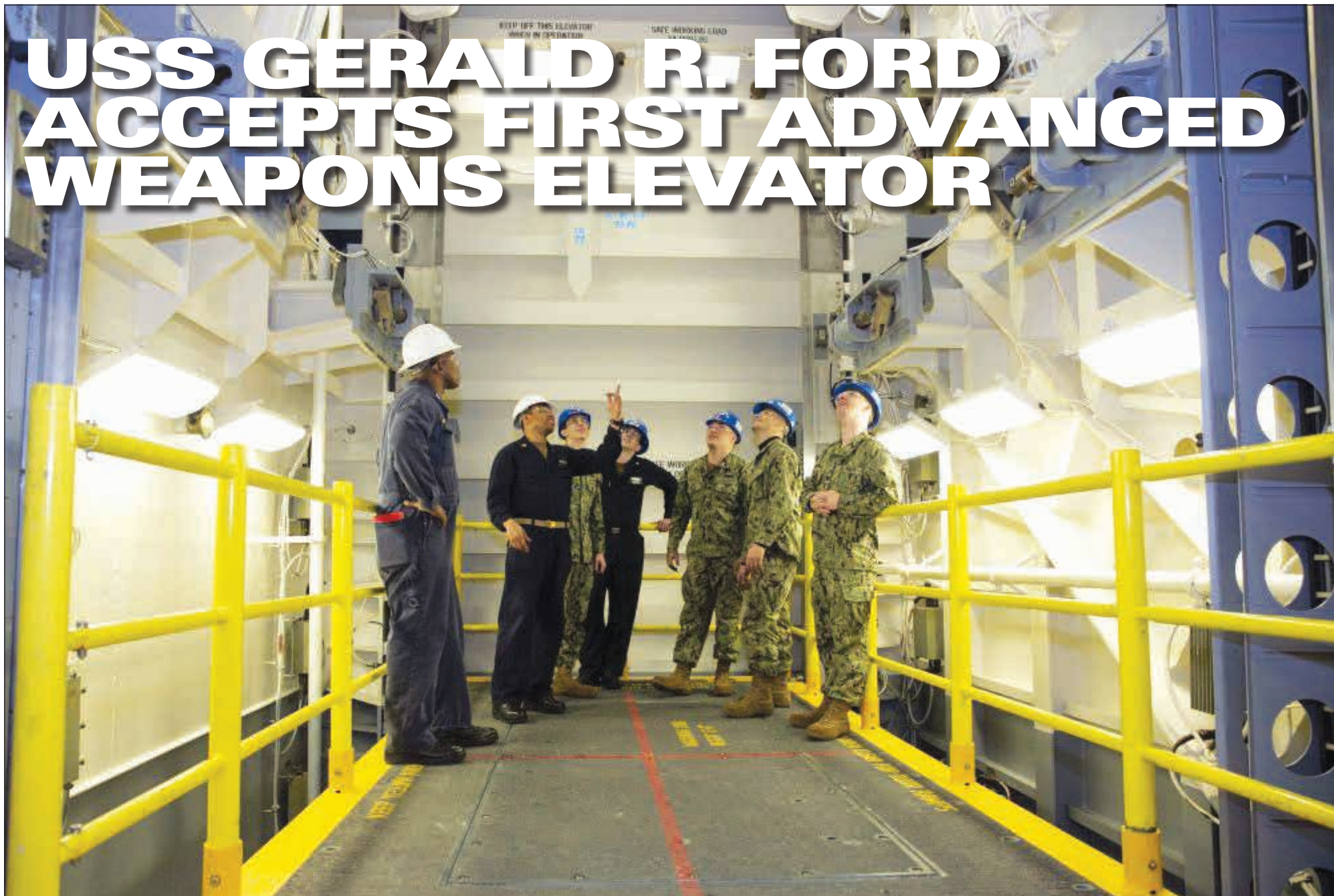




MC1 Jeff Troutman

Chief Machinist's Mate Franklin Pollydore, second from left, from Georgetown, Guyana, goes over safety procedures for the Upper Stage 1 advanced weapons elevator with Sailors from USS Gerald R. Ford's (CVN 78) weapons department. The elevator is the first to be delivered to the ship and marks a major milestone for Ford and the entire Ford-class of aircraft carriers. Ford is currently undergoing its post-shakedown availability at Huntington Ingalls Industries-Newport News Shipbuilding.

By Lt. Cmdr. Anthony Falvo
 USS Gerald R. Ford (CVN 78)

NEWPORT NEWS, VA.

The Navy's newest aircraft carrier, USS Gerald R. Ford (CVN 78), closed out 2018 on a high note with the acceptance of the ship's first advanced weapons elevator (AWE), setting the tone for more positive developments in the year ahead.

AWE Upper Stage #1 was turned over to the ship on December 21st, following test-

ing and certification by engineers at Huntington Ingalls Industries-Newport News Shipbuilding, where the ship is currently working through its post-shakedown availability (PSA). The acceptance marks a major milestone for the ship and the Ford-class of aircraft carriers to follow.

USS Gerald R. Ford is the first Ford-class aircraft carrier and is the first new carrier design in over 40 years. Unlike Nimitz-class carrier elevators that utilize cables for movement, the Ford class elevators are command-

ed via electromagnetic, linear synchronous motors allowing for greater capacities and a faster movement of weapons.

The new design will allow the ship to be able to move up to 24,000 pounds of ordnance at 150 feet-per-minute. This is in contrast to the 10,500 pounds at up to 100 feet-per-minute on a Nimitz-class carrier.

"This will allow us to load more aircraft faster, and in the long run, increase our overall sortie generation rates," said Lt. Cmdr. Chabonnie Alexander, Ford's Ordnance

Handling Officer.

But aside from the advantages of the new AWE, the new ship design also offered a chance to streamline the overall movement and assembly of weapons to allow for even greater efficiencies. Ford features three upper stage elevators that move ordnance between the main deck and flight deck, and seven lower stage elevators that move ordnance between the main deck and the lower

» See **ELEVATOR** | A7

Navy Medicine East leader receives 2018 Association of Military Surgeons of the United States Lifetime Achievement Award

By PO2 Stephane Belcher
 Navy Medicine East

PORTSMOUTH, VA.

Capt. Cynthia Gantt, chief operating officer, Tidewater Military Health System's Enhanced Multiservice Market Office, earned the 2018 Association of Military Surgeons of the United States Lifetime Achievement Award.

"I am thrilled and honored beyond words to have received this award," said Gantt. "I am so grateful for all the opportunities that I have been afforded during my entire career, and receiving the lifetime achievement award towards the end of my naval career was like a gift I never expected to receive."

Gantt was nominated for her distinguished career of consistent contributions to Navy Medi-

» See **GANTT** | A7



Courtesy photo Navy Medicine East
 Capt. Cynthia Gantt, chief operating officer, Tidewater Military Health System's Enhanced Multiservice Market Office, earned the 2018 Association of Military Surgeons of the United States Lifetime Achievement Award. Gantt was nominated for her distinguished career of consistent contributions to Navy Medicine, including advancing healthcare safety through her leadership, clinical achievements, and mentorship.

Navy identifies Sailor killed in Manbij, Syria

From U.S. Fleet Cyber Command / U.S. 10th Fleet Public Affairs

WASHINGTON

A Sailor assigned to Cryptologic Warfare Activity 66 (CWA 66), based at Ft. George G. Meade, Md., was killed while deployed in Manbij, Syria, Jan. 16, 2019.

Chief Cryptologic Technician (Interpretive) Shannon M. Kent, 35, was killed while supporting Combined Joint Task Force — Operation Inherent Resolve.

"Our thoughts and prayers go out to the family, friends, and teammates of Chief Petty Officer Kent during this extremely difficult time. She was a rockstar, an outstanding Chief Petty Officer, and leader to many in the Navy Information Warfare Community," said Cmdr. Joseph Harrison, Commanding Officer, CWA-66.

Kent, who hailed from upstate New York,



Family Handout Photo provide to U.S. Navy
 Personal photo provided by the family of Chief Cryptologic Technician (Interpretive) Shannon M. Kent, 35, who was killed Jan. 16, 2019, in Manbij, Syria, while assigned to Cryptologic Warfare Activity 66 (CWA 66), supporting Combined Joint Task Force — Operation Inherent Resolve.

enlisted in the Navy December 11, 2003, and graduated from boot camp at Recruit Training

» See **KENT** | A7



www.facebook.com/
 The.Flagship



www.twitter.com/
 the_flagship

SAILORS SAVE DUNES WITH CASTOFF TREES

Personnel from Joint Expeditionary Base Little Creek-Fort Story's Environmental Department, Sailors from Construction Battalion Maintenance Unit 202 and Amphibious Construction Battalion Two kept more than 140 former Christmas Trees out of the landfill, placing them on the sand dunes at JEB Little Creek



» see **A5**

APPRENTICESHIP PROGRAM

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

» see **B1**

FITNESS TRENDS ON THE RISE IN 2019

The newest ways to a new you in the new year!

» see **C1**

THE FLAGSHIP'S FREE HOME DELIVERY

South Hampton Roads: Get the convenience of your Navy newspaper delivered right to your door for free!

Sign up today! Call
 222-3965

Preventing pollution from car, lawn and pool maintenance

By Amy E. Hardy

Public Works Department NSA Hampton Roads Water Program Manager

This article serves as part two in a four article-series on everyday habits that residents can adopt to prevent pollution from stormwater runoff and to protect our local waterways. Following parts of this series will be presented in future issues of The Flagship.

Stormwater pollution results when precipitation such as rain or snowmelt runs over surfaces picking up pollutants like pesticides, fertilizers, construction site sediments, pet waste, litter, etc. These pollutants can significantly degrade water quality and threaten aquatic wildlife and human health. In addition, stormwater pollution impacts our drinking water supplies and use of waterways for recreational activities such as swimming, fishing, and boating.

Runoff from our lawns, rooftops and driveways drain directly into the stormwater system. This system consisting of ditches, storm drains and pipes, or other conveyances which collect and transport stormwater, all discharges stormwater directly to nearby streams, lakes, and waterways without treating the water first to remove contaminants. Because of this, it is important for us to try and prevent pollutants from being washed into these storm drains from our car, lawn, and pool maintenance activities. The facts related to pollution can be staggering:

■ A single quart of oil can pollute 250,000 gallons of drinking water (NDRC, 1994).

■ Recycling just one gallon of used oil can generate enough electricity to run the average household for almost 24 hours (Philadelphia Water Department, A Homeowner’s Guide to Stormwater Management, January 2006).

■ Pesticides are toxic to the fish and the organisms living in our waterways and are harmful to our drinking water supplies.

■ Excessive nutrients from fertilizers result in an overgrowth of algae and plants which depletes the necessary oxygen for fish.

■ Back wash residues, algaecides, and acid washes from routine swimming pool and spa maintenance can be very harmful if discharged into our waterways.

Below are tips we can all adopt to help keep our local waterways healthy!

Vehicle Maintenance:

Using the following tips for proper car and truck maintenance can prevent pollutants such as oil, heavy metals, and toxic materials from entering the storm drain:

■ Frequently check your vehicle for leaks by examining the pavement in your driveway or garage and use drip pans to capture the leaky substances until you are able to completely repair the leak.

■ Properly dispose of or recycle used or unwanted oil, transmission fluid, antifreeze, and batteries. Never dump or allow these materials to leak onto paved surfaces that connect

to the storm drain system.

■ Carefully store vehicle maintenance supplies in tightly sealed containers to prevent spills.

■ In the case of a spill, use an absorbent material to contain the potential pollutant, clean it up immediately once absorbed, and properly dispose of the spill and cleanup materials.

Special tip: Empty liquid detergent bottles are excellent for storing vehicle maintenance fluids because the lids seal tightly.

Lawn Maintenance:

Using the following tips for proper lawn care and maintenance can prevent pollutants such as pesticides, fertilizers, lawn clippings and leaves from entering the storm drain and negatively affecting our nearby waterways:

■ Use pesticides and fertilizers sparingly and never right before it rains. If you believe that your soil needs nutrients, have your soil tested first so that you know the proper amount to apply. Over application of fertilizers is a leading cause of pollution from homeowners.

■ Composting and/or using organic fertilizers are highly recommended to reduce polluted runoff from our homes.

■ Do not use a leaf blower or sweep your leaves and grass clippings into the storm drains around your home. This clogs storm drains which can cause flooding issues and adds excessive nutrients to our waterways. Grass clippings hold the fertilizers or pesticides that are applied to your lawn, and if blown into the nearby storm drains will carry these pollutants into the downstream waterways.

Special tip: Instead of bagging your lawn clippings and leaves, use your lawn mower to mulch the lawn waste and allow it to spread over your lawn which will act as a natural fertilizer. This will also help you save money because you will not have to pay for fertilizers and will help get that nice green lawn!

Pool Maintenance:

Using the following tips for proper pool maintenance can prevent chlorine from entering the storm drain:

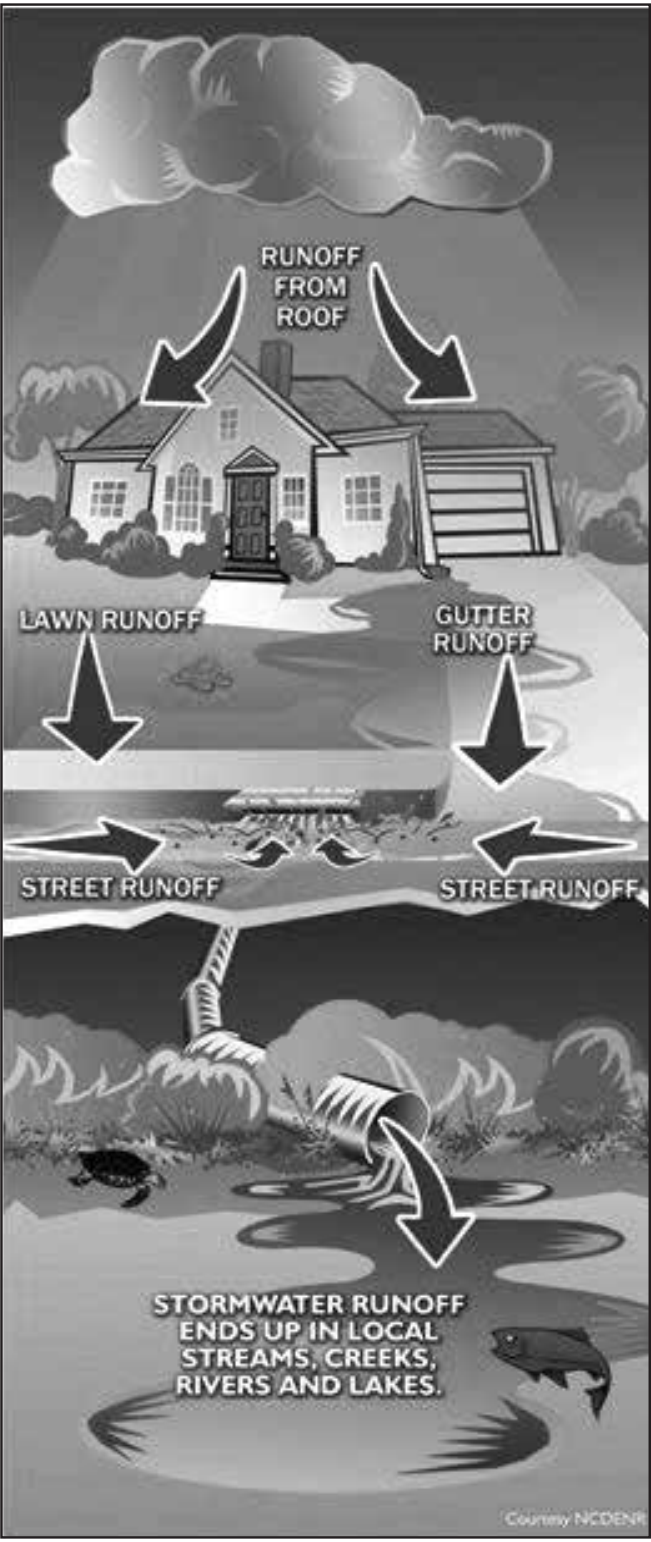
■ Drain your pool waters to the sanitary system if possible and allow by local ordinance. The sanitary system provides treatment before discharge to local waterways.

■ If draining your pool water to the stormwater system, only drain your pool when a test kit demonstrates that the chlorine levels have dissipated and are no longer detected. The pH should be between 6.5 and 8.5 before discharging.

■ Never clean or rinse a pool or spa filter over a paved area that leads to a storm drain. Only rinse in a sink that is connected to the sanitary system or over a lawn that will absorb and infiltrate the runoff.

■ Carefully store your pool chemicals in a covered area and in tightly sealed containment to prevent spills and/or exposure to precipitation.

■ Prevent algae buildup and the need for additional chemicals with regular cleanings and maintaining consistent chlo-



From NAVFAC MIDLANT

rine levels.

■ Avoid the use of the more toxic copper-based algaecides by using an alternative such as sodium bromide.

Thanks for reading this article and hopefully you can incorporate some of these pollution prevention techniques into your daily habits to help protect our local waterways. Be sure to pick up a future issue of The Flagship and read article 3 in this series which will discuss pollution that results from pet waste and what we can do to prevent it.

A new year marks a new you

By Navy PO1 John Kotara

FALLS CHURCH, VA.

January brings a new year, and an opportunity to develop a fresh new you. Whether it’s exercise, eating healthy, better sleep, or quitting a bad habit, one small change can lead to positive outcomes.

Changes in lifestyle don’t have to be drastic to be effective. Small changes in nutrition, exercise and a healthier lifestyle now can lead you toward your goal.

“It’s all about taking persistent action towards achieving your health and wellness goals, no matter how big or small the action may be,” said Navy Lt. Neville S. Willoughby, Health Promotion and Wellness Program Director at the U.S. Navy Bureau of Medicine and Surgery.

“Some change is always better than no change,” Willoughby said. “Many people with busy lifestyles take an all-or-none approach to diet and exercise, meaning that if they can’t fully commit to a particular diet or spend an hour plus at the gym, they don’t even bother. Consistent behavior – even if it’s a small change – instills a can-do mindset, which helps achieve larger goals.”

For many, changing their diet is the first step in the right direction. Maintaining a healthy weight is critical for readiness and personal resilience. For servicemembers, remaining under the body composition assess-

ment standards will help keep you healthy and on the job.

“If your body doesn’t have the appropriate vitamins and nutrients to aid with recovery, weight management, heart health, and strength/endurance-building, the benefits of exercise may not be fully realized or at all,” said Willoughby. “The key is to drink plenty of water (no sugary drinks/coffee or sodas), consume as much leafy greens as possible, eat mostly lean meats, and limit simple carbs. I’m a big fan of frozen, steamable vegetable packs. They’re flavorful, inexpensive, and quick and easy for either a side or entire meal — five minutes in the microwave is all it takes.”

Willoughby also believes that, in addition to a nutritional diet, exercise is the key to a healthy lifestyle.

“Establishing that consistency eventually becomes your lifestyle, rather than another phase that comes and goes,” said Willoughby. “Treating exercise like an enjoyable, routine part of your day makes it seem less of a “burden” and more of a positive lifestyle. There’s a lot of scientific evidence that shows regular exercise greatly contributes to healthier, restful sleep and helps prevent insomnia. On the other side, quality sleep is vital to maximizing the efficacy of a healthy diet and exercise regimen as it aids the body’s metabolic functions and muscle recovery.”

Willoughby maintains that the benefits of



MC3 Drew Verbis

Navy Reserve Sailors assigned to Navy Operational Support Center, Phoenix perform a 1.5-mile run during the physical readiness test at Luke Air Force Base in Glendale, Arizona.

exercise go beyond looking healthy and improve many facets of overall fitness. Physical readiness throughout the fleet will ensure our military is medically ready to deploy at a moment’s notice.

“As we shift our focus to increasing readiness and lethality, our health and wellness are of the utmost importance,” said Willoughby. “We can’t expect to be a medically ready and ready medical force without a strong emphasis on healthy habits. With the exponential rise in healthcare costs largely attributed to

the effects of poor diet and exercise habits, a preventive approach is key.”

No matter what your goals are for the New Year, taking steps, however small, towards a healthy lifestyle is beneficial and can be started at any time.

“We should look into ways to leverage technology as an alternate way to achieve our health goals,” said Willoughby. “You just have to do the research and find what fits your current lifestyle, then go for it!”

The Flagship

Editorial Staff

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

Graphic Designer | Mike Doyle

Flagship, Inc.

MNV Military Manager | Pam Bullock, 757-446-2795
Advertising Inquiries | Pam Bullock, 757-446-2795
Art Director | Allyson Garner, 757-222-3955

Free Classified Advertising, 757-222-5373
Distribution, 757-446-9000
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

The Flagship® is published by Flagship, Inc., a private firm in no way connected with the Department of Defense (DOD) or the United States Navy, under exclusive written contract with Commander, Navy Region Mid-Atlantic. This civilian enterprise newspaper is an authorized publication for members of the military services. Contents of the paper, including advertisements, are not necessarily the official views of, nor endorsed by, the U.S. Government, DOD, or the Department of the Navy (DON). The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the DOD; DON; Commander, Navy Region Mid-Atlantic or Flagship, Inc. of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user, or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. Editorial content is edited, prepared and provided by the Public Affairs Department of Commander, Navy Region Mid-Atlantic. Stories may be submitted via email to news@flagshipnews.com. The Flagship® is published every Thursday by Flagship, Inc., whose offices are located at 150 W. Brambleton Ave., Norfolk, Va. 23510.
© 2019 Flagship, Inc. All rights reserved.

h, the Things You’ll Know With

The Academy of Learning

NOW ENROLLING!

**Ages 2-5 • Kindergarden
Readiness • Degreed Teachers
• Fine Arts Program & More!**

757-578-2231

www.theacademyoflearning.com

Licensed Child Day Center



NEWS FROM NAS OCEANA

Dam Neck Annex Sailors compete in ‘Best of the Mess’

By MC3 Mark Thomas Mahmood

Naval Air Station Oceana Public Affairs

VIRGINIA BEACH, VA.

Three culinary specialists assigned to the Dam Neck Annex galley competed in the Chief Petty Officer’s Scholarship Fund’s 9th annual “Best of the Mess” competition Jan. 18 at the Founders Inn and Spa in Virginia Beach.

Culinary Specialist 3rd Class Devonyia Burks, Culinary Specialist 3rd Class Dante Stubbs, and Culinary Specialist 2nd Class Kymbrieyell Johnson had one and a half hours to prepare three courses of food using a selection of required secret ingredients, which would then be tasted by a panel of judges.

This year’s required ingredients were chicken, lemongrass, beets, Granny Smith apples, and grits. Dam Neck Annex’s team used these items to prepare a stuffed chicken thigh with grit cake and lentil puree, mango jalapeno poppers with beet apple slaw, and a beet and apple tart.

Representing the Dam Neck Annex galley, although not on the competition team, were Culinary Specialist Seaman Yarumi Leon, Culinary Specialist 2nd Class Brian Evangelista, and Culinary Specialist 1st Class Angela Peoples.

Culinary Specialist 3rd Class Dante Stubbs said this was his first time competing in the Best of the Mess, and though it could be stressful, he said he was more than happy to represent Dam Neck Annex.

“I love this type of environment, so I was cool, calm and collected,” said Stubbs, referring to the fast-paced nature of a cooking

competition. “At my previous command, I learned to work fast in stressful environments.”

Stubbs said working as a team to figure out how to use the secret ingredients was an interesting experience.

“Trying to figure out how to incorporate those ingredients into the dishes was a great learning experience,” said Stubbs. “We don’t normally use most of those ingredients in our everyday work, so we really needed to think on the fly.”

After preparing plates for the judges and for presentation, the Sailors had to prepare samples for guests. Guests were then able to cast votes for their favorite team.

Culinary Specialist 1st Class Angela Peoples, a Dam Neck Annex galley supervisor, said this competition was a great way to highlight the galley’s best culinary specialists.

“We decide who competes based on their everyday performance at work,” said Peoples. “Some of them also want to go to culinary school in the future, so we felt that giving them this opportunity would be beneficial.”

Although the Dam Neck Annex team didn’t come out on top of the competition, Peoples said she was very proud of them for their hard work.

“Overall, they did an outstanding job,” said Peoples. “They worked and prepped throughout the week, went in early this morning to get all of their supplies together, and were here the whole day. I could not be any prouder than I am right now, and I am so blessed that they were the ones chosen to represent us.”



MC3 Mark Thomas Mahmood

Culinary Specialist 3rd Class Dante Stubbs, left, and Culinary Specialist 1st Class Angela Peoples plate food prepared by the Dam Neck Annex galley during the 2019 Chief Petty Officer’s Scholarship Fund’s Best of the Mess. Dam Neck Annex was among six teams competing in the 9th Annual Best of the Mess competition.



MC3 Mark Thomas Mahmood

Culinary Specialist 2nd Class Kymbrieyell Johnson, left, Culinary Specialist 3rd Class Dante Stubbs, middle, and Culinary Specialist 3rd Class Devonyia Burks pose for a photo during the Chief Petty Officer’s Scholarship Fund’s Best of the Mess competition. Dam Neck Annex was among six teams competing in the 9th Annual Best of the Mess competition.

Sailor spearheads Toys for Tots donation drive

By MC2 Michael R. Sanchez

Naval Station Norfolk Public Affairs

NORFOLK

The holiday season is a time for goodwill and cheer, but for families who are less-fortunate it can be stressful. Aviation Boatswain’s Mate (Handling) 2nd Class Britani Parker sought to relieve this stress and bring joy to hundreds of families by spearheading a Toys for Tots drive to benefit the Norfolk Community.

Thanks to donations by military and civilian members of the NSN community, Parker was able to collect about 350 toys that were then distributed to families in need.

Parker, who recently returned from an Individual Augmentee assignment in Bahrain, says she felt the urge to help her local community here in Tidewater after accomplishing her mission overseas.

“I know how it feels to be a parent that needs a little help,” said Parker. “The holidays can be hard. Parents do their best, but it’s nice to have somebody there to give a helping hand.”

The donated toys were then transported to a local Salvation Army where they were sorted and stocked on shelves. Parents were then able to select the appropriate gifts for their children and have them wrapped by volunteers.

“It’s great to see these toys go from the hands of a Sailor to the hands of a parent,” said Parker. “Seeing how grateful these people are is the best part.”

It is events like this that continue to endure the military community with the local civilian community.

“They hug you and cry and you have this



Scott Pauley

A box is overflowing with toys during a Toys for Tots toy sorting event.

sense of pride that you are part of such an organization that can help the community we have around us,” Parker said. “Coming from a family that didn’t have much it really means the world to me to be able to do this for families that don’t either.”

Not only did Parker receive heartfelt thanks from the many parents that received gifts for their children, but she earned praise from the Naval Station Norfolk Commanding Officer.

“It’s a great feeling seeing our personnel come together during the holiday season to help those in need. Supporting Toys for Tots not only connects us with our local community but it also reminds us of the many things we can be thankful for during the holiday season,” said Capt. Brad Rosen, Naval Station Norfolk Commanding Officer. “Our Toys for Tots coordinator, ABE2 Parker, her team and all those who donated went above and beyond to ensure some of our local children had a very special holiday season this year. I am extremely proud of the Naval Sta-

tion team and the hard work they put into this campaign and look forward to participating again next year.”

While Petty Officer Parker was the driving force behind this event, she knows it would not have been possible without the NSN military and civilian community coming together and pitching in.

“I feel like people use “thank you” a lot, but if there was a bigger phrase for saying “thank you” in every language possible because it meant the world to these kids and to these families that they’ve touched and they’ve done more healing than they know,” said Parker.

As the U.S. Navy continues to be a global force for good, Sailors like Petty Officer Parker continue to demonstrate how they can be a local force for good as well.

For more news from around the fleet, visit www.navy.mil.

“It’s great to see these toys go from the hands of a Sailor to the hands of a parent,. Seeing how grateful these people are is the best part.”

Britani Parker ,
Aviation Boatswain’s Mate 2nd Class

Out of the mountain of despair, a stone of hope

From Chief of Naval Personnel Public Affairs

WASHINGTON

Dr. Ed Jackson, executive architect for the Dr. Martin Luther King Jr., National Memorial Project Foundation in Washington, D.C., spoke at the Chief of Naval Personnel’s special observance in honor of Dr. Martin Luther King Jr., Jan. 17.

Jackson relayed his role in the development of the memorial and how it all started one day in 1963 when he was 14 years old.

“It was a hot summer’s day in August during the hottest time of the year, or at least that’s what it felt like,” said Jackson. He stepped outside his home in McComb, Miss. to speak with his neighbors about Martin Luther King, Jr. traveling to Washington, D.C. They asked him if he wanted to make the more than 1,000-mile drive with them to hear King speak.

“I wanted to go,” said Jackson, “but knew I would have to ask my mother for permission.”

Although Jackson’s mother said no, that it was too dangerous to travel across the South, she did encourage him to contribute to King’s cause in a different, safer way.

Jackson said that he knew his mother saw the disappointment in his face, so she said, “Look, continue to do well in your education and you’ll have an opportunity to contribute to what Dr. King’s dream is all about.”

Jackson followed his mother’s advice and never lost sight of his own dream. He set out to become an architect and upon graduation, received an offer from the surgeon general’s office in Washington, D.C. to design hospitals for the U.S. Army.

“I spent my entire military career associated with the U.S. Army Health Facility Planning Agency,” said Dr. Jackson. “While I was in Seoul, South Korea, the dental commander, who was a member of the Alpha Phi Alpha fraternity, asked me if I was a member, which I was not, so he and encouraged me to join, stating ‘In order for you to make a contribution to your community and your nation, you need to be part of something larger



MC2 Tyler Preston

Dr. Ed Jackson, executive architect for the Dr. Martin Luther King Jr., National Memorial Project Foundation in Washington D.C. speaks to Sailors and civilians at Chief ofNaval Personnel special observance in honor of Dr. King, Jan. 17. King isthe first African American honored with a memorial on the National Mall andthe fourth non-president to be remembered in such a way.

than yourself.”

Although Jackson thought he was already a part of the largest fraternity in the nation—the U.S. Army—in March 1996, he became a member of Alpha Phi Alpha, the same fraternity as King.

“In November of 1996, Congress authorized the fraternity to establish the King Memorial, and the fraternity asked me to take the lead in coming up with the design. About 30 years later my mother’s premonition came to fruition.”

Jackson wanted the memorial to reflect King’s dreams for America and the nation’s dedication to serve and protect the rights of others.

“As we launched an international design competition, we were not looking for a particular design, we were looking for a construct,” said Jackson. “We were looking for an idea that the memorial could be designed around. A total of 1,400 registrants from 52 countries submitted more than 900 [design draft] boards to help find the needle in the hay stack. One design emerged out of a set of boards from the architectural firm, ROMA Design Group. The boards said in essence; taking from the “I have a dream” speech: “Out of a mountain of despair, a stone of

hope.”

The planning and construction of the memorial took more than 15 years and it was officially dedicated on Aug. 28, 2011.

“The memorial is as much about America as it is about Dr. King,” said Jackson. “The memorial speaks to the spirit of America, about who we are as a people, about how far we have come as a nation, about what we hold sacred, about what we believe in and about what we are willing to die for in order to preserve and protect the freedom, democracy, justice and liberty we possess as citizens of this great country. It was hope that the memorial could somehow speak literally and metaphorically to future generations about the importance of peace, justice, democracy, hope and love.”

At the National Labor Leadership Assembly for Peace in November 1967, King said, “A genuine leader is not a searcher of consensus but a molder of consensus.” Those words inspired Jackson to follow through with his accomplishments and overcome any obstacle that came his way.

“My job was to accomplish the goal by whatever means necessary,” said Jackson. “Sometimes you have to be a politician; other times you have to be an educator; some-

times you have to be a leader like a soldier, who has command and control...my military experience is what gave me the skill set to bring about this particular project.”

King, who was awarded the Nobel Peace Prize in 1964 for his efforts to create equality for all of mankind, is known as one of the most influential civil rights activists in American history. He is most well-known for his campaigns to end racial segregation on public transportation and for racial equality in the U.S.

Dr. Martin Luther King Day is a federal holiday held on the third Monday of January every year. The holiday is a day of honor and commemorative events are held throughout the U.S. to pay tribute to a man who paid the ultimate price for promoting civil rights. In 1994, to further commemorate a man who lived his life in service to others, Congress transformed the Dr. Martin Luther King, Jr. holiday into a national day of community service.

King is the only non-president to have a national holiday dedicated in his honor. He is also the only non-president or war hero to be honored in the National Mall at the nation’s capital, Washington, D.C.



EDUCATING THE MILITARY IS OUR #1 MISSION.

American Military University was founded by a Marine Corps officer to provide military members with a portable, relevant, and affordable education. Today, the university is proud to be the #1 provider of higher education to the U.S. military.

At AMU, you’ll find more than 200 mission-relevant degrees and certificates and a network of advisors to help you succeed. We limit your out-of-pocket costs by providing tuition grants for military servicemembers and spouses, technology fee waivers for active-duty members, transfer credit for military experience and training, and undergraduate books at no cost.

PROGRAMS START MONTHLY. CONTACT OUR BASE REP TO LEARN MORE.

| REBECCA HUGHES-HAYNES
| 757-375-6844 | rhhaynes@apus.edu

AMU.APUS.EDU/REP



Photos by Spencer Layne

Sailors save dunes with castoff trees

From Joint Expeditionary Base Little Creek-Fort Story
Public Affairs

VIRGINIA BEACH, VA.

Personnel from Joint Expeditionary Base Little Creek-Fort Story's Environmental Department, Sailors from Construction Battalion Maintenance Unit 202 (CBMU 202) and Amphibious Construction Battalion Two (ACB 2) kept more than 140 former Christmas Trees out of the landfill, placing them on the sand dunes at JEB Little Creek.

The trees were donated by military personnel and help build the sand dunes, protecting valuable training areas and recreational areas as well as base infrastructure to include buildings and roads. The project keeps trees out of landfills and provides habit for wildlife. The tree's needles are good at collecting sand which native pants fill in once the dunes are built-up.

More than 2,400 trees have been recycled into the dunes at JEB Little Creek and Fort Story in the 12 years the program has been operating.



PROUDLY



SERVING THE MILITARY

For over 75 years, we've stood by the men and women dedicated to protecting our country.

That's been GEICO's mission since day one. We understand your needs and we're here to provide you with great coverage, flexible payment options, numerous discounts and overseas coverage to fit your unique lifestyle.



We stand ready to serve you.

Get a quote today.

GEICO MILITARY
geico.com | 1-800-MILITARY | Local Office



Marine Corps Gen. Joe Dunford, chairman of the Joint Chiefs of Staff, participates in an arrival ceremony with his counterpart Dutch Lt. Adm. Rob Bauer, Chief of Defense of the armed forces of the Netherlands, at the Binnenhof in the Hague, Jan. 18, 2019.

MC1 Dominique Pineiro

Dunford: Allies, partners to gain importance in future

By Jim Garamone
Defense.gov

THE HAGUE, NETHERLANDS

Allies and partners will become more crucial to peace and security in the years ahead, the chairman of the Joint Chiefs of Staff said here today during a ceremony in which he received the Order of Orange-Nassau.

Marine Corps Gen. Joe Dunford received the award from Dutch Defense Minister Ank Bijleveld and Dutch navy Adm. Rob Bauer, the Netherlands’ chief of defense.

The Netherlands is a charter member of the North Atlantic Treaty Organization, and Dunford and Bauer participated in the alliance’s Military Committee meeting earlier this week. His visit to the Netherlands was to discuss the state of the already close bilateral relationship.

“I view the strength of the United States as being the network of allies and partners that we have,” Dunford said. “I am very humble about our ability to deal with any of the challenges we have in the world [alone]. But I am actually very confident of our ability to deal with the challenges we have ... because of the network of allies and partners.”

Dutch leaders agreed. “As an alliance we are witnessing a change in the security situation with a threat landscape that is becoming more complex, more uncertain,” Bijleveld said. She added that European allies need to do more for security, and that includes investing in military and security capabilities.

Long Relationship

The U.S.-Dutch relationship is an old one as far as Americans are concerned — Holland became the first nation to recognize and salute the U.S. flag when the USS Andrew

Doria sailed into Saint Eustatius Harbor in the Caribbean in 1776.

During World War II, American ships sailed into harm’s way alongside Dutch vessels in the Battle of the Java Sea in 1942, and the 82nd and 101st Airborne Divisions dropped on the Dutch cities of Eindhoven and Nijmegen as part of Operation Market Garden in 1944.

U.S. service members have been assigned to bases in the nation since NATO formed in 1949, and American service members work alongside their Dutch comrades in combat zones around the world today.

Dunford’s career is an example of the close cooperation between the two nations. He spoke of going through a U.S. Marine Corps course in 1984 with two Dutch Marines. He spoke of commanding a U.S. company of Marines that were part of a Dutch-led task force in the Mediterranean. And he spoke of working alongside Dutch military and diplomatic personnel in Iraq and Afghanistan.

The U.S.-Dutch relationship covers the gamut, including economics, politics and culture. “But I do think our military-to-military relationship has been a foundational element of that greater relationship,” the chairman said.

Transregional Challenges

Relationships will become more important, Dunford said. “When I look at the current security environment, I can’t think of any challenges that we are dealing with that aren’t transregional — that aren’t cutting across multiple geographic areas,” he said during a short interview with Dutch reporters after the ceremony. “It’s going to take a strong network of allies and partners that



MC1 Dominique Pineiro

Marine Corps Gen. Joe Dunford, chairman of the Joint Chiefs of Staff, meets with his counterpart Dutch Lt. Adm. Rob Bauer, Chief of Defense of the armed forces of the Netherlands, at the Binnenhof in the Hague, Jan. 18, 2019.

have common values and a common understanding of the challenges to work together to solve those problems.”

Dunford said the United States is committed to working with European allies. He said Europeans to look at the U.S. contribution to NATO, at the U.S. investments in NATO and at the U.S. participation in NATO military operations and exercises. If they do that “I hope the people understand fully our commitment to NATO,” he said.

“The discussion has been about burden-sharing,” the chairman said, “not about commitment to the alliance. It’s a discussion that all 29 members of the alliance are making their fair share of the continuation for the common challengers we face. All members need to ensure they are doing what is needed to face the problems of collective security.”

Cornerstone of Security

The Dutch see NATO remaining the cornerstone of their security and safety, Bauer said. “The good news is amongst the colleagues — there is a very strong commitment. Politically there is no change that we are drifting apart from one another,” he said during an interview.

NATO is an alliance based on a correct combination of policies and security, Bauer said.

“There are a lot of parts of the world that would love to have such an alliance,” the admiral said. “We are working together, and we are celebrating 70 years of working together. For 70 years, we have set standards in all domains so that we can work together, so we can fight together and that is of great value. Even in coalition operations, if NATO partners meet one another they do not have to spend much time to figure out how to work effectively with one another. We should cherish that.”

CNRFC EXEMPLIFIES EXCELLENCE IN GOVERNMENT CIVILIAN EMPLOYMENT

“Management allows us to do our jobs and communicates very well with us. I’m happy to have command leadership that fosters a good work environment.”

Cecilia Daley, CNRFC Safety Director

By MC1 Terah L. Bryant
Commander, Navy Reserve Force Public Affairs

NORFOLK

Commander, Navy Reserve Forces Command (CNRFC) has once again raised the standard for government civilian employment after being named one of the top three commands in the 2018 Federal Employment Viewpoint Survey.

This survey serves as the benchmark for the federal government and evaluates the climate of the civilian workforce. According to the U.S. Office of Personnel Management, the survey allows government employees to share their opinions about what matters most to them. All full-time, part-time, permanent and non-seasonal employees were eligible to participate in the survey.

The survey measured three indexes: employee engagement, diversity and inclusion, and global satisfaction. In two of the three categories, employee engagement, and diversity and inclusion, CNRFC ranked number one. In global satisfaction, CNRFC ranks third throughout the Navy.

Employee engagement, or the engagement potential of an agency’s work environment, is evaluated on three categories: leaders lead, supervisors and intrinsic work experience.



From OPM.gov

“It measures factors that lead to an engaged workforce, such as how well does the employer support employee development, communication and agency goals,” said John Rowe, director, Civilian Human Resources.

For instance, CNRFC retained 83.7 percent positive responses when asked if senior leaders demonstrate support for work/life programs.

The second index, diversity and inclusion quotient, asks questions geared towards five habits which indicate an organization climate that encourages inclusion.

“Questions evaluate if the command is fair, open, cooperative, supportive and empowering,” Rowe said. “We have continued to improve our scores by making improvements in the workforce.”

The third index is the global satisfaction index, where CNRFC received 71 percent positive responses. It measures employee satisfaction with a variety of subjects including pay, job satisfaction, organization they work for and how willing they are to recommend the organization to other people.

Safety Director Cecilia Daley, a 10-year employee at CNRFC, believes leadership plays an important part in making the command a success.

“Management allows us to do our jobs and communicates very well with us,” Daley said. “I’m happy to have command leadership that fosters a good work environment.”

Although the command has been highly ranked for the past three years, the survey still shows areas improvement.

“Every year, when we get the results we see what areas the organization can improve and what the strong points are,” Rowe said. “We were rated very well, but we know there is always room to improve communication with the workforce, and we are working on doing that.”

For more news from Commander, Navy Reserve Force, visit www.navy.mil/local/nrf/.

ELEVATOR | *Ford’s new advanced weapons system*

Continued from A1

levels of the ship. Ford also features a dedicated weapons handling area between the hangar bay and the flight deck, on the 02 level, that eliminates several horizontal and vertical movements to various staging and build-up locations. This ultimately offers a 75% reduction in distance traveled from magazine to aircraft.

An additional benefit of the ship’s design is a separate utility elevator that can serve as a dedicated elevator to move both ordnance and supplies, and also serve as a means to medically evacuate (MEDEVAC) injured personnel from the flight deck to the hangar bay. This allows the 10 main AWEs and Ford’s three aircraft elevators to be dedicated to their primary missions of ordnance and aircraft movement during real-world operations.

To keep up with the new technologies and radical changes that the AWEs offer, Ford Sailors recently completed newly developed familiarization, operations, and maintenance training in Newport News to become better educated on how to work with and maintain the elevators. The crew is now conducting hands-on training where they will validate technical manuals and maintenance requirements cards against the elevator’s actual operation. Their feedback and observations will ultimately inform future Sailors how to properly and safely operate the elevators.

Alexander said Sailors are now training with the elevator which will complement the classroom instruction they have received to

this point.

“Getting this elevator turned over to the ship and allowing our Sailors to get hands-on training on the elevator will help in two ways,” said Alexander. “One, it will help in the training and understanding of the system itself, and two, to work out any bugs that remain with the system during our PSA.”

Though the first elevator has been accepted, work still remains on the remaining 10. Currently, all shipboard installation and testing activities of the AWEs are due to be completed prior to the end of Ford’s PSA, scheduled for July. However, some remaining certification documentation will be performed for five of the 11 elevators after PSA completion.

According to Alexander, while there was sense of accomplishment and satisfaction in having the first elevator turned over, the team working on the elevators can’t rest on this single event.

“We’re all 100% invested in this, but there’s still work left to do,” Alexander explained. “We’re all one big team with the same goal in mind: to get these systems operational and turned over to the ship.

“I think it was a greater sense of accomplishment to my Sailors that have been working on these systems for the last 4-to-5 years,” he said. “To be able to finally push the buttons and watch it operate like it’s designed to do was a great feeling. Once these systems are proven, they are going to pay huge dividends for Naval strike capability.”



MC1 Jeff Troutman Chief Machinist’s Mate Franklin Pollydore, second from left, from Georgetown, Guyana, goes over safety procedures for the Upper Stage 1 advanced weapons elevator with Sailors from USS Gerald R. Ford’s (CVN 78) weapons department. The elevator is the first to be delivered to the ship and marks a major milestone for Ford and the entire Ford-class of aircraft carriers. Ford is currently undergoing its post-shakedown availability at Huntington Ingalls Industries-Newport News Shipbuilding.

KENT | *Sailor killed identified*

Continued from A1

Command, Great Lakes, Ill., in February 2004. Her other military assignments included Navy Information Operations Command, Fort Gordon, Ga.; Navy Special Warfare Support Activity 2, Norfolk, Va.; Personnel Resource Development Office, Washington, D.C.; Navy Information Operations Command, Fort Meade, Md.; and Cryptologic Warfare Group 6, Fort Meade, Md. Kent reported to CWA 66 after the command was established on Aug. 10, 2018.

“Chief Kent’s drive, determination and tenacity were infectious. Although she has left us way too soon, she will not be forgotten, and her legacy will live on with us,” said CWA 66 Command Senior Enlisted Leader, Senior Chief Cryptologic

Technician (Collections) Denise Vola.

Kent’s awards and decorations include the Joint Service Commendation Medal (2), Navy/Marine Corps Commendation Medal, Army Commendation Medal, Joint Service Achievement Medal, Joint Meritorious Unit Award, Good Conduct Medal, National Defense Service Medal, Iraq Campaign Medal, Sea Service Deployment Ribbon, Rifle Marksmanship Ribbon, and Pistol Marksmanship Ribbon.

For news and information from Commander, U.S. Fleet Cyber Command / U.S. 10th Fleet, visit www.navy.mil/local/FCCCC10F/ or follow us on Twitter @USFLEETCYBERCOM.

GANTT | *Lifetime achievement award presented*

Continued from A1

cine, including advancing healthcare safety through her leadership, clinical achievements, and mentorship.

Gantt was commissioned as a lieutenant junior grade in the Navy Nurse Corps in 1990, and has since served Navy Medicine as a clinician, in health promotions, as an educator, and in command.

In the past year alone, Gantt served as the commanding officer of the NATO Role III Multinational Medical Unit, Kandahar, Afghanistan, where she led fellow Sailors to care for patients in trauma and casualty care clinics.

“Gantt has established herself as a leader in the military health system, as well as a lifetime advocate for patient safety, quality healthcare, and positive policy change throughout her long and celebrated career,” said Rear Adm. Anne Swap, commander, Navy Medicine East.

Before volunteering in Kandahar, Gantt held several leadership positions including chief of staff at Navy

Medicine East, supporting 20 military treatment facilities and Navy and Marine Corps Public Health Center; commanding officer of Naval Hospital Lemoore; and executive officer at Robert E. Bush Naval Hospital, to name a few.

After commissioning, Gantt served as a family nurse practitioner and a primary care manager at three separate duty stations until 2000, when she decided to go back to school and earn her PhD at the University of San Diego. Upon graduation, she went to Naval Medical Center San Diego as the first department head of population health.

“Throughout her career, Gantt has distinguished herself not only as a highly trained and competent nurse, but also a strong mentor and teacher,” said Swap. “She is an exceptional professional who is dedicated to quality healthcare, the cornerstone for Navy Medicine’s mission of providing exemplary healthcare in any environment. I have personally observed her performance, and congratulate her on her lifetime of accomplishments.”

Prepare your home for Winter weather

From cdc.gov

Prepare for extremely cold weather every winter—it’s always a possibility. There are steps you can take in advance for greater wintertime safety in your home.

Take Action

- Listen to weather forecasts.
- Have your chimney or flue inspected each year.
- Install a smoke detector and a battery-operated carbon monoxide detector. Test the batteries each month and replace them twice a year.
- For older adults, keep an easy-to-read thermometer inside your home.
- Weatherproof your home.
- Bring your pets indoors during the winter.
- Front of Home After Snowfall
- Listen to weather forecasts regularly and check your emergency supplies whenever a period of extreme cold is predicted. Although periods of extreme cold cannot always be predicted far in advance, weather forecasts can sometimes provide you with several days notice.
- If you plan to use a fireplace or wood stove for emergency heating, have your chimney or flue inspected each year. Ask your local fire department to recommend an inspector or find one online.
- If you’ll be using a fireplace, wood stove, or kerosene heater, install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated. Test them monthly and replace batteries twice a year. All fuel-burning equipment should be vented to the outside. Each winter season have your furnace system and vent checked by a qualified technician to ensure they are func-

tioning properly.

- If you are over 65 years old, place an easy-to-read thermometer in an indoor location where you will see it frequently. Your ability to feel a change in temperature decreases with age. Older adults are more susceptible to health problems caused by cold. Check the temperature of your home often during the winter months.
- Insulate any water lines that run along exterior walls so your water supply will be less likely to freeze. To the extent possible, weatherproof your home by adding weather-stripping, insulation, insulated doors, and storm windows or thermal-pane windows.
- If you have pets, bring them indoors. If you cannot bring them inside, provide adequate shelter to keep them warm and make sure they have access to unfrozen water.

Checklist

- Insulate walls and attic.
- Caulk and weather-strip doors and windows.
- Install storm windows or cover windows with plastic from the inside.
- Insulate any water lines that run along outer walls. This will make water less likely to freeze.
- Service snow-removal equipment.
- Have chimney and flue inspected.
- Install easy-to-read outdoor thermometer.
- Repair roof leaks and cut away tree branches that could fall on your home or other structure during a storm.

NMCP celebrates RPs 40th birthday

By MC1 Laura Myers
Naval Medical Center Portsmouth

PORTSMOUTH, VA.

Naval Medical Center Portsmouth’s (NMCP) Religious Program Specialists (RP) celebrated the 40th birthday of the RP rating on Jan. 15.

The RPs, along with command leadership, staff chaplains and fleet RPs and chaplains celebrated the past, present and future of the rating during a cake-cutting ceremony.

“Religious Program Specialists assist Navy chaplains,” said RP2 Jacob Sherfey, staff RP. “But what exactly does that mean? Many Sailors have no idea who we are or what we do. Polish brass, dust bibles, yes and so much more. As religious protectors, RPs provide religious ministry support, administrative expertise, logistical planning and of course personal security to chaplains and worshipers in combat environments. RPs serve anywhere religious ministries support is needed; here at the hospital; haze grey and underway on warships; in the field with Marines, Seabees, EOD, SWCC or SEALs; or in chapels around the globe.”

RP1 Rice Croft talked about the history of the rating, dating back to 1878. He described how the rating was proposed to the Department of the Navy, the first Religious Program Specialists and the history of the rating in the Marine Corps.

“From 1942 to 1945, the Navy adopted the Specialist W rating,” Croft said. “The W stands for welfare. This was to address the specific needs of chaplains serving in World War II. Specialist Ws were required to perform clerical duties, to play the piano and organ in worship services, and they also were not expected to serve as religious leaders.”

RP2 Kristina Guajardo explained how the rating was established, initially as a personnelman rating, then as the yeoman rating, before becoming a permanent rate.

“In April 1948, the Navy established the personnelman rating,” Guajardo said. “Including in the job classification was a chaplain’s assistant. Finally, 101 years later, the quest to establish a permanent chaplain’s assistant rating was fulfilled. January 15, 1979, the RP rating was born.”

RPC Alan Brandt talked about where the rating stood in the early 2000s, then talked about RP1 Robert Page, who was awarded the Bronze Star with a combat V for valor for his actions in Iraq.



U.S. Navy photo Sailors in the Religious Program Specialist rating from across the Hampton Roads area joined NMCP’s RPs for a celebration of the rating’s 40th birthday.

“Between 2002 and 2004, a manpower proposal was put together that would merge the RP rate, along with the CTAs and LNs, back into the yeoman rate,” Brandt said. “The Navy determined that we have less than 50 percent commonality with any other rate, far from the 80 percent required for a merger. It doesn’t look like we’re going anywhere anytime soon.”

Command Master Chief Beth Nilson, NMCP’s command master chief, talked to the RPs about her experience with their role alongside corpsmen in combat, and expressed her appreciation for them.

“The RPs are always primarily battle buddies with the corpsmen, right?” Nilson asked. “Especially when you’re with the Marines, you don’t really ever see the corpsmen without the RPs, and unfortunately for the RPs they are using getting called ‘doc’. I think that you can’t underestimate the amount of comfort that these young men and women have delivered during those times of combat when they have been needed, whether on the field of combat or often times later on in the hospital at the bedside of the wounded.

We sometimes underestimate the comfort that they gave in that capacity that the chaplains give and maybe even the doctors, nurses and corpsmen give, that often times you in your capacity also give that is very vital to the recovery aspect too. Thank you. That’s part of your history that we are celebrating here today so thank you for that,” Nilson added.

As the U.S. Navy’s oldest, continuously-operating hospital since 1830, Naval Medical Center Portsmouth proudly serves past and present military members and their families. The national acclaimed, state of the art medical center, along with the area’s ten branch and TRICARE Prime Clinics in the Hampton Roads area. The medical center also supports premier research and teaching programs designed to prepare new doctors, nurses and hospital corpsman for future roles in healing and wellness.



TOYOTA

THANKS TO ALL THE BRAVE MEN AND WOMEN
FOR YOUR SERVICE TO OUR COUNTRY.



NOW GET



\$750

U.S. Military
Incentive¹

CAN BE COMBINED WITH TOYOTA SPECIAL CASH
BACK OR SPECIAL FINANCING OR SPECIAL LEASES!



Redesigned All-New 2019 RAV4



LEASE AN LE FOR

\$249
A MONTH

36 MONTHS

\$2999 DUE AT
SIGNING²
Tax, Title, License, Dealer Fees
and Insurance are Extra.

2019 Highlander

\$2000
TOTAL CASH ALLOWANCE³

2019 Camry

\$1000
CASH BACK FROM TOYOTA⁴

2019 Corolla

1.9%
APR FINANCING 72 MOS.⁵

2018 4RUNNER

\$1000
CASH BACK FROM TOYOTA⁴

2019 TACOMA

\$1000
CASH BACK FROM TOYOTA⁴

2019 TUNDRA

\$1500
CASH BACK FROM TOYOTA⁴

CASEY TOYOTA

601 East Rochambeau Drive • Williamsburg
757.259.1000 • caseytoyota.com

CHARLES BARKER
TOYOTA

1877 Laskin Road • Virginia Beach
757.437.4000 • charlesbarkertoyota.com

CHECKERED FLAG
TOYOTA

5301 Virginia Beach Blvd. • Virginia Beach
757.490.1111 • checkeredflagtoyota.com

FIRST TEAM TOYOTA

3400 Western Branch Blvd. • Chesapeake
757.673.2345 • firstteamttoyota.com

GLOUCESTER TOYOTA

6357 George Washington Hwy. • Gloucester
804.693.2100 • gloucestertoyota.com

PEARSON TOYOTA

12978 Jefferson Ave. • Newport News
757.874.6000 • pearsontoyotascion.com

PRIORITY TOYOTA
GREENBRIER

1800 Greenbrier Parkway • Chesapeake
757.366.5000 • prioritytoyota.com

PRIORITY TOYOTA HAMPTON

2301 W. Mercury Blvd. • Hampton
757.838.5000 • prioritytoyotahampton.com



TOYOTA

buyatoyota.com

Every new Toyota comes with

ToyotaCare

No Cost Service & Roadside⁶

¹\$750 REBATE OFFERED BY TOYOTA MOTOR NORTH AMERICA, INC. AND MAY BE APPLIED TOWARD FINANCE OR LEASE CONTRACTS ON NEW TOYOTA VEHICLES, DATED FROM JANUARY 3, 2019 THROUGH FEBRUARY 4, 2019. TO QUALIFY FOR THE REBATE, AT THE TIME OF PURCHASE OR LEASE YOU MUST (1) BE IN CURRENT ACTIVE DUTY STATUS IN THE U.S. MILITARY (NAVY, ARMY, AIR FORCE, MARINES, NATIONAL GUARD, COAST GUARD AND ACTIVE RESERVE) OR A U.S. MILITARY INACTIVE RESERVE (I.E., READY RESERVE) THAT IS PART OF THE INDIVIDUAL READY RESERVE, SELECTED RESERVE AND INACTIVE NATIONAL GUARD; OR A MILITARY VETERAN OR RETIREE (RETIREEES HONORABLY DISCHARGED) OF THE U.S. MILITARY WITHIN TWO YEARS OF THEIR DISCHARGE/RETIREMENT DATE; OR A HOUSEHOLD MEMBER OF AN ELIGIBLE U.S. MILITARY PERSONNEL, INCLUDING GOLD STAR FAMILY MEMBERS; AND (2) PROVIDE VERIFIABLE PROOF OF MILITARY STATUS OR ACTIVE SERVICE; (3) RECEIVE A SALARY SUFFICIENT TO COVER ORDINARY LIVING EXPENSES AND PAYMENT FOR YOUR NEW VEHICLE; AND (4) RECEIVE CREDIT APPROVAL FROM AND EXECUTE A FINANCE OR LEASE CONTRACT THROUGH A PARTICIPATING TOYOTA DEALER AND TOYOTA FINANCIAL SERVICES. NOT ALL APPLICANTS WILL QUALIFY. ON LEASE CONTRACTS, REBATE MUST BE APPLIED TOWARD THE AMOUNT DUE AT LEASE SIGNING OR TOWARD THE CAPITALIZED COST REDUCTION. ON FINANCE CONTRACTS, REBATE MUST BE APPLIED TOWARD THE DOWN PAYMENT. LIMIT ONE REBATE PER FINANCE OR LEASE TRANSACTION PER ELIGIBLE U.S. MILITARY PERSONNEL OR ELIGIBLE HOUSEHOLD MEMBER. OFFER NOT COMBINABLE WITH THE COLLEGE GRADUATE REBATE PROGRAM, THE IFI PROGRAM, AND THE LEASE-END REF PROGRAM. VEHICLE MUST BE TAKEN OUT OF DEALER STOCK. TERMS, CONDITIONS AND RESTRICTIONS APPLY. PROGRAM IS NOT AVAILABLE IN AL, FL, GA, HI, NC, AND SC. REBATE TERMS MAY BE MORE GENEROUS IN YOUR LOCAL AREA. ASK YOUR PARTICIPATING DEALER ABOUT THE MILITARY REBATE TERMS IN YOUR AREA. MUST PAY SALES TAX. VOID WHERE PROHIBITED BY LAW. NOT REDEEMABLE FOR CASH. TOYOTA FINANCIAL SERVICES IS A SERVICE MARK OF TOYOTA MOTOR CREDIT CORPORATION (TMCC). TMCC IS THE AUTHORIZED ATTORNEY-IN-FACT AND SERVICER FOR TOYOTA LEASE TRUST. ²LOW MILEAGE LEASE: TAX, TITLE, LICENSE, DEALER FEES AND INSURANCE ARE EXTRA. DUE AT SIGNING INCLUDES \$2750 DOWN, FIRST \$249 PAYMENT, AND NO SECURITY DEPOSIT. DOES NOT INCLUDE \$350 DISPOSITION FEE DUE AT LEASE END. EXAMPLE BASED ON 2019 RAV4 LE FRONT WHEEL DRIVE MODEL 4430, MSRP \$26,635 AND CAPITALIZED COST, WHICH MAY VARY BY DEALER, OF \$26,216. CAPITALIZED COST IN EXAMPLE INCLUDES \$650 ACQUISITION FEE AND ASSUMES DEALER PARTICIPATION. YOUR PAYMENT TERMS MAY VARY BASED ON FINAL NEGOTIATED PRICE. OFFER AVAILABLE ON APPROVED CREDIT TO QUALIFIED CUSTOMERS FROM TOYOTA FINANCIAL SERVICES. CUSTOMER IS RESPONSIBLE FOR EXCESSIVE WEAR AND EXCESS MILEAGE CHARGES OF \$15 PER MILE IN EXCESS OF 30,000 MILES. ³NOT ALL CUSTOMERS WILL QUALIFY. ⁴EXCLUDES HYBRIDS. \$2,000 TOTAL CASH ALLOWANCE INCLUDES \$1,500 CASH BACK FROM TOYOTA AND \$500 BONUS CASH FROM TOYOTA. CUSTOMERS MAY RECEIVE CASH BACK OR CAN APPLY TO DOWN PAYMENT. \$500 BONUS CASH INCENTIVE FROM TOYOTA WILL, ON FINANCE CONTRACTS, BE APPLIED TO THE DOWN PAYMENT; AND ON LEASES WILL BE APPLIED FIRST TOWARD THE AMOUNT DUE AT LEASE SIGNING, WITH ANY REMAINDER APPLIED TO THE CAPITALIZED COST REDUCTION. ⁵PURCHASERS CAN RECEIVE \$1000 CASH BACK FROM TOYOTA ON CAMRY, 4RUNNER (EXCLUDES TRD PRO), OR TACOMA (EXCLUDES TRD PRO); \$1500 CASH BACK FROM TOYOTA ON TUNDRA (EXCLUDES TRD PRO) OR CAN APPLY CASH BACK TO DOWN PAYMENT. ⁶EXCLUDES HATCHBACKS. 1.9% APR FINANCING UP TO 72 MONTHS AVAILABLE TO QUALIFIED BUYERS THRU TOYOTA FINANCIAL SERVICES. TOTAL FINANCED CANNOT EXCEED MSRP PLUS OPTIONS, TAX, TITLE, LICENSE AND DEALER FEES. 72 MONTHLY PAYMENTS OF \$14.71 FOR EACH \$1000 BORROWED. ⁷NOT ALL BUYERS WILL QUALIFY. ⁸ALL OFFERS: OFFERS MAY NOT BE COMBINED WITH OTHER OFFERS UNLESS SPECIFIED OTHERWISE. DEALER FEES ARE EXTRA. VEHICLE SHOWN MAY BE PROTOTYPE AND/OR SHOWN WITH OPTIONS. ACTUAL MODEL MAY VARY. DELIVERY MUST BE TAKEN FROM DEALER STOCK BY 2/4/19 AND IS SUBJECT TO AVAILABILITY. LEASE, APR AND CASH BACK OFFERS MAY NOT BE COMBINED. SEE PARTICIPATING CENTRAL ATLANTIC TOYOTA DEALER FOR DETAILS. ⁹OFFERS END 2/4/19. ¹⁰TOYOTACARE COVERS NORMAL FACTORY SCHEDULED MAINTENANCE FOR 2 YEARS OR 25,000 MILES, WHICHEVER COMES FIRST. 24-HOUR ROADSIDE ASSISTANCE IS ALSO INCLUDED FOR 2 YEARS AND UNLIMITED MILES. THE NEW VEHICLE CANNOT BE PART OF A RENTAL OR COMMERCIAL FLEET, OR A LIVERY/TAXI VEHICLE. SEE TOYOTA DEALER FOR DETAILS AND EXCLUSIONS. VALID ONLY IN THE CONTINENTAL U.S. AND ALASKA. ROADSIDE ASSISTANCE DOES NOT INCLUDE PARTS AND FLUIDS, EXCEPT EMERGENCY FUEL DELIVERY.



MCPON initiates conversation with Sailors aboard USS Antietam

Master Chief Petty Officer of the Navy Russell Smith visited Commander Fleet Activities Yokosuka and met with Sailors onboard the Ticonderoga-class missile-guided cruiser USS Antietam in Yokosuka, Japan on Jan. 18, 2019.

» see **B6**

SECTION B | FLAGSHIPNEWS.COM | 01.24.19

CNO VISITS JOHN C. STENNIS CARRIER STRIKE GROUP AT SEA



MC3 Grant G. Grady

Chief of Naval Operations (CNO) Adm. John Richardson, left, discusses additive manufacturing with the aircraft carrier USS John C. Stennis' (CVN 74) Chief Engineer Cmdr. Kenneth Holland in the ship's machinery repair shop during a visit to the ship in the Arabian Gulf, Jan. 19, 2019. While aboard, Richardson and Master Chief Petty Officer of the Navy (MCPON) Russell Smith engaged with leadership, observed shipboard operations, and reenlisted 22 Sailors in the ship's hangar bay. The John C. Stennis Strike Group is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.

By Lt. j.g. Jamie Moroney

USS John C. Stennis Public Affairs

ARABIAN GULF

The Chief of Naval Operations (CNO) and the Master Chief Petty Officer of the Navy (MCPON) visited the John C. Stennis Carrier Strike Group (JCSSG) at sea, Jan. 19.

CNO Adm. John Richardson and MCPON Russell Smith spent the day aboard the aircraft carrier USS John C. Stennis (CVN 74) engaging with JCSSG leadership, observing day-to-day operations, and speaking with Sailors about their accomplishments on deployment so far.

"You are the most talented Navy we have ever had," said Richardson. "We have the data to show that. To see you out here, using your energy, being creative, taking the fight

to our rivals, making sure we stay the best Navy in the world is very inspirational."

While on board, Richardson reenlisted 22 Sailors, presented the Sailor of the Year awards, and promoted one Sailor in the ship's hangar bay.

"It's great to be a part of this ceremony," said Richardson. "The commitment that is shown by these folks reenlisting right here is exactly the type of commitment that is going to keep us on top."

Shipboard Sailors were grateful that Richardson made time for them.

"It feels amazing to be reenlisted by the CNO," said Information Systems Technician 3rd Class Albert Lucious, from Wichita Falls, Texas, one of the Sailors who was reenlisted. "I never thought I would have this opportunity."

Information Technician 3rd Class Daniel Ayala, from Dover, New Jersey, was grateful to Richardson for promoting him.

"It was such an honor and privilege to have had both the CNO and MCPON here during my promotion," said Ayala. "To have them here to congratulate me was a once-in-a-lifetime experience. It's moments like this that make me realize how all of what we do is recognized and rewarded."

Both CNO and MCPON commented on the professionalism and capability of JCSSG Sailors.

"Be mindful you are out here doing tremendous work," said Richardson. "You are maintaining influence in strategic areas around the world and increasing the prosperity of all of our citizens by defending the values that Americans stand for."

MCPON agreed with CNO, and additionally commented on the evident pride Sailors take in their work.

"That's what makes us a better Navy, it's our people," said Smith. "Your innovation, creativity, technical competency and capabilities; the way you solve problems and embrace diversity, makes us better as a Navy."

The JCSSG has been doing what they need to do so far and show no sign of letting up now, said Richardson.

The CNO also spoke to the use of Dynamic Force Employment, and how the JCSSG has been embodying the strategy while on deployment.

"Dynamic Force Employment brings us back to our roots as a Navy," said Richardson.

» See **CNO** | B7



MC2 Ford Williams

The Arleigh Burke-class guided-missile destroyer USS Donald Cook (DDG 75) arrives in Batumi, Georgia, Jan. 21, 2019. Donald Cook, forward-deployed to Rota, Spain, is on its eighth patrol in the U.S. 6th Fleet area of operations in support of U.S. national security interests in Europe and Africa.

USS Donald Cook arrives in Batumi, Georgia

By MC2 Ford Williams

BATUMI, GEORGIA

The Arleigh Burke-class guided-missile destroyer USS Donald Cook (DDG 75) arrived in Batumi, Georgia, Jan. 21, 2019 for a scheduled port visit.

During the port visit in Batumi, the ship is scheduled to meet with city officials, host a reception onboard, conduct a community relations project and engage in a sports day with Georgian maritime counterparts.

"I would like to thank our Georgian hosts for the warm welcome and hospitality," said

Cmdr. Matthew J. Powel, commanding officer of Donald Cook. "We are honored to play an active role in strengthening U.S.-Georgian relations and we look forward to visiting Batumi."

Donald Cook entered the Black Sea on Jan. 19, 2019, to strengthen interoperability with NATO allies and partners and demonstrate the collective resolve to Black Sea security under Operation Atlantic Resolve.

The U.S. Navy routinely operates in the Black Sea consistent with the Montreux

» See **COOK** | B7



Toiete Jackson
Sheet Metal Mechanic Robert Hines removes sealant from motson fasteners to replace form-in-place (FIP) sealants on an F/18F Super hornet panel as part of routine/preventative maintenance. Without the protective barrier of a FIP seal, components within a panel cavity are at risk for damage from water or fluid intrusion.

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

By Clifford Davis

Fleet Readiness Center Southeast Public Affairs

JACKSONVILLE, FLA.

Seniors and recent graduates at Orange Park High School listened Jan. 15 as Fleet Readiness Center Southeast's Career Division Director Vince Elston rattled off the benefits of the Navy command's civilian apprenticeship program.

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

pleted.

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

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

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

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

"You should see their eyes when we tell them we're going to bring them onboard at \$15.60 an hour, pay them to learn a valuable

» See **APPRENTICE** | B7



DoD medical force cuts hurt military families

By Lisa Smith Molinari

“Sorry, but you can’t be seen at the military clinic for that anymore,” a health care provider told me last week when she prescribed physical therapy for my back pain. She explained that the clinic was drawing down staff, especially many of its specialists which will soon only treat active duty uniformed personnel.

One reason my husband and I decided to stay in Rhode Island after he transitioned out of the Navy two years ago was because we could keep our Tricare Prime insurance and use the military clinic for most of our healthcare. We bought a house a few miles from base, where we could see the base across the bay, be at the commissary in less than eight minutes, and hear the national anthem across the water each morning. We believed that having base services close by would help us transition into civilian life after being active duty for 28 years.

But the writing is on the wall. Literally.

The wall outside the clinic’s family practice desk displays nameplates of the practitioners who can see patients. The list was long when we got stationed here five years ago. Now, there are only a few names left. And active duty patients take priority, as they should.

From the drawdown of services at our medical clinic, one might think our military base must have less need. To the contrary, Naval Station Newport went through a major expansion as a result of the 2005 Base Realignment and Closure recommendations. But our rapidly shrinking medical clinic sits surrounded by the long-abandoned, crumbling buildings that once housed a thriving full-blown military hospital.

What gives?

In the past few years, both military and civilian contract doctor shortages were reported at military treatment facilities, prompting military hospitals and clinics to reduce services, refer patients to civilian doctors who are also in shortage, and send veterans to VA facilities for treatment.

However, the Pentagon, in its infinite wisdom, has recently declared that there are too many military doctors. Huh? So, they are planning to cut the total number of the combined military medical force by 13%. About 17,000 uniformed military billets will be converted to war fighting or combat billets, and the work will be heaped on the remaining military healthcare providers.

How does this make any sense? It doesn’t, but unnamed DoD officials claim that reducing the medical force and increasing the workload of the remaining military staff will make them “more suited for battlefield care.” DoD officials are asking us to take a leap across an empty abyss of reason and believe that, less doctors will improve quality of care and readiness.

Although senior defense officials claim that the cuts have nothing to do with the billions of dollars that will be saved from the defense bud-

get, it admits that the decision will force more families to turn to civilian healthcare providers who are also in short supply.

History may be repeating itself, as evidenced by two Association of the United States Army editorials from 1979. One titled “The Military Doctor Shortage: Is It Real or Just a Management Problem” states, active duty military people, military retirees and their families have watched a succession of hospitals being downgraded to clinics or have been turned away from military treatment facilities to seek care from civilian sources.”

Another, “The Military Doctor Shortage — The Department of Defense Is Intent On Making It Worse,” could have been written today: “This ill-advised, peremptory action can only make a bad situation worse. The net result over the long run will be fewer doctors in uniform. more hospitals closed and more military families forced to seek medical care in expensive and crowded civilian facilities.”

“We’re short staffed,” my health care provider confided after examining my back, and we both shook our heads at the sad state of military healthcare today.

“What will the families stationed here with sick kids, or the flu, or depression do if you can’t see them,” I asked her, wanting to hear that the military will somehow take care of its dependent families.

“They’ll go to urgent care,” she said, “or they simply won’t get care at all.”

www.themeatandpotatoesoflife.com

QUALIFYING LIFE EVENTS

From tricare.mil

When life changes for you and your family, your TRICARE options may also change. These are known as Qualifying Life Events (QLEs). The table below lists TRICARE QLEs. They include military and family changes, as well as government-directed changes.

Depending on your eligibility, a QLE may allow you to:

- Enroll in a new TRICARE health plan.
- Change your health plan coverage.

If you want to enroll in or change your plan, you must:

- Update DEERS with the QLE.
- Make the enrollment changes within 90 days following the QLE.
- Pay any enrollment fees or premiums due during that period.

No matter when you initiate this change, coverage starts on the date of the QLE. If one mem-

ber in a sponsor’s family experiences a QLE, all eligible family members may change their enrollment status during the QLE period.

Military Changes

- Activating
- Deactivating
- Injured on Active Duty
- Moving
- Separating from Active Duty
- Retiring

Family Changes

- Getting Married
- Getting Divorced
- Giving Birth or Adopting
- Placement of a child by a court in a member’s home
- Children Going to College

- Children Becoming Adults
- Becoming Medicare-Eligible
- Moving
- Death in Family
- Losing or Gaining Other Health Insurance

Government-directed Changes

- Primary Care Manager (PCM) changes
- Plan changes

What Happens if I Don’t Take Any Action?

If you aren’t already in a plan and don’t enroll in a plan, you’ll only be eligible for care at a military hospital or clinic if space is available.

Making Enrollment Changes When You Haven’t Experienced a QLE

If you and your family haven’t experienced a QLE, you can enroll in or make changes to your health plan during TRICARE Open Season. Open Season occurs each fall, beginning on the Monday of the second full week in November to the Monday of the second full week in December.

Visit the Open Season section to learn more.

New to TRICARE? The basics you need to know

By TRICARE.mil Staff

If you’re new to TRICARE in 2019, welcome! You’ve joined 9.4 million beneficiaries who receive comprehensive health and dental coverage. You can now connect to a network of military and civilian providers worldwide. Learning about your benefit will help you make the most of your coverage and take command of your health this year.

Choose or Change TRICARE Plans

For TRICARE Prime (including the US Family Health Plan) and TRICARE Select, you may only choose or change your enrollment when you or a family member experiences a Qualifying Life Event (QLE) or during the annual TRICARE Open Season. Other TRICARE plans offer continuous open enrollment.

When making an enrollment decision, how do you know which TRICARE plans are best for you and your family? Visit the TRICARE Plan Finder to determine which plan best meets

your family’s needs. Remember that different family members may be eligible for different plans. You can also use the Compare Plans Tool to compare health plans side-by-side.

Find a Provider

TRICARE covers care offered by two types of TRICARE-authorized providers: network and non-network. To locate a provider, visit the TRICARE Find a Doctor Tool. Do you already know the type of provider you’re looking for? You can view provider directories for each of the TRICARE regions.

Know Your Costs for Care

Depending on who you are and the plan you have, you may pay out-of-pocket costs. Use the TRICARE Compare Cost Tool to view your costs and compare them with other plans. The TRICARE Costs and Fees Sheet also provides an overview of TRICARE plan costs.

Keep DEERS Updated

It’s important that you keep your contact in-



From health.mil

formation up-to-date in the Defense Enrollment Eligibility Reporting System (DEERS). Anytime you experience a change or QLE, update DEERS. You have several options for updating your information in DEERS (online, phone, mail). You must keep your information updated in DEERS to remain eligible for TRICARE coverage.

Learn more about TRICARE by exploring the information and resources on its website. And stay informed by signing up to get updates from TRICARE via email.



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

A. Yes...The VRLTA (Virginia Residential Landlord Tenant Act), and the SCRA (Service-men’s Civil Relief Act) protect you even if they are not mentioned in your lease.

NAVY HOUSING

Norfolk (757) 445-2832

JEBLCFS (757) 462-2792

Oceana/Dam Neck (757) 433-3268

Yorktown (757) 847-7806

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

Functions and/or services FFSC provides:

- Clinical Counseling- (Individual, Couples, and Child Counseling)
- Personal Financial Management
- Information & Referral
- Family Employment Assistance
- Transition Assistance
- Family Advocacy Program
- Deployment and Mobilization Support
- Ombudsman Support
- Relocation Assistance
- Parenting Programs
- Stress and Anger Management
- Command Support
- Crisis Support
- Suicide Prevention
- SAPR Support

**FLEET & FAMILY SUPPORT CENTERS MID ATLANTIC**

Little Creek/Fort Story	(757) 462-7563
Newport News	(757) 688-6289
Norfolk/Portsmouth	(757) 444-2102
Northwest	(757) 421-8770
Oceana/Dam Neck	(757) 433-2912
Yorktown	(757) 887-4606

www.cnic.navy.mil/navylifema

DoD

Safe Helpline

Sexual Assault Support for the DoD Community

Live 1-on-1 Help Confidential Worldwide 24/7

Help is just a *Click*, *Call* or *Text* away!



For confidential victim assistance, visit www.SafeHelpline.org



Live Help 24/7
Call 877.995.5247
(Inside the U.S. or via Defense Switched Network)



Text zip code or installation/base name to 55247
(Inside the U.S.) or 202.470.5546
(Outside the U.S.)

Overcoming the odds: The story of two families and their survival after Super Typhoon Yutu

By MC2 Kelsey Hockenberger
Commander, Task Force 75

TINIAN, NORTHERN MARIANA ISLANDS

Dark clouds formed over the island of Tinian and rain began to fall, indicating the storm to come. Palm trees rocked as the wind caught their leaves and uprooted them from where they grew. Super Typhoon Yutu was just beginning for the island of Tinian.

Noel Salas, a native of Tinian, was informed to grab his wife and flee to the storm shelter where they would wait out the storm.

“The walls began to sway back and forth,” said Salas as he angled his hands, showing the movement of the walls.

As the winds picked up to speeds of 180 mph, the door to the shelter flew open with a big bang and rain began to flood in.

“I ran to the door and fought with all my strength to close it, and I had to yell for someone else to help lock it again,” said Salas.

Salas knew this storm was nothing like he had ever encountered.

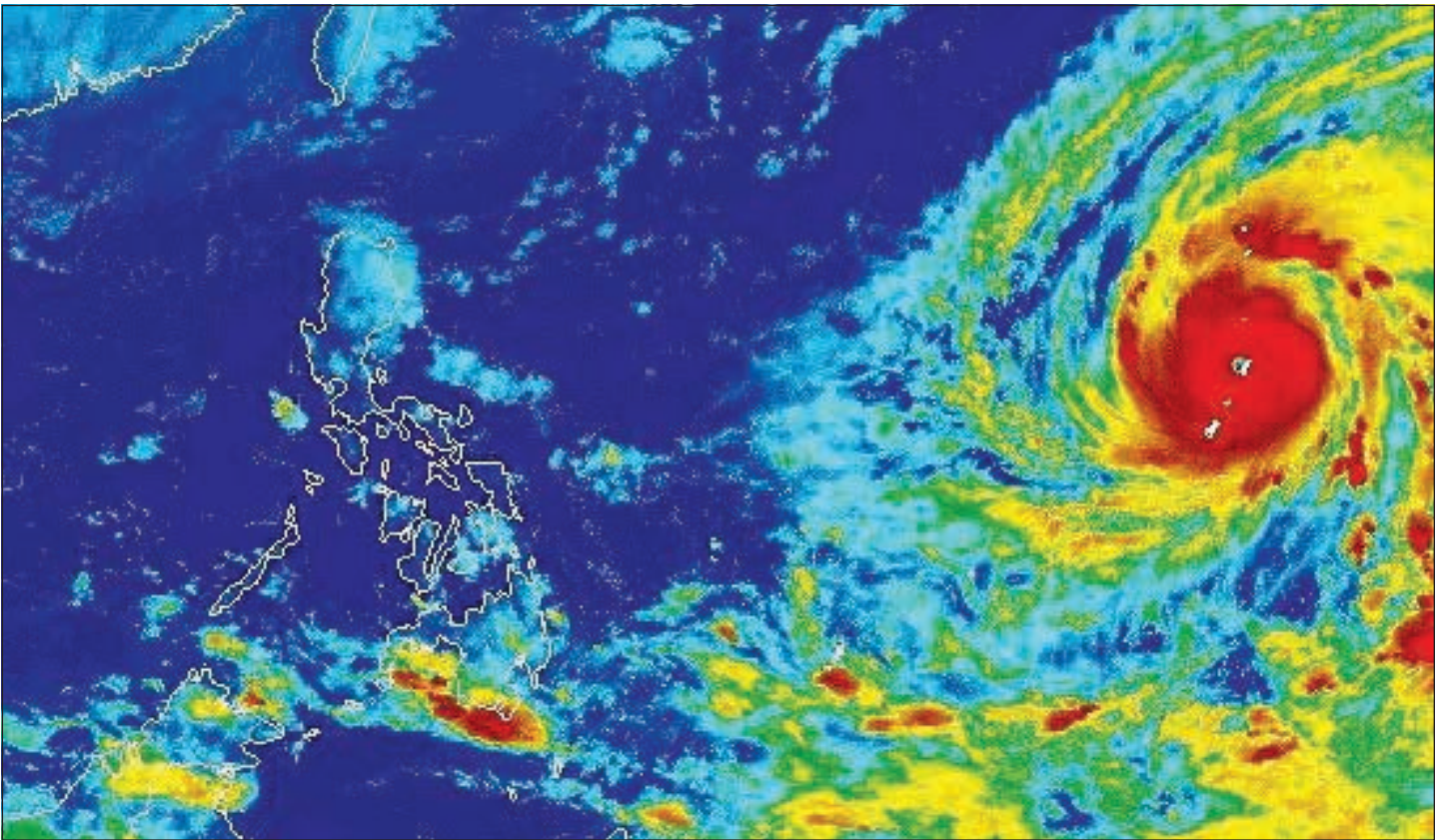
For hours Salas endured the storm with his wife and more than 70 fellow community members.

“I worried about our home, and what would be left of it,” said Salas.

The next morning Salas and his wife returned to their home. Walls were destroyed, belongings thrown about and tin, for their roof, laid in the brush down the road, ripped to pieces.

“My wife and I began to cry when we saw our home,” said Salas as his eyes began to water. “I told her, ‘hopefully we can recover from this one.’”

Salas struggled for the next few months to rebuild a place to call home.



SuperTyphoonYutu, seen in infrared satellite imagery. See those white outlines at the heart ofYutu’s red buzz-saw-like shape? Those are the Northern Mariana Islands.

Courtesy of NESDIS Satellite Services Division (NOAA)

“Day, after day, I get off work at 4:30 p.m. and work on rebuilding my home all by myself until the sun goes down,” said Salas. “I worked through every holiday and weekend. It is very hard, but I don’t want to stop rebuilding.”

Less than 20 feet away from Salas and his home was the home of Arnel Medicielo and his family of five.

“There was debris all over the place and no roof,” said Medicielo. “My daughters room was completely gone.”

Medicielo had a wife and four children, the oldest being 12 years-of-age, to provide a roof over their heads.

“I needed to install a tarp over the roof to keep the rain from coming in,” said Medicielo.

The only shelter for them to call home for months to come was a Federal Emergency Management Agency (FEMA) provided shelter, assembled by military members.

“The tent provides us a place sleep at night,” said Medicielo. “It’s also a place where we run to for shelter from the rain.”

Medicielo struggled to keep his family happy without a roof over their home.

“The children kept on complaining when we could get a good house, but we could not go,” said Medicielo. “We had to stay here.”

Tarp would be the only barrier over the Medicielos heads, as they could not afford the cost or manpower for a new roof.

“It would cost me \$6,000 to make my own

roof,” explained Medicielo. “I would not be able to afford the costs or time to do it.”

After months of temporary shelters, it was time for the Salas and Medicielo families to finally get roofs on their homes, courtesy of the United States Navy, in conjunction with FEMA.

Seabees assigned to Naval Mobile Construction Battalion 3 worked for over nine hours to create an emergency temporary roof for their homes.

With an emergency temporary roof, Salas will have one less project to complete for the reconstruction of his home.

“I will be able to continue to install walls and a ceiling, and having this roof will allow me to do that,” said Salas with a smile. “I am so very happy.”

Medicielo will also be able to care for his family’s needs with the new roof.

“I will be able to put in electricity and a ceiling,” said Medicielo. “It will be easier for me and my family. I am very, very happy because now I can sleep in my home.”

With over a hundred emergency temporary roofs constructed by Sailors assigned to 30th Naval Construction Regiment and Marines assigned to 31st Marine Expeditionary Unit, there is a little return to normalcy for the residents of this remote island community.

“My wife and I began to cry when we saw our home. I told her, ‘hopefully we can recover from this one.’”

Noel Salas, native of Tinian

CYBERCRIME IS CREATING JOBS. 3.5 MILLION ARE PREDICTED TO GO UNFILLED BY 2021.*

University of Maryland University College can help prepare you with the latest skills in cybersecurity, cyber technology, cyber policy and digital forensics. Our cyber programs have a reputation for excellence, and our online classes fit your life. At UMUC, you'll learn from faculty who are leaders in the field, gain hands-on experience and network with other students, like our award-winning cyber competition team. Plus, our dedicated veterans advisors can assist you in navigating your benefits and other payment options and help you plot your academic and career paths. Study at a state university founded for working adults, and earn a respected cyber degree designed to help you meet the demand.

Classes start February 4.



Designated as a National Center of Excellence in Information Assurance and Cyber Defense Education by the NSA and DHS and as a National Center of Digital Forensics Academic Excellence by the Department of Defense Cyber Crime Center Academic Cyber Curriculum Alliance.

*Source: "Cybersecurity Market Report," Cybersecurity Ventures, May 31, 2017. Certified to operate in Virginia by SCHEV. Quantico Corporate Center, 525 Corporate Drive #101, Stafford, VA 22554.

MADE FOR YOU
Call 619-550-1537
or visit UMUC.EDU/BASE

UNIVERSITY OF MARYLAND
University College
AT YOUR SERVICE SINCE 1947
© 2019 University of Maryland University College





Office of Counsel introduced a series of scenarios in an intense game of Ethics Jeopardy for annual ethics training.

Javani Jones

NAVSUP FLC BAHRAIN PROVIDES ETHICS TRAINING WITH A TWIST

By Javani Jones
Naval Supply Systems Command Fleet Logistics Center Bahrain

MANAMA, BAHRAIN
Naval Supply Systems Command (NAVSUP) Fleet Logistics Center (FLC) Bahrain Office of Counsel conducted ethics training for military, civilian, and local national personnel, Jan. 7, 2019. In an effort to build command camaraderie, this year’s training was a fun filled atmosphere to discuss the very serious topic. The training introduced a series of scenarios in an intense game of Ethics Jeopardy.
Ethics Jeopardy offered employees a game show style interactive training to ensure they attain the skills needed to not place the command’s ethics in jeopardy. The purpose of ethics training was to enable employees with the ability to respond to ethical dilemmas they may face within the organization. The training helped employees identify organizational issues as well as communicating with stakeholders.
Training encouraged employees at NAVSUP FLC Bahrain to engage in open, clear,

and receptive communication. The training focused on ways leaders can set expectations and lead by example to create a strong ethical culture in the work environment.
Ethics Jeopardy questions provided government -wide guidance on ethical standards of conduct within each category. The topics covered in ethics jeopardy included: conflicts of interest, contractors in the workplace, political activities, and gifts. Members of the audience answered challenging, multiple-choice questions related to ethical scenarios faced by employees on a daily basis.
“It is critical for command leadership to emphasize ethical decision making so the right judgements are made when faced with difficult situations. The ethics training provided employees a vital way to set standards while reiterating the importance of integrity,” said Eli Corin, assistant counsel, NAVSUP FLC Bahrain. “It also emphasized the importance of discussing ethical dilemmas with peers, supervisors, and ethic counselors before making decisions.”
NAVSUP FLC Bahrain ethics training

demonstrates the commitment to personnel by guaranteeing that they have the moral foundation to conduct best business practices.
NAVSUP FLC Bahrain provides full spectrum operational support and quality-of-life programs to Navy, joint and coalition warfighter, DoD civilians, and their families in the U.S. Naval Forces Central command (NAVCENT) area of responsibility. NAVSUP FLC Bahrain is located at NSA Bahrain, which is situated in the Kingdom of Bahrain and is the home to the U.S. Navy Central Command (NAVCENT) and the U.S. 5th Fleet.
NAVSUP FLC Bahrain is one of eight FLCs under Commander, NAVSUP. Headquartered in Mechanicsburg, Pennsylvania, and employing a diverse, worldwide workforce of more than 22,500 military and civilian personnel, NAVSUP’s mission is to provide supplies, services, and quality-of-life support to the Navy and joint warfighter. *Learn more at www.navsup.navy.mil, www.facebook.com/navsup and <https://twitter.com/navsupsyscom>.*

“It is critical for command leadership to emphasize ethical decision making so the right judgements are made when faced with difficult situations. The ethics training provided employees a vital way to set standards while reiterating the importance of integrity.”

Eli Corin,
assistant counsel, NAVSUP FLC Bahrain

Guam Navy commands sweep Project Good Neighbor Award overseas

“When our Sailors are out volunteering they’re interacting with the local community. This interaction forms bonds, builds trust and strengthens partnerships as they work together as a team.”

Maria Young,
USNH Guam Commanding Officer Capt.

By Alana Chargualaf
Joint Region Marianas Public Affairs

ASAN, GUAM
Fueled by the spirit of inafa’māolek, which means “to make good,” the members of three Guam-based U.S. Navy commands were recently recognized by the Navy Community Service Program for their outstanding volunteer efforts within the island community.
Winning the 2018 Navy Project Good Neighbor Community Service Flag Award in the overseas command category were the service members and civilians of U.S. Naval Hospital Guam, U.S. Naval Base Guam and Commander, Submarine Squadron 15.
Garnering the award for the large overseas command category were the 202 volunteers of the naval hospital, who provided a total of 2,229 hours of community service engaging with their two sister villages and four sister schools.
“When our Sailors are out volunteering they’re interacting with the local community,” said USNH Guam Commanding Officer Capt. Maria Young. “This interaction forms bonds, builds trust and strengthens partnerships as they work together as a team.”
Young added that volunteer opportunities help Sailors understand the Navy’s mission and provides them leadership skills, growth and development.
“Sailors become role models and understand the value of working together to make the island a better place every day,” she said.

With 200 volunteers providing up to 2,000 community service hours, NBG took the medium overseas command category award. Because of their unique relationship with the local community, the base hosts several community events specifically tied to the island’s liberation and the history of the base, formerly known as Sumay village.
“The program helps to establish year-long projects and programs that celebrate military and local traditions and events,” said NBG Commanding Officer Capt. Jeffrey Grimes. “This two-way sharing of culture and community service brings the local residents and military personnel together. I am proud of all the dedicated Sailors and civilians of this command who played a vital role in being good neighbors.”
The 51 volunteers of CSS-15 received the small overseas command category award with their contribution of 1,670 community service hours.
Command Executive Officer Lt. Cmdr. Christian Rivera expressed the volunteer work is beneficial to both the Sailors and the local population.
“The volunteer work completed by Commander, Submarine Squadron 15 builds and strengthens partnerships with our sister village of Inarajan, as well as the rest of the island,” he said. “Volunteering provides our Sailors with a sense of belonging and fellowship with the local population, which ultimately helps foster a thriving One Guam.”
Rivera added that volunteering also helps

Sailors strengthen their interpersonal relationships at work and has an impact on their work ethic.
Each command’s volunteers, some alongside their family their members, devoted time to activities hosted by Guam’s village mayors offices, to include that of their designated sister village, such as parades and cultural celebrations including Liberation Day festivities; multiple school events, such as beautification projects, career days and science fairs; environmental initiatives, such as the International Coastal Cleanup and tree plantings; and goodwill activities in hand with organizations like Feds Feed Families, Habitat for Humanity, the Make-A-Wish Foundation and Sugar Plum Tree, Inc.
Service members in Guam strive to continuously engage with the local community and improve the quality of life through such activities, as each opportunity to do so is valuable to fortifying partnerships and encouraging unity in support of the One Guam mission.
The Project Good Neighbor Award distinguishes the best year-round volunteer programs or special projects on shore, at sea, and overseas, that promote outreach activities that seek to bring hope to the community through humanitarian assistance.
For more news from U.S. Naval Forces, Marianas, visit www.navy.mil/local/guam/.

CIWT hosts CTI occupational standards workshop

By Glenn Sircy

Center for Information Warfare Training Public Affairs

PENSACOLA, FLA.

Twenty-five subject matter experts (SMEs) from the cryptologic technician (interpretive) (CTI) community and the Navy Manpower Analysis Center (NAVMAC) met for an occupational standards (OCCSTDS) review workshop for the CTI rating at the Center for Information Warfare Training (CIWT) on board Naval Air Station Pensacola Corry Station, Florida, Jan. 14-17.

NAVMAC is tasked by the chief of naval personnel with the development, review and maintenance of accurate enlisted OCCSTDS. However, since CIWT is home to many senior CTIs, CIWT hosted the workshop.

“This was the largest, most diverse and knowledgeable CTI working group we’ve ever assembled,” said Master Chief Cryptologic Technician (Interpretive) Andrew Leshnov, attached to CIWT’s training directorate. “Due to the expanding nature of the CTI rating’s missions, we are better preparing our CTI Sailors in warfighting readiness for the Navy the nation needs.”

The CTI review consisted of a panel of enlisted E-5 through E-9, who are SMEs from each of the major CTI-centric commands.

“This workshop offered me a

valuable chance to work alongside and be mentored by some of the Navy’s most senior CTIs,” said Cryptologic Technician (Interpretive) 1st Class Noah Hibbler, attached to Navy Information Operations Command Georgia. “I greatly appreciate this opportunity to help shape and improve our rating.”

“I am humbled to be on this team that worked together to transform and advance our rating for many years to come,” shared Cryptologic Technician (Interpretive) 1st Class Constance Miller, attached to Navy Information Operations Command Georgia. “I’ve learned a tremendous amount during this experience, and it will help me be a better technician and leader.”

According to the Naval Personnel Command’s website, “standards are defined as those minimum capabilities which the Navy expects and requires of individuals with each rating.”

The OCCSTDS are statements that describe the Navy’s minimum requirement/skills of a Navy enlisted rating as established by the rating’s primary resource/warfare sponsor. The OCCSTDS also establish the basis for all Navy professional development and training tools, such as rate training manuals, personnel qualification standards, course curricula and advancement exams. Because of this, updating and maintaining OCCSTDS are critical to ensuring that they accurately reflect what jobs



Glenn Sircy

Subject matter experts from the cryptologic technician (interpretive) (CTI) community and the Navy Manpower Analysis Center discuss CTI rating tasks during an occupational standards review workshop at the Center for Information Warfare Training (CIWT) onboard Naval Air Station Pensacola Corry Station, Florida. The occupational standards review process breaks down core tasks, job descriptions, and skills and abilities for each rating. It serves as the basis for all Navy professional development and training tools, such as rate training manuals, personal qualification standards, course curricula and advancement exams.

Sailors in specific ratings are performing in the fleet.

During the biennial review workshop, the SMEs broke down core tasks, job descriptions, skills and abilities of CTIs to set the minimum required standards for each pay grade.

“The review process is an opportunity to bring together the best and brightest of our rating to go over every aspect of our job, and ensure we are taking the proper measures to maintain the highest standards for CTIs,” said Master Chief Cryptologic Technician (Interpretive) Russ Crandall, CTI rating lead at Naval Information Forces. “The work our team accomplished will define CTI training and advancement for many years to come.”

The occupational standards review is at the beginning of the

Naval Education and Training Command’s end-to-end process for creating and revising course curricula, which ensures all training meets fleet requirements and Ready, Relevant Learning standards. It also serves to align jobs in each rating with Department of Labor occupations to ensure enlisted ratings are consistent with industry-level standards.

“It’s imperative that we regularly bring together our subject matter experts to participate in the occupational standards review process, and provide a voice to those CTIs who are not currently stationed at the main centers,” said Chief Cryptologic Technician (Interpretive) Benjamin Midkiff, attached to CIWT’s training directorate. “It’s an awesome feeling knowing the team’s work here this week great-

ly benefits our fellow linguists by maximizing their warfighting abilities.”

With four school house commands, two detachments, and training sites throughout the United States and Japan, CIWT is recognized as Naval Education and Training Command’s top learning center for the past two years. Training over 21,000 students every year, CIWT delivers trained information warfare professionals to the Navy and joint services. CIWT also offers more than 200 courses for cryptologic technicians, intelligence specialists, information systems technicians, electronics technicians, and officers in the information warfare community.

For more news from Center for Information Warfare Training, visit www.navy.mil/local/cid/.



NAVFAC EXWC honored Joseph Paris, Director of NAVFACs Construction Equipment Division (CED), as Supervisor of the Quarter for his outstanding work, leadership and dedication to the NAVFAC enterprise. Paris [pictured front row, fourth from the right] is photographed with the entire CED fleet, including military and civil servant personnel. With over 35 years of mechanic and support staff experience, Paris was a natural choice to receive this prestigious award.

Sarah MacMillan

NAVFAC EXWC honors outstanding leadership with Supervisor and Civilian of the Quarter

By Sarah MacMillan

NAVFAC EXWC Public Affairs

PORT HUENEME, CALIF.

Naval Facilities (NAVFAC) Engineering and Expeditionary Warfare Center (EXWC) honored two of its outstanding employees for their efforts in supporting the NAVFAC EXWC mission.

NAVFAC Public Works Operations Program Lead Carla Carrillo, and NAVFAC Construction Equipment Division (CED) Director Joseph Paris, will be individually acknowledged with a certificate recognizing their important contributions to the federal agency.

“Quarterly we pause to formally recognize the talented and dedicated federal employees that excel and inspire others to excel in their respective trade,” said NAVFAC EXWC Commanding Officer Captain Michael Saum. “This is an opportunity for the command to seek those who best exemplify the values we all aspire to and whose exceptional contributions enable fleet lethality.”

In May of 2018, Civilian of the Quarter awardee Carla Carrillo assumed the duties as operations program lead for public works at NAVFAC EXWC. Over the past six years as a civil servant, Carrillo has executed countless projects from inception to execution. Prior to her federal employment, Carrillo served as a Surface Warfare Officer on the USS Roosevelt (DDG-80) before supporting the Destroyer Squadron 24 Staff as the Operations Officer.

Carrillo commented that her career success is attributed to the diverse work and experience she gained while serving as active duty.

“In the field of operations, you are constantly looking for ways to be more efficient, remove challenges for the warfighter, and collaborate as a team,” said Carrillo. “My one piece of advice for those in the midst of their career, which rings true in any field, is always look for opportunities to grow and learn. The more tools you can develop to support the initiative and mission, the more successful you will be in overall supporting your team and yourself.”

After retiring from active duty as a Chief Petty Officer for the U.S. Navy, Supervisor of the Quarter awardee Joseph Paris began his next career chapter at EXWC’s CED as a contain repair program manager. At CED Paris began a joint task of training Navy Seabees to properly inspect, repair and certify all Seabee shipping containers. Paris then saw the need for more streamlined methods of supporting the warfighter, which he then began rebuilding CED from a Most Efficient Organization (MEO) to a robust heavy interim repair facility. In 2013, Paris was naturally appointed as Director of CED, where he now oversees 18 military personnel and supports the entire fleet of Pacific Theater Seabees on all levels.

“It is imperative to understand the challenges that your men and women face in the workforce, and assist them through the obstacles by providing positive guidance” said Paris. “I have to pay homage to the men and women I’ve had the pleasure to learn from—both while in the Navy. My team couldn’t support the mission without the quality and

expertise from both our peers, senior personnel, and the warfighters serving our country. This reward is a true reflection of their unwavering dedication to the troops and the mission.”

Paris additionally commented that after spending 35 years as a mechanic, supporting staff and empowering them to succeed is the most important piece of a well-oiled “machine” or task force.

For more news from NAVFAC EXWC visit <https://www.navfac.navy.mil/> or on Facebook @NAVFACEXWC

NAVFAC EXWC is a command of more than 1,300 dedicated federal employees, contractors, and military personnel who provide specialized facilities engineering, technology solutions, and life-cycle management of expeditionary equipment to the Navy, Marine Corps, federal agencies, and other Department of Defense supported commands.

For more news from Naval Facilities Engineering Command, visit www.navy.mil/local/navfachq/.



MC2 Sarah Myers

Master Chief Petty Officer of the Navy (MCPON) Russell Smith answers a question about qualifications from a Sailor, assigned to the guided-missile cruiser USS Antietam (CG 54), in Yokosuka, Japan during an all hands call. MCPON is the highest enlisted leader in the Navy and was sent to collect Sailors’ and enlisted leaders’ insights on their challenges in the 7th Fleet to maintain a war fighting readiness. This is the MCPON’s first visit to Commander, Fleet Activities Yokosuka as the U.S. Navy’s 15th Master Chief Petty Officer of the Navy.

MCPON initiates conversation with Sailors aboard USS Antietam

By MC2 Sarah Myers

Navy Public Affairs Support Element Japan

YOKOSUKA, JAPAN

Master Chief Petty Officer of the Navy (MCPON) Russell Smith visited Commander Fleet Activities Yokosuka (CFAY) and met with Sailors onboard the Ticonderoga-class missile-guided cruiser USS Antietam (CG 54) in Yokosuka, Japan on Jan. 18, 2019.

The MCPON is tasked with being the representative and leader for all Navy enlisted personnel. He travels to different duty stations to speak with Sailors about their ideas on personal and administration improvements and concerns.

Smith met with Capt. George Kessler, the commanding officer of Antietam, the ship’s executive officer Commander Jeffrey Watkins and command master chief Jeffrey Hineman. Following the meeting, he conducted an all-hands call on the ship’s fore-castle with the crew.

“I only had time to visit one ship and I asked to visit Antietam,” said Smith. He said

he could not think of a more capable and mission-ready ship to visit while touring CFAY.

Smith made a short introduction speech and asked the crew to start a conversation. Sailors asked questions about the importance of the Navy’s presence, future ships and STEM programs to pursue higher education.

“When someone from ‘Big Navy’ comes out here and talks to the crew, it actually shows that big Navy cares what you are doing,” said Fire Controlman 2nd Class Samuel Mountz, assigned to Antietam. “It might be a small, miniscule thing comparatively, and proportionally; it definitely matters and adds up to the bigger picture.”

Antietam Sailors also pulsed MCPON on his thoughts on the importance of serving in Seventh Fleet, to which he replied that the challenges Sailors face out here makes it the most important place to serve right now.

“For us who fight for a cause, I think that’s something very unique and special ... people who do it for the altruistic reasons of service that we do.”

Seventh Fleet spans more than 124 million square kilometers, encompasses 36 maritime countries and 50 percent of the world’s population with between 50-70 U.S. ships and submarines, 140 aircraft, and approximately 20,000 Sailors.



Photos MC2 Zachary S. Eshleman

Commander, Navy Recruiting Command (NRC) appointed a new deputy commander/executive director. Dr. Kevin Sullivan, Ph.D. took charge for Gary Peterson, who resigned from the position after eight years of honorable service.

Navy recruiting appoints new executive leader

By MC2 Kyle Hafer

Navy Recruiting Command

MILLINGTON, TENN.

Commander, Navy Recruiting Command (NRC) appointed a new deputy commander/executive director on Jan. 18.

The position oversees strategic planning, manpower, personnel organization and administration, as well as day-to-day business in recruiting operations. Dr. Kevin Sullivan, Ph.D. took charge for Gary Peterson, who resigned from the position after eight years of honorable service.

Peterson checked in at NRC in 2011, one year after his Navy retirement as a captain. With 26 years of operational experience under his belt, Peterson said he never had the opportunity to work in Navy recruiting but was excited to take on the challenge.

“There are a few things that stand out in my career as something that I consider very significant,” said Peterson. “There are three things that I am most proud of: one is being in the A6 [Navy aircraft] community, another is being the executive officer of the aircraft carrier USS Kitty Hawk (CV 63), and the third is being able to work here at Navy Recruiting Command.”

Peterson’s successor, Sullivan, retired from the Navy as a lieutenant commander in January 2007, following nearly 21 years of service. He joined the Navy as an enlisted communications operator, working his way up to the rank of chief petty officer in just seven years. Sullivan then accepted a commission as a limited duty officer in October of 1995. His final tour in uniform was with NRC, and he’s been working as a government civilian at NRC since his retirement, as the director of information technology.

Sullivan earned a bachelor’s degree in business management with the University of

Phoenix, and a master’s degree in computer resource and information management from Webster University. He earned his doctorate from Webster University in August 2018.

“I love the Navy, and I love that I get to be a part of shaping the next generation of Sailors, as a part of Navy Recruiting,” Sullivan said about his new position. “I started out as a junior enlisted Sailor, and because of the great programs offered by the Navy, I was able to not only go from enlisted to officer, but also receive a college education. I like being a part of making those same opportunities a reality for other young men and women, as well.”

Sullivan’s new duties require him to serve as a direct representative of commander, Navy Recruiting Command, on all levels of the recruiting enterprise. He said that he is both excited and honored to take on this new role.

“I am personally extremely grateful to Mr. Peterson for his strong leadership and complete dedication to our mission. He will be sorely missed here,” said Rear Adm. Brendan R. McLane, commander, Navy Recruiting Command. “I am excited for the future of recruiting working with Dr. Sullivan in his new role.”

NRC consists of a command headquarters, two Navy Recruiting Regions, 20 Navy Recruiting Districts and six Navy Talent Acquisition Groups that serve more than 1,300 recruiting stations across the country. Their combined goal is to attract the highest quality candidates to assure the ongoing success of America’s Navy.

For more news from Commander, Navy Recruiting Command, go to <http://www.cnrc.navy.mil>. Follow Navy Recruiting on Facebook (www.facebook.com/NavyRecruiting), Twitter (@USNRecruiter) and Instagram (@USNRecruiter).

ENJOY LIFE
on the water

The 66th Annual
Mid-Atlantic Sports and

BOATSHOW

HUNDREDS of boats, TOP brands,
ONE location, 3 DAYS ONLY!

February 8 - 10, 2019

Virginia Beach Convention Center

www.vaboatshow.com

FEATURING

BAIT | Tackle | PASSION
FISHING EXPO

DAVENPORT
& COMPANY

PRESENTED BY

PilotOnline.com

The Izaak Walton League

LIKE US ON facebook

FOR A CHANCE TO WIN FREE TICKETS

FRI., FEB. 8 NOON-8PM • SAT., FEB. 9 10AM-8PM • SUN., FEB. 10 10AM-5PM

ADMISSION \$10 • KIDS 12 AND UNDER GET IN FREE!

Commander, Navy Recruiting Command (NRC) appointed a new deputy commander/executive director. Dr. Kevin Sullivan, Ph.D. took charge for Gary Peterson, who resigned from the position after eight years of honorable service.

Commander, Navy Recruiting Command (NRC) appointed a new deputy commander/executive director. Dr. Kevin Sullivan, Ph.D. took charge for Gary Peterson, who resigned from the position after eight years of honorable service.



Chief of Naval Operations (CNO) Adm. John Richardson salutes sideboys as he arrives on the flight deck of the aircraft carrier USS John C. Stennis (CVN 74) during a visit to the ship in the Arabian Gulf, Jan. 19, 2019. While aboard, Richardson and Master Chief Petty Officer of the Navy (MCPON) Russell Smith engaged with leadership, observed shipboard operations, and reenlisted 22 Sailors in the ship's hangar bay. The John C. Stennis Strike Group is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.

MC3 Grant Grady

CNO | *A visit with the Stennis Carrier Strike Group*

Continued from B1

“Moving around the world unpredictably and putting doubt and fear in the minds of our adversaries brings us back to what we do best: being America’s lethal and maneuverable fighting force.”

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

Components of JCSSG, commanded by Rear Adm. Mike Wettlaufer, include the John C. Stennis, the Ticonderoga-class guided-missile cruiser USS Mobile Bay (CG 53), embarked Carrier Air Wing (CVW) 9 and embarked Destroyer Squadron (DESRON) 21.

CVW-9 consists of Helicopter Maritime Strike Squadron (HSM) 71, Helicopter Sea Combat Squadron (HSC) 14, Airborne Early Warning Squadron (VAW) 117, Electronic Attack Squadron (VAQ) 133, Strike Fighter Squadron (VFA) 151, VFA-97, VFA-41 and VFA-14.

DESRON 21 consists of the Arleigh Burke-class guided-missile destroyers USS Spruance (DDG 111), USS Stockdale (DDG 106), and USS Chung-Hoon (DDG 93).

For more news from John C. Stennis strike group visit www.stennis.navy.mil or www.facebook.com/stennis74/.

For more news from USS John C. Stennis (CVN 74), visit www.navy.mil/local/cvn74/.



MCSN Jeffery L. Southerland

Chief of Naval Operations (CNO) Adm. John Richardson addresses Sailors in the hangar bay aboard the aircraft carrier USS John C. Stennis (CVN 74). While aboard, Richardson and Master Chief Petty Officer of the Navy (MCPON) Russell Smith engaged with leadership, observed shipboard operations, and reenlisted 22 Sailors in the ship’s hangar bay.

COOK | *Destroyer arrives in Batumi*

Continued from B1

Convention and international law.

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

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



Toiete Jackson

Aircraft Mechanic Dalton Atkins cleans out the weapons door of an F-18F Super hornet for inspection.

APPRENTICE | *97 openings available*

Continued from B1

trade and give them a \$1.05 raise every six months they successfully complete,” Elston said. “Once they finish the course, they’ve got a job waiting on them with no student loans to pay back.”

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

“The average age of our artisans is between 48 and 50 years old,” Elston said. “We need to get new employees in here, and get them trained, before we start to lose the experienced artisans we have now.”

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

Department of the Navy civilian employees also earn a pen-

sion and have their contributions to their 401(k)-style retirement account matched up to five percent.

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

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

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

For more news from Fleet Readiness Center Southeast, visit www.navy.mil/local/FRSE/.

How to Apply:

- Create a profile in USAjobs.gov
- Type “Trades Apprentice” into Keyword search bar, and “Naval Air Station Jacksonville, Florida” into Location search bar
- Click on the job posting for Trades Apprentice at Naval Air Systems Command
- Carefully read and follow all instructions in the job announcement



Dominion Energy has
been named America's
best managed electric
and gas company.

**It helps when 1 in 5
new hires is a veteran.**

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

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

< **SADDIQ K. HOLLIDAY**
TECHNICAL SERGEANT— AIR NATIONAL GUARD
HUMAN RESOURCES— DOMINION ENERGY



**Dominion
Energy®**

[Careers.DominionEnergy.com](https://careers.dominionenergy.com)



WWE Royal Rumble this weekend!

World Wrestling Entertainment (WWE) will present their annual Royal Rumble event on Sunday, January 27. The event will take place at the Chase Field ballpark in Phoenix, Arizona.

» see C3

SECTION C | FLAGSHIPNEWS.COM | 01.24.19



iStock images

From Brandpoint

When looking ahead to the rest of the year, so many get excited about the latest trends, gadgets or gizmos getting the most attention as they look for what they might be interested in for themselves or their family. The world of health and fitness is an area that is always evolving to the point there's continuously something new to try, and sometimes it can even reach the point of feeling overwhelming.

Brian Zehetner, Planet Fitness' Director of Health and Fitness, helps cut through the noise by synthesizing what he sees as five major fitness trends that are likely to make the biggest impact in 2019:

1. 30-minute workouts: People are more time-crunched than ever and they want comprehensive and effective workouts that can be done in relatively short time frames. Ideally, these workouts include both a cardio component and a strength component. We may even see more 15- and 20-minute workout programs popping up this year and beyond! Planet Fitness offers an entire 30-minute workout

area for those looking to get in and get out, allowing you to get a full-body workout using a mix of weight machines for strength training alternated with steppers for great cardio.

2. Programs geared toward teens and young adults: Expect an influx of youth-oriented workouts and wellness opportunities in 2019. With new guidelines from the U.S. Department of Health and Human Services recommending at least 60 minutes of aerobic physical activity for kids every day, we expect to see even more youth, teens and young adults reenergizing their daily activity.

3. Certified training: More and more people are looking to certified trainers to help them not just with exercise form or how to use a machine but help guide them on a plan to stick to for achieving any wellness goals. Planet Fitness has what it calls the PE@PF(R) program, which includes unlimited small group fitness instruction by certified trainers — free and included with all memberships! They are available to provide counsel on individualized exercise plans but with the ben-



efit and motivation of working out as part of a small team with other members.

4. Mindfulness: Fitness and nutrition have always been a happy marriage when it comes to wellness, but let's not forget about the benefits of mindfulness and meditation in 2019. This is a critical component of any wellness regimen, too, and there are numerous apps in this space that are growing in popularity. Audio-guided workouts (via apps, podcasts, etc.) are becoming all the rage, too, and that trend is expected to continue in 2019.

5. DIY fitness: Our members are requesting more information so they can reach their fit-

ness goals all on their own. People want help, yet see their journey as an independent one, so it's on us in the industry to provide them with content, guidance and anything else that may help them on their journey. Look for more assistance to come via technology in 2019 (e.g., apps, on-demand content, etc.), as well.

Planet Fitness offers memberships for only \$10 a month, and a variety of benefits including free small group fitness instruction, brand-name equipment and fully equipped locker rooms. To make the most of your fitness journey in 2019 and for resources to help you reach your goals, visit planetfitness.com.

Build a ship brick by brick

By Max Longzanida

Naval History & Heritage Command

NORFOLK

The Hampton Roads Naval Museum (HRNM) is proud to announce their 8th Annual Brick by Brick Lego® Shipbuilding Event on Saturday, February 2, from 10 a.m. to 4 p.m., at the Decker Half Moone Cruise and Celebration Center. This FREE program invites LEGO® shipbuilders of all ages to build and share their creations with fellow enthusiasts and compete for fabulous prizes on one exciting day!

This popular signature event is presented in partnership with the Hampton Roads Naval Historical Foundation. Participants can build a variety of kits ranging from easy to expert, and participate in other activities, as well. Children and adults alike can also bring their pre-constructed LEGO® ships to enter in a contest prior to 2 p.m. on February 2nd. There are two separate contests: one for those who make ships at HRNM, and one for those who built their ships at home. HRNM

will award prizes for five age-based categories in each competition, along with our fan favorite, voted on by YOU!

This FREE family event features:

- STEM-based design plans (easy to expert) to build ships from the keel up in our shipyard of 200+ dry docks;
- Hands-on robotic demonstrations and professional LEGO display models;
- Free play areas for all ages (LEGOs and Duplos);
- Crafts for all ages;
- A sensory (quieter space) room for alternative-need children.

Joining in the fun will be FIRST LEGO® League of Tidewater, Engineering for Kids of Hampton Roads and HARDLUG! For more information please contact Tom Dandes at Thomas.Dandes@navy.mil or at (757) 322-3106.

The Hampton Roads Naval Museum introduces visitors to over 240 years of U.S. Naval history in Hampton Roads, Virginia. One of nine officially operated U.S. Navy museums reporting to the Naval History and Heritage



U.S. Navy photo

Command, the museum houses a rich collection of authentic uniforms, weaponry, underwater artifacts, detailed ship models and artwork. The Hampton Roads Naval Museum is located on the second deck of Nauticus, and admission is free. More information about the museum can be found here <https://www.facebook.com/HRNavalMuseum/>



Max Longzanida

Calendar

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

Father Joseph N. Green Lecture Series featuring Thomas Wilkins
■ Jan. 24. 7 p.m., Free
■ Attucks Theatre, 1010 Church St., Norfolk
■ www.virginiasymphony.org.

Renowned orchestra conductor Thomas Wilkins, who grew up in Norfolk and attended Booker T. Washington High School, is a sought-after guest conductor of orchestras across the country, and serves as the music director of the Omaha Symphony, the principal conductor of the Hollywood Bowl Orchestra, and the family and youth concerts conductor for the Boston Symphony. Hear this gifted artist’s inspiring message as he brings his story home to Norfolk’s famed Attucks Theatre, followed by questions from the audience. (Mr. Wilkins will be conducting the Virginia Symphony Orchestra January 25-27; for information visit virginiasymphony.org.)

NSAHR Headquarters Pub One Paint Nite
■ Jan. 25. 6 p.m.–8 p.m. \$15
■ NSAHR Headquarters - Pub One Grille
7800 Hampton Blvd., Norfolk
■ Call 421-8250 for more information.

Paint Nite at the HR_HQ Pub One Recreation Center Friday, January 25 from 6-8 p.m. \$15 per person includes a two-hour painting session with a professional artist. Use of apron, canvas, paint, brush and easel provided. Food and drinks will be available for purchase from Pub One Grill.

All events open to authorized DoD patrons and their families. Space is limited so reserve your spot today!

Beethoven Symphony #7 presented by Virginia Symphony Orchestra
■ Jan. 26. 2:30 p.m. \$27–\$112
■ Sandler Center for the Performing Arts, 201 Market St. (adjacent to the Westin Hotel) in Virginia Beach.
■ www.sandlercenter.org

Composed during a health retreat in the Bohemian spa town of Teplice in today’s Czech Republic, Beethoven’s Symphony No. 7 is one the composer considered to be among his best works. It gained instant popularity for its second movement, Allegretto, which was encores at the premiere in which Beethoven conducted. As a perfect complement to Beethoven, the VSO is joined by soloist Sirena Huang for Mendelssohn’s Violin Concerto, one of the most popular and well-loved violin concertos in history.



Courtesy Dollar Tree

Don’t miss the DollarTree/Family Dollar Career Fair this Saturday at DollarTree corporate building in Chesapeake.

Dollar Tree & Family Dollar Career Fair
■ Jan. 26. 10 a.m.–3 p.m.
■ Dollar Tree corporate headquarters, 500 Volvo Parkway, Chesapeake.
■ www.DollarTree.com/careers

“We are seeking talented individuals to support a variety of departments as we continue to grow our Dollar Tree and Family Dollar brands,” stated Betty Click, Chief Human Resources Officer. “Having a team of talented and motivated Associates is critical to our success. Our Company offers numerous opportunities for career development and growth. Now is an exciting time to join our Company.”

The Career Fair will be held at the new state-of-the-art Store Support Center located at 500 Volvo Parkway, Chesapeake, VA, from 10:00 a.m. to 3:00 p.m. The Company plans to fill more than 400 available positions in Merchandising, Global Sourcing, Information Technology, Finance, Human Resources, Legal, Supply Chain, Real Estate, Asset Protection, Call Center, Marketing and Store Operations. Representatives from these departments will be on-site to discuss the opportunities.

3-D Movies at Nauticus
■ Daily in January
■ Nauticus, One Waterside Dr., Norfolk.
■ www.nauticus.org

Jean-Michel Cousteau’s Secret Ocean IN 3D Daily, 11 a.m. & 2 p.m. (24 minutes).

Narrated by renowned oceanographer Dr. Sylvia Earle, this breakthrough movie uncovers a secret world within the ocean that is perhaps the biggest story of all – that the smallest life in the sea is the mightiest force on which we all depend.

Aircraft Carrier: 21st Century Sea Power IN 3D Daily, 12:30 & 3:30 p.m.

Aircraft Carrier immerses audiences into the exciting realm of air and sea operations aboard a modern Nimitz-class nuclear-powered carrier. Track the experiences of a young F-18 Super Hornet pilot and others engaged in a massive international event.

Community

■ Submit YOUR events, news and photos

The Flagship welcomes submissions from our readers online.

Please submit **events** here: www.militarynews.com/users/admin/calendar/event/

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



Virginia Zoo image

Virginia Zoo uses technology to reach new audiences

By Ashley Mars Grove

NORFOLK

New technology has recently given the Virginia Zoo the chance to not only reach people in Hampton Roads, but also those far away – even as far away as Canada.

The Zoo is working with Exploring by the Seat of Your Pant, an organization that brings science, adventure and conservation into classrooms across the United States and Canada by facilitating virtual field trips with leading experts from around the world. Each field trip is hosted through Google hangouts and allows scientists from around the world to present their work and answer live questions from the classes to which they are virtually connected.

In September, the Zoo kicked off the program sharing its reptiles through a video chat with classrooms of Kindergarteners through 7th graders from five different U.S. states and one Canadian province. In October, the Zoo presented some of its amphibians to a new group of eager-to-learn students. Last month, the Zoo offered students the opportunity to ask questions to a Zoo Keeper who oversees its African exhibit.

“The biggest benefit of the program is that it allows students from many different localities and backgrounds the access to people and places that otherwise may be inaccessible to them,” said Michelle Lewis, Virginia Zoo Education Manager. “Many students and school districts are unable to take field trips due to funding or the lack of a Zoo or other similar institution within field-trip distance. By partnering with Exploring By the Seat of Your Pants, the Virginia Zoo is able to



Virginia Zoo image

connect students to amazing animals that they may otherwise never get a chance to see,” Lewis added.

Thanks to the popularity and success of the program, the Virginia Zoo is scheduled to give monthly presentations with different animal groups each time. If you are interested in having your class participate in a Google hangout and ask questions, then visit <http://www.explorebytheseat.com/> for more information on how a virtual classroom works and be sure to apply for the program and register for the next session.

Winter/Spring creative writing classes for kids & Teens at The Muse Writers Center

From The Muse Writers Center

The Muse Writers Center is excited to offer several great creative writing classes this winter/spring 2019 for young writers (ages 9-11) and teen writers (ages 12-17). Advance registration is required for all courses, and the registration period is now open. Classes are held at The Muse Writers Center (2200 Colonial Ave. Suite #3 in Norfolk’s Ghent Neighborhood (23517)—in the Ghent Market Shops). Full course descriptions and registration information are available at www.the-muse.org.

Returning students receive a discount on tuition. And, as it is our policy to never turn a student away who cannot afford a class, we have created a robust tuition assistance program and offer it freely to those who need it.

Young Writers (ages 9-11) Workshop: Taught by writers Abi Putnam & Kristin Mehaffey. 6-meeting, bi-weekly

course beginning Sunday, February 17, 1-3:30 p.m. Open to writers ages 9-11 of all levels and experience. Tuition is \$200.

Teen Writers Workshops: 2 sections offered. Taught by writers Robbie Ciara, Jeffrey Hecker, Jessica Kelley, Kristin Mehaffey, Abi Putnam & Sarah Pringle. 6-meeting, bi-weekly courses beginning Saturday, February 16, 10 a.m.-12:30 p.m. or Monday,

February 11, 6-8:30 p.m. Open to writers ages 12-17 of all levels and experience. Tuition is \$200.

The Muse Writers Center—a 501©(3) nonprofit organization—is dedicated to broadening community awareness and support of the literary arts. The Muse offers writing classes and seminars for beginning, experienced, and professional writers, houses a resource center for area writers, and hosts reading series and special events throughout Hampton Roads.

The Push Comedy Theater offers free shows for furloughed workers

By Sean Devereux

Starting this weekend, Push Comedy Theater shows will be free for furloughed workers. Furloughed workers just need to show their government ID at the door to get a night of comedy on us. Tickets can even be reserved online at pushcomedytheater.com.

We realize things are tough right now so as comedians (with no real marketable skills) we’d like to offer what we can... some free laughs. We’ll keep this offer going as long as the shutdown is in effect.

The Push Comedy Theater is a 99 seat venue in the heart of Norfolk’s brand new Arts District. Founded by local comedy group The Pushers, the Push Comedy Theater is dedicated to bringing you live comedy from the best local and national acts.



Courtesy Push Comedy Theater

The Flagship | www.flagshipnews.com | 01.24.19 | C3

2019/Military Spouse Awards

HEROES at HOME™

PRESENTED BY

Nominate a Deserving Spouse!

FOR THE 2019 MILITARY SPOUSE AWARDS

NORTHERN
VIRGINIA

CENTRAL
VIRGINIA

HAMPTON
ROADS

Nomination Deadline **02.15.19**

POST YOUR NOMINATION ONLINE
HEROESATHOMEVA.COM

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

The Heroes at Home Military Spouse of the Year will be chosen from nominees provided by active duty personnel from all branches of the military, spouse support groups, charitable organizations, friends and family. The 10 finalists and winner will be announced at an awards luncheon. For event dates and details visit HeroesAtHomeVA.com.

HOSTED BY



COLD BREW COFFEE:

HOW TO ENJOY THIS TOP 2019 FOOD TREND AT HOME

From Brandpoint

Cold brew coffee is popping up everywhere, poised to be a top food trend in the new year. You may have seen it on the menu of your favorite coffeehouse or in the refrigerated section of your local grocery store, but what exactly is cold brew coffee, and why are people raving about it?

Cold brew 101Cold brew coffee is commonly confused with iced coffee, but the name comes from how it's brewed rather than how it's served. Cold brew coffee is slowly steeped in cold water using coarsely ground coffee beans. While you can brew a pot of traditional hot coffee in a few minutes, cold brew takes hours — 12 or more — to achieve the signature result. When you taste a high-quality cup of cold brew coffee, the difference is apparent. Coffee made using the cold brew method has a smoother, naturally sweeter result that tastes less acidic than traditional hot-brewed coffee. The reason for this is the solubility of the organic acids inherent in coffee are extracted at higher brewing temperatures. The organic acids (like citric, malic, formic, quinic and acetic) are a signature aspect of hot-brewed coffee's flavor and aroma yet only dissolve in hot water. The cold brew method doesn't extract the

bright flavors associated with these acids but extracts the rich chocolate and caramel notes that result in the rich and smooth beverage with a difference that you can taste. Cold brew at homeCold brewing from scratch at home can be quite the task, but that doesn't mean you must choose between expensive coffeehouse cold brew and the messy, time-consuming process of cold brewing at home. The solution: Java House(R) Authentic Cold Brew Coffee Dual-Use Liquid Pods can be enjoyed hot or cold at home. To enjoy hot, place a pod into a single-serve brewer with the tab facing up for a rich yet smooth cup of coffee. To enjoy cold, slowly peel open the pod, pour over ice and add water. For best results, use 8 oz. of water, whether enjoying hot or cold. The smooth, rich taste of cold brew can be savored by itself all year long. The caramel and chocolate notes extracted are characteristic features of cold brew and not something you'll naturally find using other coffee brewing methods. Become a home baristaFeeling creative? You don't need professional barista experience to craft a satisfying coffee creation. While delicious without anything added, Java House(R) Cold Brew is also a great base for many coffee recipes, whether you want to create something



Brandpoint image

rich, sweet or a little bit spicy. For example, this recipe for Hot Salted Caramel Coffee will warm you up, no matter how low the temperatures dip outside. Hot Salted Caramel Coffee

Servings: 1

Ingredients:

- 4 fluid ounces water
- 2 Java House(R) Cold Brew Liquid Pods
- 4 tablespoons whole milk
- 1 and 1/2 tablespoons salted caramel syrup
- 1 tablespoon vanilla syrup
- Whipped topping
- Caramel sauce to drizzle
- Coarse sea salt to sprinkle

Directions:

In a large mug, combine water, cold brew liquid pods, milk and both syrups. Stir well and microwave for 30 to 40 seconds. (Or combine in a saucepan over medium low

heat for 4 to 8 minutes and pour into a large mug.) Top with whipped topping. Drizzle with caramel sauce. Sprinkle with sea salt.

You can substitute almond milk or low-fat evaporated milk and low-fat whipped topping for the whole milk and whipped topping for a healthier alternative.

To serve cold:

In a tall glass, combine water, cold brew liquid pods, milk and both syrups. Stir well. Top with ice. Top with whipped topping. Drizzle with caramel sauce. Sprinkle with sea salt.

Keep in mind, Java House(R) does not use any preservatives, coffee additives, coffee derivatives or reconstituted coffee. It's just a great-tasting cold brew coffee that lets you become a home barista using four varieties: Colombian, Ethiopian, Sumatran and Decaf. Visit www.javahouse.com to learn more.

File your taxes for free.
IT'S LIKE GETTING A BIGGER REFUND.

FREE TURBOTAX ONLINE FEDERAL EDITION

Active duty military and reservists can get TurboTax Online Federal Edition free until March 15, 2019. Get specific guidance, expert help, and more. Nobody does more for those who serve.



Learn more at [USAA.COM/TURBOTAX](https://www.usaa.com/turbotax)

TurboTax Deluxe Online (federal only, state products additional) is free for all active military ranks through March 15, 2019, and will remain free for ranks E1 to E5 through Oct. 15, 2019. Prices for online products are determined at the time of print or e-file and may change without notice. USAA makes no warranties or representations regarding the accuracy of the information in the TurboTax Live Community. You should read its privacy and security policies. USAA and its affiliates do not provide tax advice. Taxpayers should seek advice based upon their own particular circumstances from an independent tax advisor. Intuit Inc. is not affiliated with USAA and is solely responsible for the provided information and content. USAA cannot guarantee that the information and content supplied is accurate, complete, or timely, and does not make any warranties with regard to the results obtained by its use. Intuit, TurboTax, and TurboTax Online, among others are registered trademarks and/or service marks of Intuit Inc. in the United States and other countries, and are used with permission. No Federal endorsement of sponsor is intended. Membership eligibility and product restrictions apply and are subject to change. USAA means United Services Automobile Association and its affiliates. © 2019 USAA. 249109-0219

Arts & Entertainment



Michael Parmelee
Rebel Wilson as Natalie and Liam Hemsworth as Blake in New Line Cinema's comedy "Isn't It Romantic," a Warner Bros. Pictures release.

coming to theaters

LEGO MOVIE 2: THE SECOND PART

The citizens of Bricksburg face a dangerous new threat when Lego Duplo invaders from outer space start to wreck everything in their path. The battle to defeat the enemy and restore harmony to the Lego universe takes Emmet, Lucy, Batman and the rest of their friends to faraway, unexplored worlds that test their courage and creativity.

COLD PURSUIT

Nels Coxman's quiet life comes crashing down when his beloved son dies under mysterious circumstances. His search for the truth soon becomes a quest for revenge as he seeks coldblooded justice against a drug lord and his inner circle.

BREAKTHROUGH

After drowning and being declared dead for almost an hour, a boy comes back to life when his mother begins to pray.

ISN'T IT ROMANTIC

Natalie is a New York architect who works hard to get noticed at her job, but is more likely to deliver coffee and bagels than design the city's next skyscraper. Things go from bad to weird when she gets knocked unconscious during a subway mugging and magically wakes up to find herself in an alternate universe. Always cynical about love, Natalie's worst nightmare soon comes true when she suddenly discovers that she's playing the leading lady in a real-life romantic comedy.

HAPPY DEATH DAY 2U

Stuck in a time loop, college student Tree Gelbman must die over and over again to save her friends from a psychotic masked killer.

WHAT MEN WANT

Passed up for a well-deserved promotion, sports agent Ali Davis wonders what else she needs to do to succeed in a man's world. Hoping to find answers from a psychic, Ali drinks a weird concoction that suddenly allows her to hear what men are thinking. Using her newfound ability, Ali starts to turn the tables on her obnoxious male colleagues while racing to sign the next basketball superstar.

base theaters \$3 Movies

JEB Little Creek, Gator Theater – 462-7534

Friday, January 25
6 p.m. Bumblebee (PG-13)
9 p.m. Holmes & Watson (PG-13)

Saturday, January 26
1 p.m. Mary Poppins Returns (PG)
4 p.m. Mortal Engines (PG-13)
7 p.m. Bumblebee (3-D) (PG-13)

Sunday, January 27
1 p.m. SpiderMan: Into The Spider-Verse (PG)
4 p.m. The Mule (R)
7 p.m. Aquaman (PG-13)

NAS Oceana, Aero Theater – 433-2495

Friday, January 25
6 p.m. Bumblebee (PG-13)
9 p.m. Holmes & Watson (PG-13)

Saturday, January 26
12 p.m. Mary Poppins Returns (PG)
3 p.m. Bumblebee (PG-13)
6 p.m. Aquaman (3D) (PG-13)

Sunday, January 27
12 p.m. SpiderMan: Into The Spider-Verse (PG)
3 p.m. The Mule (R)
6 p.m. Holmes & Watson (PG-13)

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



Our Mission Your Education

A leading educator for active-duty, guard, reservists and military families, Saint Leo University provides flexible undergraduate, and graduate programs to help advance your career.

- Flexible and affordable education
- Discounted tuition for military
- Online and on-ground classes
- Military friendly programs and support

Visit us on base to learn more about education opportunities

CONNECT WITH US



Chesapeake | 757.227.4450
Jeb Little Creek-Fort Story | 757.464.6449

NAS Oceana | 757.428.8395
NS Norfolk | 757.489.0969

Apply now | saintleo.edu



GI BILL® is a registered trademark of the U.S. Department of Veterans Affairs (VA). More information about education benefits offered by the VA is available at the official U.S. government website at <http://www.benefits.va.gov/gibill>.

TO PLACE AN AD:
Visit placeanad.pilotonline.com

Flagship Values

Hampton Roads Military Classified Marketplace



Announcements

2 DAY ESTATE SALE- NORFOLK
9am-dark, Sat&Sun, 3 Floors to view
1053 Georgetown Rd - INDOORS

CNA HIRING EVENT,
JAN 24, 2019, 11:30AM-8PM
Matrix Providers is hiring CNAs to
work at Portsmouth Naval Med Ctr.
FT, PT & On Call positions. Bring valid
CNA license, BLS certification, High
School diploma, valid drivers license.
Hilton Garden Inn, 5921 Harbour
View Blvd, Suffolk, VA. Call Brittany
Leary at 720.550.0873 for more in-
formation! By apt only on Friday, Jan
25th call or text to secure time.

**IN RE: CAFÉ HOLDINGS CORP.,
ET AL., U.S. BANKRUPTCY
COURT, DISTRICT OF SOUTH
CAROLINA, CASE NO. 18-05836
(HB)**

NOTICE OF (I) SOLICITATION OF
BIDS; (II) BIDDING PROCEDURES;
(III) AUCTION; (IV) SALE HEARING,
AND (V) RELATED RELIEF AND
DATES
PLEASE TAKE NOTICE that Café
Holdings Corp., et al. (the "Debtors"),
pursuant to that certain order ap-
proving bid and auction procedures
(the "Order"), entered on January
10, 2019, by the United States Bank-
ruptcy Court for the District of South
Carolina in Case No. 18-05837 (hb),
are soliciting offers for the purchase
of substantially all of the assets and
assumption of certain liabilities of
the Debtors. Any third party that is
interested in acquiring the Purchased
Assets must submit an overbid con-
firming to the requirements set forth
in the Order by not later than Monday,
February 4, 2019 10:00 a.m. Eastern
time. If the Debtors receive a timely
conforming overbid from a qualified
bidder by such deadline, the Debtors
will conduct an auction with respect to
the sale of the Purchased Assets in
open court at the Donald S. Russell
Federal Building & U.S. Courthouse,
201 Magnolia Street, Spartanburg,
South Carolina 29306, Thursday,
February 7, 2019 at 1:00 p.m. East-
ern Time. The Sale Hearing will be
conducted on Tuesday, February 12,
2019 at 9:30 a.m. Eastern time, be-
fore the Honorable Helen E. Burris,
U.S. Bankruptcy Court for the District
of South Carolina, Donald S. Russell
Federal Building & U.S. Courthouse,
201 Magnolia Street, Spartanburg,
South Carolina 29306. Objections to
the proposed sale must be filed and
served so as to be actually received
by 4:00 p.m. Eastern time, on Feb-
ruary 1, 2019. Copies of the Order
and related pleadings are available on
the Debtors' case website (www.donlinrecano.com/caf) or by con-
tacting Donlin, Recano & Company,
Inc. by phone at 212.771.1128 or in
writing re: Cafe Holdings Corp., et
al., P.O. Box 199043, Blythebourne
Station, Brooklyn, NY 11219. Parties
seeking to become a qualified bidder
may contact Matthew Gates, Duff &
Phelps Securities, LLC, 10100 Santa
Monica Blvd, 11th Floor, Los Angeles
CA 90067 (matthew.gates@duffandphelps.com).



Garage/Yard Sales, etc.

HUGE ESTATE SALE- NORFOLK
9am-dark, Sat&Sun, 3 Floors to view
1053 Georgetown Rd - INDOORS

Estate Sales

ESTATE & MOVING SALES
We Offer On-Site Tag Sales With A
Knowledgeable & Courteous Sales
Team. Over 45 Yrs. Exp. In Handling
Antiques, Estates & Moving Sales.
Ref's Avail. We Do It All For You! Call
Larry Zedd 422-4477.

ESTATE SALE

5244 Locke Lane, Va. Beach
(Fairfield) Thurs., Fri. & Sat.
Jan. 24, 25 & 26, 8:30 AM-3 PM
50 Yrs of Collecting, Partial

Listing: 100's of pcs of
Wedgwood/Jasperware, large
collection of hat pins, Fenton,
Lladros, fine perfume bottles
inclu Lalique, fairy lamps, 7
complete stack bookcases, 2 tall
English chests, S roll top desk,
parlor set, armoire, lots of
other furniture, Oriental
furniture including carved
Oriental captain's desk, old
dolls, vintage toys, sterling,
paintings & prints, quilts, hair
jewelry collection & other
jewelry, lg. sewing collection,
copper pieces, kit. & gar. items.
House is alarmed & guarded.
Cash or Check. Larry Zedd,
Va Bch Antique Co. 422-4477.

Flea Market/Bazaars

**ALL SAINTS' ANNUAL CHARITY
AUCTION Sat. 1/26 1969 Woodside
Ln. VA Bch. Doors open 5pm. Tix
\$25. ?s 757-615-8759**



Misc. Merchandise For Sale

COWBOY STUDIO SET
3 Lights, Cowboy studio backdrop
support & 1 backdrop cloth 8'x9' &
one 9'x12'. \$180 for all. 757-487-4805

Antiques & Collectibles

DECOYS WANTED



Highest CASH prices paid
Old wooden ducks or Canvas geese
Swans and Shorebirds. Also buying
Old fishing tackle & Wooden lures
Boat oars Nautical & Lifesaving items
Call Mark at 757-721-2746



Dogs, Cats, Other Pets

BOSTON TERRIER



One Red Female left in this litter, 12
weeks old, crate trained, partially
house trained. KC registered \$1100
(757) 567-4452

FRENCH BULLDOG PUPS
AKC registered. Ready 2/15. Parents
health tested. \$2,000 Frenchies Ga-
lore on Facebook. trosen@cox.net
757-570-1175

GOLDEN RETRIEVER
Puppies, AKC, American Reds \$1000,
English Creams \$1200, vet checked,
first shots, dewormed, health guaran-
tee. Credit cards accepted.
757-377-7283 or gsbt41@yahoo.com

GREAT DANE PUPS AKC
Ready now. Harlequin & merle.
shots/wormed, Females, \$400. Call:
757-635-3964

MALTIPOOS
M, F Starting at \$550 Available now!
252-207-9353 majesticmaltese.com

**OLD ENGLISH BULLDOGGE
PUPPIES**
We are selling a litter of purebred
IOEBA registered Old English Bul-
ldogge puppies. Current on all vacci-
nations and health care. The puppies
were born on 10/31/2018 and are
ready for their forever homes. \$800.00
Call or text Kristi: 757-641-1994



jobs

General Help Wanted

**CONSTRUCTION
SUPERINTENDENT**
Tidewater Development Services
Corp seeking experienced general
construction superintendent for job
@ ODU
Contact: info@tds-c.com



Healthcare Careers

EXERCISE PHYSIOLOGIST
FT position in an outpatient PT
setting working closely with Ortho-
paedic surgeons, PTs, and Hand
Therapists. Programs include sports
medicine, hand and spine therapy,
and work conditioning. State of the
art equipment and excellent ben-
efits. Please email letter of interest
with resume to
beckerd@atlanticortho.com

Early home delivery. 757-446-9000 or PilotOnline.com



Lots For Sale

NEWPORT NEWS
Vacant Corner Lot, 41 Acre, 492 Den-
bigh, Blvd. 23608 For More Info Call
Suzanne R. Davis 757-352-2603



Room For Rent

VIRGINIA BEACH
Furn. BDR, nice NBHD, FIOS tv/in-
ternet, near Regent, I-64, shops, all
util. incl. No smoking in house. \$125/
wk. Call (757)774-1425 after 4 p.m. or
leave msg.

CHESAPEAKE
Master BR for rent. All utils & Wifi incl.
\$800/m + deposit. 757-681-4067

VIRGINIA BEACH
Room for \$550, laundry, no smoking
or drinking. Reference, discount on
rent for helping around the house. 757-
518-5498

VA BCH PLEASUREHOUSE RD
Peaceful & private - all included.
140 cable channels & phone, lg yard.
Monthly \$500+ Deposit 757-917-7710

CHESAPEAKE
Room for rent. All utilities & Wifi includ-
ed. \$550/m + deposit. 757-681-4067

VIRGINIA BEACH
Furnished Rm, WA/DR, Cable, Wifi,
Drug & Alcohol Free, Non-Smoking.
Steady Income Req'd. \$515/mo. Call:
757-473-5611



Travel/Camping Trailers

CONSIGNMENTS WANTED!
Let us clean, sell, & finance your RV.
Snyders RV 499-8000.

Motorcycles and ATVs

YAMAHA SCOOTER
2015 Zuma X-50, 1270 miles, like
new, \$1750, 757-285-4783; 757-266-
0481

Autos for Sale

BMW 2010 135



BMW 135i Convertible. 58,000
mi. Cashmere with Black Top. One
Owner. Garaged. \$9900.00. 757-
412-4214

BMW 2011 328
328i. Like new, priced to sell -
\$11,900 OBO Financing Available!
757-966-8533

CADILLAC 1994 ELDORADO
Touring Coupe - 137,000 miles, Sun
Roof, Runs Well, Dark Green, \$1,750
480-1048 or 855-9251 Evening

CHEVROLET 2001 CAVALIER
4 door, Automatic, good heating, cold
AC, very reliable, recent inspection,
new tires/struts/brakes. \$1200 OBO
757-567-2265 leave a message.

HONDA 2008 FIT
Sport hatchback, 4 door, 5 speed,
Vtech, new inspection. \$3800 OBO
(757) 228-6656

**HYUNDAI 2012 SONATA
HYBRID**



Price Reduced! Gas saving Hybrid! Ex-
cellent Condition, 96K miles, Venetian
Red, Camel-colored Heated Leather
seats (F&B), Panorama (retractable)
roof, remote start, Navigation, back
up camera, auto everything, Satellite
Radio, CD, Cruise. (757) 232-7937
\$8400 obo

HYUNDAI 2013 GENESIS COUPE
turbo 2.0- 6 speed- dark grey-black
leather interior: 58,000 miles- Excel-
lent Condition \$11,900 call 757-
201-2284

LEXUS 2015 ES 350
Navigation, leather, warranty, new
inspection, car cover, garage kept,
looks great, \$18,700. Call for details
675-0288. Va. Dir.

Subscribe to The Virginian-Pilot today.
Call 757-446-9000 or go to PilotOnline.com

Autos for Sale

LINCOLN 2004 LS

Beautiful Condition, teal green finish,
auto, air, leather, sunroof, loaded,
good miles \$3450 757-439-8017. Va.
Dir. 757-481-7777. Process Fee \$375.

**MERCEDES-BENZ 2007
E-CLASS**
E350, 1 owner, excellent condition.
\$8,000 OBO Financing Available! 757-
966-8533

MERCEDES-BENZ 2014 E-CLASS
E350, 1 owner, low mils., 4 matic,
navigation, sunroof, leather, warranty,
new inspection, garage kept, looks
great. \$23,500. Call for details 675-
0288. Va. Dir.

**MERCURY 2004 GRAND
MARQUIS**

Elite. Air ride suspension, loaded,
champagne & tan leather, one owner,
only 114k. New tires & inspection -
like new. \$5,500 757-286-3858

NISSAN 2005 MAXIMA

SL 3.5, mint condition, leather, sun-
roof, loaded, beautiful vehicle \$4990
757-439-8017. Va. Dir. 757-481-7777.
Process Fee \$375

NISSAN 2009 ALTIMA
2.5 SL 89k, loaded, new inspection,
leather, sunroof, push start. \$5500
OBO (757) 228-6656

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

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

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

TESLA 2016 MODEL S



P90D. 24,718 MILES. AUTOPILOT,
PANORAMA ROOF, NAVIGATION WITH
BACKUP CAMERA, LUDICRUS SPEED
PKG, PREMIUM UPGRADES PKG,
ULTRA HIGH FIDELITY SOUND PKG,
SUBZERO WEATHER PKG, CLEAN CAR-
FAX, ONE OWNER, ORIGINAL PRICE
\$143,800 - OFFERED AT \$78,800
CALL OR TEXT 757-373-3257

TOYOTA 2012 PRIUS
39K miles, pearl white finish, 1 owner,
30K-mile battery Toyota warranty, 4
wheel balance, excellent condition,
\$13,500, OBO, 504-430-3571

VOLVO 2000 V70
V70 Cross Country, off white. 2.4
turbo, very clean inside & out, recent
inspection, sold as is. \$850 OBO.
757-567-2265 Leave a message.

VOLVO 2002 V70



Station wagon. Mint condition, auto
air, leather loaded, runs perfect, in-
spected \$2990 757-439-8017. Va. Dir.
757-481-7777. Process Fee \$375

Classic, Antique Cars

BUICK 1937 SPECIAL
Body in good condition, needs work
on the inside. \$3,500 Call for details:
757-376-9922

Trucks and SUVs

BMW 2005 X5



2005 BMW X5 3.0i Sport Utility, 4
Door automatic, dark green exterior,
tan leather interior, moonroof, 174K
miles, good condition, no accidents,
Carfax, \$4750.00, call 757-647-
7047

CADILLAC 2005 ESCALADE
Deluxe. AWD beautiful pearl white fin-
ish, auto, air, leather, sunroof, loaded,
inspected \$5990 757-439-8017. Va.
Dir. 757-481-7777. Process Fee \$375

CHRYSLER 2003 PT CRUISER
Beautiful Blue finish, looks and runs
great, auto, air, loaded \$2990 757-
439-8017. Va. Dir. 757-481-7777. Pro-
cess Fee \$375

FORD 2003 ESCAPE
XLT. Excellent condition, auto, air,
loaded, inspected, runs perfect \$2990
757-439-8017. Va. Dir. 757-481-7777.
Process Fee \$375

FORD 2004 EXPLORER
Only 117k! V6 auto, four door, cham-
pagne and tan interior, new inspec-
tion, like new \$4,500. 757-286-3858

Trucks and SUVs

FORD 2006 F-250



F-250 Heavy Duty w/ Manual Trans-
mission & Tool Body. Great Work Truck
\$3990.00 Firm (757) 460-0999

JEEP 2000 CHEROKEE
Sport Classic, Red/Gry int. AT. All pwr.
Straight 6cyl. New tires, inspection.
No rust. 170k. \$3995. 757-286-3858

JEEP 2000 CHEROKEE
Sport Classic, Red/Gry int. AT. All pwr.
Straight 6cyl. New tires, insp. No
rust. 170k. \$3500. 757-286-3858

LEXUS 2005 RX 330
73K mis., leather, sunroof, 4X4, load-
ed, new insp. warranty, runs & looks
great. \$10,900. Call for details 675-
0288. Va. Dir.

SATURN 2008 VUE

LX. Excellent condition, auto, air,
loaded, inspected, runs perfect \$3990
757-439-8017. Va. Dir. 757-481-7777.
Process Fee \$375

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

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

Wanted Automotive

**ABSOLUTELY ABLY
ACQUIRING AUTOS**
All Makes & Models, Best Price Paid!!
FREE TOWING. 757-749-8035

Boats & Watercraft

REGAL 1998 28' 2760 TWIN



V-6, A/C, GPS, Excellent Condition.
Call Robb \$15,000 757-523-1900

USED TRAILER SALE!!!
OVER 100 Avail. For Boats 12'-38'
BUDGET BOATS: (757) 543-7595

USED TRAILER SALE!!!
OVER 100 Avail. For Boats 12'-38'
BUDGET BOATS: (757) 543-7595

Jump start
your day.

Early home delivery
757-446-9000
PilotOnline.com

The Virginian-Pilot
PilotOnline.com

Good
news.

Early home delivery.
757-446-9000
PilotOnline.com

The Virginian-Pilot
PilotOnline.com

Jump start
your day.

Early home delivery
757-446-9000
PilotOnline.com

The Virginian-Pilot
PilotOnline.com

Early home delivery.
757-446-9000 or PilotOnline.com

■ advertise
your business

The Flagship is a
weekly publication
aimed at military
service members,
family, and retirees.

Good
news.

Early home delivery.
757-446-9000
PilotOnline.com

The Virginian-Pilot
PilotOnline.com

Jump start
your day.

Early home delivery
757-446-9000
PilotOnline.com

The Virginian-Pilot
PilotOnline.com

Good
news.

Early home delivery.
757-446-9000
PilotOnline.com

The Virginian-Pilot
PilotOnline.com

Jump start
your day.

Early home delivery
757-446-9000
PilotOnline.com

The Virginian-Pilot
PilotOnline.com

Good
news.

Early home delivery.
757-446-9000
PilotOnline.com

The Virginian-Pilot
PilotOnline.com

Jump start
your day.

Early home delivery
757-446-9000
PilotOnline.com

The Virginian-Pilot
PilotOnline.com

Good
news.

Early home delivery.
757-446-9000
PilotOnline.com

The Virginian-Pilot
PilotOnline.com

Early home delivery.
757-446-9000 or PilotOnline.com

business services

757.622.1455 | placeanad.pilotonline.com

Babysitting/Nursery Care

HOME CHILD DAYCARE
VA State Certified with 30+ years experi-
ence. Enrolling now for infant to 5yrs.
Churchland area. Call Sheran - 757-729-
0501

MS. MARTHA'S AM/PM DAYCARE
Affordable Specializing in military families
close to NOB. 757-383-0729

Concrete/Asphalt

WHY PAY MORE
Concrete R Us since 1960. \$6 Per
Square Foot. Free Estimates!
Call Joe 757-297-6698

Electricians

ANY ELECTRICAL
10% OFF ABSOLUTELY ANY JOB. Free
Estimates \$100 OFF ANY BREAKER BOX.
COLE ELECTRIC - 498-2653

Handyman Services

ACTION ONE FENCE & DECK
Custom wood, alum., chain link, vinyl. Qual-
ity work, great prices. Free Est. 35 Yrs. Exp.
757-438-7057.

B&B HANDYMAN SERVICES
Bathrooms, kitchen, painting, drywall &
more. See us on facebook! 757-472-3518

BROWNS HOME REPAIRS
Baths, Kitchens, Ceiling Fans, Doors, Locks
Flooring, Paint, Plumbing.
25 yrs. exp lic. & ins. call Rob 757-679-
4558

Hauling

(A) FAMILY TRASH MAN-HOUSEHOLD.
Demo inside & out, construction sites,
dumpster drop off, backhoe work. We haul
it all! 20 yrs exp, lic & ins. 485-1414

MID-ATLANTIC MOVERS
Experienced, short notice movers and
haulers, careful but quick! Free estimates,
military discount. 757-679-3999

Home Improvements

BEST PRICE EXTERIORS: 757-639-4692
Siding, Windows, Trim, Roofing & Gutters.
FREE ESTIMATES! Lic. & Insured. Lowest
Prices & Top Quality Work. BBB A Plus Rating

FRANK'S SIDING & REPAIRS
Repairing Siding & Trim. Small & Large
Jobs. Lic./Ins. Low Prices. BBB A+ RATING
757-227-8964

Lawn and Tree Service

★ 100% DRAINAGE & YARD CLEANUP ★
Shrub & Tree Removal, Pruning,
Tractor Work & Grading, French Drains,
Mulching, Fences. ★★757-282-3823★★

★ AFFORDABLE TREE SERVICE ★
Theo 757-515-6933 Josh 757-998-5327

AMERICANREESERVICE.CO
Free Stump Grinding With Tree Removal.
100% Price Match Guar. 757-587-9568

GODWIN TREE SERVICE 25yrs. of service.
Lic. & Ins'd. Our prices are lowest in Win-
ter. Free Estimates. Seasoned Firewood
avail. Free Delivery. BBB. 757-2

Don't pay full price!

With The Virginian-Pilot's coupons
and sales inserts, shop smart and save big
every week!

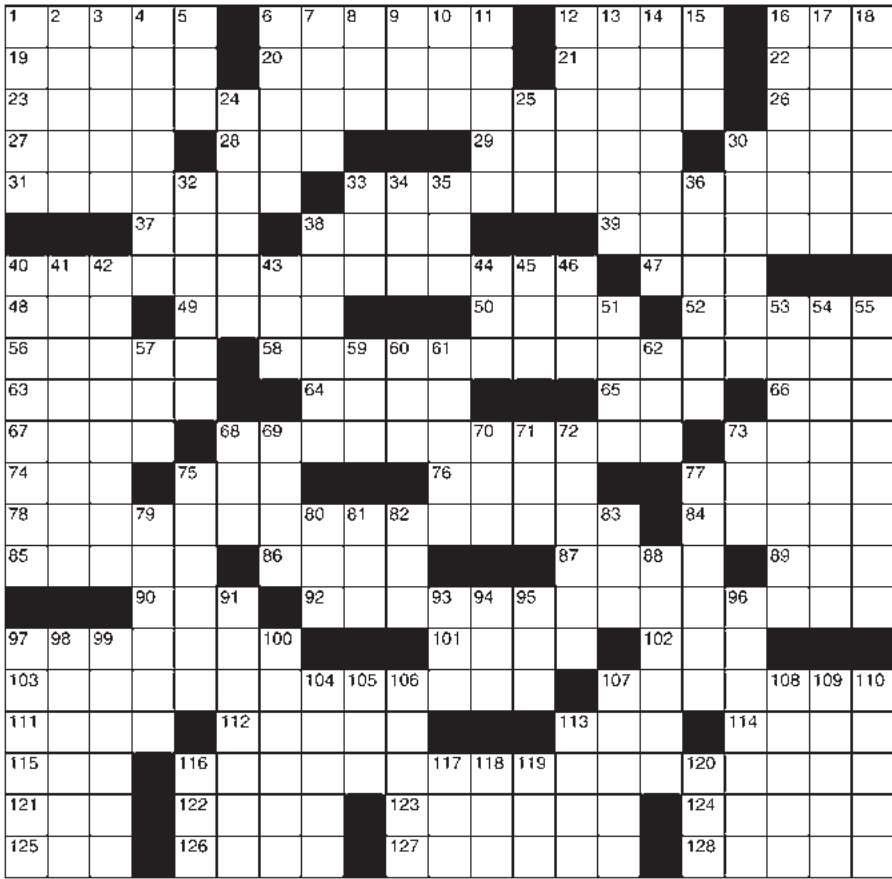


Fun and Games

Super Crossword

CONTINUING
ED

- ACROSS**
- 1 Shred
6 To another country
12 Buster Brown's dog
16 Mexican article
19 University of Maine's city
20 News anchor Katie
21 Arduous task
22 Not be idle
23 Discoverer of Uranus ... and "The Office" co-star
26 Spoil
27 "Orinoco Flow" singer
28 Sea, to Luc
29 Buenos —
30 Commanded
31 PCs on planes, often
33 Long-range German gun of WWI ... and "Apollo 13" Oscar nominee
37 Letter #3
38 Bern's river
39 To the extent that
40 1975 Wimbledon winner ... and "Shape of You" singer
- 47 German article
48 U.S. architect LM
49 Pet treaters
50 Slaughter with a bat
52 Abnormal
56 Schindler with a list
58 Deputy of an envoy ... and old CBS variety show host
63 Ballpark gate
64 Explorer
65 Rose color
66 Klee output
67 Bistro bills
68 Olaf product ... and "My Cup Rumeth Over" singer
73 Sheriff Andy Taylor's tyke
74 Coach
75 — polloi
76 "T.N.T." rock band
77 Game venue
78 Officer played by Phil Silvers ... and 1970s-'80s New York City mayor
- 84 2006 Sacha Baron Cohen film
85 Nobelist
86 Celine of song
87 Many a repo plant swelling
89 Poetic form
90 Holiday drink
92 Left-leaning slant ... and "Lou Grant" star
97 "Hips Don't Lie" singer
101 — Grey
102 Special span
103 Large, hooded snake ... and "60 Minutes" reporter for 26 years
107 Cited as evidence
111 Ship sailing past sirens
112 "— Less Ordinary"
113 Suffix with 66-Across
114 Liquefy
115 Rolodex no.
116 Money from investments ... and Reagan cabinet member
121 Previous to
122 Jib holder
123 "No clue!"
- 124 Whoop it up
125 Berlin-to-Prague dir.
126 "— girl!" ("All right!")
127 Unboastful
128 Pastoral verse
- DOWN**
- 1 Disk at the end of a spur
2 "Three Sisters" sister
3 61-Down producer
4 Open, as a shutter
5 Luau paste
6 Peaks
7 Nobelist
8 Long to undo
9 NHL's Bobby
10 "— for Alibi"
11 1983 Mr. T comedy
12 "— is human ..."
13 Bays, e.g.
14 Delective, slangily
15 Suffix with priest
16 Hedy of film
17 National park in Maine
18 Italicize, e.g.
24 Electrical current unit
25 Move quickly
- 30 Soccer star Chastain
32 Body of work
33 "Harrumph!"
34 Rage
35 "Oh wow!"
36 Off course
38 Birthplace of St. Francis
40 Desertion of one's faith
41 Highway pull-off
42 Polynesian-themed lounges
43 Quad bike, e.g.
44 Classic car
45 Actress Blyth
46 Turnedowns
51 "Of course!"
53 1996 role for Madonna
54 Sleeping sauce
55 Snacker on termites
57 Capone and Unser
58 Dupe
60 Plus more: Abbr.
61 Reef stuff
62 Guitar pioneer Paul
68 "— wise guy, eh?"
69 Caring
70 Martin Luther opponent Johann
- 71 Hoopla
72 Actress Mitzi
73 Gold, in Italy
75 Daring
77 On deck, say
79 Tree with fan-shaped leaves
80 Up to, in ads
81 Young male, in hip-hop
82 Having five sharps
83 Central point
88 Joined with
91 React to, as a bad pun
93 Moray, e.g.
94 "Norma —"
95 Suffix with compliment
96 Fried quickly
97 Glides on ice
98 Job opening fillers
99 He directed "Life of Pi"
100 Most adept
104 Gaucho rope
105 Mall's conf.
106 Kin of khaki
107 Natty tie
108 "Vette, e.g.
109 Atelier tripod
110 Reflect (on)
113 Rural hotels
116 Thurman of "Prime"
117 Tokyo, once
118 Fizzling thing
119 Opal finish?
120 Hosp. scan



©2019 King Features Syndicate, Inc. All rights reserved.

last week's answers

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

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

Sudoku

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

CryptoQuip

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

Clue: D equals T

QCD BARSHW RAJCS BAVBSKVCVF
UARS JSKW HMFVFSKANU UNXSK-
XADSVD YKSPU:

“DQS YMH VSPU YSSKU.”

Last week's CryptoQuip answer

When a city's navy is battling in its own harbor, people could claim it has the home port advantage.

Religious Services

For your installation's religious
service times, visit:

[www.flagshipnews.com/
base_information/
religious_services](http://www.flagshipnews.com/base_information/religious_services)

Designer
Looks™



VALUE CITY
FURNITURE

THE WINTER SALE

\$100 OFF*

EVERY \$1000 YOU SPEND

*Listed prices reflect storewide offer discounts.

PLUS

20% OFF

SELECT ITEMS



OR 36 MONTHS SPECIAL FINANCING‡

On qualifying purchases totaling \$999 or more with your Value Plus or Signature Plus credit card made between 1/15/19–1/28/19. †See below for details.



OVER 115 STORE
LOCATIONS

FIND YOUR NEAREST STORE AT VCF.COM

CALL 1-888-751-8552



VALUE CITY
FURNITURE

Prices are in effect from receipt of ad through 1/28/19 and are subject to change. Value City Furniture (VCF) is not responsible for typographical errors. Assortments vary by location. See store for details regarding all warranties. Other restrictions may apply. See store for details. *Promotions and discounts are not valid towards Special Order, Doorbusters, previous purchases, gift cards, delivery charges, or Pure Promise. Serta iComfort, iComfort Hybrid, and Beautyrest Black cannot be used in conjunction with any other promotions or discounts. Selection may vary per store. Other restrictions may apply. See store for details. ‡ Subject to credit approval. Minimum monthly payments required. Stores will accept but not require a down payment equal to sales tax and delivery charges at time of purchase to reduce the total amount financed and possible interest charges. Maximum period of repayment for applicable sales tax and delivery charges not paid at the time of purchase is 12 months even if a longer period of repayment applies to the total purchase. No interest if promo balance is paid in full during promo period. If promo balance not paid in full by end of promo period, interest charges accrue from the purchase date. Paying only minimum monthly payments may not pay off the promo balance by the end of the promo period. Regular account terms apply to non-promo purchases, remaining promo balance after promo period ends and other purchases by existing cardholders. For new accounts: APR is 29.99% and Minimum Interest Charge is \$2. See store for details.

GET MAXIMUM CREDIT FOR YOUR NAVY TRAINING

Excelsior's online degree programs build on what you know, so you can earn your degree sooner.

- Personalized service from military academic counselors
- Associate, bachelor's, and master's degree programs mapped to career fields
- Course tuition fully covered by military TA



Connect with your local rep, Rosnette Hayes.

757-748-0712 | rhayes@excelsior.edu

Excelsior College is a regionally accredited, not-for-profit institution that has been helping adult learners, including military servicemembers, veterans, and their families, earn degrees since 1971.



EXCELSIOR COLLEGE