capability within C7F and partner forces.





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The latest "Management Top 250," published by *The Wall Street Journal*, ranks the best run U.S. companies based on customer satisfaction, employee engagement and development, innovation, social responsibility and financial strength.

Dominion Energy was **ranked as the top electric and gas utility**. And military publication *G.I. Jobs* ranks Dominion Energy top in our industry and 5th among all U.S. companies. It marks the 10th consecutive year Dominion Energy has been recognized as a military-friendly company. So to each and every one of our 16,000+ dedicated employees, THANK YOU for your commitment to excellence, your dedication to community and most of all for the energy you bring to this company each and every day.

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Eric Stern/Feld Entertainment inc.

**By Yiorgo**  
Get ready everyone to start your weekend with an adrenaline-charged, family entertainment excitement as Monster Jam® comes to the Hampton Coliseum with some of the most recognizable trucks in the world including Grave Digger®, Nitro Menace and many more. See world-class drivers compete in Free-style, two wheel skills, racing and so much more. You can also experience up close and personal the Monster Jam® trucks, meet the drivers, get pictures and autographs and so much more Saturday and Sunday at the Pit-Party pre-show. For more info go to <https://www.hamptoncoliseum.org/events/detail/monster-jam-6>  
**Yiorgo:** *With us today is our very own Randy Brown, who is the driver for Grave Digger®. Where are you from Randy and how did you get into this line of work?*  
**Randy Brown:** I was born and raised in Currituck County in North Carolina. I actually started with my dad. He was into the sport of truck and tractor pulling for many years. I grew up around it and back then monster trucks were kind like a sideshow for the tractor pulls. I met a lot of people through the years with the monster trucks, decided it was something I wanted to do for myself so I built my own team up, the ‘Pure Adrenaline’ team and ran it for three years. I got an offer from the Grave Digger® team to come drive one of their trucks and it was an offer I couldn’t turn down to be with an iconic team like that, to have the support that they have, it was a dream job come true. I embraced it with everything I had and never looked back and been there ever sense.  
**Y:** *Can you explain to a layman like me the premise of Monster Jam®? How competition works, world Finals, etc.*  
**RB:** We basically have four competitions in each Monster Jam® show. We do a racing competition witch is either side-by-side racing or a timed racing event. Then we do a two-wheel competition witch is basically go out there and do any trick you can on two-wheels weather it will be riding like on a bicycle on two wheels on the side of it or doing a wheelie, or a stopie or a moonwalk on the front two tires, there’s all kinds of things that drivers are doing now. We also have a donut competition where you go out there and see who could spin the fastest and longest donut. Our fourth and final of the night is the free-style competition witch is basically go out there and show off. You put all your best tricks together in 75 seconds. That is all we have to put it all in and wow the crowd.  
**Y:** *So who judges these events?*  
**RB:** Well what is so unique about our sport is that the fans are interactive in providing the winner. Anyone in attendance that night from the paying fan to the people working concessions can participate and vote. Every person inside the arena that has a cell phone can vote from a scale of 1-10 on how they feel that truck did in that competition. They give you a code to put in your phone and you set your score. At the end of the night we have a champion. Points are awarded just like any other racing event and our points are ac-

cumulated to have a champion at the end of the series and all of those champions and other invited teams get to go to the world finals down in Orlando, FL in May. So everybody is fighting for those hard-earned points so they can get invited to the world finals, our biggest event of our season!!!!  
**Y:** *When did the season begin and when will it end?*  
**RB:** We have 14-15 events on our tour that we will be collecting points on our way to the world finals. The season began last week in Albany, New York and it will end the first of May, the weekend right before Orlando in New Hampshire.  
**Y:** *So how or where do you get your time in to perfect your skills when you’re not competing or performing?*  
**RB:** Well we actually have a couple of test tracks that we do a lot of research and development for our trucks and we can practice on. There is Monster Jam® University witch is out in Illinois that we can send a team out there and do some driving. If we have a new driver who needs some seat time to perfect a trick or where he needs to be for his performance level the tracks are set up just like the ones we run on Monster Jam®.  
**Y:** *Where have been some of your favorite places to compete?*  
**RB:** Probably being the first sporting event to go into Saudi Arabia for the first time ever. That happened in 2017. I’ve been to China, the Mongolian desert, Beijing, Singapore, Australia, Europe and just got back from a three-week tour of South America. We did Chile, Argentina and Brazil. Monster Jam® has taken hold all over the world. For the first time ever, they are planning to head to South Africa some time this year.  
**Y:** *Any wow moments?*  
**RB:** I’ve met a lot of famous people and got a lot of opportunities I would not normally had. There are so many things. Probably one of the biggest is we did the very last event inside the Minneapolis Metro dome. Me and another Grave Digger truck, we did simultaneously backflips for the grand finally of this dome. They were imploding it the very next week so to be a part of all of that was pretty amazing. Also any anniversary that the Grave Digger has, our last one was our 35th, the opportunity to be a part of something that has withstood the test of time is always an honor.  
**Y:** *What should people expect to see at the show?*  
**RB:** It’s going to be a non-stop, high horse power, adrenaline pumping, and family fun action. From start to finish people will be on the edge of their seats, having a good time, screaming and yelling, getting away from their everyday normal jobs watching us take their frustrations on those big Monster Jam® trucks.  
  
*Yiorgo is a Hampton Roads arts, entertainment and sports writer. A stage, TV and movie actor, he is also an educator, motivational speaker, writer, storyteller and columnist.*

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Photos Carol Rosegg

## RENT wraps up in Norfolk

*The 20th anniversary tour ends it’s 3-night stand at Chrysler Hall*

**By Yiorgo**  
The International Tour of RENT, winner of four Tony Awards, six Drama Desk Awards, a Pulitzer Prize for Drama winner and so much more, recently made a stop at Chrysler Hall. It tells the story of a group of starving young artists struggling to survive in New York City’s East Village during the time when HIV/AIDS was prevalent.  
With us is Lencia Kebede who plays one of the main characters, Joanne Jefferson, an African-American Ivy League-educated public interest lawyer who Maureen left for Mark.  
**Yiorgo:** Where were you born and can you tell us a little about your early life?  
**Lencia Kebede:** I was born in Los Angeles, California. I grew up singing a lot in church. As I got older I realized I was kind a good at it and got involved in school doing plays and also participated in three sports. In high school I found my dual passions: politics as well as theatre and arts and started to see connections between the two. I realized how they both could influence my life. My family supported all of my shows and that solidified for me to pursue it professionally.  
**Y:** Yet you decided to pursue a political career in college. Talk to us about that.  
**LK:** I went to Occidental College in LA. What drew me specifically was that it had a United Nations internship program which I did my senior year. I moved to New York and worked for the Guatemala Missions at the United Nations.  
I was able to live so fully in the political realm while still singing in the glee club, singing in the musicals, dancing, and taking acting classes. The whole interdisciplinary approach is what made it all possible. In my junior and senior year is when I realized that I’m use to doing shows all the time and I missed it. Meanwhile I had done so many internships. I had worked for the Mayor in LA, and that was my first job after college, working in the Mayors office. They were great and I had the flexibility to go to auditions.  
**Y:** Your musical career quickly took off. In regional theatre you were Belle in Disney’s version of Beauty and the Beast, you were in the play Memphis, then lead singer at the Tokyo Disneyland Resort, you worked with Beyoncé, and then came RENT. First, tell us what kind of person is and what it was like to work with Beyoncé?  
**LK:** Beyoncé blew me away. She is so humble. On the first day of rehearsal, she walks in, no makeup, in sweats, very casual. She turns to

all the background singers and says, ‘Thank you guys for all being here’. And I was like, ‘No! It’s my absolute pleasure to be here’. And then she turns and looks at the whole group. There must have been at least 100 people there including all her dancers, sound people, etc. and she was on the microphone and says, ‘Ok everybody could we just bow our heads and pray for a second. Thank you Heavenly Father...’. I had tears in my eyes. She is so down to earth. She also said to everyone, ‘I want you all to know that we are all family. There is no way I could do this without each and everyone of you, thank you so much’. She was goofy, having fun, pretending to not knowing her own lyrics. We are all looking at each other saying there is no way she is this perfect, but she was.  
**Y:** I am fascinated by the direction your career has taken. What better way to teach social justice then with RENT. What did you feel like when you decided to try out for RENT?  
**LK:** I definitely felt a large sense of empowerment because RENT and Joanne, the character that I play were a catalyst in my interest in theatre as a young child. I use to listen to the albums of RENT and Lion King religiously. It was my agent who said you are going to audition for Joanne, and I remember thinking, I can do this. It was a very realistic goal to set. I was nervous, it was a national tour, the highest level of theatre, but it was a role I could see myself playing.  
It was five days of singing and dancing over and over. I knew I did my best but there is no certainty. It could be the smallest thing that the final decision can be based on. From costume to other individuals involved, it’s just so subjectively up in the air. So I did my best to let it go.  
I was on my way to visit some friends since I was in New York and my agent calls claiming he wanted to see how it went. I said that ‘I had never done an audition like that before, that intense and that I was sore’. My agent says, ‘Well, you’re not going to be that sore in rehearsals because you will be playing Joanne’. I did not believe him for the first 10 minutes. I was beside myself. I called all my family and friends. It was an unforgettable moment and that’s when I realized that I need to start getting use to hearing yes more then no because I have put in a lot of work. At that moment it was like wow, this is a real career that is happening right now.  
*Yiorgo is a Hampton Roads arts, entertainment and sports writer. A stage, TV and movie actor, he is also an educator, motivational speaker, writer, storyteller and columnist.*





# Calendar

For a complete list of events in Hampton Roads or to submit your own, visit [www.flagshipnews.com/calendar](http://www.flagshipnews.com/calendar)

**Black Jacket Symphony: Queen's 'A Night At The Opera' featuring Marc Martel**  
■ Jan. 18. 8 p.m. \$22-\$32  
■ Harrison Opera House, 160 West Virginia Beach Blvd. Norfolk, VA.  
■ [www.sevenvenues.com](http://www.sevenvenues.com)

The Black Jacket Symphony will perform Queen’s A Night at the Opera featuring Marc Martel at the Harrison Opera House on Friday, January 18 at 8 p.m., with doors opening at 7 p.m.!

Martel is a world-renowned vocalist who sounds so much like Freddie Mercury, his voice is featured in the new biopic, “Bohemian Rhapsody”—in theaters now. His videos have been viewed tens of millions of times on social media and his shows are selling out around the globe.

The performance is separated into two sets. The first set features the album being recreated as a true symphonic piece. The second set, which features a selection of the album artist’s “greatest hits,” opens in full contrast to the first set with an incredible light display and the symphony being much more laid back. The tone is set very quickly that the show will feature the high level of musicianship of the act being covered and will also be accompanied by all the bells and whistles of a major rock and roll show.



Courtesy Second City

The world-rekknowned improvisation troupe brings it's latest show to Sandler Center this weekend!

**“It’s Not You, It’s Me” The Second City**  
■ Jan. 19. 8 p.m. \$35  
■ Sandler Center for the Performing Arts, 201 Market St. (adjacent to the Westin Hotel) in Virginia Beach, VA 23462.  
■ [www.sandlercenter.org](http://www.sandlercenter.org)

The Second City has been laughing at love and its infinite scroll of side effects for decades. In the world-famous comedy company’s latest laughter-inducing undertaking, “It’s Not You, It’s Me” The Second City takes shots at heartbreak, missed connections and the mire of human relationships. Your friends, your parents, even your blind date will find something achingly familiar to laugh at, thanks to comedy’s newest generation of writers and performers...who all fit squarely into the “it’s complicated” category!

Since opening its doors 1959, The Second City has grown to become the world’s premier comedy club, theater and school of improvisation, entertaining 1 million theatergoers a year around the globe. Alumni of The Second City’s resident stages, touring companies, and theatrical divisions across Chicago and Toronto include some of the biggest names in entertainment, including Tina Fey, Stephen Colbert, Steve Carell, Gilda Radner, Bill Murray and more.

**Virginia War Museum 7th Annual Kids Day**  
■ Jan. 21. 10 a.m.–3 p.m. \$8/adults \$6/kids (7-18), \$7/seniors  
■ 757-247-8523

The Virginia War Museum will host its fifth annual Kids Day on Monday January 21, 2018 between 10AM and 3PM. Activities will include: Miniature War Games, Kid friendly Living Historians and Re-enactors, A police SWAT team display, Star Wars Characters from the 501st Legion, a museum scavenger hunt, Peninsula SPCA activity area as well as the official announcement of the Museum’s 2018 WWII Summer Camp dates and theme.

Kids day Activities are included with regular Museum admission (\$8.00 Adults/\$7.00 Active Duty Service Personnel/\$7.00 Senior Citizens and \$6.00 for Children ages 7 to 18.



Courtesy Elevation Workshop

Elevation Workshop come to The Norva, Monday, January 21 at 7 p.m.

**Premier Productions Presents Hallelujah Here Below Tour 2019: Elevation Workshop at The Norva**  
■ Jan. 21. 7 p.m. \$28 advance. \$33 day of show.  
■ The Norva Theater, 317 Monticello Ave., Norfolk, VA.  
■ [www.thenorva.com](http://www.thenorva.com)

Elevation Worship is the worship ministry of Elevation Church, a multisite church based in Charlotte, NC, led by Pastor Steven Furtick. Their new album, Hallelujah Here Below, released September 28, 2018. Their previous album There Is A Cloud featured the current Christian radio top-10 song “Do It Again.” They will be touring with Travis Greene this fall and have previously toured with prominent bands such as Hillsong Worship, Bethel Music, Kari Jobe, Jesus Culture, and Lauren Daigle.

# Community

## ■ Submit YOUR events, news and photos

The Flagship welcomes submissions from our readers online.

Please submit **events** here: [www.militarynews.com/users/admin/calendar/event/](http://www.militarynews.com/users/admin/calendar/event/)

Please submit **news** and **photos** here: [www.militarynews.com/norfolk-navy-flagship/submit\\_news/](http://www.militarynews.com/norfolk-navy-flagship/submit_news/).



Courtesy The Virginia Zoo

## Christmas brings two babies to the Virginia Zoo

From Ashley Grove Mars

### NORFOLK

While most were enjoying their new Christmas toys, two Eastern bongos at the Virginia Zoo were in labor. 12.5-year-old bongo, Juni, gave birth to a male calf on December 26. The calf, who Keepers have named Johnny, weighs 44 pounds and stands approximately 2 feet tall. This is the eighth offspring for Juni and third for father Bob. Juni is an experienced mom and has been taking good care of her new calf.

3-year-old bongo, Jesi, also started showing signs of labor Wednesday. Within an hour, it became evident that Jesi was having trouble and would not be able to give birth to her calf naturally. The Zoo’s Animal Care Team decided that a C-section was the safest option for both mom and calf. Jesi and her female calf, who Keepers are calling Charlie, made it through surgery well. Following the C-section, Jesi was unable to care for her calf so staff stepped in and are bottle feeding her. The first month of life for a hand-raised calf is a very critical time and staff is carefully monitoring her as she grows.

“Jesi had some complications since her C-section, but for now, she is stable and we are continuing to watch her closely,” said Colleen Clabbers, the Virginia Zoo’s Veterinarian. “The calf appears strong and has been eager to take a bottle. Even though the first month is a critical time for her, we are



Courtesy The Virginia Zoo

hopeful that she will continue to thrive under our care.” Clabbers added.

Charlie weighs 48 pounds and stands approximately 2 feet tall. The birth of the calves brings the total herd to eight in their exhibit in the Africa – Okavango Delta. Due to the dynamics of these important births and changing weather conditions, there may be a delay in viewing the calves on exhibit. Please stay tuned for any updates on the Zoo’s Facebook page.

## TCC announces major gift for new center coming to the NEON District

*Seven-figure donation will fund scholarships and the Houston “Hu” Odom Jr. School of Culinary Arts and Restaurant Management*

From Tidewater Community College

Tidewater Community College is the recipient of a seven-figure donation to support the building of the Patricia & Douglas Perry TCC Center for Visual & Culinary Arts and Hospitality Management.

President Gregory DeCinque announced the gift from Houston “Hu” Odom, president and founder of BOTH, Inc., a franchisee of Golden Corral Restaurants, at a news conference Tuesday morning at the TCC Pat & Doug Perry Glass Wheel Studio. In recognition of his generosity, the college will name its school of Culinary Arts and Restaurant Management for Odom.

Odom’s gift will also be used to provide scholarships for dual enrollment students from Norfolk Public Schools studying restaurant management.

“By creating a pipeline of skilled and trained professional restaurant managers, we are ensuring quality service in our area restaurants for years to come,” said Odom, an award-winning restaurateur, who operates 20 Golden Corrals, plus two in development, with headquarters in Virginia Beach and locations throughout four states. “Partnering with TCC makes good business sense but is also great for our community.

“Very simply, TCC’s new School of

Culinary Arts and Restaurant Management is the right idea at the right place at the right time. When my wife, Evie, and I heard about TCC’s plans, we agreed we wanted to become involved to help make those plans become a reality.”

President DeCinque said, “We share a vision to see the next generation of artists, culinary specialists and hospitality managers excel in their work. This is indeed a transformative time for TCC, made possible with partnerships with the City of Norfolk, the Perrys and now our newest benefactor, Mr. Odom.”

The TCC Perry Center, slated to open in 2021, will be a 47,000-square-foot building, located on the site of the former Greyhound bus station. In addition to housing TCC’s academic programs, it will offer dual-enrollment and workforce-training opportunities for area residents.

The center will further energize the NEON District by:

- Expanding TCC’s one-of-a-kind visual arts education program
- Training the next generation of chefs with a comprehensive culinary arts program
- Creating opportunities for collaboration between culinary and visual arts programs
- Providing five kitchens and a test

kitchen open to the community and prospective entrepreneurs

■ Inaugurating a hospitality and restaurant management program in Norfolk

■ Creating a vibrant and inviting dining and arts experience for students, residents and visitors.

“TCC’s new Perry Center is a major economic boost to the growth and expansion of the NEON District as a destination for the arts. For that reason, I am very grateful for Mr. Odom’s support,” said Norfolk Mayor Kenneth Alexander.

Odom’s restaurants consistently hold sales and customer satisfaction rankings in the top tier of the Golden Corral system. In 2001, Golden Corral Corporation adopted his idea of Military Appreciation Night, which serves free steak dinners to all current and former service personnel while raising money for the Disabled American Veterans. Odom first implemented the idea in Hampton Roads in 1999.

Odom is also passionate about giving low-income and disadvantaged students access to education in culinary arts and restaurant management. “A significant portion of my donation to TCC will be used to endow scholarships and other programs to help ensure access to TCC’s new school for students here in Norfolk and in other local communities,” he said.

His gift will benefit dual enrollment students in Norfolk. Dual enrollment allows qualifying high school students to jump-start their college careers by earning college credit.

“We are delighted to be able to offer this new career training to our high school students to prepare them well for the workforce,” said Noëlle Gabriel, chair of the Norfolk School Board.



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**Lake Cypress** **\$159,000**  
2 BR/ 2 BA condo features spacious rooms, LR, DR, & nice kitchen. Relaxing deck w water view. The condo fee includes: master insurance, ground maintenance & trash removal. Convenient to NOB, Little Creek & Oceana.  
**Joan Kistler 621-5134**





**From Brandpoint**

When Jaylah Martinez has a paintbrush in hand, it’s like a conduit between the emotions inside Jaylah and the canvas. Like many teens, the budding artist has voiced big dreams for her paintings and art. In Jaylah’s case, she envisions them displayed in a modern art gallery in Los Angeles.

Unlike most teens, however, Jaylah faces struggles with her health. The high school honors student from San Antonio, Texas, is battling a rare and aggressive form of cancer. Last August, she was diagnosed with stage IV Renal Medullary Carcinoma. Prior to her diagnosis, Jaylah was an active teen who had taken on leadership roles, from serving as Teen Ambassador for the city of San Antonio, to designing and creating public art projects for Blue Star Contemporary’s MOSAIC Student Artist Program.

Sadly, because of Jaylah’s health issues, she’s been forced to step aside from her extracurricular activities, which made the special surprise that Jaylah received all the more inspiring and uplifting.

In December, Jaylah learned her dream as an artist, to show her work in LA, was about to come true. Make-A-Wish(R) Central and South Texas hosted a special wish unveiling for Jaylah at North Park Subaru Dominion,

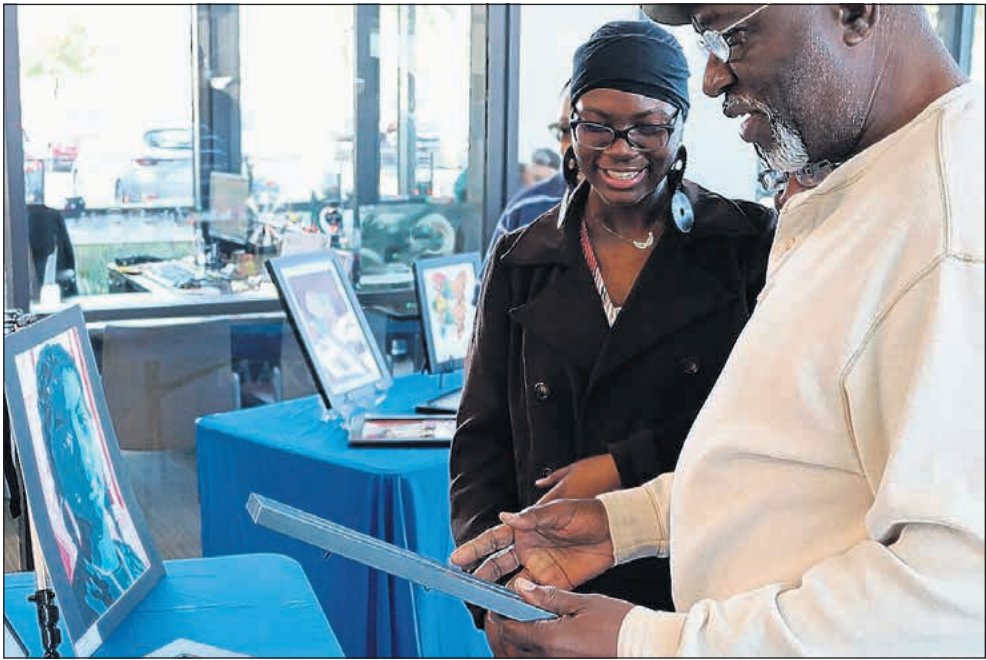
which had set aside part of their showroom for a community celebration of Jaylah and an exhibit of her paintings during the annual Subaru Share the Love(R) Event.

Jaylah greeted and hugged friends, family and local art lovers, and took time to describe the themes and inspiration running through her colorful paintings: Jaylah’s spiritual connection to God, celebrating life on Earth, and the comfort of familial love. Wearing bold silver earrings and a brilliant smile on Jaylah’s face, she looked every bit the part of an up and coming artist.

“It feels good to know there are so many people in my life who are just supporting me no matter what,” said Jaylah. “And I’m very grateful for these people. Because they’ve helped me. A lot.”

Jaylah’s upcoming LA exhibit will be held in January 2019. Despite Jaylah’s diagnosis, the high school junior is looking ahead to other life ambitions. Jaylah wants to attend college, major in biochemistry and become a research scientist who works to find a cure for cancer.

Jaylah’s art show was also an opportunity to help other kids in her community who are facing a critical illness, so they could have their wishes come true, too. The exhibit was held in conjunction with the Pack the Out-



back Toy Drive, where families were encouraged to bring new, unwrapped toys to the North Park Subaru Dominion to fill a new Subaru Outback in support of Make-A-Wish Central and South Texas.

Kathrin Brewer, Make-A-Wish chapter president, said they were thrilled to have the support and partnership of the dealership. The heart of the matter is, she says, the wish-

es granted are more than “a nice experience.”

“Wishes have the power to transform lives by providing hope and the ability to experience life beyond illness,” Brewer said.

To learn more about how you can help grant more wishes to children who are faced with a critical illness, visit [www.wish.org](http://www.wish.org).

# 5 WAYS TO GET FINANCIALLY FIT THIS NEW YEAR

**From Brandpoint**

In 2019, many Americans are planning for a “better me” in the year ahead. Gym memberships and diets are at the top of many lists, but what about financial health? Losing debt can be just as important as losing pounds, and financial fitness just as important as physical fitness.

According to a new survey from Marcus by Goldman Sachs(R), 74 percent of Americans think their financial well-being has an impact on their overall health and 64 percent feel they are not in the best financial shape they could be. On top of that, half of those surveyed (50 percent) think it’s easier to get into better physical shape than financial shape and 59 percent consider tracking expenses and budgeting to be more stressful than trying a new workout.

Although New Year’s resolutions to improve financial fitness may seem daunting, they are achievable, and their effects can be significant. While it is important to pump iron and feel great physically, it is equally beneficial to pump up your savings and take steps to secure your financial future. Here are five simple ways to help achieve better financial fitness in 2019:

1. **Trim down debt:** Eliminating debt is a worthy goal shared by many — 78 percent of those surveyed would rather get rid of their debt than lose weight. Consider instead a debt consolidation personal loan such as those provided by Marcus by Goldman Sachs(R), which offers fixed-rate, no-fee personal loans that could help save on interest when com-

pared to high-interest variable rate credit cards.

2. **Set a realistic budget:** Every financial fitness plan should start by establishing a budget that is both effective and achievable. The first step in creating one is to identify your essentials like mortgage or rent, car payments, tuition loans — and determine how much each of these expenses cost you per month. Next, average your spending in key categories that occur on an ongoing basis, such as food, gas, clothing, commuting costs and your gym membership. Combine those two figures to determine what your actual expenses and monthly budget are, and any money left over can be considered discretionary. Part of each month’s discretionary budget should be dedicated in advance to savings. Financial fitness introduces a level of discipline to help people make a proactive commitment to saving each month.

3. **Shred unwanted subscriptions:** With a budget in place, it’s all about tracking expenses and ensuring that your spending aligns with what your budget requires. There are many free tools that can help do the work, such as the personal financial management app Clarity Money, which monitors recurring expenses and helps with eliminating unwanted subscriptions. Keeping a tighter rein on your spending makes it easier to trim costs and stick to your budget year-round.

4. **Pump up your savings:** Look for savings accounts with higher rates that can help your money make more money. A high-yield Online Savings Account from Marcus by



Brandpoint image

Goldman Sachs can earn 4X the national average, with a 2.25 percent APY (annual percentage yield)[1]. There is no minimum deposit required, making it an easy way to begin growing your savings with the cash you already have.

5. **Find a workout partner:** Working out with a partner at the gym helps to establish shared goals, while encouraging accountability. The same is true for financial fitness. Your path to better financial health could accelerate if you can partner with a family member, friend or significant other who’s also interested in their financial well-being. Plan monthly check-ins, arrange mini-competitions for saving more and organize “no spend days” together. You’ll keep each other responsible and build positive mutual support along the way.

For more information on approachable solutions to your financial management and to get a financial workout plan, head to [Marcus.com/financialfitness](http://Marcus.com/financialfitness).”

[1] Annual Percentage Yield (APY) may change at any time, before or after account is opened. APY as of [January 7, 2019]. \$1 minimum to earn stated APY. A maximum of six withdrawals or transfers per monthly statement period are allowed. Maximum balance limits apply.

Informa has obtained the data from various financial institutions and its accuracy cannot be guaranteed. National Average rate effective as of September 3, 2018. Learn more at [Marcus.com](http://Marcus.com).







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## Announcements

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CHKD WELCOMES NORFOLK  
PEDIATRICS TO CHILDREN'S  
MEDICAL GROUP.

CHKD is pleased to announce that on January 16, 2019, Norfolk Pediatrics will become a member of the Children's Medical Group. Dr. Amin Sanjay will continue to see patients at the Norfolk Pediatrics office located at 1529 International Blvd, # 103, Norfolk, VA 23513.

Children's Medical Group is part of Children's Health System, Inc., which operates Children's Hospital of The King's Daughters in Norfolk, the state's only full-service free-standing pediatric hospital.

All current patient records will be retained at Norfolk Pediatrics current location and in CHKD's electronic medical records system. Patients who wish to receive copies of their medical records, or to have copies of their records sent to another healthcare provider, may contact the practice at (757) 855-6800 (standard copying and delivery fees will apply).

Children's Health System is pleased to welcome Dr. Amin Sanjay into its network of more than 120 pediatricians in 19 pediatrics practices located throughout southeastern Virginia and northeastern North Carolina. To learn more about Children's Medical Group or Children's Hospital of The King's Daughters, visit CHKD.org.

**DR. RADIN: RETIRED**  
Robert C. Radin, M.D. is announcing his retirement after 35 years of allergy & immunology practice effective Jan. 11, 2019. Patients should call to pick up their records as soon as possible.

## INDEPENDENT DISTRIBUTOR

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757-373-8727

**NOTICE**  
Eric Duits v Nicole Duits, Barry County Case No 15-602-DM. Plaintiff filed objection to 1/2/19 FOC Recommendation. Referee hearing scheduled for 02/19/19 @ 8:30 a.m., 206 W Court St, Hastings, MI



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## Education/Training

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## Healthcare Careers

**FAMILY MEDICINE**  
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## Maintenance

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**SENIOR MEDIA SPECIALIST (01217A)**  
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**BMW 2011 328**  
328i. Like new, priced to sell - \$11,900 OBO Financing Available! 757-966-8533



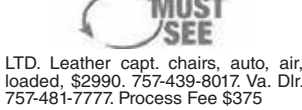
2005 Buick Century for sale in Virginia Beach. In very good condition inside and out with only 103K miles! Has 3.1L V6 engine, Auto trans, A/C, PS, PB, AM/FM/CD, and alloy wheels. Has good tires and current VA inspection good through 10/2019. Must see to appreciate. Will be shown by appointment only. Asking \$2,950 but is negotiable. Serious inquiries only. Call (757) 490-3645 and ask for Gary. Thanks for your interest.

**CADILLAC 1994 ELDORADO**  
Touring coupe-137,000 miles, Sun roof with a cap, Runs well, Dark green, \$1750 480-1046/855-9251



Beautiful Red finish, good mileage, auto, air, inspected, great condition. \$3650 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

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Mustang Cobra SVT 2003, 13,297 original miles, one owner, garage kept, red fire metallic paint, Borla exhaust, Accufab throttle body, excellent condition. \$21,000 firm, contact craig\_srs@hotmail.com 732-664-3302 - leave a message.

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Navigation, leather, warranty, new inspection, car cover, garage kept, looks great. \$18,700. Call for details 675-0288. Va. Dir.

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SL - 4 wheel drive, 150k miles, good kind. \$5,500 obo Call 757-237-6088

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2.5 SL 89k, loaded, new inspection, leather, sunroof, push start. \$5500 OBO (757) 228-6656

**NISSAN 2012 ALTIMA**  
S 2.5 115k, new inspection, push start, sunroof, loaded. \$6,500 OBO (757) 292-1534

**SCION 2009 XB**  
56K mis., auto, CD, new insp, warranty, runs & looks great, \$9900. Call for details 675-0288. Va. Dir.

**SUBARU 2005 OUTBACK**

AWD Exc Cond, auto, air, loaded, inspected, runs perfect \$3990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

**SUBARU 2007 OUTBACK**  
84k miles, 2nd owner, very good condition, new tires. \$7,000 OBO 757-613-9196 or 757-613-9197

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LE excellent condition auto air loaded inspected \$2,990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

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39K miles, pearl white finish, 1 owner, 30K-mile battery Toyota warranty, 4 wheel balance, excellent condition, \$13,500, OBO, 504-430-3571

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Heavy Duty, diesel, dual rear wheels, new insp, all serviced, runs & looks great. 5th wheel set up, \$21,900. Call for details 675-0288. Va. Dir.

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Extra Cab, 8' bed, new trans & tires, low mis., new inspection, nice. \$4900. Snyder's RV 499-8000.

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Only 117K! V6 auto, four door, champagne & tan interior, new inspection, like new \$4,500. 757-286-3858

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73K mis., leather, sunroof, 4X4, loaded, new insp, warranty, runs & looks great. \$10,900. Call for details 675-0288. Va. Dir.

**SATURN 2008 VUE**

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Sunroof, new inspection, new tires, runs & drives great, \$4900. Call for details 675-0288. Va. Dir.

**TOYOTA 2005 SEQUOIA**  
1 owner, 4X4, Limited Package, leather, sunroof, TV/DVD, 3rd seat, new inspection, loaded, \$10,800. Call for details 675-0288. Va. Dir.

**TOYOTA 2015 TACOMA**  
Extra Cab. 4WD, 55K mis., SR5 Package, TRD Off Road Package, tow package, V-6, auto, alloys, new inspection, warranty, looks great. \$18,900. Call for details 675-0288. Va. Dir.

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## Fun and Games

### Super Crossword

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#### ACROSS

1 Stuff pumped into a 747  
8 Bracing devices  
14 Teeny bit  
20 "Stephen," to the French  
21 Rip into  
22 Untrue rumor  
23 Start of a riddle  
25 "Ironic" singer  
26 Enzyme name ender  
27 Solo for a 41-Across  
28 Not feeling well at all  
30 Set aflame  
31 Riddle, part 2  
39 Shar- —  
40 No, to Burns  
41 Certain opera singer  
42 Actress Joanne  
43 Bit of slander  
44 Neighbor of a Croat  
46 The, to Josef  
48 Apt rhyme of "grab"  
50 — O-Fish (McDonald's sandwich)  
52 Riddle, part 3  
59 Very pungent

#### DOWN

61 Certain opera singer  
62 Adders, e.g.  
63 Most blaring  
66 Sculling tools  
68 As blind as  
69 Elegant tree  
72 Pharmacy amount  
73 Riddle, part 4  
76 Blackthorn  
77 Fire residue  
78 Lady Grey  
79 Sauce brand since 1937  
80 Stays away from  
82 Total or Life  
84 Neighbor of a Swede  
86 Goes fast  
87 Riddle, part 5  
93 NATO part  
94 Mineo of "Tonka"  
95 Knighted one, e.g.  
96 Pleasant  
99 The Beatles' — "Loser"  
100 "Citizen X" actor  
103 Equine noise  
107 Do a lawn chore  
109 Relo vehicle  
110 End of the riddle

#### ACROSS

115 Dir. from Del. to Vt.  
116 Busy mo. for a CPA  
117 Big particle physics lab in Switz.  
118 "Hail, Nero!"  
119 Big name in sneakers  
121 Riddle's answer  
128 Lenient  
129 Beethoven's Third, familiarly  
130 Mark Antony's wife  
131 Local lingo  
132 Wet slightly  
133 Wee baby

#### DOWN

1 Seder celebrant  
2 Ordinal number ender  
3 Carrere of "True Lies"  
4 Beyond embryonic  
5 Oneness  
6 Baja California resort port  
7 Permit to  
8 Biblical angel  
9 Chicana, e.g.  
10 Many flying creatures  
11 Got together

#### ACROSS

12 Compadre  
13 "Shrek!" author  
14 Like time, speed and temperature  
15 Bad, to Luc  
16 Including everything  
17 Author Steel  
18 More sandlike  
19 MS markers  
24 "Yuk" relative  
29 PC screen variety  
31 Special — (mil. group)  
32 Toll, for one  
33 Atomizer for spraying paint  
34 Turned right on a horse  
35 Has no life  
36 — Ark (biblical boat)  
37 With  
57-Down, supporter for a caterer's dishes  
38 Pets' docs  
45 Groom's partner  
47 Microwave brand  
49 Unoriginal  
51 Indefinite things

#### DOWN

53 Keats verse  
54 Gobs  
55 Railing locale  
56 Hurricane relative  
57 See  
37-Down  
58 Green-lights  
59 Alan of "White Mile"  
60 Doves' calls  
64 Horny  
65 Reasonably muscular  
67 Lactose, e.g.  
69 Unrequired course  
70 Rob of the Brat Pack  
71 Disorder  
74 Gets close  
75 Mom or dad's sister  
76 "Da Doo Ron Ron" singer  
Cassidy  
78 — Tull (rock band)  
81 — Magnon man  
82 Persian, e.g.  
83 Country singer Rimes  
85 Suffix with lion  
87 Army group  
88 Ball of perfume in a closet to facilitate a reply  
90 Urged in defense  
91 Intentions  
92 Close friendship between guys  
97 "Wheels"  
98 Nav. officer  
101 Expunges  
102 African viper  
104 Implant that helps in returning a lost pet  
105 Athens' land  
106 Husband of Lily Munster  
108 Greet with a hand motion  
111 Resulted in a curved path  
112 Followed a  
113 Hit skit show since '75  
114 "— & Kel" (1990s teen show)  
119 — Khan  
120 Height fig.  
122 Hunters' gp.  
123 — de plume  
124 Cyclotron bit  
125 Actress Longoria  
126 Apt humor  
127 Letter encl. to facilitate a reply

## Sudoku

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

## CryptoQuip

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

Clue: D equals P

BNFV S PCGI'W VSMI CW  
OSGGKCVA CV CGW TBV NSXOTX,  
DFTDKF PTLKQ PKSCU CG NSW  
GNF NTUF DTXG SQMSVGSF.

### Last week's CryptoQuip answer

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

### last week's answers

SARA HAVISHAM POSTBOP  
TIED ANATHEMA ERODITIVE  
UDDERCONTEMPT ACTEDON  
FEELOK SOLASCH E IN  
FALSE FEEDTHEKIDDIY  
SCI LASSO TROY SOV  
WINDOWSHUDDERETHANOL  
EDIE AERO DARNAME  
DENSITY MADDERRATHAND  
ERG SHEAF REEL IONIA  
PLODDINGREVENGE  
ADFEER ARNO DENCH FIR  
CADDYCOMMENT ROTHIRRA  
ENID LOS OCHO IIRON  
DECLAIM SPORTSBEDDING  
ERN EWOK STENO NYE  
SAUSAGEPADDY SWUNG  
ABS IDIG OLE ISOLDIE  
MOOCHED BIDDEREEMIES  
MAFIOSI ACCENTED ANNA  
STATUTE GUILDERS DESI

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 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 |

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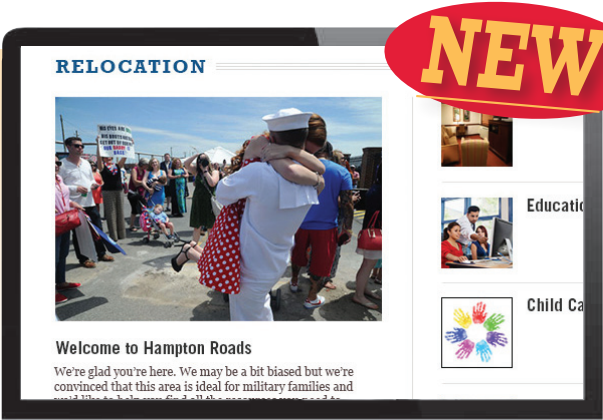


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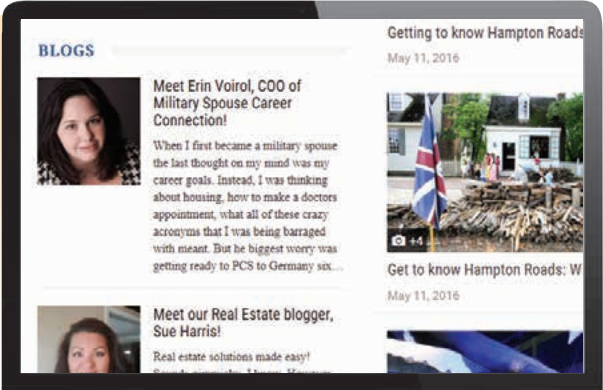
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