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2019 FLEET WEEK HAMPTON ROADS



Community celebrates Fleet Week with a variety of events

Navy Region Mid-Atlantic Public Affairs

NORFOLK

The U.S. Navy, local businesses and civic organizations will celebrate 2019 Fleet Week Hampton Roads, Oct. 11-19, with a variety of events that serve to honor the outstanding contributions and selfless sacrifice of Sailors and their families, and recognizes Hampton Roads as "America's Navy Town."

Fleet Week Hampton Roads, held in conjunction with the Navy's 244th birthday, honors Sailors, past and present, who are our neighbors, volunteers and citizens who actively work each day to enhance the quality of life for area residents and visitors. The Navy will celebrate its birthday Oct. 13. The birthday theme this year is "No Higher Honor," which focuses on the 75th anniversary of the Battle of Leyte Gulf – the largest sea battle in modern day history.

Fleet Week activities consist of ship visits, celebrations and military demonstrations throughout the area that showcase military personnel, technology and capabilities, while emphasizing the long-standing close relationship between the community and the Navy.

Some Fleet Week events are open to the public and will be of interest to everyone in the community.

» See **SCHEDULE** | A4JOIN THE
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Amanda Slosson chosen as Workforce Champion of the Year

By Douglas Morfeld
Navy Region Mid-Atlantic

NORFOLK

The Hampton Roads Workforce Council, in partnership with the Greater Peninsula Workforce Board, hosted the Inaugural Joint Annual Meeting and Workforce Innovation Awards, Oct. 2.

Amanda L. Slosson, Regional Transition Assistance Program Coordinator, Navy Region Mid-Atlantic, was announced as Workforce Champion of the Year during the ceremony, which highlighted workforce development programs, services, and accomplish-

» See **CHAMPION** | A7

Courtesy of Douglas Morfeld

(left to right) William Crow, President, Virginia Ship Repair Association; Rear Admiral Charles Rock, United States Navy Commander, Navy Region Mid-Atlantic; Amanda Slosson, Navy Region Mid-Atlantic Transition Assistance Program Coordinator; Mark Johnson, Board Chair, the Hampton Roads Workforce Council; John Olson, Board Chair, the Greater Peninsula Workforce Board.

USS Hue City inducted into CG modernization program

From USS Hue City (CG 66) Public Affairs

NORFOLK

After a quarter-century of worldwide operations, the guided-missile cruiser USS Hue City (CG 66) was inducted into the Cruiser Modernization program, Sept. 30, at Norfolk Naval Base, entering a period of major overhaul and modernization.

The program shifts administrative control from Commander, Naval Surface Forces Atlantic to the Commander, Naval

» See **INDUCTED** | A7CHECK
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Navy to celebrate 244th birthday

The Navy will celebrate its 244th Birthday, Oct. 13, by honoring the heroism and action during the Battle of Leyte Gulf and demonstrating Navy's critical role in our nation's defense then and now.

» See **A4**

Self-help pays off for unaccompanied housing at Naval Station Great Lakes
Saving sustainment dollars for the U.S. Navy and the American taxpayer is what drives the self-help spirit at Unaccompanied Housing (UH) at Naval Station Great Lakes.

» See **B1**

'Little Mermaid' making splash at The Roper

The Hurrah Players, Virginia's leading theatre company, is proud to present Disney's The Little Mermaid at the Roper Performing Arts Center.

» See **C1**

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National Cybersecurity Awareness Month: Some things to know

From 10th Fleet

It’s that time of year again - ghosts, goblins, and witches show up at parties, in your office decorations and all over your TV. With Halloween around the corner and pumpkin spice recipes flooding your timeline, you can feel autumn is in the air. Even though there may be things that go 'bump' in the night this spooky season, cybersecurity doesn’t have to be scary. Each October, we commemorate National Cybersecurity Awareness Month (NCSAM), a time where we learn more about cybersecurity best practices and also encourage others to be safer online. Here are some spooky cybersecurity myths and how to break them in your own lives.

Myth: Passwords don’t matter in the end.
Truth: Passwords definitely matter, and multi-factor authentication and password managers are good tools to further protect your accounts. Visit <https://www.lockdownyourlogin.org/> for more information on multi-factor authentication.

Myth: Cybersecurity jobs are only for those with a computer science or math degree.

Truth: Cybersecurity jobs are for everyone, regardless of what you may have studied in college. To learn more about cybersecurity careers in your area and ways to get started no matter where you are in your career or education, visit <https://nccss.us-cert.gov/>.

Myth: There is no way to protect yourself from cyber criminals.

Truth: Oftentimes, simple proactive steps toward better cybersecurity in your life can be your best and easiest defense against cyber criminals. Just like the legend states that a vampire cannot come into your home unless invited, do not invite cyber criminals into your life even inadvertently. Do not give away personally identifiable information online or over the phone unless you verify that you are communicating with a reputable source or business. Hover over all links in emails to ensure that the link goes to the correct website before clicking on them.

Check out the STOP. THINK. CONNECT.™ Internet Scams Tip Card to learn more.

Myth: You can update the software on your technology whenever you feel like it. There’s no rush!

Truth: Make sure you turn on auto updates or update your system and applications as soon as the notifications pop up. Updates help not only make your apps often look more visually appealing, but updates also patch systems from known vulnerabilities, so it is important to stay on top of these notifications.

As October comes to a close, cybersecurity can and should be practiced year-round. Every single person has a responsibility to stay safe online during this spooky season. We need to work together to secure our cyberspace. Be aware of the dangers looming on the Internet throughout the year. Visit <https://www.dhs.gov/ncsam> and <https://www.dhs.gov/stopthinkconnect> to learn more about NCSAM and staying safe online.

DID YOU KNOW?

- A family’s posts to keep friends up to date on their vacation led to their home being burglarized while they were away.
- New computer viruses and Trojans that successfully target information on social networking sites are on the rise.
- Information on social networking sites has led to people losing job offers, getting fired and even being arrested.
- Social networking sites have become a haven for identity thieves and con artists trying to use your information against you.
- Several kidnapping, rape and murder cases have been linked to social networking sites where the victims first connected with



U.S. Navy

their attackers.

- According to the Al Qaeda Handbook, terrorists search online for data about government personnel and all matters related to them, such as their residences, work places, times of leaving and returning, children and places visited.

DAILY SOCIAL MEDIA INTERACTIONS

- Never accept a friend request from someone you don’t know, even if they are “a friend of a friend”.
- Never share information on social media you don’t want to become public. If you aren’t comfortable placing the same information on a sign in your front yard, don’t put it online. Once you post something, you can’t control where it goes.
- Be aware that you could be targeted based simply because of your connection to the military.
- Providing too much information in your profile can expose you to identity thieves. Be cautious when listing job, military organization, education and contact information.
- When using social media, be cautious to not post personally identifiable information or any information about your Sailor’s job or mission that could damage Army operations.
- Think about what you’re posting before hitting share. Many times you can avoid re-

leasing sensitive information by simply rephrasing your posts.

- Make it a point to understand how to use, adjust and update the privacy settings on social media sites.

SOCIAL MEDIA CONCERNS FOR MILITARY FAMILIES AND FAMILY READINESS GROUPS

- Navy spouses and Navy family members need to know that posting sensitive information can be detrimental to Sailor safety.
- Always assume that our adversaries are reading every post made to a social media platform. Ensure that information posted online has no significant value to those adversaries.
- Even seemingly innocent posts about a family member’s deployment or re-deployment date can put them at risk. Small bits of information can be assembled to make big pictures.
- The best way to protect kids online is to talk with them. Be honest and open and educate them early about online risks.

SOME ADDITIONAL TIPS FOR STAYING SAFE

- Adversaries prefer to go after easy targets. Keep your computer security up to date and make yourself a hard target.

- Never log in from risky locations. Public networking sites may not offer secure login. If you log in from a hotel, cyber café or public hotspot your name and password can be captured at any time.
- Do a search for yourself. If too much data comes up, you should consider adjusting your profile and settings on sites you use frequently.
- Don’t trust add-ons: Plug-ins, games and apps are often written by users, not the sites they’re offered on. Malicious authors can easily gain access to your data once you install their programs.
- Remember that search engines make it easy for adversaries to find what they’re interested in.
- Use different, strong passwords for each online account, and never share your passwords.
- Don’t depend on social media sites for confidentiality: Even social media sites that aren’t open and public by design can become so due to hacking, security errors and poor data management practices. In some cases a site’s terms of service explicitly gives the site ownership of all your posted content.
- Treat links and files carefully. Social engineers and hackers often post links in comments that try to trick people into downloading an “update,” “security patch” or “game.”

Editorial Staff

Military Editor | MCC Shannon Warner
757-322-2860 / news@flagshipnews.com

Graphic Designer | Abby Likens, 757-222-3859

Flagship, Inc.

MNV Military Manager | Pam Bullock, 757-446-2795
Advertising Inquiries | Pam Bullock, 757-446-2795

Creative Director | Allyson Garner, 757-222-3955

Free Classified Advertising, 757-222-5373
Distribution, 757-222-5629
Home Delivery, 757-222-3900

Commander, Navy Region Mid-Atlantic (CNRMA):
Rear Adm. Charles W. “Chip” Rock
Regional program manager for Navy Region Mid-Atlantic (NRMA):
Public Affairs Director | Beth Baker

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MC1 Christopher Lindahl

Jocelyn Sims, principal of Woodbury's new Environmental Science, Technology, Engineering and Mathematics middle school and her husband, Chief Navy Counselor Damon Sims, observe a student's workout at the dedication of the school's new fitness center. The Woodbury E-STEM middle school was one of three recipients of a \$100,000 National Foundation for Governors' Fitness Councils workout facility.

Local Navy family works out, gets big school grant

By POI Christopher Lindahl

FORT SNELLING, MINN.

A local middle school principal, and Navy spouse, just made waves this past week as she competed in a bodybuilding competition just 5 days after opening a new, state-of-the-art fitness center in her school.

Jocelyn Sims, the principal of St. Paul Public Schools new Environmental Science, Technology Engineering and Mathematics (E-STEM) middle school and wife of U.S. Navy Chief Navy Counselor Damon Sims, just took fourth place in her class in the NPC Upper Midwest bodybuilding competition just days after thanking Minnesota Governor, Tim Walz, and "Body By Jake" founder,

Jake Steinfeld, for her school's selection by the National Foundation for Governor's Fitness Councils to receive a new \$100,000 fitness center.

Both Governor Tim Walz and Steinfeld were quick to recognize Sims' passion and dedication and often credited her with the school being chosen.

"I am a teacher and we have done our research, so the commissioner and I both know that the success of these students is going to be dependent on the principal in the building, so thank you for that," Minnesota Governor, Tim Walz, said in reference to Sims.

When talking about fitness, Sims is quick to refer back to her husband, Damon Sims,

as her inspiration.

Damon Sims, currently serving as a Navy Counselor at Navy Talent Acquisition Group Northern Plains, often spends time on the road searching for new talent to enlist in the Navy and was recently living apart from the family as a geographical bachelor for two years.

"He had to figure out what he was going to in the absence of his family being right there with him, and that's when he turned to fitness," she said.

Damon Sims' passion quickly translated to his wife, who applied a lot of his regimen to her own life.

"I've always worked out here and there, but just watching him go through the stages of bodybuilding and how it's been the one thing he could go to the rely on, it really started to sink in for me," she said. "With me being a mom, a wife, a principal, and trying to balance my own stresses, I just started to do some of the things he was doing."

Damon Sims has competed in many bodybuilding competitions since, but recently the roles have reversed for him. It is his wife who is inspiring him.

"She likes to say I inspired her, but it's her who amazes me all the time," he said. "I was actually going to take it easy from competing for the rest of this year, but after I see what she's doing, I'm even more motivated."

The two will now have a chance to work together to bring fitness to the brand new middle school with the addition of the gym.

"We heard from about 90 elementary and middle schools," said Steinfeld. "When we heard from E-STEM ... we heard the story about 'this is a brand new sixth grade class,' you guys are the inaugural, you are the pioneers of E-STEM."

Looking ahead, both Sims will look to take advantage of the new workout facility as they both plan on conducting fitness classes for parents and students in the near future.

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Machinist Mate Nuclear 1st Class Trey Burns, assigned to Mid-Atlantic Regional Maintenance Center (MARMC) explains the Triggerfish remotely operated vehicle to students from Virginia Beach and Chesapeake, Va, during a Science, Technology, Engineering and Mathematics community outreach event at Naval Air Station Oceana. Aaron Glover

Looking to the future: MARMCs STEM outreach

By Aaron Glover

VIRGINIA BEACH, VA.

Mid-Atlantic Regional Maintenance Center (MARMC) participated in the outdoor Science, Technology, Engineering, and Math (STEM) Laboratory during Naval Air Station Oceana’s annual Air Show held in Virginia Beach, Va., Sept. 20-22.

The event drew nearly 12,000 students from Virginia Beach and Chesapeake City Public Schools where they interacted with STEM related stations provided by organizations across the Department of Defense (DoD) and NASA.

MARMC’s station took students step-by-step through the development process of a remotely operated vehicle (ROV) used in the SeaPerch program, culminating in a hands on experience with ROVs in a large water filled pool. One of the main components involved in the development process was a 3D printer used in the manufacturing of ROV parts.

“We’re trying to let the kids see how we incorporate 3D printing into everyday life,” said MARMC Mechanical Planning Engineering Technician Arvin Persaud. “We show them how we build components of the ROV using recycled PVC parts, why we use the ROVs and how the ROV is used in

the Navy.”

In addition to the SeaPearch program, MARMC also participates in the MATE (Marine Advanced Technology Education) program, which uses the Triggerfish robot and is a step up from the SeaPerch as explained by Machinist Mate Nuclear 1st Class Trey Burns.

“Triggerfish uses four motors instead of three and overall is more complex than the SeaPearch. High school students fully build these kits from the ground up – from the motor controllers to the frame itself,” said Burns. “The whole project is really in depth with a lot of time and effort going into it. At the end of the program there is a competition comprised of schools in Maryland, Virginia and North Carolina.”

MARMC partners with Norfolk Naval Shipyard in their STEM community outreach events and visits many local schools and military installations in an effort to get

kids excited about pursuing a career in STEM.

“There is a significant need for people to work in STEM related jobs across DoD,” said Norfolk Naval Shipyard Nuclear Engineer Erica Shenae Miranda. “We partner with MARMC for all of these events, including a summer camp where we can engage more closely with students from local schools. This year we did a drone project for the first time and it was very successful given the age of the students.”

MARMC provides surface ship maintenance, management and oversight of private sector maintenance and fleet technical assistance to ships in the Mid-Atlantic region of the United States and provides support to the 5th and 6th fleet areas of responsibilities.

For more news from Mid-Atlantic Regional Maintenance Center, visit www.navy.mil/local/nssa/.



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NOST improves service by making a move

From Naval Information Forces Public Affairs
SUFFOLK, VA.

Navy’s Operations Security (OPSEC) support capability – the Naval OPSEC Support Team (NOST) – transitioned the from Information Warfare Training Group Atlantic (IWTGLANT) in Norfolk to their Type Command (TYCOM) at Naval Information Forces (NAVIFOR) located in Suffolk, Va., on Oct. 1.

“There are several reasons for the realignment,” said Mr. Greg Jimenez, NAVIFOR’s Current Readiness Department Head (N33) where the NOST now resides.

“The primary and most significant reason is to enable the team’s mission to expand and provide OPSEC support Navywide. From their previous location at IWTGLANT, the NOST was more focused on units within the Optimized Fleet Response Plan.”

Relocating to the TYCOM and working directly under U.S. Fleet Forces command allows the NOST to focus better their efforts on Navywide OPSEC initiatives. With fewer lines of communication, the NOST can more effectively perform their role as advisors to the OPSEC program advocates for both the Secretary of

the Navy and the Chief of Naval Operations.

“The OPSEC team performs several functions ranging from training, operational, reach-back support to afloat forces, program development to include doctrine development, and planning and assessments,” said Jimenez. “All of these functions are best align under the NAVIFOR man, train and equip functions as the Information Warfare (IW) TYCOM.”

Other reasons for the move include establishing direct lines of effort with other TYCOMS, integration into fleet exercises, operations and plans, better reach throughout the Navy and IW communities, and equal alignment with the Joint, Special Operations Command, Army and Air Force OPSEC support capabilities.

For more information about the NOST or additional OPSEC information, visit the teams landing page at www.navy.mil/

“ There are several reasons for the realignment. The primary and most significant reason is to enable the team’s mission to expand and provide OPSEC support Navywide.”

Mr. Greg Jimenez

opsec or download the “Naval OPSEC” app. You can contact the team via email at opsec@navy.mil or call 757-203-3656.

For more news from Naval Information Forces, visit www.navy.mil/local/navifor/.



U.S. Navy

INDUCTED | Hué City to undergo structural, mechanical, and combat systems upgrades

Continued from A1

Sea Systems Command (NAVSEA), allowing the ships to undergo extensive modernization work to extend their service life and Air Defense Commander capabilities.

The CG Modernization program paces the threat through the installation of the latest technological advances in combat systems and engineering, ensuring these ships remain relevant and viable throughout their entire service life of 40 operational years. Hué City will undergo extensive structural, mechanical, and combat systems upgrades and return to the fleet at peak technical readiness, fully equipped for the Sailors who will take her into harm’s way.

“The induction of Hué City is a major milestone for the CG Mod program, said Capt. Kevin Byrne, program manager for surface ship modernization. “Her upcoming

ing overhaul will not only extend the life of this critical capability, but will help the Navy on its mission to grow the fleet and expand our warfighting advantage.”

Once a ship is inducted into the modernization program, two smaller maintenance availabilities are performed to remove equipment for replacement and to conduct structural repairs. These smaller availabilities lay the foundation for the ship to receive new and upgraded systems during a longer dry-docking availability.

“This was a tremendous effort between ship’s force, maintenance team and other stakeholders,” said Lt. Cmdr. Ethan Reber, Hué City’s commanding officer. “From the beginning, lessons learned from ships inducted earlier in the process – Gettysburg (CG 64), Vicksburg (CG 69) and Anzio (CG 68) – were incorporated effectively into our planning. Our crew is ready to get

“ The induction of Hué City is a major milestone for the CG Mod program. Her upcoming overhaul will not only extend the life of this critical capability, but will help the Navy on its mission to grow the fleet and expand our warfighting advantage.”

Capt. Kevin Byrne

started and work alongside the maintenance teams to deliver on her next milestone.”

Six of 11 cruisers have been inducted into the modernization program and are in various stages of returning to the fleet with modernized warfighting capability. USS Hué City (CG 66) is the seventh cruiser to be inducted and will be equipped with the latest technological advances in combat systems and engineering to ensure she remains warfighting relevant through the 2030s.

The NAVSEA Deputy Commander for Ship Maintenance and Modernization (SEA 21) manages the complete lifecycle support for non-nuclear surface ships including introduction, maintenance and modernization. Through planned modernization and upgrade programs, SEA 21 will equip today’s surface ships with the latest technologies and systems to keep them in the fleet through their service lives.

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

CHAMPION | The Hampton Roads Workforce Council hosted the Inaugural Joint Annual Meeting and Workforce Innovation Awards, Oct. 2

Continued from A1

ments over the past year for both organizations.

Slosson was selected for her direct impact on the Navy Region Mid-Atlantic Transition Assistance Program (TAP) and Family Employment Readiness Programs (FERP) for the 11 major Fleet and Family Support Center delivery sites in the region. In fiscal year 2019, Slosson oversaw the delivery of TAP and employment services to more than 10,000 active duty Service members and 741 family members, including conducting two Navy Region Mid-Atlantic hiring fairs in Hampton Roads that resulted in dozens of job offers to transitioning service members and military spouses on the day of the event. Slosson develops and maintains programs to link transitioning service members and their families to comprehensive resources to support personal employment, education and attainment of professional development goals throughout Navy Region Mid-Atlantic.

Amanda Slosson

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The Joint Annual Meeting highlighted the newly formed partnership with the Hampton Roads Workforce Council and the Greater Peninsula Workforce Board – presented during the 2018 meeting as the Southeastern Regional Workforce Collaborative.

- The honorees included:
- Community Based Organization – VersAbility Resources
 - Education – New Horizons Regional Education Center
 - Business – Ferguson
 - Regional Innovator – Allfirst Industrial Contractors & Auxiliary Systems
 - Workforce Champion of the Year – Amanda L. Slosson, Regional Transition Assistance Program Coordinator, Navy Region Mid-Atlantic

ABOUT THE HAMPTON ROADS WORKFORCE COUNCIL

Established by the Hampton Roads Workforce Development Board, the Hampton Roads Workforce Council,

formerly Opportunity Inc., oversees federally funded workforce development programs for South and Western Hampton Roads. The Hampton Roads Workforce Council provides strategic workforce development solutions designed to assist businesses in accessing qualified workers and job-seekers in search of suitable job openings and training opportunities to bolster their earning potential.

ABOUT THE GREATER PENINSULA WORKFORCE BOARD

The Greater Peninsula Workforce Board is a group of community leaders appointed by local elected officials and tasked with planning and overseeing workforce development programs and services within the seven localities that comprise the Virginia Career Works – Greater Peninsula Region. Representing the cities of Hampton, Newport News, Poquoson, and Williamsburg and the counties of Gloucester, James City, and York, which is one of 15 Boards established within the Commonwealth by the Governor’s Office.



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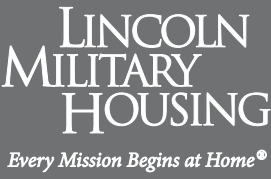
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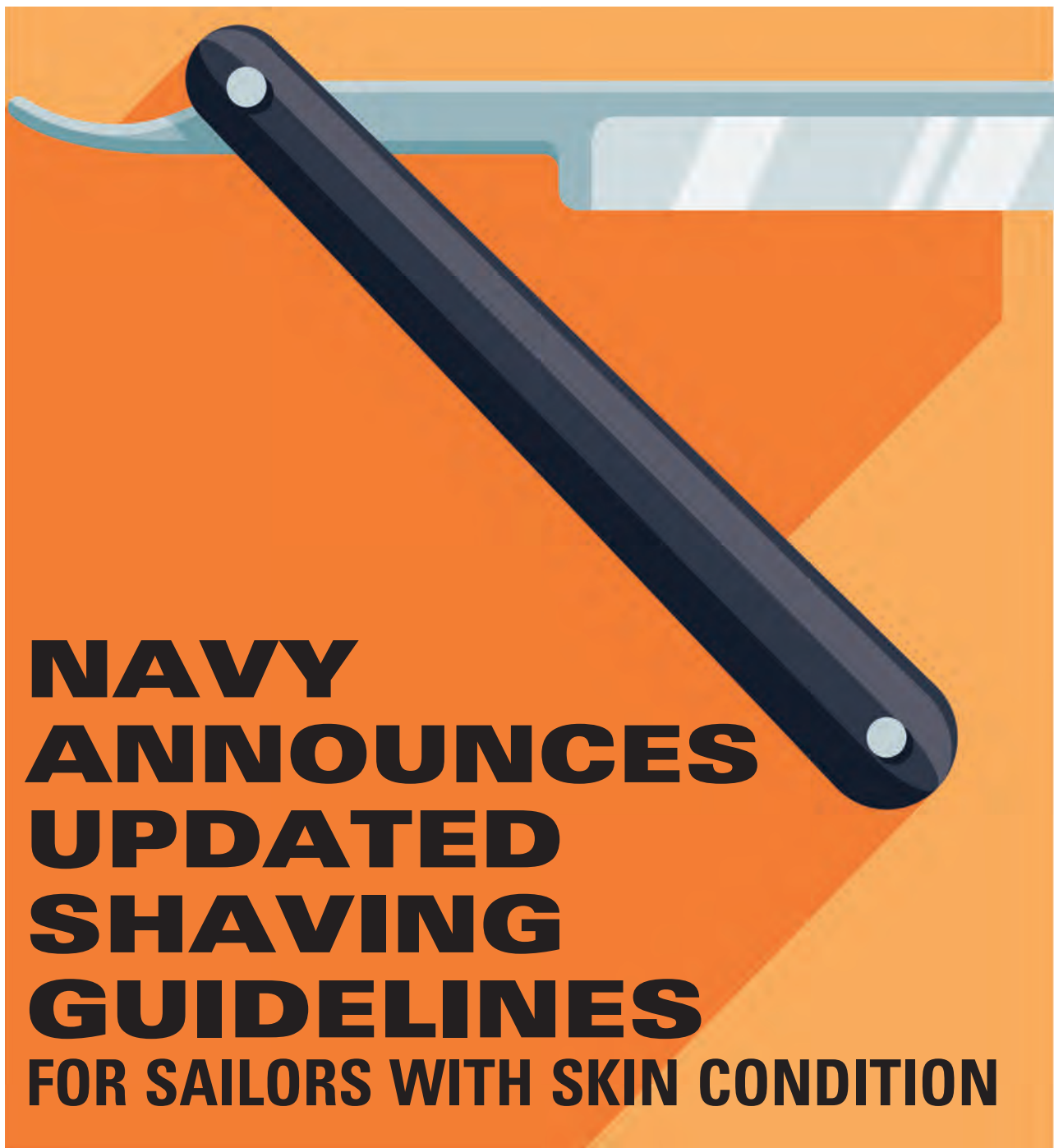


Hurricane Hero

EMILY, officially known as the Emergency Integrated Lifesaving Lanyard, is a remote-controlled unmanned surface vehicle that provided first responders a way to deliver medical care and supplies to islanders after Hurricane Dorian.

See B6

SECTION B | FLAGSHIPNEWS.COM | 10.10.2019



NAVY ANNOUNCES UPDATED SHAVING GUIDELINES FOR SAILORS WITH SKIN CONDITION

From Chief of Naval Personnel Public Affairs

WASHINGTON

The Navy plans to release changes early next week to how commands manage individual readiness of Sailors diagnosed with the facial shaving-related condition pseudofolliculitis barbae (PFB).

The policy changes are the result of a 2016 Naval Safety Center review of several studies, later re-validated in 2018, which concluded that facial hair (beards) prevents the proper seal of protective breathing devices, such as respiratory protective masks and associated equipment. Failure to have a proper seal can result in serious person-

al injury, including death, according to the Naval Safety Center.

"The impact [of this policy change] is an improvement in readiness of the force and improvement in safety of the Sailor," said Director of Military Personnel, Plans and Policies Rear Adm. Jeffrey Jablon. He explained the priority of this revision is ensuring that all Sailors will remain safe if required to don a respirator.

PFB is a treatable medical condition caused when tightly-curved beard hairs are sharpened by shaving, causing them to curve back and re-enter the skin, which can produce facial inflammation, bumps and infections. Updates to the Navy's Bureau of Personnel (BUPERS) Instruction 1000.22B out-

line the treatment and command leadership management of Sailors diagnosed with PFB.

The goal of the updated instruction is to provide Sailors with medical treatments that result in successful management of the condition while simultaneously maximizing personnel readiness and safety in all Navy environments.

"We have worked hard to ensure that we can provide the medical treatment needed to support Sailors with PFB," said Cmdr. Thomas Barlow, a dermatologist assigned to Naval Medical Center San Diego. "We are confident that the options in place will meet both the readiness demands of the Navy and

See SHAVE | B7

Navy sets up permanent advancement-to-position program for enlisted Sailors

By Naval Personnel Command Public Affairs

MILLINGTON, TENN.

Based on positive fleet feedback and the success of recent pilot programs, the Navy announced Oct. 7 that it has permanently established the Active Duty Enlisted Advancement-to-Position (A2P) program, via NAVADMIN 230/19.

The A2P program offers active duty E-5s, or second-class petty officers, the opportunity to advance to E-6 (petty officer first class) by filling priority billets and successfully completing any required training or schools. The program is intended to improve Fleet readiness and manning through better distribution of our talent.

Sailors selected for A2P will receive permanent change of station orders as they would for a standard billet; however, applicants will only be considered for

the specific A2P billets they've applied to.

Applicants must be active-duty E-5s who are in their detailing window for rotation and have taken the most recent E-6 Navy-wide advancement exam (NWAE) with published results. Sailors must be qualified to fill the billets for which they apply and should contact their detailers if they have any questions about their ability to fill an A2P billet.

All eligible Sailors may apply to sea-duty billets, regardless of their sea/shore flow rotation. However, Sailors on shore duty who are due to rotate to sea duty will not be considered for shore-duty A2P billets.

A2P billets will be announced in Career Management System-Interactive Detailing (CMS-ID) under the "Advance to Position" category. Sailors should verify that the "Advance to Position" category

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ry is selected in the optional input portion of the CMS-ID job search page in order to see the available A2P billets. A limited number of billets will be announced each detailing cycle, and not all rates will have billets available each cycle. Applications for

A2P billets work the same as standard cycle applications.

Candidates will be selected for A2P billets on a competitive basis. The Final Multiple Score from the most recently published NWAE cycle is the primary criteria that will be used for selection. Commands with billets advertised for fill via the A2P program can submit comments in CMS-ID regarding the suitability of applicants, and final selection will be based on a combination of FMS and those command comments.

Sailors selected will be eligible for frocking to E-6 after they complete all required en route training or schools, and will be advanced to pay grade E-6 upon check-in at the ultimate duty station. Those who fail to complete en route training/schools will not be advanced.

For more information or questions about program eligibility, contact the MyNavy Career Center (MNCC) Contact Center at (833) 830-MNCC (6622), via email at askmncc@navy.mil, or visit MyNavy Portal at https://my.navy.mil.

Self-help pays off for unaccompanied housing at Great Lakes

By John Sheppard

Naval Station Great Lakes Public Affairs

GREAT LAKES, ILL.

Saving sustainment dollars for the U.S. Navy and the American taxpayer is what drives the self-help spirit at Unaccompanied Housing (UH) at Naval Station Great Lakes.

"The difference between the building managers here and the building managers on other installations is my guys actually turn screwdrivers. The model elsewhere is that building managers submit tickets. They make reports of a deficiency, and they make a call, they submit work orders to get these things fixed. And then they sit back and they wait," said Mike Landry, UH Director, originally from Meriden, Conn. "We have never really done that."

"Our self-help program wasn't anything I directed or the CO directed. It was Jeff Gillan, Billy Learsch and Dave Klepzig who said, 'Let's try this,'" said Landry. The three building managers work in the 800 barracks, built in 1999, which house 1,855 student-Sailors from Training Support Center (TSC) Great Lakes.

"We are doing self-help initiatives rather than calling for help on everything," said Landry. "My building managers, particularly on the main side, do what we call 'self-help.' They take the initiative to take out light bulbs, instead of putting in work orders. We unclog drains, pipes. We install wainscoting to preserve the wall from damage from students. That saves hundreds of thousands of dollars for the seven 800 barracks over the course of a year."

Prior to coming to Great Lakes, Building Manager Billy Learsch of Winthrop Harbor, Ill. was a telecommunications engineer. "I built cell phone towers across the United States. Much of that correlates over to this. Prior to that, I used to own my own construction company. A home remodeling company," said Learsch.

Lead Building Manager Jeff Gillan of Dupon, Ill. was director of operations for a building maintenance company prior to joining the military. Gillan decided to join the Navy when he was 24 and served for 24 years, retiring as a Chief Engineman. "My last tour was here, running the barracks. I took off my uniform, put on civilian clothes and got right back to work," said Gillan. He has been running the 800 barracks for a little over six and a half years.

TSC Complex Manager Dave Klepzig of Barrington, Ill. served in the Navy for 20 years as an Aviation Support Equipment Technician. Prior to the military, Klepzig had two years of college in architecture. "I have a lot of knowledge in building construction," Klepzig noted.

Landry served for 20 years in the Navy. He started as enlisted Culinary Specialist and retired as a Chief Warrant Officer in the Supply Corps. "I was retired for one month and I was hired back here on base to be the UH Operations Manager," said Landry.

The UH program at Naval Station Great Lakes is the largest in the Navy. Landry is ultimately responsible for the repair and maintenance of 37 active barracks at Naval Station Great Lakes. The barracks encompass over 3.2 million square feet and have a total capacity of 20,320 beds.

At Recruit Training Command (RTC), the Navy's only boot camp, the 14 barracks there can house up to 14,280 recruits. "We are anticipated to top out at a little over 9,200 recruits this year," said Landry.

At TSC, there are 19 barracks with the capacity to house 5,575 students. "We typically run into the 65 to 75 percent occupancy rate, which equates to a little over 4,000 students per month," said Landry. "We are predicted to top out at 90 percent this year because of the increase in RTC accessions."

“ We are doing self-help initiatives rather than calling for help on everything. That saves hundreds of thousands of dollars for the seven 800 barracks over the course of a year”

Mike Landry, UH Director

See SELF-HELP | B7

DESPERATELY SEEKING REUNION

By Lisa Smith Molinari
The Meat & Potatoes of Life

“C’mom, please go with me,” I begged Patti, “we’ll have fun, I promise.”

But my best friend since 9th grade was skeptical. She thought our 35th high school reunion could be a bust. But she agreed to go, as long as we — our husbands, Patti and I — would make a speedy exit when the time was right.

In the weeks after sending in my reply, my adolescent insecurities bubbled to the surface. I went on a crash diet. I combed the racks at TJ Maxx in search of just the right outfit. I got my nails did and my hair done. I rehearsed my response to, “So what have you been doing for the last 35 years?”

But my decades-old fear of rejection was too entrenched to be completely quashed. No matter how satisfied I was with the path I took after high school, adolescence had imprinted certain insecurities on my psyche like a permanent tattoo.

After posting on our Class of 1984 Reunion Facebook page, I found myself monitoring the number of likes. “It says that my post was seen by 80 people, but I only got 15 likes,” I pathetically complained to Patti. I couldn’t fathom how my own kids coped with this kind of social media pressure on a daily basis. No wonder anxiety and depression are rampant today, I thought.

On my flight to Pittsburgh to meet Patti for our reunion odyssey, I wondered, why did I want to revisit the period of my life when my insecurities were spawned? I had missed all but our 20th reunion, because we moved so much as a military family. Patti didn’t care much about missing reunions, but I deeply regretted not being able to go, and had jumped on the chance this time



From The Meat & Potatoes of Life

around. But why?

In high school, I precariously dangled from a social ladder belonging to the group of students who were not quite cool enough to be popular. We occupied the penumbral space that shadowed the popular crowd, hoping to be included in their parties and social gatherings.

At our 20th reunion, Patti asked one of our most popular classmates where she and I fit into the social scheme. He thought a minute, then arrogantly graced her with, “You and Lisa were on the bubble.”

Although I used humor in high school to overcompensate for my perceived inadequacies, deep inside I was desperate to drop ten pounds, desperate to be cool, desperate for a boyfriend. I sought these things with intense longing, laying on my yellow twin bed, looking up at my Kliban Cat posters,

yearning for more. Desperation was the hallmark of my teenage persona, so I would have been thrilled to find out that a popular guy thought I was “on the bubble.”

The reunion weekend started with a bonfire on Friday night, followed on Saturday by buffet dinner at the local Ramada Inn. Patti, our husbands and I arrived at the bonfire to find only a few members of the old popular and penumbral crowds. “Oh, I guess they’re too cool for us?” we joked with a hint of seriousness.

Fearful that Patti would signal “We’re outta here” at any moment, I worked the modest crowd quickly, chatting with everyone whose names hadn’t completely escaped me. The next night at the Ramada, we mingled somewhat awkwardly in an indoor courtyard space that was noisy thanks to the guest pool being only a few feet

away from our buffet tables. Sweating, inhaling chlorine-laced steam, and gnawing on chicken kababs, I once again made an honest effort to converse with as many of my classmates as possible.

Flying home the next day, I finally realized why communing with my high school classmates had been important to me. As a teenager, I was so caught up in my own drama, I hadn’t noticed the triumphs and tribulations of most of the other people in my class. The reunion had been a way for me to get over myself.

To show respect for the people with which I spent my high school years, to feel the cathartic camaraderie of having shared adolescence, and to finally, once and for all, leave desperation behind.

themeatandpotatoesoflife.com/

Navy Family eLearning is now available

By Tim McGough
Fleet and Family Support Program Public Affairs

WASHINGTON

Commander, Navy Installations Command (CNIC) just made it easier for Navy spouses to learn all they need to navigate their way through the Navy in the palm of their hand.

The Navy Family eLearning was released on Tuesday, Oct 1, through the CNIC Learning Management System (LMS). The CNIC LMS is in support of the Navy Family Framework 2.0 (NFF).

The framework speaks to the diversity of Navy families and addresses how the Navy can best enable families to support the mission and see themselves as part of its strength, making a positive contribution.

Prior to the release of Navy Family eLearning the Navy Family Framework Governance Board met at CNIC headquarters Sept 23. The Fleet and Family Support Program updated the board on the Spouse eLearning Continuum, accessible through the CNIC Learning Management System called the Navy Family Portal.

“The Navy Family portal contains Navy Family Handbook, Navy Spouse Library, New Spouse Orientation, and Live Well Resiliency Webinars,” said Shauna Turner, Director of Navy Family Programs. “eSolution was designed with the Navy family in mind, to include parents, friends, siblings and partners.”

Turner went on to discuss that there is no one size fits all for the delivery of the information.

“The eSolution (Navy Family eLearning) contains delivery components which appeal to all generations of the Navy family,” she said. “The components of the eSolution were developed specifically with mobile devices in mind since our metrics tell us that Navy families are increasing accessing information in this manner.”

Navy Family eLearning offers the following:

The Navy Family eHandbook, an Interactive Electronic Magazine that provides information to all members of a Navy family to



Tim McGough

Shauna Turner, director of Family Readiness at Commander, Navy Installations Command (CNIC), introduces the next speaker at the Navy Family Framework Governance Board Working Group meeting held inside CNIC headquarters at the Washington Navy Yard, D.C., Sept 23. The Fleet and Family Support Program updated the working group on the Spouse eLearning Continuum accessible through the CNIC Learning Management System called the Navy Family Portal.

“eSolution was designed with the Navy family in mind, to include parents, friends, siblings and partners.”

Shauna Turner,
Director of Navy Family Programs

include Sailors, Spouses, Parents, Siblings, Partners and Friends.

The Navy Spouse eLibrary is a one-stop shop with information for various stages of the military lifecycle organized according to topical areas such as financial management, employment, parenting, relocation, deployment, transition, and wellness.

The New Spouse Orientation assists and integrates new spouses into the Navy family through the lens of a company’s new employee orientation. The program’s objectives are to provide the tools and resources to spouses so they feel equipped to handle the challenges of a Navy lifestyle. This supports the Navy Fam-

ily Framework by increasing the amount of Navy spouse training available, which helps Navy families feel more informed and better connected. The format is a self-paced online course available 24-7 on multiple devices.

The Live Well Resiliency Webinars bring the classroom to spouses! members of the military family can connect with service members and families from around the globe in the comfort of their home, office or location of your choice. Online webinars are approximately one hour in length and provide tips, tools, and resources to support the Navy lifestyle.

Also, OPNAV N17 briefed the working group on the MyNavy Family App, Spouse Licensure Reimbursement, and the MyPCS App. Navy Housing and USAA Educational Foundation (USAAEF) briefed the status on Navy Housing and financial services video platforms, respectively.

For access go to learning.zeiders.com and create an account. If you would just like to access the Navy Family eHandbook, simply click on the Family Login button.

For more news from Commander, Navy Installations Command, visit www.navy.mil/local/cni/.



Q: We have a large, blended family. Some of our children live with us full-time, others do not. How do we know the size of house we are eligible for? What if the size we are eligible for will not be sufficient when all of the children are with us?

A: Navy policy outlines the general bedroom availability for families. In general, a child 6 years of age or older should not share a bedroom with a child of the opposite sex. A child 10 years of age or older is eligible for a separate bedroom and should not be required to share a bedroom. The conditions in the policy apply to children that are qualified as dependents and where inventory permits. To be considered a dependent, the child must live with you for more than 6 months. Please contact your local HSC to discuss your specific situation.

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U.S. Navy Lt. Cmdr. Rachel Marsh, a nurse assigned to the hospital ship USNS Comfort (T-AH 20), asks a man about his medical history during surgical screening at a temporary medical treatment site in Basseterre, St. Kitts and Nevis, Oct. 4, 2019. Comfort is working with health and government partners in Central America, South America, and the Caribbean to provide care on the ship and at land-based medical sites, helping to relieve pressure on national medical systems, including those strained by an increase in cross-border migrants.

Spc. Jacob Gleich

Comfort arrives in St. Kitts and Nevis to provide medical assistance

From USNS Comfort Public Affairs

BASSETTERRE, ST. KITTS AND NEVIS

The hospital ship USNS Comfort (T-AH 20) arrived in Basseterre, St. Kitts and Nevis, for its ninth medical mission stop in Central America, South America and the Caribbean, Oct. 3.

While in Basseterre, U.S. service members and medical professionals will work alongside partner and host nation staff to provide medical assistance in communities with urgent health care needs and demonstrate the commitment to strengthen regional medical capacity.

come to the U.S. Navy ship Comfort and their goodwill mission of delivering healthcare to the citizens and residents of St. Kitts and Nevis," said Dr. Timothy Harris, prime minister of St. Kitts and Nevis. "Without a healthy nation there can be no contribution to production and productivity and the health of the nation represents the wealth of the nation."

Comfort's team consists of more than 900 personnel, including medical specialists from the U.S. military, non-governmental organizations volunteers, and personnel from partner nations.

“Time and again the Comfort has shown that as friends and



Spc. Jacob Gleich

U.S. Navy Sailors assigned to the hospital ship USNS Comfort (T-AH 20), check in a couple at a temporary medical treatment site in Basseterre, St. Kitts and Nevis, Oct. 4, 2019.

neighbors we are stronger and healthier together," said Linda Taglialatela, U.S. ambassador to Barbados and the Eastern Caribbean. "I am honored to be a small part of this great mission and I am proud of the friendship between our two nations."

This marks the first Comfort visit to St. Kitts and Nevis and the seventh to the region since

2007. The embarked medical teams will provide care aboard Comfort and at two shore-based medical sites.

This mission stop is part of U.S. Southern Command's Enduring Promise initiative and reflects the United States' ongoing commitment to friendship, partnership, and solidarity with partner nations in the Ca-

ibbean, Central America and South America.

For more information, visit www.facebook.com/NAV-SOUS4THFLT, www.dvidshub.net/feature/comfort2019, and www.navy.mil.

For more news from Navy
Public Affairs Support Element,
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Ronald Reagan CSG, Boxer ARG provide ready, capable forward presence in the Indo-Pacific

By PO3 Codie Soule
Commander, Task Force 70 / Carrier Strike Group 5

SOUTH CHINA SEA

The Ronald Reagan Carrier Strike Group and the Boxer Amphibious Ready Group joined forces to conduct security and stability operations in support of a free and open Indo-Pacific.

Ships and aircraft from the U.S. Navy, as well as aircraft from the U.S. Marine Corps, conducted a multitude of joint, high end warfighting exercises while forward-deployed to the U.S. 7th Fleet area of operations.

“Our operations in the Indo-Pacific are focused on maintaining regional stability and security,” said Rear Adm. George Wikoff, commander, Task Force 70. “Our presence reflects our commitment to the values we share with the many partners and allies in the region, and we stand prepared to deter those who challenge these mutual values with the over-

whelming force of our combined carrier and amphibious strike groups.”

While operating together, the Navy-Marine Corps team sharpened their interoperability through a series of exercises designed to increase battle readiness. Assets participated in a variety of evolutions to include maritime strike operations, search and rescue operations, fast attack craft defense, maritime interdiction operations, small arms and crew-served weapons live-fire drills, air defense and anti-submarine warfare operations.

“The flexibility of our forces in the Indo-Pacific is a key to our lethality,” said Rear Adm. Fred Kacher, commander of Expeditionary Strike Group 7. “Our ability to join together the incredible capability of a carrier strike group, combine it with the expeditionary combat power of our Navy-Marine Corps team, and then integrate with our extensive network of al-



MC2 Erwin Jacob V. Miciano

Ships from Ronald Reagan Carrier Strike Group and Boxer Amphibious Ready Group conduct breakaway maneuvers while sailing in formation during security and stability operations in the U.S. 7th Fleet area of operations. U.S. 7th Fleet is the largest numbered fleet in the world, and the U.S. Navy has operated in the Indo-Pacific region for more than 70 years, providing credible, ready forces to help preserve peace and prevent conflict.

lies and partners provides us a true competitive advantage.”

USS Ronald Reagan (CVN 76), “America’s Flagship”, is the centerpiece of Carrier Strike Group FIVE (CSG 5), which includes Carrier Air Wing FIVE (CVW 5), Ticonderoga-class guided-missile cruisers, and Arleigh Burke-class guided-missile destroyers from Destroyer Squadron FIFTEEN (DESRON 15).

USS Boxer (LHD 4), “America’s Golden Gator”, is the flagship of the Boxer Amphibious Ready Group (ARG), which includes a San Antonio-class amphibious transport dock ship, a Harpers Ferry-class dock landing ship, and the 11th Marine Expeditionary Unit (MEU). The Boxer ARG and 11th MEU entered the 7th Fleet area of operations Sept. 23 during a scheduled deployment.

The Ronald Reagan Carrier

Strike Group is forward-deployed to the U.S. 7th Fleet area of operations in support of security and stability in the Indo-Pacific region. U.S. 7th Fleet is the largest numbered fleet in the world, and with the help of 35 other maritime-nation allies and partners, the U.S. Navy has operated in the Indo-Pacific region for more than 70 years, providing credible, ready forces to help preserve peace and prevent conflict.

Navy receives three patents on laser-based technologies for detection screening of biochemicals and biohazards

By Cathleen Yates
Naval Surface Warfare Center, Corona Division

NORCO, CALIF.

The Navy was recently awarded three U.S. patents, developed by Naval Surface Warfare Center, Corona Division, for laser-based air biosensors for remote detection, real-time monitoring and control of biological chemicals including biohazards.

The Air Biosensors for Remote Detection of Biohazards will allow the Navy to sample, analyze and send real-time data regarding biological hazards. By analyzing active and passive threats in real time, the devices – including one that enables detection from a remote location – will provide warfighters and first responders significantly more time to seek cover or change into protective gear to avoid dangerous biological hazards.

“These laser-based Air Biosensors for Detection of Biohazards will be important new tools for the warfighter and the Navy,” said Capt. Rick Braunbeck, Commanding Officer of NSWC Corona. “Equipping our warfighters with these innovative technologies will provide them significant advantage in the face of a threat. This is yet another achievement that strengthens the Navy’s intellectual property holdings and adds long-term value to the Navy’s mission.”

By employing two common types of laser-based technologies used for chemical detection — molecular absorption spectro-

photometry (MAS) and molecular fluorescence spectrophotometry (MFS) — these three devices promise to generate more reliable results than if either technology were used separately.

Two of the three inventions combine the two technologies. The detection capability is based on “label-free” spectrometric signals from native biomolecules. The compact, novel designs are portable; use application-specific scalability of size, weight and power consumption (SWaP); and allow for a long laser path in the air sample for increased sensitivity and selectivity of detection.

The third and latest patent in the series (US 10,209,188 B2) was awarded Feb. 19, 2019 for a novel, compact air biosensor that uses a suction baffle to selectively screen ambient air, including particles and spores, for hazardous biomolecules and bio-agents using the laser-based dual detection technologies (MAS and MFA). This Air Biosensor is designed to mount on and interface with an unmanned aerial vehicle (UAV) or drone that is equipped with GPS, video or still cameras, sensors, and a remote controller for remote operation. It could also attach to a wearable or stationary device.

The second patent (US 10,132,752 B2) was issued Nov. 20, 2018 for a hand-held, laser-based biosensor using molecular fluorescence spectrophotometry for detecting and identifying native biomolecules via direct sampling in solids, fluid, atmospheric air, and on surfaces.

The first patent in this series (US 10,036,703 B1) was awarded July 31, 2018 for a portable, pocket-wearable, laser-based biosensor including interchangeable modular components for the efficient and quick field testing of substances within fluid samples. No such portable biosensor currently exists in the market. Applications include use by first responders, the military, and the food and drug industries.

NSWC Corona is currently pursuing government and industry partnerships to transition these laser-based biosensor concepts into widely available warfighter tools.

“These inventions are win-win outcomes from the summer faculty research program work at NSWC Corona funded by the Office of Naval Research (ONR),” said Dr. Subrata Sanyal, co-inventor and chief scientist in the Measurement Science and Engineering (MS) Department at NSWC Corona. “For the past four summers, the opportunity to work with our ONR summer faculty researcher and co-inventor, Dr. Kin Chiu Ng, an eminent analytical chemistry professor from California State University Fresno, culminated in these inventions for the Navy and a long-term collaboration of mutual benefits. These inventions have great technical potential for warfighters and mankind, when deployed. On a side note, we are very happy and excited that Dr. Ng has recently joined us in the MS Department as a Navy civilian employee.”

The latest Patent Power Scorecard (2017) published by the Institute of Electrical En-

AIR BIOSENSORS FOR REMOTE DETECTION OF BIOHAZARDS

■ Allows the Navy to sample, analyze and send real-time data regarding biological hazards. By analyzing active and passive threats in real time, the devices – including one that enables detection from a remote location – will provide warfighters and first responders significantly more time to seek cover or change into protective gear to avoid dangerous biological hazards.

gineers ranks the Navy’s patent portfolio second in the world amongst all other government agencies, a distinction fueled by employees and contractors across the Navy’s science and engineering enterprise.

About Naval Surface Warfare Center Corona

Naval Surface Warfare Center Corona, headquartered in Norco, California, is the Navy’s premier independent analysis and assessment agent using measurement, analysis and assessment to enable our warfighters to train, fight and win. The center analyzes warfare and missile defense systems, provides systems engineering for Live Virtual Constructive training ranges, and advises and administratively manages measurement and calibration standards for the Navy and Marine Corps. Capt. Khary W. Hembree-Bey commands the Naval Sea Systems Command (NAVSEA) field activity with a workforce of more than 3,700 scientists, engineers, contractors and support staff.

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Aviation Boatswain's Mate (Handling) 1st Class Jose Rodríguez, assigned to U.S. Naval Support Activity Souda Bay Air Operations Department Transient Line Division, directs an A-29 Super Tucano following its arrival. NSA Souda Bay enables the forward operations and responsiveness of U.S. and allied forces in support of Navy Region, Europe, Africa, Southwest Asia's mission to provide services to the Fleet, Fighter, and Family.

By Joel Diller
U.S. Naval Support Activity Souda Bay
SOUDA BAY, CRETE

A Navy installation, like an aircraft carrier, is a complex platform – a system of systems – designed to support war-fighting commands from the shore. The airfield, which provides parking, refueling, passenger, and cargo handling services, is a vital piece of the air operations system. At NSA Souda Bay, a military construction project is expanding the airfield to increase the support provided to aircraft that transit throughout the Europe, Africa and Central regions. The NSA Souda Bay airfield, located adjacent to the runway shared with the Hellenic Air Force's 115th

Combat Wing and Chania International Airport, has an apron with five parking spaces for large aircraft (i.e. KC-10 Extender, C-17 Globemaster III) and 10 for medium aircraft (i.e. C-130 Hercules, C-40A Clipper) to park and refuel. This construction project will add four more large aircraft spaces and equip six existing medium aircraft spaces with in-ground fuel hydrant stations. Why is more aircraft capacity needed at NSA Souda Bay? The airfield enables other departments to provide key services to the installation. The logistics supply chain manager, Navy Supply Systems Command, relies on the airfield to handle incoming aircraft for transporta-

tion of material, repair parts, postal mail, and food. The Air Mobility Command terminal relies on airfield services to transport incoming and outgoing personnel and cargo. To make full use of the increased capacity gained by the airfield apron expansion, a future military construction project will construct the Joint Mobility Processing Center, a building with three passenger gates, cargo warehouse, and office spaces, to enable air operations to process more passengers and more cargo. On a wider scale, when military operations planners perform mission analysis in the Europe, Africa or Central Command area of operations, they determine which bases have enough

infrastructure in place – such as airfield capacity – to support their requirements. “Airfield capacity is critical because it directly impacts the level of support we can provide,” said Cdr. Josh Jones, NSA Souda Bay operations officer. “If capacity drops we lose the flexibility to support multiple, high-priority missions.” Jones said increasing airfield capacity provides combatant commands with more opportunities to use the installation for operational support. Why is it important to have an in-ground fuel hydrant station at each space? Without an in-ground fuel hydrant station, jet fuel must be transported from an aircraft ready fuel storage tank to the aircraft with a

fuel truck – or multiple fuel trucks – depending on the size of the aircraft. Installing a fuel line from a tank directly to the parking spaces saves time and reduces costs. Bill Delano, NSA Souda Bay airfield manager, said this project allows an aircraft to fuel continuously from a hydrant that might otherwise use three to five trucks of fuel, saves wear and tear on the trucks and makes them available for smaller aircraft that only require one fuel truck. “Since we only have three fuel trucks, they would have to go back to the tank to refuel the trucks, which takes an hour per truck,” said Delano. “This saves time versus having trucks make multiple trips to refuel.”

The airfield expansion project began in 2016 by adding five large aircraft parking spaces with in-ground fuel hydrant capability. Work to add additional parking spaces began in April 2019 and is expected to be completed in February 2021. NSA Souda Bay is an operational ashore base that enables U.S., allied, and partner nation forces to be where they are needed when they are needed to ensure security and stability in Europe, Africa, and Southwest Asia. For more information, find us online at cnic.navy.mil/SoudaBay; on Facebook at www.facebook.com/NSASoudaBay/; or on Twitter at [www.twitter.com/NSA_SoudaBay](https://twitter.com/NSA_SoudaBay).

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*Source: "Cybersecurity Supply/Demand Heat Map," cyberseek.org, September 2019. Effective July 1, 2019, University of Maryland University College (UMUC) changed its name to University of Maryland Global Campus (UMGC). Certified to operate in Virginia by SCHEV, Quantico Corporate Center, 525 Corporate Drive #101, Stafford, VA 22554.

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SELF-HELP | *Building managers show initiative to save money and time.*

Continued from B1

Permanent party housing has the capability of housing 476 Sailors in six barracks. Currently, 43 civilian employees work at UH along with five military. “There are seven building managers on recruit side. There are 14 building managers on main side,” said Landry.

The oldest TSC barracks were erected in 1971 and the newest TSC barracks, MIL-CON P714, will add 616 beds to the inventory at a cost of \$76 million in 2020.

With so many Sailors living in the barracks, ordinary problems can cost extraordinary amounts of money.

“We were encountering a problem where there were a lot of drains that were getting clogged by hair and debris,” said Landry. “It was costing us a lot of sustainment funds that we couldn’t use elsewhere. It was depleting the funds that we have for maintenance. And so they (Gillan, Learsch and Klepzig) were thinking out loud, started bouncing ideas off of each other, and came up with a couple of really great ideas. One was a hair salon drain

trap. We literally bought those from a hair salon supply company. Great Lakes AIB Servmart worked with us to go out and procure these parts. They also found what we call a ‘tub ‘schroom.’ We screw that into the drain of a bathtub and it prevents hair from going down the drain.”

After these simple and inexpensive measures were procured and installed by UH staff, the frequency of work requests related to drain pipes and drains being clogged dropped by 80 percent.

“These guys are thinking and doing things to save money and to save time,” said Landry. “We got a lot of accolades during our recent housing assessment.”

Klepzig talked about changing out the light bulbs in the buildings he manages from standard bulbs to LED bulbs. “The first year there was a cost for what we spent on the new lights,” Klepzig said.

“A little bit pricey on the front side,” noted Landry. “But when you factor in the savings per building per year of \$8,800 and multiply that times seven, then times ten... we’re talking some huge amount of money.” Each

of the LED light bulbs has a ten-year lifespan.

“We changed hundreds of bulbs a month with the old style of light,” said Learsch. “And that was labor intensive. Since we installed these LED lights, I have not replaced one light bulb.”

“All of the money we save goes to projects in UH,” said Landry. “Also, every other command on base benefits from that, because that money we saved also goes into their buildings.”

“Now if we get into a project and we get into and say, ‘hey, we can’t do this.’ We don’t have the tooling or maybe even the knowledge to do it, that’s when we’ll send that over to NAVFAC (Naval Facilities Engineering Command). We’re not going to jump into something we’re not familiar with,” said Gillan.

“If it’s a small scope of work, we just take care of it,” added Learsch.

“There is a sense of pride and ownership in UH, in how they take care of the buildings,” said Capt. Ray Leung, Naval Station Great Lakes Commanding Officer. “One thing that most people don’t realize is that we have a winning team.”

Landry said that it is about hiring the right people for the job. “Most of the guys who

work for me have some basic engineering background. We have made it a point to hire people that tend to gravitate with skills toward that position. I can’t do any of the work they do, but my job is to advocate for them, to get money, personnel, parts, and we’re good at it here,” he said.

Landry is impressed by the support he receives from higher headquarters. “We get 100 percent support from Navy Region Mid-Atlantic. They’ve supported almost everything we have requested,” he said.

Commander, Navy Region Mid-Atlantic is the regional coordinator for all shore-based naval personnel and shore activities in the Mid-Atlantic region, which encompasses 20 states, 14 installations including Naval Station Great Lakes, and 50 Naval Operational Support Centers (NOSCs).

Naval Station Great Lakes is the Navy’s largest training installation and the home of the Navy’s only boot camp. Located on over 1,600 acres overlooking Lake Michigan, the installation includes 1,153 buildings with 39 on the National Register of Historic Places. Naval Station Great Lakes supports over 50 tenant commands and elements as well as over 20,000 service members and Department of Defense civilians who live and work on the installation.

New PFB Treatments

PERMANENT NO-SHAVE WAIVERS ARE UNAUTHORIZED

- Pseudofolliculitis Barbae (PFB or razor bumps) is a common hair disorder characterized by a foreign body inflammatory reaction that is caused by ingrown hairs, usually in the face and beard areas, after removal of the hair. It results from entry and penetration of the skin by the tip of the growing curved hair.
- Sailors now have two options for treatment for PFB; Laser Hair Reduction or Medical Treatment with Shaving Modifications.
- Sailors who were previously issued a “permanent no-shave waiver” must undergo reevaluation within six months of the publication date of the revised BUPERSINST 1000.22 (unless sailor is deployed or treatment is unavailable).
- The health care provider will counsel the Sailor on the potential adverse effects of the selected treatment regimen.
- PFB is not considered a physical disability but could be a disqualifying factor for continued naval service, potentially resulting in administrative separation.

EVALUATE

GET EVALUATED BY YOUR PCM & CHOOSE TREATMENT OPTIONS

DECIDE

MEDICAL TREATMENT WITH SHAVING MODIFICATIONS

➤

MEMBER REFERRED TO MILITARY DERMATOLOGIST

➤

TEMP. WAIVER GRANTED UNTIL 1 DAY BEFORE TREATMENT

➤

TREATMENT COMPLETE/ SHAVING RESUMED

TREATMENT

LASER HAIR REDUCTION

➤

PRESCRIPTION PROVIDED AND TEMP. WAIVER OF UP TO 60 DAYS

➤

MEMBER SHAVING IS RESUMED AFTER 60 DAYS

This is being done for the SAFETY and WELL BEING of our Sailors as a result of TWO studies by the Naval Safety Center.



U.S. Navy graphic

An illustration explaining upcoming changes to the management of Sailors diagnosed with the facial shaving-related condition Pseudofolliculitis Barbae.

SHAVE | *Sailors diagnosed with the facial shaving-related condition pseudofolliculitis barbae (PFB) will have to obide by a new policy.*

Continued from B1

needs of individuals who suffer from this.”

PFB has previously been mitigated through authorization of temporary or permanent shaving waivers, commonly referred to as “no-shave chits”. The updated instruction discontinues the issuance of permanent shaving waivers, but permits temporary shaving waivers in conjunction with treatment.

“Our job as Sailors is to maintain personal readiness, and that in-

cludes being able to wear protective breathing equipment in a safe and correct manner,” said Master Chief Personnel Specialist Anton Fitz, staff senior enlisted leader for the Chief of Naval Personnel. “This updated policy will ensure we are meeting that standard.”

Sailors currently experiencing facial irritation after shaving will be referred to a medical provider for evaluation and possible treatment regimen aimed at returning the Sailor to Navy grooming requirements required for a proper

respirator seal. Sailors previously issued a permanent shaving waiver must obtain a medical re-evaluation and new treatment regimen within six months of the release of BUPERSINST 1000.22C.

The revised instruction, which was written in concert with the Bureau of Medicine and Surgery (BUMED), emphasizes that PFB is a treatable condition that can be effectively treated through prescribed medical management.

Treatment regimen options include application of medicated

creams to make hairs more shaveable; shaving with gentle equipment; shaving techniques to minimize this risk of irritation and hair re-entry into the skin; and laser hair reduction, which is the most reliable approach allowing a return to Navy grooming standards ensuring the personal safety of our Sailors. Treatment can be counted successful when symptoms are improved enough to allow comfortable shaving.

When Sailors affected by PFB have not been prescribed treatment

or are not assigned to an area in which evaluation and treatments are available, their commanding officer may authorize a temporary no-shave waiver or establish a regimen where the Sailor may shave periodically until a medical evaluation and treatment may be prescribed. In such cases, the maximum allowable facial hair growth is 1/4 inch free of styling and edged.

For more news from Chief of Naval Personnel, follow us on Facebook at <https://www.facebook.com/usnpeople/>, Twitter at <https://twitter.com/usnpeople> or visit <https://www.navy.mil/cnp/index.asp>.

International partner observes surface combat systems training

By Kimberly M. Lansdale

DAHLGREN, VA.

Members of the Royal Australian Navy (RAN) visited the Center for Surface Combat Systems (CSCS) and AEGIS Training and Readiness Center (ATRC), co-located onboard Naval Support Facility Dahlgren, Oct. 1.

CDRE Stephen Hughes, commander, Surface Force, and CDRE Darron Kavanagh, director general, Combat Management and Payloads in Capability Acquisition and Sustainment Group, visited CSCS and ATRC to see firsthand how the U.S. Navy trains its Sailors.

Capt. Dave Stoner, commanding officer for CSCS, and Capt. Russ Sanchez, commanding officer for ATRC, both hosted Hughes and Kavanagh.

“This visit reemphasizes the USN and

RAN’s growing partnership,” Stoner said. “Our navies share common training capabilities and therefore, it is in our mutual interest to train together. We were able to discuss manning and curriculum, which provided CDRE Hughes and CDRE Kavanagh a greater understanding of the training RAN Sailors are receiving at the schoolhouse.”

While touring the schoolhouse, Hughes and Kavanagh were able to see laboratories and classrooms, and viewed a synthetic combat operator trainer (SCOT) demonstration.

“We showed them our latest and greatest training systems, which include hands-on labs, simulations, as well as computer-based and interactive courseware training,” Sanchez said. “RAN Sailors will continue to receive quality training to meet today’s challenges and fight and win at sea.”

Kavanagh, who is accountable for the

continuous development and delivery of surface ship combat systems including autonomous and remote mine warfare systems, and underwater ranges, interacted with both USN and RAN Sailors.

“I think it is important to understand training on both sides,” he explained. “We were able to exchange experiences and lessons learned that will help our Sailors excel in the Fleet.”

Hughes, who assumed his current position in January 2019, enjoyed his discussions with CSCS and ATRC leadership and was impressed with the training he observed.

“This was a great opportunity to see where and how our Sailors are trained,” he said. “I am confident my Sailors are in very capable hands.”

The mission of CSCS International Programs is to provide allied forces quality training to enable them to develop ready

“ We were able to exchange experiences and lessons learned that will help our Sailors excel in the Fleet.”

CDRE Darron Kavanagh

teams capable of operations that maintain and expertly employ surface combatants. The directorate partners with U.S. training, readiness and policy organizations, as well as other government agencies and industry to support international missions.

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

Visit us on Facebook: <https://www.facebook.com/pages/Center-for-Surface-Combat-Systems/1480366868885239>

For more news from Center for Surface Combat Systems, visit www.navy.mil/local/cscs/.



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2020 Honda Accord Sport: Still a class leader sedan
The stylish current generation Honda Accord was redesigned in 2018, and the 2020 model is unchanged, which is actually great news. Why? Because it is a class leader in the midsize sedan segment. The lineup consists of three trim levels, LX, Sport and EX, with a hybrid model also available.

See C4



Hurrah Players

‘LITTLE MERMAID’ MAKING A SPLASH AT THE ROPER

By Yiorgo

The Hurrah Players, Virginia’s leading theatre company, is proud to present Disney’s The Little Mermaid at the Roper Performing Arts Center, Oct. 11-13.

The story is a familiar one, based on one of Hans Christian Anderson’s most beloved stories as well as the classic animated film, Disney’s The Little Mermaid. All the classic songs are in it: “Under the Sea,” “Kiss the Girl,” “Part of Your World” and more.

After a triumphant national tour of the King and I, Raymond Dimaato is returning home to Hurrah to reprise his role as Sebastian.

Let’s talk Hurrah and Little Mermaid. You are back to your roots. Why did you decide to do Disney’s The Little Mermaid with the Hurrah Players?

I will always be grateful to the people and the company that started my love for the stage. The Hurrah Players wasn’t just a community theatre company that I would go to for rehearsals and stuff – it was a family that always encouraged you to do what you love. They gave you the tools you need to succeed and I am well on my way thanks to them. The Little Mermaid is a special show for me because it was the very first show I ever saw on Broadway. Hurrah goes to New York every year for Thanksgiving and we always see a couple of Broadway shows. Since then, I’ve done The Little Mermaid twice and I’m now reprising my role as Sebastian, the lovable red crab. After coming back from my vacation in Europe, Hugh Copeland, the owner of the Hurrah Players, asked me if I wanted to be on the audition panel for The Little Mermaid since I’ve done it twice now. I was hon-

ored to be a part of the process. Then Hugh asked me if I could play Sebastian again and I was hesitant at first because I was already starting rehearsals for Guys and Dolls, but I said yes because I just love the show.

You play Sebastian. How do you go about making a crab come alive, and how do you add your own spin on such an iconic character?

I think I had to really take the crab part out of it first to really understand Sebastian as a character. I had to ask myself a bunch of questions like what was his role being involved with King Triton and the royal daughters? What made him happy? What made him sad or mad? Did he enjoy his job as royal court composer? I think all in all Sebastian really enjoys his job getting to create music for the daughters to sing and perform for the whole kingdom. He is very loyal and protective to the king and the royal family especially to Ariel because she’s the youngest daughter. I like to think he has watched them all grow up. He’s like Uncle Sebastian. I

See MERMAID | C2

American Indian Intertribal Powwow returns with song and dance, storytelling and activities for kids

Press Release

WILLIAMSBURG, VA.

Jamestown Settlement’s American Indian Intertribal Powwow will return on Saturday and Sunday, Oct. 12 and 13, with song and dance by members of American Indian tribes, as well as storytelling and children’s activities.

This year’s special event spotlights the contributions of American Indian women, in conjunction with Jamestown Settlement’s “TENACITY: Women in Jamestown and Early Virginia” special exhibition, a legacy project of the 2019 Commemoration, American Evolution. The special exhibition shares personal stories of real English, African and Virginia Indian women in the 17th century, including Pocahontas, renowned Powhatan Indian and daughter of Powhatan, paramount chief of 30-some Indian tribes in Virginia’s coastal region, who befriended English colonists in Virginia in the early 1600s. It also tells the story of Cocka-

coeske, who was recognized by the colonial government as the “Queen of the Pamunkey” and ruled until her death in 1686, and features the frontlet, on loan from the Pamunkey Indian Museum and Cultural Center, that was given to her to commemorate her signing the Treaty of Middle Plantation in 1677.

Weekend event activities from 9:00 a.m. to 5:00 p.m. include:

SONG AND DANCE

A Grand Entry with a parade of dancers will take place at 12:30 p.m. each day in a dance circle on the museum mall, followed by an afternoon of singing and dancing until 4:30 p.m. The event will feature Lowery Begay of the Diné as emcee and Clark Stewart of the Chickahominy as arena director. The head male and female dancers will be Keith Anderson and Nikki Bass, both of the Nansemond.

Singers and drummers include host Southern drum Red Blanket (Nanticoke,



Courtesy photo

Lenape, Haliwa-Saponi, Mohawk) and host Northern drum Turtle Clan (Chickahominy), and the Vietnam Era Veterans Inter Tribal Association color guard.

MUSIC, STORYTELLING AND CHILDREN’S ACTIVITIES

Visitors can enjoy performances by Diné flute player Emerson Begay and American Indian storytelling by Grace Ostrum of the Accohannock. Children and families also will have the opportunity to design and

make their own American Indian rattles, as well as other crafts.

VENDORS

Vendors on the museum mall will have a selection of American Indian artwork, pottery and quillwork available for purchase.

For more information about Jamestown Settlement’s American Indian Intertribal Powwow, call (888) 593-4682 toll-free or (757) 253-4838, visit historyisfun.org/jamestown-settlement/powwow/.

CalendarCommunity

For a complete list of events in Hampton Roads or to submit your own, visit www.flagshipnews.com/calendar



Courtesy photo

Military Appreciation Day

- Oct. 12, 10:00 a.m.-4:00 p.m.
- Children's Museum of Virginia
- <https://childrensmuseumvirginia.com/military-appreciation-day/>

In celebration of the U.S. military in Hampton Roads and the Navy's birthday, the Children's Museum of Virginia will host their 4th Annual Military Appreciation Day on October 12, from 10 a.m. to 4 p.m. The museum will offer a discounted \$5 admission for active-duty members, retired veterans, Department of Defense civilians and their families (with valid I.D., children under 2 are free), as well offer a 20% discount in the museum gift shop during the event. New this year, the Portsmouth Naval Shipyard Museum and the Lightship Portsmouth Museum will be free and open to the public through the day from 10 a.m.-5 p.m. During the day, volunteers from the sea services will showcase the latest technology and skills of today's maritime services to the public with various static displays and demonstrations inside and outside the museum.



Courtesy photo

Rooftop Yoga

- Oct. 12, 10:45 a.m.-11:45 a.m.
- Grain - 5th floor of Hilton Norfolk THE MAIN
- www.eventbrite.com/e/rooftop-yoga-tickets-73974159703

Join us for Sky's The Limit Yoga Co at Grain, Hilton Norfolk THE MAIN's rooftop beer garden. Bring a mat and a smile for an all-level flow led by The Caffeinated Yogi. Afterward, stay for some yummy food and brew. Your ticket includes one select draft beer or wine.



Courtesy photo

Norfolk Mac & Cheese Festival

- Oct. 12, 2:00 p.m.-8:00 p.m.
- Waterside District
- www.upcomingevents.com/e/norfolk-mac-cheese-festival-40339/

The Norfolk Mac & Cheese Festival will bring together over 15 of the area's best restaurants, food trucks & chef's cheesy visions into reality! Get ready to try a mountain of cheese goodness at Virginia's largest-ever mac and cheese festival. No matter how you like it – peppery, with ketchup, crispy with breadcrumbs or creamy like butter, you'll find the mac and cheese of your dreams right here!



IrisImages/Getty Images/iStockphoto

Fall Festival - Norfolk

- Oct. 12, 11:00 a.m.-2:00 p.m.
- Navy Exchange (Norfolk)
- (757) 440-2000

Join us for a Fall Festival at NEX Norfolk. We'll be celebrating fall with Garden and Services vendors, mini pumpkin painting for kids, kid's activities and games provided by MWR, hand tattoos by the USO of Hampton Roads and Central Virginia, door prizes & more. Garden Center vendor attendance includes Traeger, Master Gardeners, Lancaster Farms/Eagle Bay, Turf & Garden, Greenleaf Nursery, Monrovia Nursery & Bennett's Creek Nursery.

■ 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/ Please submit **news** and **photos** here: www.militarynews.com/norfolk-navy-flagship/submit_news/

Virginia Beach native serves with 'Seabees' in Guam

By David Wyscaver
Navy Office of Community Outreach

SANTA RITA, GUAM

A 2012 Tallwood High School graduate and Virginia Beach, Va. native builds and fights around the world as a member of a naval construction battalion center located on the island of Guam.

Petty Officer 2nd Class Kaitlin Jones is an electronics technician with the 30th Naval Construction Regiment.

A Navy electronics technician is responsible for the safe guard of communications and network security of a multitude of communication equipment.

Jones credits success in the Navy to many of the lessons learned in Virginia Beach.

"My hometown, as well as my upbringing, has taught me that the word 'can't' should not exist in anyone's vocabulary," said Jones. "Through hard work and dedication, no goal is unobtainable."

The jobs of some of the Seabees today have remained unchanged since World War II, when the Seabees paved the 10,000-mile road to victory for the allies in the Pacific and in Europe.

Since 1942 Seabees have served in all American conflicts. They have also supported humanitarian efforts using their construction skills to help communities around the world. They aid following earthquakes, hurricanes and other natural disasters.

According to officials at the U.S. Navy's Pacific Fleet headquarters in Pearl Harbor, Hawaii, the ships, submarines, aircraft and Navy personnel forward-deployed to Guam are part of the world's largest fleet command and serve in a region critical to U.S. national security. The U.S. Pacific Fleet encompasses 100 million square miles, nearly half the Earth's surface, from Antarctica to the Arctic Circle and from the West Coast of the United



Heidi Cheek

Petty Officer 2nd Class Kaitlin Jones is an electronics technician with the 30th Naval Construction Regiment.

States into the Indian Ocean. All told, there are more than 200 ships and submarines, nearly 1,200 aircraft, and more than 130,000 uniformed and civilian personnel serving in the Pacific.

"Being at this duty station has served as a huge self confidence booster in my self and has allowed me to bestow that on to other individuals as well, gaining a sense of satisfaction being able to help others achieve their goals," Jones said.

Though there are many ways for sailors to earn distinction in their command, community, and career, Jones is most proud of being meritoriously advanced to petty officer second class after serving almost three years.

"Being meritoriously advanced to second class came as a surprise to me," Jones said. "I spent the previous six months as lead communicator of a 30 man Convoy Security Element team. I ensured every piece of communication gear utilized was accurately accounted for and safe guarded at all times."

Serving in the Navy means Jones is part of a world that is taking on new importance in America's focus on rebuilding military readiness, strengthening alliances and reforming business practices in support of the National Defense Strategy.

MERMAID I Dimaato returns home to reprise role as Sebastian

Continued from C1

think he's also a little bit of a grump sometimes always working on music and keeping an eye on Ariel and in rehearsals. Mind you, he is only a tiny crab. The cool part of acting is creating your character. You are the only you there is so no two actors will play a part exactly the same. Everyone grows up differently. So I take a bit of the movie and a bit of the Broadway show character and mix it with a splash of Ray. And that's how I created Sebastian.

Why should people come to see this particular production?

I think they should come see this show because of the talent of these kids and future stars. It's great seeing the next generation and how hard they work and the passion they have for performing at such a young age. The Hampton Roads area is so lucky to have the Hurrah Players. They are a great community theatre company that really helps mold future performers. So make sure to come out with the whole family and see Disney's The Little Mermaid.

What was your experience like touring nationally with The King and I?

It was an amazing experience for me traveling and doing what I love to do – seeing all the different cities and very empowering as well. I've always been one or two Asians in a cast whenever I do a show. In the King and I, the whole cast is pretty much all Asian. I wasn't used to it at all! It was wonderful not being the only Asian.

What were your three favorite moments and what was your take away from that whole experience?

First, signing playbills after a show



Courtesy photo

and remembering that at one time I was the one behind that line waiting to get my playbill signed. Now I am the one signing! Second, when my cast threw me a surprise birthday party! Everyone played a part in surprising me and making me feel so loved on tour. And third, getting to come home and perform here in Newport News and having friends and family come watch me. Hearing everyone applaud me at the end of the performance will always be in heart.

You just concluded a two-and-a-half week run with Guys and Dolls at the Wells Theatre. How did this opportunity come up to come back and perform in Norfolk, where it all started for you?

Well, I just finished the National Tour for King and I and I came home to be with family and a friend of mine called me and informed me that the Wells Theatre was doing Guys and Dolls. I remembered that was my first show I ever did back at Maury High School with my theatre mom Sharon Davidson-Cook as my director and that's when I fell in love with theatre. She was so sweet she really made me feel like I was talented. So I auditioned two days before I left for a seven week vacation to Europe and when I came back they called me and told me I booked the show.

What was that feeling like, knowing that friends and family would be in the audience?

A key element of the Navy the nation needs is tied to the fact that America is a maritime nation, and that the nation's prosperity is tied to the ability to operate freely on the world's oceans. More than 70 percent of the Earth's surface is covered by water; 80 percent of the world's population lives close to a coast; and 90 percent of all global trade by volume travels by sea.

"Our priorities center on people, capabilities and processes, and will be achieved by our focus on speed, value, results and partnerships," said Secretary of the Navy Richard V. Spencer. "Readiness, lethality and modernization are the requirements driving these priorities."

As a member of one of the U.S. Navy's most relied upon assets, Jones and other sailors know they are part of a legacy that will last beyond their lifetimes, one that will provide a critical component of the Navy the nation needs.

"Serving in the Navy means gaining life experience that could otherwise not be sought out in the civilian world," Jones said. "The Navy has taught me a very unique skill set that will carry over when I reach the end of my naval career. The Navy instills a strong sense of purpose and belonging."

I was nervous and excited! As an artist you always want to grow and work on your craft and I was nervous but excited to show my growth as a performer.

You have not had any formal training as a dancer, yet your dancing skills were amazing in Guys and Dolls. What do you attribute that dancing growth to? How did you become such a strong dancer?

I've always loved to dance and sing since I was a little kid. I remember always dancing to music videos growing up learning them by watching and doing them with the video. When I started performing with the Hurrah Players, Lisa Wallace, the choreographer, really encouraged me and pushed me. I learned so much just by watching someone do it. Whenever I would see a Broadway show on the Hurrah trips to New York, it would inspire me to dance better. Also, whenever I auditioned for shows and got called back for dance, I would treat it as a free dance class. I tried to pick up the choreography as quickly as I could and perform it the best I could.

For tickets and more info, go to www.hurrahplayers.com/upcoming-shows

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.

Women's Health Month: Take ownership of health and wellness issues

By Military Health System Communications Office

EDITOR'S NOTE: October is Women's Health Month, an opportunity to increase awareness about health issues important to women throughout their lifetime such as heart disease, breast and ovarian cancers, stroke, diabetes and chronic lower respiratory diseases, among other illnesses. This month, Health.mil will focus on the importance of recognizing the health and medical needs of women who are part of the DoD community, addressing preventable health concerns and encouraging early detection and treatment of disease among women and girls in the DoD community.

This month's first article, by Cmdr. Francesca Ciminio, M.D., a family physician and Assistant Professor at Uniformed Services University of the Health Sciences, Bethesda, Md., emphasizes small things that you can do to maintain health and fitness to live a healthy life.

October marks Women's Health Month, an opportunity for the Military Health System to increase awareness among female beneficiaries about important health and wellness issues that span a lifetime.

As an experienced family physician, I know, in the MHS, we have a receptive audience. Women are significantly more likely than men to make and keep appointments with their health care providers, according to the Centers for Disease Control and Prevention's National Health Interview Survey.

Many of these appointments are for routine screenings: mammograms to check for breast cancer, Pap tests to detect cervical cancer. These are important, of course. Thanks to improvements in detection and treatment, more and more breast cancer patients are becoming breast cancer survivors. And U.S. cervical cancer survival rates are among the highest in the world.

But women's health encompasses more than these preventive cancer screenings. Did you know the No. 1 killer of women is heart disease? The American Heart Association's Life's Simple 7 identifies seven risk factors that women as well as men can improve through lifestyle changes to achieve ideal cardiovascular health.



Navy Cmdr. Francesca Ciminio, M.D. (standing) confers with a colleague in the Family Medicine department at Uniformed Services University of the Health Sciences in Bethesda, Md.

Managing blood pressure, controlling cholesterol, reducing blood sugar – all of these actions matter. And they're as vital to long-term health and longevity as cancer screenings. Now that I've gotten older, I'm particularly cognizant that as we age, heart disease becomes more of an issue. Damage accumulates over time.

Excess weight also has been linked to heart disease. I know some women find tackling this issue particularly daunting. CDC statistics show that more women than men are obese, and that women are more likely to become obese as we age. (About 36.5 percent of women ages 20-39, and 44.7 percent of women ages 40-59, are obese. These figures compare to 34.8 percent of men ages 20-39, and 40.8 percent of men ages 40-59.)

A small weight loss may not necessarily get you to a healthy body mass index, but it can play a role in overall longevity. Losing even 5 pounds can be exponentially beneficial in terms of how it can improve blood sugar and cholesterol levels and lower risk of heart disease.

One tip is to cut added sugar from your diet. The Food and Drug Administration has updated its guidelines to suggest no more than 10 percent of daily calories come from added sugars. The FDA also updated the nutrition labeling on food packages to help us keep track of this amount in packaged products.

It's amazing how quickly added sugar accumulates. It shows up in the sneakiest places, including ketchup, salad dressing, canned soups, even your favorite "nutrition" bar. Be a smart shopper and read the label -- especially because there are, literally, dozens of different names for sugar on nutrition labels.

Many women are aware of the AHA's recommendation for 150 minutes weekly of aerobic activity. I'd like to encourage you to think about making physical activity an everyday part of life, and not something to accomplish only during dedicated workouts. If your schedule precludes you from spending 30 minutes on an elliptical machine or stationary bike on any given day, all is not lost. Make a daily habit of climbing the stairs instead of riding the elevator, and parking your car further from your destination so you can get a few more steps in.

All movement matters. According to a Harvard study, simply being more mindful of how movement adds up to exercise helped hotel maids lose weight and improve their blood pressure.

Finally, I'd like to encourage you to be your own best advocate when it comes to health and wellness. For example, urinary incontinence comes up frequently when I ask my patients about it, but patients have sometimes been reluctant to be the first to broach the topic. Incontinence may be normal for women who've experienced childbirth, but that doesn't mean you have to resign yourself to it. It's treatable. So are problems associated with sex and comfort, interest, pain and pleasure.

Mental health is another topic to bring up with your health care provider. Research has shown that hormonal changes at three stages of a woman's life – puberty, post-pregnancy, and during perimenopause – may trigger clinical depression. You don't need to suffer in silence.

The MHS provides a variety of programs, resources, and tools to maintain and improve the health of our female warfighters and beneficiaries. During Women's Health Month and indeed, any other time, let us know how we can help you.

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Cars



2020 Honda Accord Touring 2.0T

Honda North America

2020 Honda Accord Sport: Still a benchmark sedan

By Douglas Keith Smith

The stylish current generation Honda Accord was redesigned in 2018, and the 2020 model is unchanged, which is actually great news. Why? Because it is a class leader in the midsize sedan segment. The lineup consists of three trim levels, LX, Sport, and EX, with a hybrid model also available.

The model I tested was the Accord Sport, with a 1.5 liter turbocharged 4 cylinder engine making 192 hp. The Sport also comes with an aggressive 19 inch set of alloy wheels, all season performance tires, and is available with HondaSense, basically a safety package that consists of lane assist and collision avoiding technology, and semi autonomous steering and braking capability. The Sport also has two

transmission choices, a 6speed manual or CVT Automatic. The car I drove had the Automatic, which is surprisingly responsive and smooth for a Constant Velocity unit. I wish Honda would offer a dual clutch gearbox on this car, but for cost reasons it's cheaper to make it with a CVT. It is what it is.

The small , but mighty Turbo four propels the Accord from 0-60 in 7.2 seconds, which is pretty good for any family sedan. It feels as though it has more than the advertised 192hp. Honda also offers a 2.0 liter 4cylinder engine with over 250 hp on the EX, but that is a few thousand bucks more than the Sport. The performance of the Sport is simply class leading, both in terms of handling and acceleration. Braking , while very good, could benefit by switching to aftermarket rotors and pads if

you drive long distances or drive aggressively. The overall driving experience is fun and very nimble. The steering feel of the car is comparable to a BMW or Audi. You can actually drive this car hard, and the chassis is spot on. Credit also goes to modern powertrain technology and Honda's long standing engine development leadership. They build everything from Motorcycle to Jet engines , by the way.

Moving on to the Interior is where I have mixed opinions on this car. The overall look is good and very high tech, but the Nav/ Infotainment display looks like an afterthought that was glued on by a different design team, a little tacky in my humble opinion. The Gauges and controls are very legible . There is an abundance of space , but the front seats could be a little more supportive. The rear seat headroom is questionable for tall folks, due to the swoopy fastback roofline. But, most people won't mind the trade off because it's such a good looking machine. I also came away impressed with the standard Audiosystem.

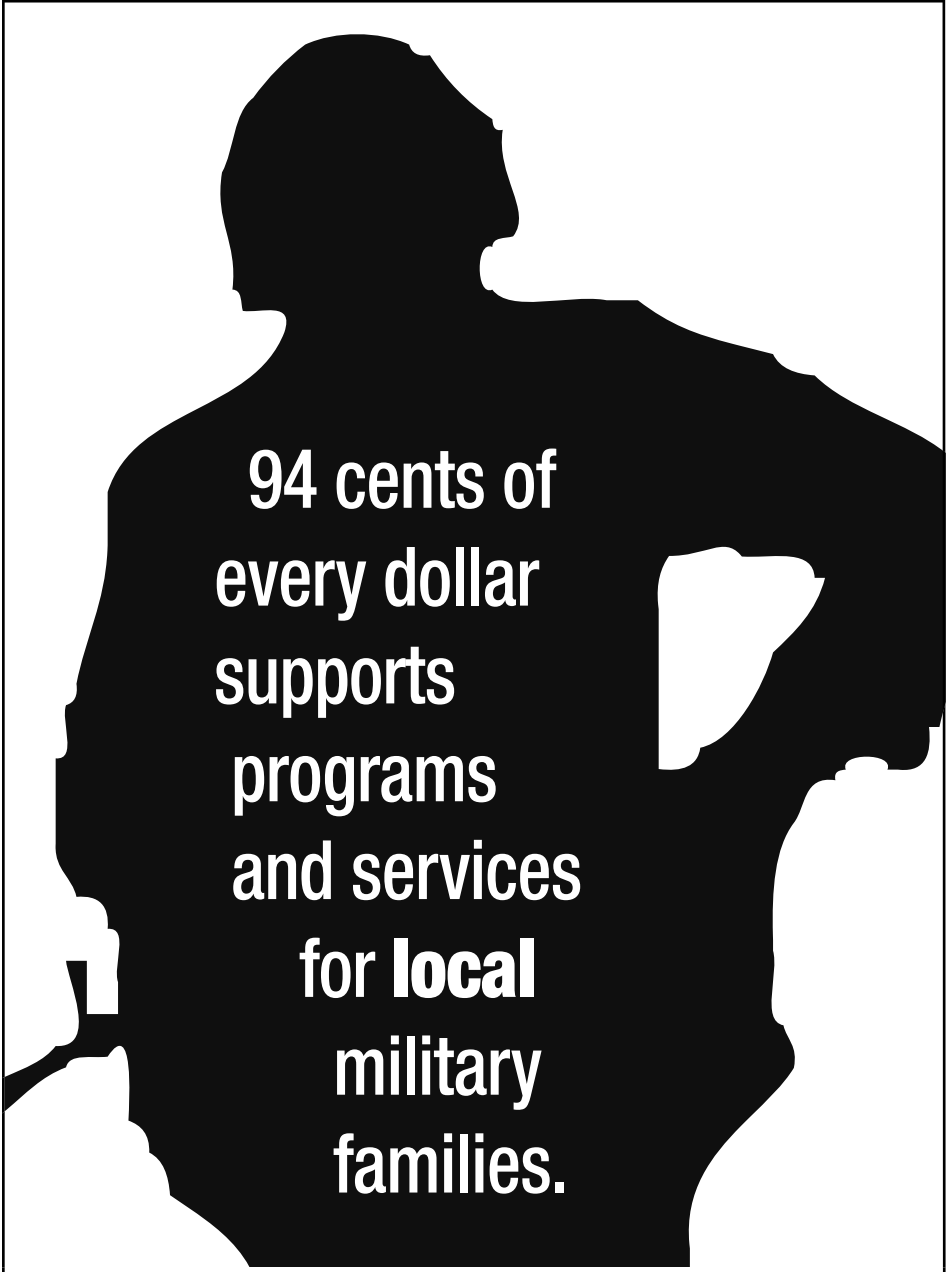
Details

2020 HONDA ACCORD SPORT
Price Range: \$25,000-\$27,000

MY RATINGS (SCALE OF 1-10):

- **Performance:** 8
- **Styling:** 8
- **Engine:** 10
- **Transmission:** 8
- **Handling:** 9
- **Interior Design:** 7
- **Braking:** 7
- **Fit and Finish:** 9
- **Safety features:** 10
- **Value:** 10
- **Overall Rating:** 9

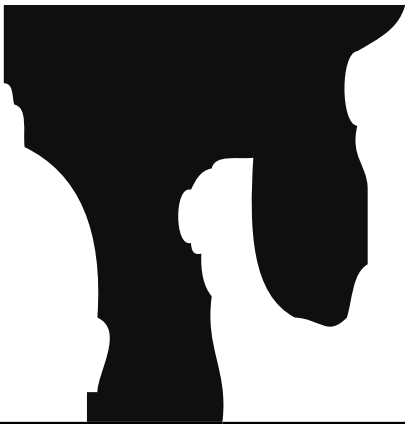
Another important takeaway is the Accords overall fuel economy , 33 mpg observed in mixed city and highway driving, making for a very compelling commuter vehicle. The Accord manages to be part sport sedan, part family car, and efficient road tripper, all at once. That Honda can sell it for less than 27k makes this my favorite mid size car currently on the market.



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coming to theaters

MALEFICENT: MISTRESS OF EVIL [PG]

A formidable queen causes a rift between Maleficent and Princess Aurora.

ZOMBIELAND: DOUBLE TAP [R]

A decade after Zombieland became a hit film and a cult classic, the lead cast (Woody Harrelson, Jesse Eisenberg, Abigail Breslin, and Emma Stone) have reunited with director Ruben Fleischer (Venom) and the original writers Rhett Reese & Paul Wernick (Deadpool) for Zombieland: Double Tap. In the sequel, written by Rhett Reese & Paul Wernick and Dave Callahan, through comic mayhem that stretches from the White House and through the heartland, these four slayers must face off against the many new kinds of zombies that have evolved since the first movie, as well as some new human survivors. But most of all, they have to face the growing pains of their own snarky, makeshift family.

THE LIGHTHOUSE [R]

From Robert Eggers, the visionary filmmaker behind modern horror masterpiece The Witch, comes this hypnotic and hallucinatory tale of two lighthouse keepers on a remote and mysterious New England island in the 1890s.

BY THE GRACE OF GOD [NR]

Alexandre (Melvil Poupaud), lives in Lyon, a bastion of the French Catholic bourgeoisie, with his wife and four children. A fervent church-goer, he learns that Father Preynat (Bernard Verley), the priest who abused him when he was a Boy Scout, is still working with children. He decides to take action, soon to be joined by two other victims of the priest, François (Denis Ménochet) and Emmanuel (Swann Arlaud). The three men will go to great lengths to denounce the perpetrator and the institution that has always protected him, a risky endeavor that will endanger the relationships with their loved ones, as well as compromise their own fragile selves.

GREENER GRASS [NR]

In a day-glo-colored, bizarro version of suburbia where adults wear braces on their already-straight teeth, everyone drives golf carts, and children magically turn into golden retrievers, soccer moms and best friends Jill (Jocelyn DeBoer) and Lisa (Dawn Luebbe) are locked in a passive aggressive battle-of-the-wills that takes a turn into the sinister when Lisa begins systematically taking over every aspect of Jill's life--starting with her newborn daughter. Meanwhile, a psycho yoga teacher killer is on the loose, Jill's husband (Beck Bennett) has developed a curious taste for pool water, and Lisa is pregnant with a soccer ball. That's just the tip of the gloriously weird iceberg that is the feature debut from writers-directors Jocelyn DeBoer and Dawn Luebbe, a hilariously demented, Stepford Wives-on-acid satire destined to be an instant cult classic.

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JEB Little Creek, Gator Theater – 462-7534

Friday | Oct. 11

7:00 p.m. Hustlers [R]

Saturday | Oct. 12

1:00 p.m. Overcomer [PG]

4:00 p.m. Hustlers [R]

7:00 p.m. Angel Has Fallen [R]

Sunday | Oct. 13

1:00 p.m. Aladdin [PG]

4:00 p.m. Overcomer [PG]

7:00 p.m. It: Chapter Two[R]

NAS Oceana, Aero Theater – 433-2495

Friday | Oct. 11

7:00 p.m. Hustlers [R]

Saturday | Oct. 12

12:00 p.m. Blinded By The Light [PG-13]

3:00 p.m. Hustlers [R]

6:00 p.m. It: Chapter Two[R]

Sunday | Oct. 13

12:00 p.m. Overcomer [PG]

3:00 p.m. Ready or Not [R]

6:00 p.m. Angel Has Fallen [R]

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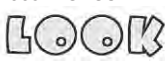
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TENDER UNION

ACROSS

- 1 Like history
- 5 Apt. divisions
- 8 — Lorraine, France
- 14 Flatten, informally
- 19 Long (for)
- 20 Have an onstage role
- 21 Coal miners
- 22 Succinct and meaningful
- 23 Start of a riddle
- 26 Victorious
- 27 Here-there link
- 28 Skilled forger
- 29 Largest city in Norway
- 30 "That's a new — me!"
- 31 Party mixers
- 33 Riddle, part 2
- 37 I-5, e.g.
- 39 Hat material
- 40 Adz relatives
- 41 Big name in razors
- 44 JVC or Hitachi rival
- 46 Collection of maps
- 50 Trailers, e.g.
- 54 Riddle, part 3
- 58 Hit the bottle
- 59 Giant
- 60 Rink legend
- 61 Six-sided slate

DOWN

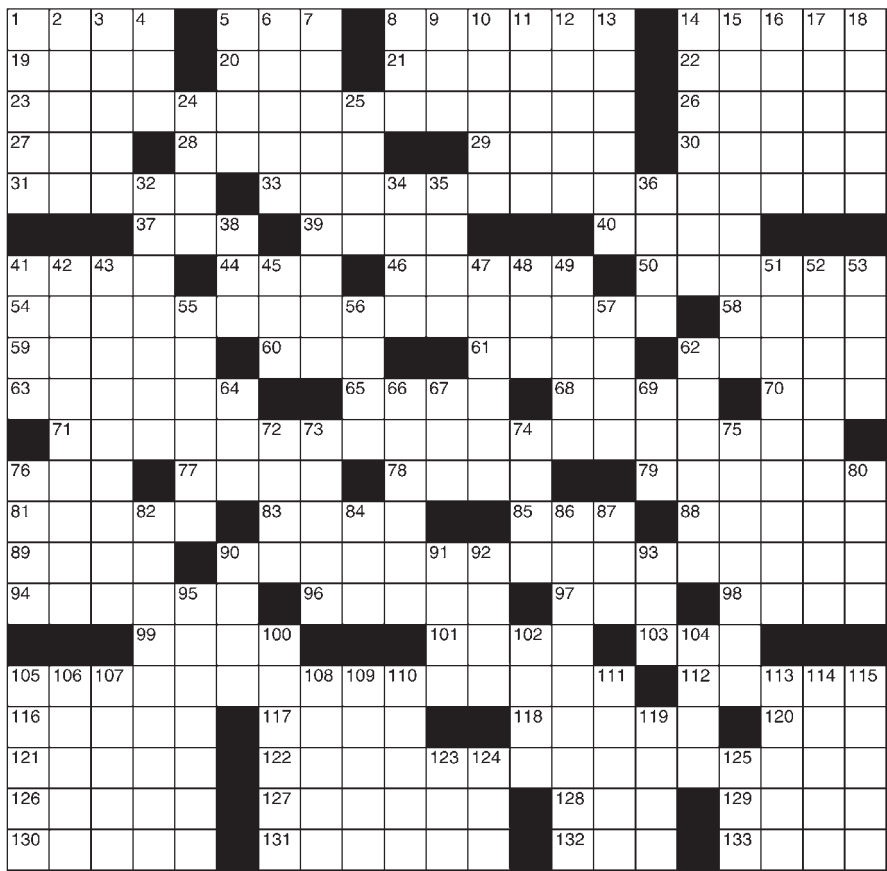
- 1 Lowly chess pieces
- 2 Preceder of "Bless you!"
- 3 Glass bit
- 4 Asian holiday
- 5 Chicago's — Emanuel
- 6 Occasional Golden
- 7 Archers
- 8 Sandwich holder
- 9 Event with pig racing, perhaps
- 103 Follower of chi

ACROSS

- 9 Driving req.
- 10 Got to one's feet
- 11 Something not to be missed
- 12 Viola's kin
- 13 Witch on "Bewitched"
- 14 One doing a parody
- 15 St. Paul site
- 16 Give voice to
- 17 Bamboo unit
- 18 Sleep: Prefix
- 24 Hushed head-turner
- 25 Elisabeth of "CSI"
- 32 Semitic language
- 34 Smelting refuse
- 35 Relative of -ess
- 36 Large public show
- 38 Display fallibility
- 41 "— way to go!"
- 42 Up until that time
- 43 Puts new parts on, in a way
- 45 — Magnon
- 47 Increase in volume
- 48 Toward a ship's rear

DOWN

- 8 Boorish sort
- 9 Driving req.
- 10 Got to one's feet
- 11 Something not to be missed
- 12 Viola's kin
- 13 Witch on "Bewitched"
- 14 One doing a parody
- 15 St. Paul site
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- 43 Puts new parts on, in a way
- 45 — Magnon
- 47 Increase in volume
- 48 Toward a ship's rear



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Sudoku

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

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: I equals L

SR BR BJJXOCJ JZ QXCBSQ

JKX TZQQZFSZR ZR BII SJF

OXJBI CQZMVTJF, JKX ESQO

FXJ VC B QVFJ EVRM.

Last week's CryptoQuip answer

Because that fellow who bakes pies and Danishes is sickly-looking, I guess he's a pasty chef.

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last week's answers

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

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

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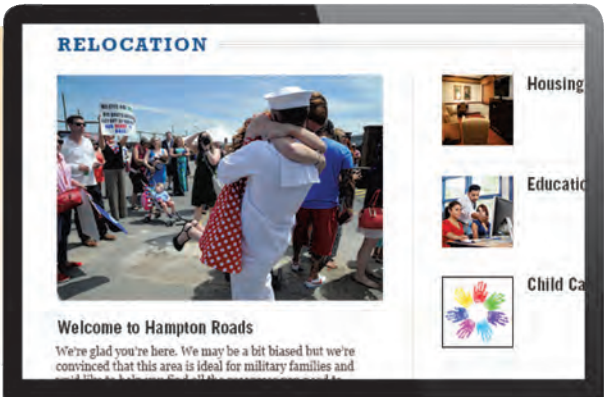


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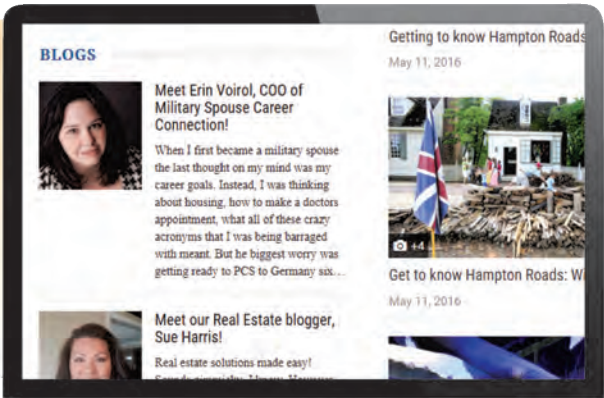
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