



U.S. Navy photo

RADM Charles Rock speaks with news media in the Regional Operations Center during a press conference at the start of Exercise Solid Curtain-Citadel Shield.

From Navy Region Mid-Atlantic Public Affairs

NORFOLK

Navy installations within the continental United States will conduct Exercise Citadel Shield - Solid Curtain 2019 (CS-SC 19), Feb. 4-15.

Exercise CS-SC 19 is a two-part, linked anti-terrorism force protection exercise conducted by Commander, U.S. Fleet Forces Command and Commander, Navy

Installations Command on all Navy installations in the continental U.S.

"The exercise tests our ability to execute the Navy's mission in support of Homeland Defense," said Rear Adm. Charles Rock, the commander of the Navy's Mid-Atlantic Region. "Through various scenarios, the exercise is designed to enhance the readiness of our Security Forces and it ensures seamless interoperability among the commands, other services, and agency partners so that we are able to protect our people,

equipment and facilities."

Exercise CS-SC 19 is not in response to any specific threat, but is a regularly scheduled exercise conducted annually.

"During the two-week duration, there may be increased activity on and around our installations across the region," Rock said. "Our installations and local government partners work very closely together to help mitigate unnecessary disruptions to local traffic and services."

Measures have been taken to minimize

disruptions within local communities and to normal installation operations, but there may be times when the exercise will cause increased traffic around installations or delays in installation access. Area residents may also see or hear security activities associated with the exercise.

For imagery from the exercise, please visit <https://www.dvidshub.net/feature/cssc19>



U.S. Navy photo courtesy of Huntington Ingalls Shipbuilding
An artist conception of the aircraft carrier USS Enterprise (CVN 80), the third nuclear-powered aircraft carrier of the Gerald R. Ford-class planned for building at Newport News Shipbuilding.

Navy awards contract for construction of two carriers

From the Office of the Navy Chief of Information

WASHINGTON

The Navy awarded a contract for construction of CVN 80 and CVN 81 to Huntington Ingalls Industries-Newport News Shipbuilding (HII-NNS). This contract award delivers significant savings to the government – exceeding \$4 billion when compared to the Navy's original cost estimates to procure these CVNs separately.

"Today marks a great team effort to drive out cost and maximize efficiency in government procurement," said Secretary of the Navy Richard V. Spencer. "Focusing on optimizing construction activities and ma-

terial procurement, the team was able to achieve significant savings as compared to individual procurement contracts. One contract for construction of the two ships will enable the shipbuilder flexibility to best employ its skilled workforce to design once and build twice for unprecedented labor reductions while providing stability and opportunities for further efficiencies within the nuclear industrial base."

In addition to these savings, the contract includes ship integration costs of several modifications required to meet emerging threats including the F-35C Lightning II, MK 38 gun system and MQ-25 Stingray

USS South Dakota (SSN 790) commissioned

From Commander, Submarine Force Atlantic Public Affairs

GROTON, CONN.

USS South Dakota (SSN 790) became the newest and 17th Virginia-class fast-attack submarine in the U.S. Navy during her commissioning ceremony at Naval Submarine Base New London, February 2, 2019.

The U.S. Navy, with assistance from Mrs. Deanie Dempsey, the ship's sponsor, gave the command, "Man our ship and bring her to life!" spurring the crew into action and all ship's systems to be tested, including alarms, bells, radars, and scopes.

USS South Dakota's Commanding Officer, Cmdr. Craig Litty, highlighted South Dakota's capability to dominate the under-sea domain and enable military success in any engagement.

"South Dakota was built to be on scene and unseen, forward deployed and ready to take the fight to our adversaries and protect our shores here," said Litty. "We do that through executing the seven mission areas that the United States Submarine Force, which focus primarily on anti-submarine warfare and anti-surface warfare, but we are also very capable of reconnaissance operations and operations in littoral waters. As the commissioning crew, we've developed a special bond with the ship itself, which we will use to maximize our capability on our first deployment."

Commander of the Submarine Forces,



MC3. Tristan B. Lotz

South Dakota Gov. Kristi Noem delivers remarks during the commissioning ceremony for the Virginia-class attack submarine USS South Dakota (SSN 790) at Naval Submarine Base New London, Feb. 2, 2019.

Vice Adm. Chas Richard underscored Litty's remarks. "South Dakota will soon enter the fleet with stealth, flexibility and endurance," said Richard, addressing the crew and attendees. "Traveling silently through the world's oceans undetected, collecting information, preparing for battle, and if necessary, striking from the deep swiftly without warning; answering the nation's call. To the south Dakota crew, as your motto attests, 'Under The Sea, We Rule' because the nation the navy and the Mt. Rushmore state are depending on you."

Dempsey expressed what the moment and her role as the ship's sponsor means to her. "It is my privilege to be the sponsor of USS South Dakota," said Dempsey. "I've been here from the very beginning, watching both the boat and her crew grow and that gives me a tremendous sense of pride. When

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» See **SOUTH DAKOTA** | **A7**



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NMCP's radiation oncology holds ribbon cutting

The Radiation Oncology Division at Naval Medical Center Portsmouth debuted a new linear accelerator during an open house Jan. 25, holding a ribbon cutting for the \$4.5-million machine that is revolutionary in the way it treats cancerous and benign tumors.

»See **A2**



Keel laid for future USS Carl M. Levin

The keel of the future USS Carl M. Levin (DDG 120) was ceremoniously laid at General Dynamics Bath Iron Works (BIW) shipyard, Feb. 1.

»See **B1**

2019 Polar Plunge raises a record amount!

The Polar Plunge, last weekend at the Oceanfront, raised over \$1.2 million for the Special Olympics of Virginia.

»See **C1**

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Navy releases new strategic plan for religious ministry; a paradigm shift in religious ministry operational support

By Gloria Colon-Buzatu
Chaplain Corps Public Affairs

WASHINGTON

The Secretary of the Navy, Richard Spencer, and Chief of Chaplains, Rear Adm. Brent Scott, released the Department of the Navy (DON) Strategic Plan for Religious Ministry to provide guidance on how to support the warfighter’s spiritual needs at home and sea; in peace and war.

“The Navy has not experienced large scale combat operations at and from the sea since World War II,” said Rear Adm. Brent Scott, Chief of Chaplains. “This plan reflects on operationalizing ministry support and also lays out the vision, mission, goals and lines of effort for chaplains and Religious Program Specialists (RPs) to apply at their commands for the benefit of those we serve,” said Scott.

“The Chaplain Corps is vital to the Navy and Marine Corps team. While Chaplains are noncombatants, they support the warfighting mission by supporting our greatest

resource, our people. We could have the best processes in the world. We could have the best ships, airplanes, rifles, and tanks – but they are nothing without the Marines, Sailors, and civilian teammates who operate and maintain them. The Chaplain Corps maintains our spirit,” said Secretary of the Navy Richard Spencer.

The purpose of the DON Strategic Plan for Religious Ministry is to promote understanding among Navy chaplains and Religious Program Specialists and to synchronize their efforts to the vision and mission of the Navy Chaplain Corps, while also aligning with their commander’s priorities.

There are four goals focused on expanding the capacity of the religious ministry teams (RMTs), and they include operationalizing ministry support, sharpening core capabilities, developing leaders with intentionality and championing spiritual readiness of Sailors and Marines.



MC2 Spencer Fling

Lt. Daniel Bruno, one of 14 chaplains at Recruit Training Command (RTC), prays with a recruit after a protestant worship service at the Recruit Memorial Chapel at RTC. The RTC Religious Ministries Team provides religious services to recruits during training provides religious services to recruits during training for more than 20 different faith groups. More than 30,000 recruits graduate annually from the Navy’s only boot camp.

For full version of the DON Strategic Plan for Religious Ministry and media inquiries, go to the Chaplain Corps webpage on Navy.mil.

Visit the Navy Chief of Chaplains Facebook Page and the Religious Program Specialist Facebook Page. #KnowYourRMT.

For more news from Chaplain Corps, visit www.navy.mil/local/chaplaincorps/.



MC2 Jonathan Clay

Lt. Mickey Weikel, chaplain assigned to the Arleigh-Burke class guided-missile destroyer USS Jason Dunham (DDG 109), delivers the evening prayer over the 1MC shipboard intercom system on the last night of deployment, Dec. 20, 2018.

NMCP's radiation oncology holds ribbon cutting for new radiation beam equipment

By Rebecca Perron
Naval Medical Center Portsmouth Public Affairs

PORTSMOUTH, VA.

The Radiation Oncology Division at Naval Medical Center Portsmouth debuted a new linear accelerator during an open house Jan. 25, holding a ribbon cutting for the \$4.5-million machine that is revolutionary in the way it treats cancerous and benign tumors.

The Varian TrueBeam linear accelerator integrates computerized tomography (CT) imaging and radiation delivery for extremely precise radiation therapy treatment. With a more precise beam, there is a lower chance of damage to surrounding organs and tissue, and the treatment time of each session is typically cut in half.

“A fair number of cancer patients will need radiation as part of their treatment, in addition to possibly surgery and chemotherapy,” said Cmdr. Timothy Barkdoll, the Radiation Oncology Division head. “Using this equipment, we typically treat from single digits to upper 20s in the number of patients who use the machine each day.”

The accelerator uses CT scans to help determine the areas to treat with radiation. A dosimetrist also coordinates with the physician to contour all of the areas of interest and the doctor determines the best way to get the radiation to the

target.

“We are finding that the treatment times are a lot shorter,” said Tracey Mosely, a radiation therapist. “Previously, it typically took 45 minutes to treat a head and neck patient, and now, 20 minutes or less. Some patient’s treatment is about half what it was before, and some are even less than that. The longer they are on the table, the more chance they have of moving, which is what leads to surrounding tissue damage.”

Mosely explained that they work with patients to make them comfortable during treatment, but breast cancer patients are positioned with their arms over their heads, and head and neck cancer patients must have a mask over their face with their chin up. In either case, she said, 15 to 20 minutes is a lot more tolerable than 30 to 45 minutes.

This accuracy allows NMCP to offer treatment modalities they could not with the previous equipment.

“These are treatments that need to be more precise by virtue of having a better shaped radiation field,” Barkdoll explained. “We can treat smaller tumors without increasing the chance of damage to the surrounding tissue.”

The equipment has opened doors for participation in more research trials. These trials focus on finding better ways to treat cancer.



U.S. Navy photo

The Radiation Oncology Division currently has 16 clinical trials open, including research on prostate and breast cancer.

“We can offer more of the national trials available across the country, even internationally,” said Melvina Queen, clinical data research coordinator. “We can offer the same protocols since we have the same technology. We are a participating site in clinical cancer trial network studies, and these are offered through the National Cancer Institute.”

The new equipment was in use for several weeks prior to the open house, treating more than 15 patients during 20 treatments days, three of whom have completed their radiation therapy.

Steven Pledger, a former hospital corpsman and the family member of a retiree, was the first patient to complete his treatment using the new linear accelerator. Pledger was diagnosed with cancer after a visit to NMCP’s emergency room.

“They took out a lymph node, and sure enough, they found cancer,” Pledger said. “My left tonsil also had cancer. So they took out my tonsils and set me on this course of chemotherapy and radiation. And here I sit today, finishing my treatment. The way the staff helps people who could potentially have a devastating diagnosis goes above and beyond what you could expect of anyone. From communication between the different areas that coordinate care to the personalization – it doesn’t feel clinical.”

Barkdoll echoed Pledger’s sentiments of the caliber of his staff.

“If you look at our patient surveys, we rate high as physicians and staff in the clinic,” Barkdoll said. “We are a Top 20 Specialty Clinic within the DoD when it comes to the JOES surveys, so that shows that our patients value the care we provide here. Our front desk staff was also at the top of the surveys. We are able to spend the

time with patients to make them feel comfortable and less anxious. This is a difficult time for them, and everyone in this clinic has the mindset that we are here to serve the patient, not count numbers as a throughput.”

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

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

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

Creative Director | Allyson Garner, 757-222-3955

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

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

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NEWS FROM NAS OCEANA

VFA-34 performs last flight of Navy’s “Legacy Hornet”

By MC2 Jacob S. Richardson
NAS Oceana Public Affairs

VIRGINIA BEACH, VA.

The “Blue Blasters” of Strike Fighter Squadron (VFA) 34, the last remaining F/A-18C Hornet squadron in the U.S. Navy, performed their last flight of the “legacy Hornet” during a sundown ceremony and fly-over at Naval Air Station (NAS) Oceana Feb. 1.

Created more than 35 years ago, the single-seat Hornet entered operational service for the U.S. Navy in 1984. The “legacy” Hornet served as the original design for the jet that would later become the widely used F/A-18 Super Hornets. VFA-34 was the last squadron in the Navy to fly the Hornet at home and while being forward deployed, joining USS Carl Vinson (CVN 70) to conduct Freedom of Navigation patrols in the South China Sea in 2018.

“Today our VFA-34 family bids farewell to an old friend,” said Cmdr. William Mathis, commanding officer of VFA-34. “For an aircraft that was a true workhorse and did so much good work for the U.S. Navy, I’m really proud to be a part of its last chapter.

Lt. Frank McGurk, who piloted one of the three Hornets that were part of the ceremony alongside the squadron’s commanding officer and operations officer,

spoke on how he felt regarding the Hornet’s last flight.

“This aircraft has been super reliable for us and has proven itself over the years,” he said. “It has been good to me and a real joy to fly in. Although I’ve only flown the hornet for a few years, there are a lot of Sailors that have taken this jet down range, and you can feel the history and lineage that comes with an aircraft like this. There were a lot of people who came here to this base to see this old bird take her last flight, and I think that’s pretty cool.”

The F/A-18C Hornet is being replaced by the F/A-18E/F Super Hornet, which is capable of executing the same missions as the Hornet, but with significant advancements in mission systems that will dramatically enhance its effectiveness.

“First, it’s a great feeling being the last squadron to fly the Hornet, because we made history,” said Master Chief Gene Garland, command master chief of VFA-34. “Secondly, this represents the ending of an era, because these jets have been around for a long time, and the professionals you see all around you in this squadron maintained our Hornets and kept them flying. I thank God for the mindset of my Sailors. They are hard-workers, dedicated, and they truly are a



MC2 Jacob S. Richardson

Cmdr. William Mathis, commanding officer of the “Blue Blasters” of Strike Fighter Squadron (VFA) 34, speaks to media during a ceremony for the final flight of the F/A-18C Hornet. VFA-34 is the last U.S. Navy strike fighter squadron to transition from the legacy Hornet aircraft to the F/A-18E/F Super Hornet.

reflection of the culture of our squadron. This final flight means we and the legacy Hornets have accomplished the mission.”

Though leaving active Naval service, the Hornet will continue to serve with the Marine Corps and Navy

support units around the globe. As for VFA-34, the work does not stop for them after the last flight.

Their personnel and maintainers will be receiving training on the newer systems of the Super Hornet, readying the squadron

to receive its new fighter jets and preparing for the next mission.

“Our new tasking is to meet the transitional deadline, switching from the oldest airframe in the Navy to brand-new aircraft coming straight off the line.” said

Mathis. “With these added capabilities, we need to continue to be the best we can be, ready to fight and meet the needs of our nations.”



Aircraft assigned to the “Blue Blasters” of Strike Fighter Squadron (VFA) 34 participate in a fly-over during a ceremony for the final flight of the F/A-18C Hornet. Created more than 35 years ago, the single-seat Hornet entered operational service for the U.S. Navy in 1984.

U.S. 2ND FLEET COMMANDER EMBARKS FIRST UNIT ASSIGNED, USS ABRAHAM LINCOLN

From USS Abraham Lincoln (CVN 72) Public Affairs

ATLANTIC OCEAN

Commander, U.S. 2nd Fleet (C2F), Vice Adm. Andrew “Woody” Lewis, embarked the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72), Jan. 31 through Feb. 1, marking the first time the fleet has executed command and control over forces at sea.

Under Lewis’s command, C2F will lead the Carrier Strike Group’s Composite Training Unit Exercise (COMPTUEX), ultimately charged with recommending certification of combat ready naval forces to deploy for maritime employment and operations around the globe.

C2F’s participation in Carrier Strike Group (CSG) 12’s COMPTUEX is a milestone on the new fleet’s path to initial operating capability. C2F watchstanders will learn and train with CSG-4 and U.S. Fleet Forces in order to qualify the first watchstanders for the fleet’s maritime operations center.

“It is important to plug into this COMPTUEX as your fleet commander for a few reasons: building my team’s watch stander proficiency, integrating with Carrier Strike Group 4 and U.S. Fleet Forces command, and advocating for the other numbered fleet commanders during the training cycle,” said Lewis.

During his visit, Lewis met with warfare commanders and CSG-4 leadership and trainers to discuss COMPTUEX progression.

“COMPTUEX is by far and away the most challenging training we do,” said Lewis. “But it is so important that we challenge ourselves in a secure environment where we are able to manage risk in order to train at the highest level.”

Since completing the ship’s refueling and complex overhaul (RCOH) in spring of 2017, Abraham Lincoln has successfully completed a spectrum of operations, assessments and evaluations to prepare her for COMPTUEX, to include humanitarian relief efforts in the after-math of Hurricane Irma, the Board of Inspection and Survey, Tailored Ship’s Training Availability/Final Evaluation Period, Operational Test-1 for the F-35C Lightning II squadron, and material and maintenance management inspection.

Lewis said he cannot overstate how impressed he is with the Sailors aboard Abraham Lincoln. He emphasized how every Sailor is an integral part of the mission.

“I had the opportunity to meet a few of you today and observed others at work,” said Lewis. “It is clear that Abraham Lincoln has a culture of professionalism and integrity, and I am proud to be part of your team. I wish you all the best

as you sail from here.”

All of the evaluations and combat mission scenarios throughout each of the testing phases have prepared the CSG-12 team for the challenge of COMPTUEX and subsequently entering the sustainment phase, during which it could deploy at any time. As the security environment around the world’s ocean continues to be more dynamic and increasingly complex, the U.S. 2nd Fleet represents the Navy’s dedication to security and stability in the Atlantic Ocean and around the globe.

C2F, headquartered in Norfolk, Va. was re-established in August 2018 and exercises operational and administrative authorities over assigned ships, aircraft and landing forces on the East Coast and the North Atlantic. Additionally, it plans and conducts maritime, joint and combined operations and trains and recommend certification of combat ready naval forces for deployment.

The components of CSG 12 embody a team-of-teams concept, combining advanced surface, air and systems assets to create and sustain operational capability. This enables them to prepare for and conduct global operations, have effective and lasting command and control, and demonstrate dedication and commitment to becoming the strongest warfighting force for the Navy and the nation.



MC2 Jacques-Laurent Jean-Gilles

An E-2D Hawkeye assigned to the Greyhawks of Carrier Airborne Early Warning Squadron (VAW) 120 performs a touch-and-go landing on the flight deck of the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72).

“ I had the opportunity to meet a few of you today and observed others at work. It is clear that Abraham Lincoln has a culture of professionalism and integrity, and I am proud to be part of your team. I wish you all the best as you sail from here.”

Vice Adm. Andrew “Woody” Lewis, Commander, U.S. 2nd Fleet (C2F)

Off to the stables: GW Sailors lend a hand

By MCSN Jack Lepien
USS George Washington (CVN 73)

VIRGINIA BEACH, VA.

Every year, thousands of horses throughout the country are abused, neglected, and sent to “kill pens” to be euthanized. However, a local non-profit in Virginia Beach is taking in these horses that have been physically, psychologically, and emotionally hurt and restoring them to full health, all with the help of Sailors from the Nimitz-class aircraft carrier USS George Washington (CVN 73).

Aviation Boatswain’s Mate (Handling) Airman Shauna Horsley, from Alliance, Nebraska, and George Washington’s volunteer coordinator for Circle A Home for Horses, and Hull Maintenance Technician 2nd Class Jonathan Horak, of Quincy, Illinois, volunteer their time there to provide tender loving care to horses who have been mistreated in the past.

“Circle A is an organization that

takes horses who are injured, ill, or just malnourished, and raises them back to health,” said Horsley. “We focus on rehabilitating and rehoming every horse.”

Circle A takes care of many horses, says Horsley.

“Right now we have around 45 different horses we’re taking care of,” said Horsley. “I also have my own horse, Amelia, that I take care of.”

Since one of the focuses of Circle A is to find a new home for the horses, they have a program where you can foster one of the horses.

“Amelia is the horse that I just bonded with the moment I saw her,” said Horsley. “[Circle A] worked with me to help me adopt Amelia. I’m really thankful that I can say she is my horse.”

“In the horse community, we have a saying. ‘You don’t choose the horse, the horse chooses you,’” said Horsley.

For Horak, he helps out at the farm for a different reason.



Photos MCSN Jack Lepien

Hull Maintenance Technician 2nd Class Jonathan Horak, a Sailor assigned to the repair division of the Nimitz-class aircraft carrier USS George Washington (CVN 73), pets a horse at Circle A Home for Horses Jan. 24, 2019.

“I love working hard and helping others, and Circle A lets me do both,” said Horak. “That’s why I love being a hull maintenance technician; I do a lot of work with my hands, and that work helps Sailors out around the ship.”

Circle A isn’t the first place Horak has worked with horses. He has prior experience at another

horse farm.

“I used to work on a small farm back when I was a sophomore in high school,” said Horak. “This farm may have a lot more horses than the one I used to work on, but when you get down to it, fixing a fence is fixing a fence, no matter how big the farm.”

Horsley said there is one thing that Circle A Home for Horses needs to be more successful in helping the horses there.

“We need more people helping

out,” said Horsley. “I believe that if every Sailor on the GW could come just once and meet all these horses, then we wouldn’t have to worry about people coming to help us.”

If you or someone you know is interested in volunteering at Circle A Home for Horses, please contact Horsley for more information.



Aviation Boatswain’s Mate (Handling) Shauna Horsley, a Sailor assigned to the air department of the Nimitz-class aircraft carrier USS George Washington (CVN 73), leads a horse at Circle A Home for Horses Jan. 24, 2019. Many USS George Washington Sailors volunteer in community outreach programs such as Circle A Home for Horses, food banks, and schools in the Hampton Roads area.



Hull Maintenance Technician 2nd Class Jonathan Horak, a Sailor assigned to the repair division of the Nimitz-class aircraft carrier USS George Washington (CVN 73), and Aviation Boatswain’s Mate (Handling) Shauna Horsley, a Sailor assigned to the air department of USS George Washington (CVN 73), pose for a photo at Circle A Home for Horses.



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Naval Station Norfolk honored for continued environmental stewardship

By MC2 Michael R. Sanchez
Naval Station Norfolk Public Affairs

NORFOLK

Naval Station Norfolk (NSN) was recognized for its Sustained Distinguished Performance during the annual River Star Business Luncheon at Renaissance Portsmouth Waterfront Hotel, Jan. 24.

The ceremony recognized local businesses and organizations that demonstrate exemplary environmental stewardship of the Elizabeth River.

“Being recognized as a River Star Business shows the base’s continued commitment to environmental values and sustainability on and off the installation,” said Capt. Brad Rosen, Naval Station Norfolk Commanding Officer. “This award is representative of those investing time, resources and environmental concern. I am very proud of our Environmental team and all of the individuals who made this achievement

possible.”

NSN has been recognized as a River Star business for eight consecutive years.

“It is a great honor to receive this award,” said Jennifer Tabor, Naval Facilities Engineering Command Mid-Atlantic Environmental Director. “It publicly acknowledges Naval Station Norfolk’s significant participation and efforts to restore the Elizabeth River.”

Since last year’s ceremony, the base completed construction of a 14.9 megawatt combined heat and power plant, pursuing a goal to reduce shore-based energy consumption by 50% by 2020. NSN also reduced greenhouse gas emissions by 17 percent over the prior year.

For the past few years and with the help of partnering organizations, the Elizabeth River has been transformed from a Chesapeake Bay tributary known for pollution, to a vibrant eco-system lined with green spaces. Many of these environmental improve-



A01 Robert Martin

Naval Station Norfolk Commanding Officer Capt. Brad Rosen, Naval Station Norfolk Environmental Director Jennifer Tabor and Naval Station Norfolk Public Works Officer Cmdr. Jason Kranz (left to right) accept an award recognizing Naval Station Norfolk for Sustained Distinguished Performance during the annual River Star Business Luncheon at Renaissance Portsmouth Waterfront Hotel, Jan. 24.

ments are visible along the Elizabeth River Trail. The trail is a 10.5-mile route along the river that not only provides a path for cyclists and pedestrians, but links together the Norfolk community.

Since the Elizabeth River Project began

in 1997, River Star Businesses created or conserved more than 1,852 acres of wildlife habitat, reduced more than 350 million pounds of pollution and reduced more than a billion pounds of other materials.

EOD, Seabee units complete NIEX 19-2

From Explosive Ordnance Disposal Group 2 Public Affairs

VIRGINIA BEACH, VA.

Sailors assigned to Explosive Ordnance Disposal Group (EODGRU) 2 participated in Navy Expeditionary Combat Command (NECC) Integrated Exercise (NIEX) 19-2 with EOD Mobile Unit (EODMU) 11, EODMU 12 and Navy Mobile Construction Battalion (NMCB) 4, Jan. 22-Feb. 1.

The exercise, led by Expeditionary Warfighting Development Center (EXWDC), aims to simulate real-world mission planning and events, many of which are based on events deployed U.S. forces have seen over the past

decade.

“Our objective here is to assess, train and mentor,” said Matt Dumenigo, senior military analyst for exercises and the lead assessor for NIEX 19-2. “This is an assessment event, and we strive to test the units so they can gain proficiency in the ability to command and control forces in an expeditionary environment, specifically, as an adaptive force package (AFP).”

The exercise put the EODGRU 2 command and control (C2) capabilities to the test as commander, Task Group 956.3, leading U.S. forces while a partner host nation faces increasing hostility and aggression from a neighboring power and non-state actors.

To more precisely mimic the environments Sailors could see while deployed, all units supporting the exercise were working from different physical locations. EODGRU 2 and EODMU 12 stood up at Joint Expeditionary Base Little Creek and Camp Pendleton State Military Reservation in Virginia Beach, Virginia. EODMU 11 joined the exercise from San Diego, and NMCB 4 operated from Port Hueneme, California. Several other units were replicated for the exercise and provided subject matter experts to serve as liaisons.

The scenarios focused on counter-improvised explosive device (C-IED), diving and salvage, harbor security and clearance, air-

field damage repair and facilities construction. Intelligence, logistics and communications were critical during every step of the planning process.

“Through a fast-paced exercise schedule, CTG 956.3’s operational planning team (OPT) developed a greater appreciation for the other NECC entities and their expansive capabilities,” said Lt. Cmdr. Jack Damon, EODGRU 2’s OPT leader. “We were able to work together to answer the Navy’s most challenging expeditionary needs. The opportunity to flex our C2 capabilities is crucial for us to succeed in future operations.”

NIEX is an advanced phase training exercise that focuses on C2 of a Navy Expeditionary Combat Task Force (NECTF) and supporting units in an operational

environment. The exercise provides a setting for assigned NECC units to be assessed in the planning and execution of tasks in an AFP, similar to what can be expected during deployed operations.

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

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

- the -

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The image shows four screenshots of the MilitaryNews.com website. The first screenshot is titled 'RELOCATION' and shows a 'Welcome to Hampton Roads' message with a list of links for Housing, Education, and Child Care. The second screenshot is titled 'DISCOUNTS' and shows a 'Win an Island Grill Happy Hour for 6' contest. The third screenshot is titled 'EVENTS' and shows a 'Heroes at Home Military Spouse Awards' event. The fourth screenshot is titled 'BLOGS' and shows a 'Meet Erin Varol, COO of Military Spouse Career Connection!' blog post.

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MC3 Raymond Maddocks

Lt. Emily Rixey, left, Lt. Amanda Lee and Lt. Kelly Harris talk to each other in a hangar bay at Naval Air Station Oceana in Virginia Beach, Virginia, Jan. 31, 2019. To honor the life and legacy of a female pioneer in Naval aviation, the U.S. Navy is scheduled to conduct the first ever all-female flyover Feb. 2 in Maynardville, Tennessee as part of the funeral service for retired Navy Capt. Rosemary Mariner.

ALL-FEMALE FLYOVER TO HONOR NAVAL AVIATION PIONEER CAPT. MARINER

By MC3 Sara. L. Eshleman
Navy Public Affairs Support Element East

NORFOLK

Honoring the life and legacy of a female pioneer in Naval aviation, the U.S. Navy conducted the first ever all-female flyover, Feb. 2, in Maynardville, Tennessee. Officially referred to as a “Missing Man Flyover,” the tribute will be part of the funeral service for one of the Navy’s first female jet pilots retired Navy Captain Rosemary Mariner, who passed away Jan. 24 following a long and brave fight with cancer.

After completing flight training in 1974, Mariner was designated a naval aviator and received her Wings of Gold to become the Navy’s first female jet pilot flying the A-4E/L “Skyhawk” and the A-7E “Corsair II.”

She also was the first female military aviator to achieve command of an operational air squadron. During Operation Desert Storm, Mariner commanded Tactical Electronic Warfare Squadron Thirty-Four (VAQ-34). In 1982, she reached yet another milestone by being among the first females to serve aboard a U.S. Navy warship, USS Lexington, and qualifying as a Surface Warfare Officer.

Mariner retired from the U.S. Navy in 1997 after obtaining the rank of captain and logging seventeen carrier arrested landings, or “traps,” and completing over 3,500 flight

hours in 15 different aircraft. The Missing Man Flyover is a special tribute honoring the service of aviators who have died serving their country. The maneuver features four aircraft flying above the funeral service in formation as one of the aircraft leaves the formation and climbs vertically into the heavens. All of the female aviators who participated in the flyover are from squadrons based at Naval Air Station (NAS) Oceana and were flying F/A-18E/F “Super Hornets.” The event was significant because it was emblematic of the growing role women play in the military.

The flyover was especially meaningful to Lt. Emily Rixey, assigned to Strike Fighter Weapons School Atlantic, a participant in the commemoration.

“I find it important to honor Capt. Mariner and the other female aviators who have come before us,” she said. “They paved the way for us and they’re the reason I’m able to participate in this flyover.”

Cmdr. Leslie Mintz, executive officer of Strike Fighter Squadron (VFA) 213, expressed similar sentiments.

“I’m truly honored and humbled to be a part of this flyover,” Mintz said. “This formation flyover is a great way to honor Capt. Mariner’s memory and what she has done for our community.”

Lt. Cmdr. Paige Blok, a naval aviator with

VFA-32, echoed her colleagues’ statements.

“Honoring a life of service is always a privilege,” said Blok. “We’re lucky to honor Capt. Mariner in our own special way.”

The other aviators who participated in the flyover were Cmdr. Stacy Uttecht, Commanding Officer, VFA-32; Lt. Cmdr. Danielle Thiriot, VFA-106; Lt. Cmdr. Jennifer Hesling, NAS Oceana; Lt. Christy Talisse, VFA-211; Lt. Amanda Lee, VFA-81; and Lt. Kelly Harris, VFA-213.



U.S. Navy photo
Ensign Rosemary Conaster (later Mariner), assigned to Fleet Composite Squadron (VC) 2, works at her desk at Naval Air Station Oceana in Virginia Beach, Virginia, Jan. 9, 1975.



U.S. Navy photo
Ensign Rosemary Conaster (later Mariner), assigned to Fleet Composite Squadron (VC) 2, prepares for a flight in a Grumman S-2 Tracker antisubmarine aircraft at Naval Air Station Oceana in Virginia Beach, Virginia, Jan. 9, 1975.



MC3 Raymond Maddocks

Naval aviators participating in a flyover to honor the life and legacy of retired Navy Capt. Rosemary Mariner pose for a photo in a hangar bay at Naval Air Station Oceana in Virginia Beach, Virginia, Jan. 31, 2019. The U.S. Navy is scheduled to conduct the first ever all-female flyover Feb. 2 in Maynardville, Tennessee as part of the funeral service for Mariner, a female Naval aviation pioneer. Back row, from left to right: Lt. Christy Talisse, Lt. Emily Rixey, Lt. Cmdr. Jennifer Hesling, Lt. Kelly Harris, Lt. Amanda Lee. Front row from left to right: Lt. Cmdr. Danielle Thiriot, Cmdr. Stacy Uttecht, Cmdr. Leslie Mintz, and Lt. Cmdr. Paige Blok.

US Fleet Forces Commander designated as NAVSTRAT, JFMCC STRAT

From U.S. Fleet Forces Command Public Affairs

NORFOLK

As part of the ongoing U.S. Strategic Command (USSTRATCOM) restructure, U.S. Fleet Forces Commander Adm. Christopher W. Grady is officially designated concurrently as U.S. Naval Forces Strategic Commander and Joint Force Maritime Component Commander (JFMCC) for USSTRATCOM, Feb. 1.

U.S. Naval Forces Strategic Command’s mission is to maintain operational readiness of USSTRATCOM assigned and allocated forces, while JFMCC STRAT’s ultimate mission will be to conduct joint maritime operations to execute the maritime aspects of strategic deterrence.

The overall restructure of USSTRATCOM creates a more streamlined, effective method of command and control of forces and is more in line with that of other combatant commands.

“This restructure is part of a larger effort to make sure everybody who works in USSTRATCOM and beyond understands it is a warfighting command with a normal structure familiar to all military personnel,” said Gen. John Hyten, commander of U.S. Strategic Command. “This is the way we organize as one joint warfighting team, providing the integrated, multi-domain combat capabilities our nation needs.”

The designation of the U.S. Fleet Forces commander as NAVSTRAT/JFMCC STRAT was preceded by the designation of the Air Force Global Strike Command commander as the Joint Force Air Component commander in October 2017, and the Air Force Space Command Commander as the Joint Force Space Component Commander in December 2017.

For more news from U.S. Fleet Forces Command, visit www.navy.mil/local/clf/.



U.S. Navy photo

VHDA offers closing cost assistance grants for rural housing services and Veterans Affairs loans

From Virginia Housing Development Authority

RICHMOND

In an effort to assist first-time homebuyers who are current and former members of the U.S. military, as well as first-time buyers in the state’s rural markets, VHDA recently announced the Closing Cost Assistance Grant program. These grants will be used to reduce the borrower’s closing costs, making VHDA’s 100% financing programs even more affordable.

“VHDA’s new CCA grant program provides additional home buying assistance for rural borrowers and our veterans,” Said Mindy Hall-Sexton, VHDA’s Homeownership Loan Programs Manager. “These grants can be used to reduce out-of-pocket expenses for borrowers applying for either

VHDA Rural Housing Service loans or Veterans Affairs loans. As a result, VHDA’s 100% financing programs become even more affordable, and the grants may also help borrowers in negotiating their RHS and VA contracts. The best part is that this is a true grant, meaning that the borrower never has to pay it back!”

The CCA grants are limited to two percent of the lesser of a home’s purchase price or appraised value, and VHDA grant income limits apply. Income for all household members, regardless of whether they are a borrower or non-borrower on the title, must be included. In addition, these grant funds may not be used in conjunction with VHDA’s Down Payment Assistance Grant or Plus Second Mortgage program. Questions about the CCA program? Please contact a VHDA Approved Lender or send questions

to VHDA at Homeownership@vhda.com.

About VHDA

VHDA is a self-supporting, not-for-profit organization created by the Commonwealth of Virginia in 1972, to help Virginians attain quality, affordable housing. VHDA provides mortgages, primarily for first-time homebuyers and developers of quality rental housing. We use no state taxpayer dollars, but raise money in the capital markets to fund our loans. We also teach free homeownership classes, and help people with disabilities and the elderly make their homes more livable. VHDA works with lenders, developers, local governments, community service organizations and others to help put quality housing within the reach of every Virginian.

“ VHDA’s new CCA grant program provides additional home buying assistance for rural borrowers and our veterans,”

Mindy Hall-Sexton, VHDA’s Homeownership Loan Programs Manager

SOUTH DAKOTA | Ship commissioned

Continued from A1

I said those words and the Sailors responded ‘Aye, Aye, Ma’am!’, it gave me goosebumps.”

The first South Dakota (ACR 9) a United States Navy Pennsylvania-class armored cruiser, laid down on 30 September 1902 by the Union Iron Works, San Francisco, California, and launched on 21 July 1904 was sponsored by Grace Herreid, daughter of Charles N. Herreid, Governor of South Dakota.

The second South Dakota’s (BB 57) keel was laid down on 5 July 1939, at Camden, New Jersey, by the New York Shipbuilding Corporation. She was launched on 7 June 1941, sponsored by Mrs. Harlan J. Bushfield, wife of the Governor of South Dakota. The lead ship of her class, South Dakota was considered to be the most efficient battleship designed under the limitations of the Washington Naval Treaty during World War II. Though in their nineties, some

of the Sailors from the submarine’s namesake made it out to the event to see that the history and traditions were passed on to the next generation.

“It is very impressive and I am very honored to be a part of this,” said Richard Hackley, a seaman 1st Class (Radar Striker) aboard the battleship USS South Dakota during World War II. “I’ve got fond memories from serving on South Dakota and to be included in the new South Dakota is quite an honor for me.”

South Dakota is the seventh of eight Block III Virginia-class submarines to be built. The Block III submarines are made with the new Virginia Payload Tubes designed to lower costs and increase missile-firing payload possibilities.

The first 10 Block I and Block II Virginia-class submarines have 12 individual 21-inch diameter vertical launch tubes able to fire Tomahawk Land Attack Missiles

(TLAMS). The Block III submarines are built with two larger 87-inch diameter tubes able to house six TLAMS each. “It is flattering to be chosen to a part of this tradition,” said Sonar Technician (Submarines) 2nd Class Casey Strickland, a South Dakota Plankowner. “It sets us aside from other boat crews and I think it is an honor to be part of this.”

South Dakota is a flexible, multi-mission platform designed to carry out the seven core competencies of the submarine force: anti-submarine warfare; anti-surface warfare; delivery of special operations forces; strike warfare; irregular warfare; intelligence, surveillance and reconnaissance; and mine warfare.

The submarine is 377 feet long, has a 34-foot beam, and will be able to dive to depths greater than 800 feet and operate at speeds in excess of 25 knots submerged. It will operate for over 30 years without ever refueling. Construction on South

Dakota began 2013; the submarine’s keel was authenticated



MC3 Tristan B. Lotz

The crew of the Virginia-class attack submarine USS South Dakota (SSN 790) stands assembled after bringing the ship to life; and assuming duty during the boat’s commissioning ceremony at Naval Submarine Base Groton, Conn., Feb. 2, 2019. South Dakota is the U.S. Navy’s 17th Virginia-class attack submarine and the third ship named for the State of South Dakota.

during a ceremony on April 4, 2016; and the submarine was christened during a ceremony Oct. 14, 2017.

For more news from Naval Submarine Forces visit www.navy.mil/local/sublant/. For more information about USS

South Dakota, visit www.facebook.com/ussouthdakota790.

For more news from Commander, Submarine Forces, visit www.navy.mil/local/sublant/.

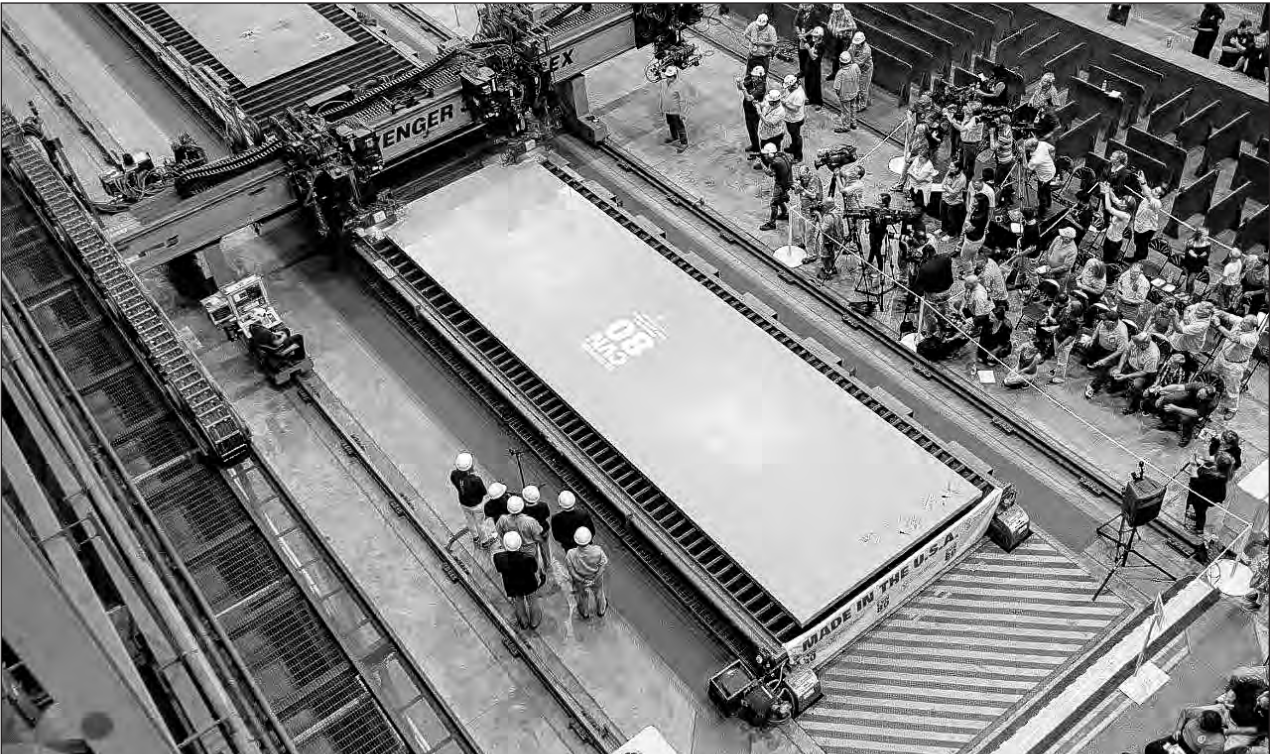
CONTRACT | Carriers receive contracts

Continued from A1

Unmanned Aircraft System. These modifications increase the lethality of the Ford Class, and represent an additional \$100 million in savings, in addition to the \$4 billion, since these new capabilities were not included in the original single-CVN Navy estimate. New savings associated with new capabilities increases to \$200 million if installed in the ship before delivery, in comparison to installing after ship delivery.

This Fixed Price Incentive (Firm Target) (FPIF) contract limits the Navy’s liability and incentivizes the shipyard’s best performance. The contract guarantees a single technical baseline for both ships, which allows the shipyard to re-use engineering rollover products, minimize changes between the two ships and leverage economic order quantities for equipment and material procurement.

Enterprise (CVN 80) is the third ship of the Ford-Class and the numerical replacement for USS Eisenhower (CVN 69). CVN 81, not yet named, will be the fourth ship of the class and will be the numerical replacement for USS Carl Vinson (CVN 70). CVN 80 began advanced planning and initial long lead time material procurement in May 2016.



John Whalen

Newport News Shipbuilding hosts a first-cut-of-steel event to kick off construction of the third Gerald R. Ford-class aircraft carrier, USS Enterprise (CVN 80). The steel was cut using an ESAB Avenger Burning Machine and the order was given by ship sponsors and U.S. Olympians Simone Biles and Katie Ledecky.



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Legoship-building event a success!
Sailors from various Navy commands in the Hampton Roads area volunteered during the 8th annual Lego Brick by Brick Shipbuilding event, Feb. 2, at the Hampton Roads Naval Museum.

» See **B6**

SECTION B | FLAGSHIPNEWS.COM | 2.7.2019

KEEL LAID FOR FUTURE USS CARL M. LEVIN



US Navy illustration

From Team Ships Public Affairs
BATH, MAINE

The keel of the future USS Carl M. Levin (DDG 120) was ceremoniously laid at General Dynamics Bath Iron Works (BIW) shipyard, Feb. 1. Speakers at the ceremony included Sens. Susan Collins and

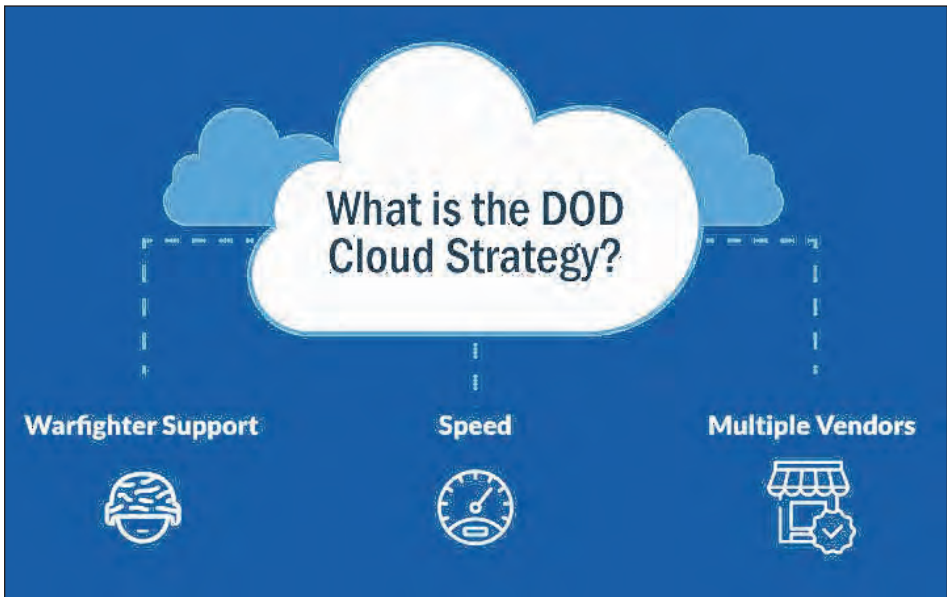
Angus King, Secretary of the Navy, Richard Spencer, the ship's namesake, former Sen. Carl Levin, and Reps. Chellie Pingree and Jared Golden. Sen. Levin and the ship's sponsors, his three daughters, Kate Levin Markel, Erica Levin, and Laura Levin, authenticated the keel by etching their initials into the keel plate to symboli-

cally recognize the joining of modular components and the ceremonial beginning of the ship. "We are honored to be celebrating this milestone with Sen. Levin, Mrs. Levin, their daughters, and so many distinguished guests," said Capt. Casey Moton, DDG 51 class program manager, Program Executive Office (PEO)

Ships. "This has been a special occasion to lay the keel for our Nation's 70th Arleigh Burke destroyer, and to do so with a namesake that shares the same sense of purpose and commitment to service as our sailors." The ship's namesake served in the U.S. Senate for 36 years from 1979-2015. As the longest serving senator in Michigan state

history, Levin became a staunch supporter of the armed services through his work and leadership as Chairman and Ranking Member of the Senate Committee on Armed Services. DDG 120 will be built in the Flight IIA configuration with the Aegis Baseline 9 Combat Sys-

» See **LEVIN** | **B7**



DOD graphic

Clear skies for DOD Cloud Initiative

By Terri Moon Cronk
defense.gov
WASHINGTON
The Defense Department is unveiling the DOD Cloud Initiative today that will move its computing and storage functions to the cloud, the department's chief information officer said. "DOD has never stepped back and created a holistic view of what it is we're trying to do with the cloud," Dana Deasy said. "The strategy addresses what we're trying to do, ... the problems we're trying to solve and the objectives [we want to meet]."
The biggest reason DOD needs a cloud strategy is because it's a rallying point for everyone to be able to talk in a common language and understand the end state they're trying to achieve, Deasy said. One key feature of the cloud is accelerated computing speed, which compresses the time it takes to stand up new capabilities and get them into the hands of the warfighter, he said.

Secondly, Deasy said, DOD can build next-generation applications differently. "It allows us to take advantage of all the new technology from the various commercial cloud providers and create applications that are a lot more resilient [and elastic]," he said, adding that such apps can ask for computer power when needed and decrease accordingly. Third, and most important, Deasy said, is the warfighter. "One of the things traditional computing has always had a problem with is the warfighter sitting out on the tactical edge, [with the] cloud sitting [elsewhere]. Now imagine a world where we can take that compute power with new applications on top of it, and put the cloud right into the hands of the tactical fighter on the edge. That's why the cloud is so important to us," he said.
JEDI Cloud
The cloud strategy incorporates multiple

» See **CLOUD** | **B7**

SPAWAR improves speed and quality of communications for warfighters at sea

By Elisha Gamboa
Space and Naval Warfare Systems Command Public Affairs
SAN DIEGO

Space and Naval Warfare Systems Command (SPAWAR) Systems Center Pacific (SSC Pacific) successfully concluded a rapid prototyping effort in December of 2018 for the Office of the Secretary of Defense to explore the use of 4G LTE technology as a communications system for ship-to-ship and ship-to-shore communications. Efforts included fleet experimentation, field testing, in-lab testing, rapid prototyping and a mixed reality technology demonstration led by the Naval Medical Center in San Diego (NMCS) Tele-Critical Care Unit (TCCU). SSC Pacific supported NMCS TCCU during a virtual critical care communications exercise, Nov. 15, to explore the use of 4G LTE and mixed reality technology to rapidly deliver telemedicine solutions to deployed Navy ships. The 4G LTE technology selected for use was the General Dynamics Mission Systems (GDMS) 4G Tactical Backbone (4GTB). "The 4GTB was selected for operational demonstrations and further rapid prototyping as a result of successful demonstration at the Ship-to-Shore Maneuver Exploration and Experimentation Advanced Naval Technology Exercise in April 2017," said Neil Hoff, SSC Pacific wireless communications branch head. Today, many Navy ships have an independent duty corpsman (IDC) to provide both routine and emergency medical care. 4G LTE technology combined with mixed reality equipment can provide corpsman remote access to additional medical person-

nel such as doctors, surgeons, and other specialists, otherwise known as telemedicine. Telemedicine uses telecommunication and information technology to provide clinical health care from a distance, providing access to medical services that are usually not available at sea. During the virtual exercise, SSC Pacific supported testing of the 4GTB in conjunction with the Microsoft HoloLens mixed reality smart glasses prototype to test remote surgery procedures onboard Navy ships. The 4GTB provides high capacity data transfer rates, allowing the exchange of high resolution files, full motion video, and telemedicine applications to quickly and efficiently provide Corpsman access to high quality medical support. The virtual critical care communications exercise was conducted under the direction of Capt. Konrad Davis, the NMCS TCCU director. During the exercise, Davis was located remotely at the NMCS TCCU, where he used the HoloLens to tele-mentor independent duty corpsmen on board the USS Independence, USS Fort Worth and Littoral Combat Ship Squadron One during a test surgery while at sea. The corpsmen successfully received remote tele-instruction support from Davis on chest tube insertion while operating on a medical manikin torso for instructional purposes. The success of the exercise demonstrated a "proof of concept" tele-surgical mentorship capability with the 4GTB and the Microsoft HoloLens.

» See **SPAWAR** | **B7**



iStock image

Remotely romantic

By Lisa Smith Molinari

Valentine’s Day is coming, and while your civilian friends are picking out new lingerie and making dinner plans with their hubbies, you’re wallowing in self-pity because your soldier or sailor is deployed. You imagine that your friends will float through the upcoming week buoyed by the anticipation of foil hearts, velvety roses, and soft kisses, while you scan Netflix for something to binge watch alone on Thursday night after the kids go to bed. Maybe an alien invasion movie or a documentary about serial killers? Definitely not “The Bachelor” or “Fifty Shades of Grey.” With a heavy sigh, you slump your shoulders and drag your feet, resigned to being a lonely military spouse while the rest of the world enjoys the exquisite expressions of love and abundant sensual pleasures of Valentine’s Day. But I’m here to tell you, my fellow military spouses, you’ve got it all wrong. Having your spouse deployed on Valentine’s Day is a blessing in disguise. Believe it or not, Thursday night will be much more romantic for you than your civilian friends, and here’s why: Just like growing up, New Year’s Eve parties, and eating Taco Bell, Valentine’s Day seems really wonderful until you actually experience it. You tend to glamorize these over-

rated events in life, when the reality can be sadly disappointing. For married couples on Valentine’s Day, there is pressure to be thoughtful, to look sexy, and to perform, despite the unavoidable realities that permeate our day-to-day lives. Bills and babysitters. Receipts and razor burn. Cat boxes and cold sores. Migraines and minivans. Dust bunnies and dragon breath. Stretch marks and soap scum. Romance does not come easily for husbands and wives who have passed through the honeymoon phase and are fully entrenched in hectic modern family life. After they fight traffic to get home from work — stopping at Walmart to get the cards and heart-shaped box of chocolates they almost forgot — they pick up the babysitter, and rush to make their seventhirty reservation at The Melting Pot for dinner. They’re hangry, but they hide their annoyance because they know it will kill the mood. They order a bottle of wine, and hold hands over the table, but inevitably, they find themselves talking about the kids, the in-laws, and the carburetor. By the time the check comes, they are muffling yawns. At home, they muster the energy for the obligatory romp in the sack, even lighting a candle for extra atmosphere. But it’s not the stuff that romance novels are made of. It takes too long or not long enough. The dog jumps on the bed. A kid wakes up. Something embarrassing happens. The days of sexual nirvana

have long passed, and they must now be satisfied with the unaltered affections of normal married life. At least they’re together, you argue. But you still don’t get it — this Valentine’s Day, you’ll be living every woman’s romantic fantasy. Somewhere across the planet, there is a man. Not just any man. Your man. A man in uniform. In blues, greens, khakis and camouflage. He’s not stopping to buy a box of chocolates for you. He’s not picking up the babysitter. He’s not spritzing himself with cologne. He’s not paying the dinner bill. He’s serving his country. He’s doing something brave and honorable to protect you, your children, and everyone else back home. Normally, he doesn’t stop to think about what he’s missing while he’s away. He must keep his mind on the mission. But on this Valentine’s night, your husband lays in his bunk, looking up at the dim ceiling of his barracks, quarters, or bivouac. As he listens to the ambient sounds of engines, wakes, aircraft, and foreign lands, his mind wanders away from his military duties, to you, his wife. Maybe he was able to video chat, call, or email you today to wish you a Happy Valentine’s Day. Maybe not. Regardless, he won’t just miss you tonight. He’ll long for you — your hair, your perfume, your lips, your curves. And he’ll envision every last detail of what would happen if you were together. See? Lucky girl, you are the envy of women everywhere. www.themeatandpotatoesoflife.com

Officer Women Leadership Symposium announced, open for registration

From Navy Personnel Command Public Affairs

MILLINGTON, TENN. The 2019 Officer Women Leadership Symposium (OWLS) hosted by AcademyWomen is scheduled to be conducted at the Arlington Women’s Memorial in Arlington, Virginia on April 24-25, 2019. AcademyWomen’s mission is a “leadership and professional development organization that empowers aspiring, current and past women military leaders through mentoring, training, and growth opportunities to impact positive change locally, nationally, and globally.” This year’s symposium theme is “Leading Innovation and Change in a New Era.” Symposium approval has been authorized for Navy Total Force participation. The Navy will sponsor registrations for 50 personnel to attend the two-day symposium only; any additional events must be funded by the individual. Navy sponsor must attend both days of the symposium. Funded registrations will be pro-



U.S. Navy Lt. Mellany George, an engineering project manager assigned to Combined Joint Task Force-Horn of Africa (CJTF-HOA), laughs as she dances with Djiboutian citizens before the Ali Oune Medial Clinic ribbon cutting ceremony in Ali Oune, Djibouti, Jan. 31, 2019. Tech. Sgt. Shawn Nickel Business Casual Attire is optional. For more information concerning 2019 Officer Women Leadership Symposium (OWLS) scheduled events visit https://www.militaryowls.org/ To request a funded registration please email Lt. Christina Johns, christina.johns@navy.mil, subject line: “2019 OWLS Registration Request.” For more news from Navy Personnel Command, visit www.navy.mil/local/npc/.



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

Gravely Sailors volunteer in Copenhagen

From MC2 Mark Andrew Hays
Public Affairs

COPENHAGEN, DENMARK

On a cold, snowy Monday morning, 17 Sailors from the guided-missile destroyer USS Gravely (DDG 107) participated in two community relation (COMREL) projects in Copenhagen, Denmark Jan. 14.

Gravely crewmembers divided up into two groups with eleven volunteering at the Apostel Food Bank and 6 at a youth center in the Vesterbro Library both located in the Copenhagen area.

Sailors at the Apostel Food Bank organized donated food from area supermarkets, distributed it and took time to

visit with those in need who came by to pick up food.

“I helped unload about 50 lbs. of food and served about 40 people, and built a fire to keep them warm as they waited,” said Logistic’s Specialist 3rd Class Keith Turman, COMREL volunteer. “To know that you made somebody’s day in need of assistance is just humbling. There is nothing better than seeing a smile on their faces.”

Volunteers for the youth center painted various areas meeting the specific needs the establishment needed to support the staff and children in the area.

“We painted over wall art to give them a fresh canvas for the children to create new

designs, and painted their arcade room black for pinball machines and video games,” said Hull Maintenance Technician 1st Class Kyle Gregory, COMREL volunteer. “It’s truly an amazing library and the learning programs there for the youth through 20 years old is impressive.”

For Gravely Sailors there was many different reasons why they chose their liberty time to give back to a community away from home.

“Volunteering at the youth center helped me cope with being away from my own children for such a long period of time,” said Gregory. “As a Sailor I believe we should leave a port visit in better shape than when we arrived. Six hours of your

time helping children, families and communities around the world could last a life time for them.”

Not only does COMREL’s help communities all over the world but also keeps service members mission ready.

“Volunteering on deployment does a phenomenal job at building camaraderie, teamwork and trust throughout the ship,” said Lt. Michael Taulbee, chaplain aboard the USS Gravely. “COMREL’s are a win for both the ship and host country.”

Gravely is underway on a regularly-scheduled deployment to conduct maritime operations as the flagship of Standing NATO Maritime Group 1 in the U.S 6th Fleet area of operation.

For more news from Navy Public Affairs Support Element, visit www.navy.mil/local/npasehq/.





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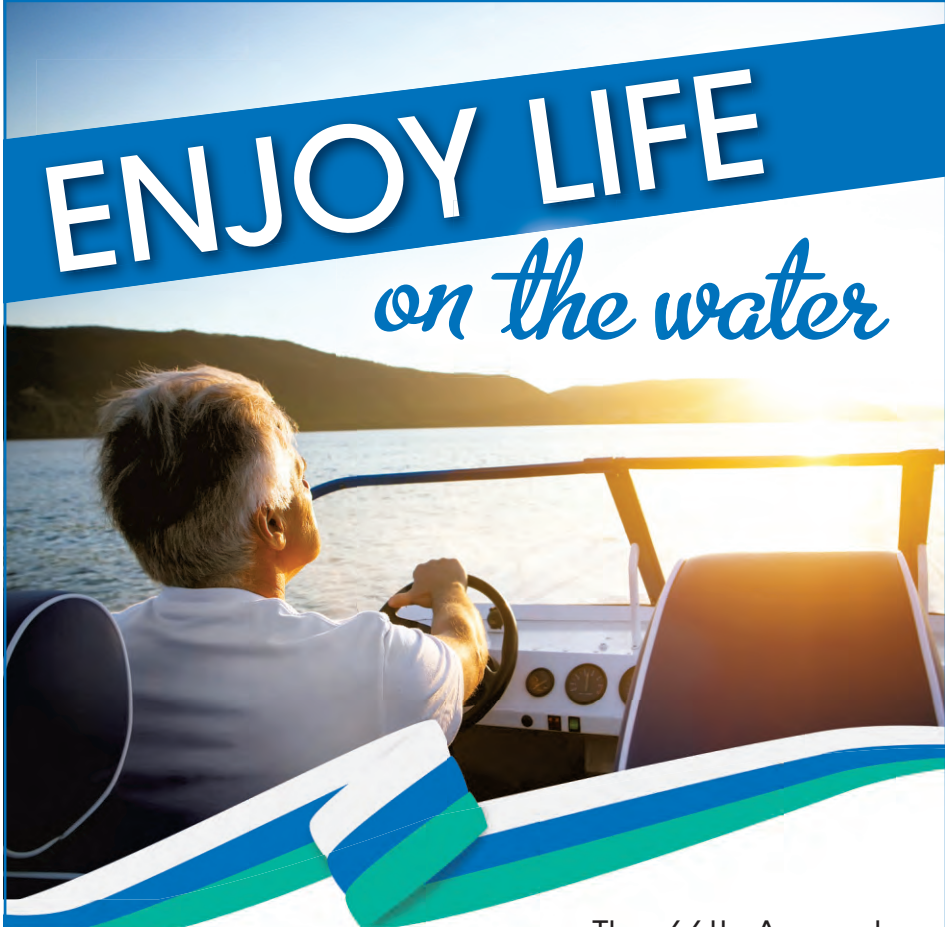


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Blue Angels soar through aviation maintenance inspection

By MC2 Christopher Gordon
Navy Flight Demonstration Squadron Public Affairs

EL CENTRO, CALIF.

The Navy Flight Demonstration Squadron, the Blue Angels, passed their 2019 Aviation Maintenance Inspection (AMI) conducted Jan. 29 - Feb. 1.

The AMI is an inspection conducted every two years for each squadron in the U.S. Navy and Marine Corps to evaluate the effectiveness of the squadron's maintenance program practices and adherence to Naval Aviation Maintenance Program standards.

Commander, Naval Air Forces Aviation Maintenance Management Team 1 evaluated the Blue Angels on a total of 37 programs and found no critical discrepancies.

After four days of inspections and contingency response drills, the maintenance and support team's preparation and attention to detail earned the squadron a score of 85.55 percent, more than five percent higher than the fleet average.

"Our success is truly a testament to our commitment to excellence in everything we do," said Capt. Eric Doyle, Blue Angels commanding officer and flight leader. "Our Sailors and Marines have taken everything they've learned in the Fleet, expanded upon that, and applied it

to our unique mission. Crushing this inspection re-affirms the Navy's commitment to safe and reliable air operations."

During the inspection, individual programs are graded based on their efficiency and effectiveness, and are given a score of "General," "Significant Admin," "Major," or "Critical." The squadron had no "Critical" hits out of the 37 programs inspected.

"The Blue Angel maintenance department score matches its reputation as being the premier flying unit in the Navy," said Master Chief Aircraft Maintainerman Edgar Delacerta, the Aviation Maintenance Management Team's Maintenance Master Chief. "On top of having zero critical hits, all of the practical evaluations and drills were flawless."

The Blue Angels maintenance and support team will continue to self-evaluate and critique their performance to ensure a successful 2019 air show season.

"Although the inspection is over that doesn't mean we can relax our standards," said Lt. Garrett Hopkins, the Blue Angels' maintenance officer. "We maintain the highest standards in our maintenance practices year-



MC2 Timothy Schumaker

Opposing solo Lt. Cmdr. Andre Webb, assigned to the U.S. Navy Flight Demonstration Squadron, the Blue Angels, flies alongside lead solo Lt. Cmdr. Brandon Hempler during a training flight. The Blue Angels are conducting winter training at Naval Air Facility El Centro, California, in preparation for the 2019 show season. The team is scheduled to conduct 61 flight demonstrations at 32 locations across the country to showcase the pride and professionalism of the U.S. Navy and Marine Corps to the American public.

round, this allows us to execute our mission in a safe and effective manner utilizing the oldest aircraft in the fleet."

Under the new AMI grading process, which began at the beginning of 2019, the maximum score possible for an inspection is still 100 points. Points are deducted for each discrepancy

determined to be critical, major, significant administrative, and general. Points will also be deducted for each unsatisfactory drill or practical exam.

The Blue Angels are scheduled to perform 61 flight demonstrations at 32 locations across the United States and Canada.

For more information about

the Blue Angels, including the 2019 air show schedule, visit www.blueangels.navy.mil.

For more information about the U.S. Navy, visit www.navy.mil and the U.S. Marine Corps at www.usmc.mil.

For more news from Navy Blue Angels, visit www.navy.mil/local/blueangels/.



MC1 Eric J. Rowley

NAVSUP WSS hosts first maritime sustainment summit with eye on readiness

By Kelly Luster
Naval Supply Systems Command Weapon Systems Support Public Affairs

WASHINGTON

More than 100 key leaders from across the Navy maritime enterprise met at the Naval Supply Systems Command (NAVSUP) Weapon Systems Support-hosted Maritime Sustainment Summit, Jan. 24, to discuss ways to better collaborate, coordinate and communicate.

The top-line goal of the summit was to maximize operational readiness of ships and submarines across the Navy.

NAVSUP WSS is the Navy's supply chain manager responsible for supplying the fleet with the parts needed to maintain weapons systems, contracting repair or purchasing parts, and managing transportation and distribution of material. The command employs a workforce of more than 2,500 military and civilians who process 500,000 annual demands from a \$33 billion inventory in support of Navy, Marine Corps, joint and allied forces customers worldwide.

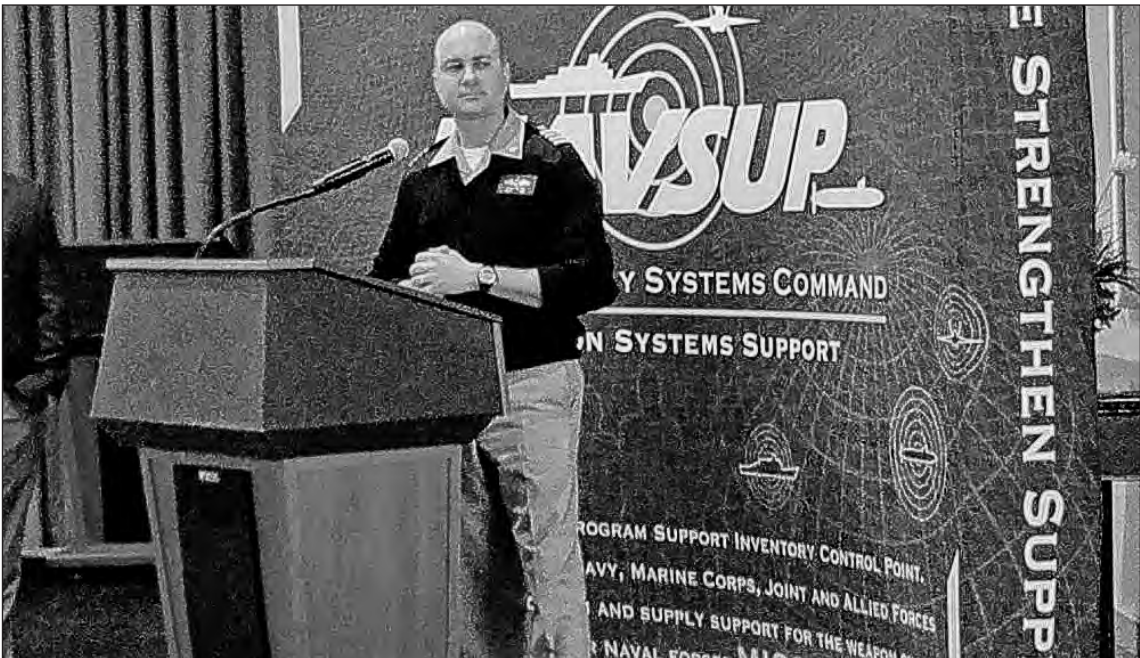
During the inaugural summit, Lynn Kohl, vice commander, NAVSUP WSS, reiterated the command's commitment to partner with other organizations to ensure warfighter readiness.

"We are committed to expanding partnerships with an overall goal of improving readiness of our maritime enterprise," said Kohl. "We know there are gaps and seams in some of the processes. We need to make sure we're improving our processes to provide exactly what our customer needs. By working together, we can re-

solve many of the current sustainment issues we are facing and ensure a readier and more lethal Navy."

Capt. Dave Carnal, surface operations director, NAVSUP WSS, laid out the agenda for the summit by identifying six key sustainment areas that could be improved through forging partnerships with various organizations in attendance at the summit:

1. NAVSUP WSS improving industrial integration to better support Naval Sea Systems Command (NAVSEA)
2. Increased strategic collaboration with NAVSEA and SPAWAR to support sustainment activities across the Navy enterprise by authorizing NAVSUP WSS to review Provisioning Technical Documentation (PTD) for Quality and accept or reject on behalf of the Navy before it enters the Technical Support Activity (TSA)
3. Expanding the NAVSUP WSS role in Interim Spares
4. NAVSEA and Space and Naval Warfare Systems Command (SPAWAR) help identify key systems that would benefit from program industry engagement events and partner with NAVSUP WSS to engage industry partners
5. Continued partnership in reviewing allowance overrides and support establishment of a centralized independent readiness-based sparing (RBS) organization
6. Partner with NAVSUP WSS to evaluate WSS engineering capability and provide the necessary engineering authority to answer acquisition-related technical issues



Kelly Luster

Navy Capt. Stuart Day, chief logistician, Naval Sea Systems Command (NAVSEA), responds to questions during a brief at the Naval Supply Systems Command Weapon Systems Support-hosted Maritime Sustainment Summit held at Joint Base Anacostia Bolling, Washington, D.C., Jan. 24, 2019.

Throughout the daylong event, presenters from various systems commands (SYSCOMS), program executive offices, and fleet officers, discussed the NAVSUP WSS proposals, as well as various other opportunities to improve overall naval readiness.

Kohl reemphasized the NAVSUP WSS role as the Navy's Program Support Inventory Control Point (PSICP).

"PSICP is about managing the entire life cycle of a weapon system from end-to-end," said Kohl. As a field activity of the Naval Supply Systems Command, NAVSUP WSS is the U.S. Navy's supply chain manager providing worldwide support to the aviation, surface ship, and submarine communities. NAVSUP WSS provides Navy, Marine Corps, joint and allied forces with products and services that deliver combat capability through logistics.

Scott Morrow, deputy director of engineering and product support, discussed how his directorate at NAVSUP WSS is running pilot programs that are already contributing to Navy readiness through increased communication and col-

laboration.

"Over the past year, we've successfully piloted programs where my engineers, who have a great deal of technical background and knowledge, have been able to work solutions to lighten the workload of the ISEAs [in-service engineering activities]."

According to Morrow, the pilot programs are designed as a proof-of-concept in which his team triages specific types of questions before reaching out to the ISEA. In theory, when the ISEA receives the question with the triage packet, most of the work is done. The goal is providing case studies that provide confidence in the process and eventually lead to agreements among the organizations enabling NAVSUP WSS to be granted increased engineering authority.

"We've already had a great deal of success on the aviation side of the enterprise," said Morrow. "We process more than 8,000 requests for aviation engineering support annually."

Morrow said operating under memoranda of agreement with Naval Air Systems Command

(NAVAIR) has enabled his team to answer more than 70 percent of the requests for engineering support, which is a direct contributor to readiness.

Another success across the aviation enterprise that NAVSUP WSS hopes to emulate across the maritime enterprise is the management of interim spares.

Building confidence in the abilities of the NAVSUP WSS engineers and moving toward increased engineering authority just scratched the surface at the summit. Topics covered throughout the summit led to the emergence of roughly nine action items and working groups made up of partnerships forged between systems commands, program executive offices, and various other attendees. The increased communication and collaboration during the summit fostered shared understanding of challenges and charted a course to improve readiness of maritime assets across the Navy.

For more news from Naval Supply Systems Command, visit www.navy.mil/local/navsup/.

IWTC Virginia Beach Training Site Groton instructor prepares ITSs to fight, win

From Information Warfare Training Command Virginia Beach Public Affairs

GROTON, CONN.

Information Systems Technician (Submarines) (ITS) 1st Class Michael Phillips, a native of Joplin, Missouri, currently serves as an instructor at Information Warfare Training Command (IWTC) Virginia Beach's Training Site Groton, on board Naval Submarine Base New London, Connecticut.

Phillips enlisted in the Navy in January 2011, and upon graduating from the ITS training pipeline, he reported aboard Virginia-class attack submarine USS Illinois (SSN 786) and was there for its commissioning, October 2016.

Aboard submarines, ITSs are responsible for the technical support and maintenance of submarine information systems such as local area networks, tracking and correcting information assurance security issues, and providing the leadership with accurate assessments of network and security performance.

In his current position, he is responsible for preparing to-

day's ITSs with the skills required to defend the United States' most secure and vital information in cyberspace.

The staff at the training site in Groton has a tremendous responsibility in creating warfighting options for fleet commanders and advising decision-makers at all levels as they serve worldwide aboard ships, submarines and aircraft, while also integrated into national mission support from the Pentagon to the National Security Agency.

"Serving in the Navy, the Submarine Force in particular, is one of the greatest experiences I could have ever imagined," Phillips said. "I have met individuals from all 50 states, and I have visited countries that I would never have had the opportunity to visit as a civilian. I have operated mission-critical equipment deep in the ocean in areas I cannot talk about, with some of the bravest men and women on the planet. I have forged bonds with those individuals that will last long after I retire from the service."

Phillips has a military history with family members who have previously served, and is honored to carry on the family tradi-

tion.

"One grandfather flew medic helicopters in Vietnam for the Army, while the other served aboard surface ships in the Navy," added Phillips. "I am proud to be a part of that heritage. I never thought I would be where I am today, but I am happy with the way my life turned out."

IWTC Virginia Beach, located in Dam Neck Annex, currently offers 65 courses of instruction in information technology, cryptology, and intelligence with an instructor and support staff of 280 military, civilian, and contractors who train over 6,500 students every year. It is one of four school houses for Center for Information Warfare Training (CIWT), and also oversees learning sites at Jacksonville and Mayport, Florida; Kings Bay, Georgia; and Groton, Connecticut to continue aligning IW community training.

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 deliv-



U.S. Navy photo

Information Systems Technician (Submarines) (ITS) 1st Class Michael Phillips, a native of Joplin, Missouri, currently serves as an instructor at Information Warfare Training Command (IWTC) Virginia Beach's Training Site Groton, onboard Naval Submarine Base New London, Connecticut. In his current position, he is responsible for preparing today's ITSs with the skills required to defend the United States' most secure and vital information in cyberspace.

ers 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/.



MC2 Paul L. Archer

A graphic illustration of the future Independence-variant littoral combat ship USS Kingsville (LCS 36). The ship will be named in honor of the city of Kingsville, Texas, and is the first ship to bear the name.

Secretary of the Navy names Independence-Variant Littoral Combat Ship USS Kingsville

From Secretary of the Navy Public Affairs

WASHINGTON

Secretary of the Navy Richard V. Spencer announced that the next Independence-variant Littoral Combat Ship will be named USS Kingsville (LCS 36).

The future USS Kingsville (LCS 36) is named in honor of the city of Kingsville, Texas, and is the first ship to bear the name.

"I am pleased to name a future Independence-variant LCS USS Kingsville," said Secretary of the Navy Richard V. Spencer. "The citizens of Kingsville have been steadfast partners to the Navy and Marine Corps team and their enduring support of our future strike fighter pilots have helped make the city of Kingsville the gateway for naval aviators. I am confident this ship will continue that legacy of service for decades to come."

The future USS Kingsville will be built by Austal USA in Mobile, Alabama. This ship will be 419 feet long with a beam length of 104 feet and be capable of operating at speeds in excess of 40 knots.

The Navy has accepted delivery of 17 littoral combat ships (LCS). Including the recent contract modifications, a total of 35 LCSs have been procured with 11 ships under construction (LCS 17, 19-26) and seven more ships in pre-construction (LCS 29 - 32, 34, 36, 38).

The LCS is a highly maneuverable, lethal and adaptable ship designed to support focused mine countermeasures, anti-submarine warfare, and surface warfare missions. LCS integrates new technology and capability to affordably

“The citizens of Kingsville have been steadfast partners to the Navy and Marine Corps team and their enduring support of our future strike fighter pilots have helped make the city of Kingsville the gateway for naval aviators. I am confident this ship will continue that legacy of service for decades to come.”

Richard V. Spencer, Secretary of the Navy

support current and future mission capability from deep water to the littorals.

Media may direct queries to the Navy Office of Information at 703-697-5342. For more news from Secretary of the Navy, visit www.navy.mil/SECNAV, or follow us on Facebook at www.facebook.com/secnav76, and Twitter at www.twitter.com/secnav76.

Get more information about the Navy from US Navy facebook or twitter.



Ed Barker

Master Chief Culinary Specialist (SW/SS) Stephen Boos (right) adds to the question bank during the 2017 Culinary Specialist Advancement Exam Readiness Review (AERR) at the Navy Advancement Center in Pensacola, Fla. Boos is one of eight CS chiefs acting as Subject Matter Experts developing E4-E7 rating advancement exams for future testing cycles.

Fleet rating experts critical to advancement exams

By Patti Gibson

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

PENSACOLA, FLA.

Active-duty Navy chief petty officers (CPO) interested in shaping the future of their rating are needed to serve as Subject Matter Experts (SME) for upcoming Advancement Examination Readiness Review (AERR) panels.

NAVADMIN 025/19, released Jan. 31, announced the AERR schedule for April to June 2019. Selected AERR panel members will work as fleet SMEs for their respective rating to develop future E4 - E7 rating advancement exams.

Navy CPOs (E7 - E9) on active duty, Full Time Support (FTS), and Reservists on Active Duty for Special Work (ADSW) are encouraged to take part in the process by reaching out to their respective Type Commander (TYCOM) for application information.

"Fleet rating experts bring critical knowledge and experience to the AERRs, as that's what ensures relevance in our exams by identifying Sailors with the rating knowledge needed for advancement," said Naval Education and Training Professional Development Center (NETPDC) Command Master Chief Gregory Prichard. "The Navy has a lot of confidence in enlisted exams due to the hands-on involvement by the chiefs' mess. AERRs are considered a career highlight because of the direct impact this work has on each rating."

AERRs vary in length between one-to-two weeks and exam readiness reviews are held throughout the year, with each specific rating being reviewed on an an-

nual basis. The reviews are held at NETPDC at Saufley Field in Pensacola, Fla. AERR participants receive Temporary Duty Travel (TDY) orders from their parent command, funded by NETPDC.

To view the annual AERR schedule, locate a specific rating recruitment and selection point of contact (POC), log into MyNavy Portal my.navy.mil, and search under Professional Resources/Naval Advancement Center/AERR. TYCOM POCs are listed and specific AERR eligibility requirements are provided on the page.

NAVADMIN 025/19 provides additional information and a listing of upcoming rating conferences scheduled for the next six months. Additional quarterly AERR schedule NAVADMINs will be released this year for eligible Sailors to participate in the review process.

NETPDC's mission is to provide products and services that enable and enhance education, training, career development, and personnel advancement throughout the Navy. Primary elements of the command include the Voluntary Education (VOLED) Department, the Navy Advancement Center (NAC), and the Resources Management Department.

For more information about the Navy Advancement Center and the Navy Enlisted Advancement System, visit <https://www.facebook.com/Navy-Advancement-Center-213190711299>.

For more information on NETPDC visit: <https://www.netc.navy.mil/netc/net-pdc/Default.htm>

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

SAILORS VOLUNTEER FOR LEGO SHIPBUILDING EVENT

By MC2 Jonathan Clay
Navy Public Affairs Support Element East

NORFOLK

Sailors from various Navy commands in the Hampton Roads area volunteered during the 8th annual Lego Brick by Brick Shipbuilding event, Feb. 2, at the Hampton Roads Naval Museum.

Lego Brick by Brick Shipbuilding is a free event, open to the community and held annually by the museum to encourage youth to learn about the Navy and shipbuilding in fun fashion.

More than 110 Sailors from 14 commands helped organize the event, provided information to visitors and showed kids how to build Lego models based on both historic and present-day Navy ships.

“I’m proud to do it, and it’s been a lot of fun to watch and play with the children,” said Capt. Corey Keniston, commanding officer of Ticonderoga-class guided-missile cruiser USS Gettysburg (CG 64). “Having the children come here to learn and build with Legos, using their minds to understand how the pieces go together, the engineering, and tying that together with the naval culture of the area has just been great.”

Keniston, who attended the event with his son in previous years, thought it would be fun for them to work as volunteers, and this year he was given the chance to help children build a model of his own ship.

“It was a no-brainer,” said Keniston. “When I heard there is



Photos by MC2 Jonathan Clay

Capt. Corey Keniston, commanding officer of the Ticonderoga-class guided-missile cruiser USS Gettysburg (CG 64), left, helps an event attendee build a LEGO ship model of the Gettysburg during the 8th Annual LEGO Brick by Brick Shipbuilding Event at Hampton Roads Naval Museum. LEGO Brick by Brick Shipbuilding is a free event for the community hosted by Hampton Roads Naval Museum and provides the opportunity to learn about naval history and heritage in fun, creative and engaging environment.

an opportunity to help at the table where children are building USS Gettysburg, I couldn’t have passed it up.”

The event has grown significantly since its beginning, and this year’s attendance reached a total of 5,272 visitors.

“Our first year, we had about 800 people attend and it has grown exponentially since then,” said Laura Orr, director of education for the museum.

Orr said the event started as an idea to teach kids about the Navy and shipbuilding, and emphasizes the learning principles of Science, Technology, Engineering and Math (STEM) with Lego shipbuilding, robotics and programming.

“The kids are reading graphs to build the ships, even if they don’t know they are reading graphs, and they are also learning how shipbuilding works, even if they don’t know realize it,” said Orr. “They are still learning as they are playing with Legos. It’s inherent in what they’re doing.”

The event’s growing popularity

continues to bring visitors, both new and returning, from all around the Hampton Roads region to learn and have fun.

“We’re here almost every year - four years in a row,” said Neno Nenov as he sat with his son building a Lego navy ship. “It’s an event we’ve anticipated and there was no way we were going to miss it.”

Hampton Roads Naval Museum is one of 10 officially operated U.S. Navy museums reporting to the Naval History and Heritage Command. The museum celebrates the long history of the U.S. Navy in the Hampton Roads region of Virginia and is located in downtown Norfolk.

For more information please visit <https://www.facebook.com/HRNavalMuseum/>

For more news from Navy Public Affairs Support Element, visit www.navy.mil/local/npasehq/.



Ayden, an event attendee, builds a LEGO ship model of the battleship USS Maine (ACR 1) during the 8th Annual LEGO Brick by Brick Shipbuilding Event at Hampton Roads Naval Museum.



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U.S. Navy photo courtesy of Lockheed Martin
The U.S. Navy’s future USS Billings (LCS 15) launches sideways into the Menominee River in Marinette, Wisconsin, following its christening by ship sponsor Sharla Tester. Once commissioned, LCS-15 will be the first ship of its name in naval service.

Navy accepts delivery of future USS Billings (LCS 15)

From PEO Unmanned and Small Combatants Public Affairs

MARINETTE, WIS.

The Navy accepted delivery of the future USS Billings (LCS 15) during a ceremony at the Fincantieri Marinette Marine (FMM), shipyard, Marinette, Wisconsin, Feb. 1.

The future USS Billings is the 17th littoral combat ship (LCS) to be delivered to the Navy and the eighth of the Freedom variant to join the fleet. Delivery marks the official transfer of the ship from the shipbuilder, part of a Lockheed Martin-led team, to the Navy. It is the final milestone

prior to commissioning, which is planned for later this year.

“Today marks a significant milestone in the life of the future USS Billings,” said LCS program manager Capt. Mike Taylor. “I look forward to celebrating the commissioning of this fine ship alongside the crew later this year where she will play an essential role in the new fleet of warships that will carry out our nation’s future maritime strategy.”

Several additional Freedom-variant ships are under construction at FMM. The future USS Indianapolis (LCS 17) is preparing for trials this summer. The future USS St. Louis (LCS 19)

was christened and launched in December. The future ships Minneapolis-Saint Paul (LCS 21), Cooperstown (LCS 23), Marinette (LCS 25), Nantucket (LCS 27) and Beloit (LCS 29) are also in various stages of production, with yet-to-be-named LCS 31 awarded last month.

LCS is a highly maneuverable, lethal and adaptable ship designed to support focused mine countermeasures, anti-submarine warfare and surface warfare missions. The Freedom-variant LCS integrates new technology and capability to affordably support current and future mission capability from deep water to the littorals.

The LCS class consists of two variants, the Freedom variant and the Independence variant, designed and built by two industry teams. The Lockheed Martin-led team builds the odd-numbered hulls. The Independence variant team is led by Austal USA, Mobile, Alabama, (for LCS 6 and the subsequent even-numbered hulls).

LCS is now the second-largest surface ship class in the U.S. Navy. In 2018, five LCSs were delivered to the fleet, and three are scheduled for delivery in 2019.

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

“ Today marks a significant milestone in the life of the future USS Billings. I look forward to celebrating the commissioning of this fine ship .”

Capt. Mike Taylor, LCS program manager

SPAWAR | Quality of communications upgraded

Continued from B1

“Rapidly providing these types of telemedicine solutions to the warfighter will enhance the speed and quality of medical care, improving the health and safety of Sailors and Marines in order to preserve strength and increase the lethality of the fighting force,” said Davis.

Following the virtual critical care communications exercise, SSC Pacific produced a final report for the Office of Secretary of Defense to capture the results of the entire rapid prototyping effort, examining how 4G LTE technology can be used at sea, and where the Navy should invest to better support 4G and future 5G technologies.

SPAWAR identifies, develops, delivers and sustains information warfighting capabilities supporting naval, joint, coalition and other national missions. SPAWAR consists of more than 10,000 active duty military and civil service professionals located around the world and close to the fleet to keep SPAWAR at the forefront of research, engineering and acquisition to provide and sustain information warfare capabilities to the fleet.

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

LEVIN | Keel laid

Continued from B1

tem which includes Integrated Air and Missile Defense capability. This system delivers quick reaction time, high firepower, and increased electronic countermeasures capability for Anti-Air Warfare. Delivery to the fleet is planned for Fiscal Year 2021.

These multi-mission surface combatants serve as integral assets in global maritime security, engaging in air, undersea, surface, strike and ballistic missile defense, as well as providing increased capabilities in anti-submarine warfare, command and control, and anti-surface warfare.

In addition to Carl M. Levin (DDG 120), BIW has four additional Arleigh Burke class destroyers under construction - Daniel Inouye (DDG 118), John Basilone (DDG 122), Harvey C. Barnum Jr. (DDG 124) and Patrick Gallagher (DDG 127), as well as the Zumwalt class destroyer Lyndon B. Johnson (DDG 1002).



Courtesy General Dynamics Bath Iron Works

BIW is under contract for an additional six Arleigh Burke class destroyers that will all be constructed in the Flight III configuration with enhanced Air and Missile Defense capabilities.

As one of the Defense Department’s largest acquisition organiza-

tions, PEO Ships is responsible for executing the development and procurement of all destroyers, amphibious ships, special mission and support ships, boats and craft.

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

CLOUD | DOD launches Cloud initiative

Continued from B1

cloud providers, including the first-ever enterprise general-purpose cloud, known as the Joint Enterprise Defense Infrastructure, or JEDI, which will help DOD put in place enterprise cloud solutions to meet its needs.

The general-purpose cloud can be used by employees who need large-scale computer power at their fingertips, the CIO said.

But because a general-purpose cloud cannot meet every DOD need, the department will also have special-purpose — also known as fit-for-purpose — and internal-purpose clouds.

Cloud capability also allows DOD to communicate with other agencies, which could be categorized as a special-purpose category. Internal-purpose clouds will be for in-house needs, such as office tools, Deasy said.

Cybersecurity

A critical feature of the cloud is its top-notch security, he said.

“Imagine being able to take advantage of a cloud and all the tools that come with it so you can inherently build an application from the start with a lot more robust security than how we’ve traditionally built applications,” Deasy said.

Additionally, the scale, speed and technological advancements being made in the security “space” are profound, and they are going to be dramatic as the cloud moves forward, he said.

DOD wants to embrace all the technology offerings that are going to be built in the space called cyberprotection, Deasy added.

Digital Modernization

The CIO said the cloud is fundamentally important to everything DOD is doing in its digital modernization reform.

“Cloud in itself just gives you compute capability,” he explained. “It’s what you choose to build on top of that that matters. And in this case, I believe what DOD is going to want to focus on — really embrace and accelerate as fast as we can — is how

we adopt and bring artificial intelligence into the organization.”

To build great AI applications, Deasy said, massive computing and massive storage capabilities will be required. “By having an enterprise cloud, it’s what we put on top of it — in this case, artificial intelligence — [so] it’s almost a fundamental imperative to have a cloud in place to do great things with AI,” he said.

Besides AI, DOD will have command and control and next-generation communications. “And all of that has to be wrapped around with robust cybersecurity,” Deasy added.

“I always like to say if you put a great enterprise cloud in place, you then can use that as an enabler to do great things,” he said.



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Norfolk Admirals bolster the blue line with addition.

Defensiveman Eric Roy has been acquired by the Norfolk Admirals, and has contributed to the team’s defensive surge.

» See C3



iStock image

5 WAYS TO WOW YOUR SWEETHEART THIS VALENTINE'S

From Brandpoint

Whether you’ve been together for years or you’re in the first blush of romance, nothing says you’re thinking about your sweetheart like flowers on Valentine’s Day. With so many options for gift-giving, it’s easy to lose sight of the classics. Don’t forget to show your Valentine how you feel with a special gift.

Here are tips to help you make the most of the sweetest day of the year.

1. Plan ahead. Save big if you act now. You know Valentine’s Day is Feb. 14, so why wait? 1-800-Flowers.com offers savings up to 40 percent using exclusive discounts on Valentine’s Day flowers if you order by Feb. 3. Choices range from gorgeous red roses and vibrant mixed-flower bouquets to the latest flower trend - hot pink bouquets. Find exclusive savings by interacting with 1-800-Flowers.com using Facebook Messenger, Google Assistant, Amazon Alexa or Apple Business Chat. Mobile customers using voice or chat to shop for floral arrangements will enjoy an optimized experience on Google Assistant (“Hey Google, talk to 1-800-Flowers”). Search

and shop on Google Assistant-enabled mobile devices, which offer a selection of farm fresh flowers in the 1-800-Flowers.com store on Google Express (“Shop 1-800-Flowers bouquets”). Customers can use Alexa to shop 1-800-Flowers.com (“Alexa, tell 1-800-Flowers to send my wife roses”) and complete the transaction using Amazon Pay. It’s easier than ever to shop and make sure your gift is received right on time.

2. Write your own card. Find a pretty, blank card or select a Valentine’s card with minimal printed writing and add your own personal message to your loved one. Express what you sometimes find difficult to say out loud. Describe a favorite memory from your past together or list some things that made you fall in love with them. Hand-written words mean so much more than even a carefully chosen pre-printed message. If high-tech is more your style, use your iPhone or iPad to send augmented reality (AR) messages with the 1-800-Flowers.com iOS mobile app, leveraging Apple’s AR kit. With a variety of fun and romantic AR filters and messaging to choose from, sweethearts can express their

love by sending playful, thoughtfully customized “Will You Be My Valentine?” photo or video messages.

3. Consider alternatives to flowers. If you want to add to your gift of flowers, or your beloved is allergic to fresh blossoms, not to worry - there are plenty of other options. 1-800-Flowers.com offers lots of other gift choices to suit any valentine - from treats like chocolates and chocolate-covered strawberries to teddy bears, jewelry, keepsakes and more. Make a special statement with a personalized gift like a picture frame or candle with your names and anniversary date on it.

4. Give the gift of your time. Nothing says “I love you” better than spending time together. Take your sweetheart somewhere that’s meaningful to you as a couple. Schedule a special dinner or date, whether out on the town or a specially arranged home “date” complete with delicious treats and music, or a movie you both love. Being together to enjoy the day is the best gift you can give.

5. Don’t panic if you’re late. It happens to all of us. Life speeds by and suddenly we realize that we waited too long. 1-800-Flow-

ers.com offers a Celebrations Passport loyalty program, where members enjoy free, standard shipping and no service charge for one full year on purchases made across the company’s entire family of brands, including Simply Chocolate, Harry & David, Cheryl’s Cookies and more. If it’s too late for 1-800-Flowers.com’s same-day delivery option to deliver your gift on time for Valentine’s Day, don’t panic. With SmartGift at 1-800-Flowers.com, they’ll never know you fumbled. Through this unique digital gifting experience, you simply choose the floral arrangement you want and instantly notify them via text, email or another messaging platform that something special is headed their way. You’ll score big points for the save, and for showing you were thinking of your sweetheart.

Remember, Valentine’s Day is all about showing your love for your special person and doesn’t have to be stressful. There are many creative, fun - and convenient - ways to wow the one who wows you this Valentine’s Day.

From specialolympicsva.org

It was rosy cheeks, cold toes and cool costumes as far as the eye could see last weekend in Virginia Beach as 3,498 participants teamed up to brrrave the chilly Atlantic at the 2019 Polar Plunge® Festival, Feb. 1-2. Plungers and runners not only celebrated a record-breaking \$1.235 million raised- the most ever and counting! – for Special Olympics Virginia, but also the event’s ninth million dollar year!

“At Special Olympics Virginia, our vision is to inspire the first unified generation; a generation of people who respectfully include each other in the school, in the workplace, in the community,” said Rick Jeffrey, Special Olympics Virginia President. “PLUNGING today included people with intellectual disabilities and those without; people of all ages, genders, races and religions; students and teachers; doctors and lawyers; military and law enforcement; ONE TEAM. And all, so we can unify communities in Hampton Roads and across Virginia through the transformative power of Sport, Health and Education.”

In addition to the main event, students and teachers tested the chilly waters during

» See PLUNGE | C3



Photos courtesy SpecialOlympicsVa.org

CalendarCommunity

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

LOOKING AHEAD... Hampton Roads Military Hiring Event

- Thursday, Feb. 28. 9 a.m. - 4 p.m.
- Virginia Wesleyan College, Jane P. Batten Student Center, 1584 Wesleyan Dr., Norfolk
- Sharalyn Saliger, 919-282-1815 or email at sharalyn.saliger@futuresinc.com

This hiring event is not a job fair. Job seekers are pre-matched for face-to-face interviews. Follow the steps below to get matched to jobs.

- REGISTER** - Make sure to register by Feb. 21. You can register at www.hamptonroadsfeb2019militaryhiringevents.com
- CREATE** - Enter your military experience & skills.
- RESUME** - Upload your current resume or create one using our step-by-step resume builder.
- JOB MATCHES** - Employers will contact you to schedule interviews at the event.

U.S. Department of Labor Webinar: Military Spouse Licensure Portal

- Friday, Feb. 22, 2019 at 1:30 p.m.- 2:30 p.m.
- The Fleet and Family Support Center
- <http://zeiders.adobeconnect.com/rprlzt0w3bvk/>

CNIC HQ will host a Family Employment Readiness Program (FERP) Department of Labor Military Spouse Licensure Portal Training on Feb. 22, 2019 from 1:30 p.m. to 2:30 p.m. This training will provide a live detail demonstration on how to utilize the Department of Labor site for information to assist FFSC staff and users(spouses) with real time state licensing information per state.

Hogwarts Hullabaloo: The Magical Music of Harry Potter

- Saturday, Feb. 9. 7:30 p.m. \$27-\$67
- Sandler Center, Performance Hall. 201 Market St., Virginia Beach.
- www.virginiasympphony.com or www.sandlercenter.org

The Virginia Symphony Orchestra will present a special concert certain to cast a spell on audiences of all ages. Join the VSO on a journey to the Wizarding World of Harry Potter. Featuring magical music expertly crafted by John Williams and more, this concert is not to be missed by any witch, wizard, or muggle. Come in your finest dress robes and prepare to be spellbound as the music comes to life in the concert hall. Come early for photos, trivia and prizes! Doors open at 6:30 p.m.! Gonzalo Farias, conductor



Courtesy thenorva.com

FM99 presents Sevendust at The Norva with guests Tremonti, Cane Hill, Lullwater, and Kirra

- Saturday, Feb. 9. 6 p.m. \$23, \$27 day of show
- The Norva. 317 Monticello Ave., Norfolk
- www.thenorva.com

In 1994, Sevendust first forged a familial tie amongst each other that translated into one of the most diehard audiences in the game. To this day, the connection between fans and the Grammy® Award-nominated gold-certified hard rock outfit only grows stronger. For their twelfth full-length and first release for Rise Records All I See Is War, the quintet—Lajon Witherspoon [lead vocals], Clint Lowery [lead guitar, backing vocals], John Connolly [rhythm guitar, backing vocals], Vince Hornsby [bass], and Morgan Rose [drums]—did the best thing they could possibly do to combat all of the division in the streets and on social media; they went and made a Sevendust record—just bigger, ballsier, and bolder than before.

NSA HR Cupid Shuffle Dinner & Dance

- Thursday, Feb. 14. 5-9 p.m. \$20/person
- Sewells Point Golf Course
- 757-237-3068

Are you and your significant other looking for something extravagant and fun to do Valentines Day? Well NSA HR - Headquarters MWR presents the 2019 Cupid Shuffle Dinner & Dance. At a cost of \$20 per person, enjoy the evening with a gourmet four-course meal and signature beverage, couples gift basket, music, dancing, photos, and prizes! The night kicks off with a cocktail hour starting at 5 p.m. followed by dinner service at 6 p.m. A cash bar is also available (Please drink responsibly). The event is open to all eligible patrons. Seating is limited so purchase your tickets soon. Tickets can be purchased by calling 757-237-3068 or in person at the MWR Food and Beverage Office located at NSA HR - Headquarters building SC-400. The Cupid Shuffle Dinner & Dance is Thursday, February 14 from 5 to 9 p.m. at the Sewells Point Golf Course Norfolk Room (2nd floor above the clubhouse).

■ 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/

Norfolk Public Library recognizes 400 years of African American history in Hampton Roads

From Norfolk.gov

NORFOLK
This February, Norfolk Public Library recognizes the central role of African Americans in U.S. history and in Norfolk by offering a variety of special events and programs for all ages. 2019 marks the 400th year since the arrival of the first 20 plus Africans who were brought ashore in 1619 at Olde Point Comfort, which is present-day Fort Monroe in Hampton. Within that journey is a storied and proud history of African Americans who helped make Norfolk the city it is today. We invite you to the opening celebration for African American History Month on Saturday, February 2nd at 2:00 p.m. at the Slover Library. Norfolk State University Archivist Dr. Tommy Bogger will be the guest speaker, and guest performers include the Word Singers and Gordon Banks, Marvin Gaye’s former music director and Grammy winner. On Sunday, February 3rd at 3:00 p.m. at the Slover Library, we honor four distinguished African American trailblazers: George Banks, Geraldine Boone, Maizelle Brown, and Dr. La

Francis Rodgers-Rose. Throughout the month, Norfolk Public Library programming centers on the 2019 national theme, Black Migrations, which covers the movement of six million African Americans from the rural Southern United States to the urban Northeast, Midwest, and West that occurred between 1910 and 1970. Programs will closely examine the black experience of migration on a local level and its impact on the city of Norfolk. The Great Migration caused housing tensions, and many blacks ended up creating their own cities within big cities, fostering the growth of a new African American culture. The series brings together citizens from Norfolk’s historic African American neighborhoods to share their stories and explore the character and fabric of the communities as they remember them. Programs are scheduled at various locations throughout the city of Norfolk. Highlights include story times, jazz concerts, theatrical and dance performances, and an African American family day. For a complete list of African American History Month events, go to www.norfolkpubliclibrary.org/AAHM.

SOAR: Ride along with the world's most accomplished and secretive special ops aviation unit

From Ascot Media

PARKER, CO
There are few of us who have experienced what Special Operations team members have felt during a perilous and secretive mission. David Burnett has and he’s chronicled it in his powerful memoir, Making a Night Stalker. Burnett opens up the highly secretive world of the Special Operations Aviation Regiment (SOAR), the most accomplished and secretive special ops aviation unit on the globe. The importance of teamwork and heroism are driven home to readers in taut prose that brings to life what it is like to be at the knife’s edge, knowing a moment of inattention can bring catastrophe to you and your closest comrades. His journey starts in a conventional Army unit where he feels unfulfilled. The lack of responsibility drives him

to pursue the goal of becoming an MH-47G Chinook helicopter crew chief in the world’s most secretive unit. Despite obstacles and endless training, he’s finally able to set foot on the aircraft. Achieving FMQ (Fully Mission Qualified) crew chief takes additional years of training and deployments, but after achieving the sought after role, he is honorably discharged from the military. Burnett also explores his PTSD, which drove him to alcohol. The beast was finally tamed through taking up writing, he said. For those whose only experience of war has been through media headlines, Burnett’s book presents a vivid picture of the vaunted Special Operations Aviation unit and the toll it takes on its members. Author David Burnett was born and raised in Parker, Colorado. After a few semesters of college, he enlisted in the Army in 2008. He was



Courtesy David Burnett

stationed with 563rd ASB as a 15U (Chinook helicopter repairer). After realizing his job in the regular Army was not as fulfilling as he had hoped, he applied for 160th SOAR. He went through countless years of training and deployed with the unit five times before deciding he wasn’t going to reenlist. He put pen to paper after receiving an honorable discharge from the unit and began writing his story.

Daughters of NASA hidden figure Katherine Johnson to headline Black History Month celebration at Nauticus

From Nauticus

NORFOLK
Joylette Hylick and Katherine Goble Moore, daughters of Katherine Johnson, the main character and gifted African-American NASA mathematician and computer scientist highlighted in the movie Hidden Figures, will be among the featured speakers during Nauticus’ second annual And Still I Rise Black History Month celebration from 10 a.m. - 5 p.m. on Saturday, February 9. Hylick, a retired engineer and mathematician, and Goble Moore, a retired teacher and counselor, travel the country speaking on behalf of their 100-year old mother--sharing how her work at NASA was critical to the success of the Apollo Moon landing program and the start of the Space Shuttle program. In addition to Hylick and Goble Moore, the day’s speakers will include Dr. Deidre Gibson, chief scientist and chair of the department of marine and environmental science at Hampton University, who will speak on “Hampton University’s Impact on Marine Science Research.” Plus, Roots for

A-STEM will provide table-top presentations, interactive programs, and child-focused demonstrations throughout the day including “Math Through Dance,” which teaches basic math concepts and traditional African dance moves, and “Matching Game,” that allows participants to pair black inventors with their inventions. The schedule for And Still I Rise is as follows: 10 a.m.-4 p.m. Nauticus table-top presentations 10 a.m.-4 p.m. Roots for A-STEM Tabletop Presentations 10:30-11:30 a.m. Hampton University’s Impact on Marine Science research Dr. Deidre Gibson, Hampton University 11:30-Noon Math Through Dance Roots for A-STEM 1-1:30 p.m. Matching Game Roots for A-STEM 3-4 p.m. Hidden Figure No More Joylette Hylick and Katherine Goble Moore

Registration now open for Water Country USA Kids Triathlon

From Hampton Roads Sports Commission

The Hampton Roads Sports Commission is proud to announce the inaugural Water Country USA® Kids Triathlon. The event will be held at Water Country USA on Saturday, June 1, 2019 at 7:15 a.m. The Water Country USA Kids Triathlon is open to boys and girls of all skills levels ages 6-14. The triathlon includes swimming through the park’s Hubba Hubba Highway® attraction, and biking and running around the Water Country USA property. Each registered participant will receive a gift bag that includes a race shirt and a complimentary Water Country USA stay-and-play ticket (valid only on race weekend), with the option of purchasing up to six additional stay-and-play tickets at a discounted price. Each athlete will

also receive a finisher’s medal upon completion of the race. “We’re honored to be asked to host this event at our park,” said Jeff Thomas, vice president for Water Country USA. “This opportunity for kids to be active and enjoy our park in a whole new way is very exciting,” added Thomas. The race is organized by the Hampton Roads Sports Commission. “This is a truly unique event that we are proud to introduce to our community,” said Wes Hall, Executive Director, Hampton Roads Sports Commission. “From racing, to volunteering, to cheerleading, this will be an awesome event in which the whole family can be involved.” Following the event, entertainment, snacks and beverages will be provided to the participants. Trophies and awards will be given to the top three male and female finishers in each of the five different age groups. Registration for the inaugural Water Country USA Kids Triathlon opened on Friday, Feb. 1, 2019. For registration, and athlete guide and race maps, visit www.usakidstri.com, Water Country USA Kids Triathlon official website.



5 WAYS TO CHOOSE MORE PLEASURE IN YOUR LIFE

Brandpoint image

From Brandpoint

Life is all about making the most of it, every single day. Taking chances, finding new opportunities to explore and pursuing your own unique vision are what make every day a worthwhile adventure. Dove(R) Chocolate is a brand that celebrates women who live boldly and inspire to choose pleasure.

Here are a few ideas of ways you can #choosepleasure.

1. Get in touch with your aspirations. Keep a running list of ideas for things you know you want to do in life, adding to it continually, and then brainstorm concrete steps toward bringing your dreams to life. Don't let anything stand in your way - you can do anything you set your heart on.

2. Schedule more time for what's important to you. Validate your commitment to doing what you find most satisfying and fulfilling by actually putting those things on your calendar. Being busy with work and play doesn't have to mean neglecting your own cherished goals and desires. Make the time to pursue the things you know you want to achieve in life - whether it's starting your own business, writing the book you've had in your head or running a marathon. Whatever it is that makes you feel great about your life, schedule it!

3. Take steps toward your goals. Follow what inspires you by taking small steps toward even the biggest goals in your life. If you have a career goal, sign up for a class or workshop in the field to increase your knowledge and expertise. If volunteer work

is what inspires you, join a cause or start your own drive to support what you believe in. If you thrive on learning something new, take up the instrument you've always wanted to play, watch online tutorials or enroll in online learning for that language or subject that expands your mind and horizons.

4. Treat yourself boldly. Explore all kinds of new tastes to find treats you absolutely love, and that bring you joy, just like the new Dove(R) Chocolate Bars. Beyond the classic Dark Chocolate and Milk Chocolate varieties, you can try exciting new flavors inspired by the latest culinary trends, from the innovative Bourbon Vanilla Dark Chocolate and Salted Caramel Blonde Chocolate to the sweet and rich Raspberry Rose Dark Chocolate and Almond Brittle

Milk Chocolate. Choosing pleasure never tasted so good.

5. Fill your life with great experiences. Your life is an adventure, so don't wait for it - encourage yourself to make it happen! Get tickets for that concert you really want to attend. Visit that beautiful scenic park with a special friend. Go to that amazing new restaurant or art gallery you've been hearing so much about. Be bold and plan that trip to the one place you've always wanted to go.

Now is a great time to recommit to your own personal goals and aspirations, whatever they might be. Finding not only your sense of purpose in life, but increasing your sense of satisfaction in daily pleasures makes life so much sweeter. If you want it, go for it! Choose pleasure by centering your life around what you most want and desire.

Goodbye spring cleaning, hello winter refresh!

From Brandpoint

Every year, homeowners anxiously await spring to refresh and reset their homes. But what if we capitalized on all the time spent indoors during winter to take control of home improvements ahead of time instead? With a little thoughtful planning, you'll not only be able to give your space a simple face lift but also enjoy spring when it comes around and be outside, soaking up the weather!

Many homeowners agree that the colder months are the perfect time to cross home improvement projects off the list, feeling more motivated to work on them during this time of year, according to a new survey (online survey conducted in September, 2018, of 1,000 U.S. homeowners, ages 18+, in partnership with Lucid, on behalf of Maytag). A whopping 78 percent of homeowners plan to make some type of home improvement in the next three to six months and young homeowners are even more motivated, with 87 percent of millennials planning to give their spaces some tender loving care during the same time frame.

Simple updates with big impact

Enhancing your home's value

and functionality does not require a full-blown remodel. Strategic updates can make a significant impact and can be completed in just a few days. Consider these smart, no sweat home updates while staying cozy indoors.

Upgrade appliances: Dated appliances can steal from a space's potential; a simple swap can completely transform the aesthetic of a room, taking it from vintage to polished in a snap. Thanks to Maytag, you don't have to sacrifice function for style. Whether you're partial to French door or side-by-side refrigerators, front load or top load washers, explore sleek options at www.maytag.com. With a few thoughtful changes, you have the power to turn your home into the space you've always dreamed of.

Declutter: While you may not be ready to jump on the minimalist band wagon, be inspired by the movement and remove unnecessary items from your home. Donate or sell trinkets and gadgets you don't use and focus on organizing what's left. Consider storage solutions like closet organizers and kitchen pull-outs that make organization seamless. There's no greater joy than coming home to a clean,



Brandpoint image

tidy and truly clutter-free space.

Fresh paint: A fresh coat of paint is an affordable update for any room, and with a little elbow grease, you can easily complete this project in a weekend. Whether you paint all the walls in your bedroom or just one to create a focal wall, you can customize this project to your personal tastes and preferences. While you're at it, why not paint the ceiling too? A fresh coat of white paint can instantly elevate a space by better reflecting light.

Replace hardware: The kitchen and bathrooms are typically the most frequented rooms in a home. The hardware in these spaces might seem like an afterthought, but if you want to add a little pizzazz with minimal effort, focus here. Styles go in and out of fashion and hardware becomes drab with everyday wear and tear. Replace knobs, handles and hooks with a new look that reflects your personality. Brushed metals have maintained popularity, and brass is poised to make a comeback. Other materials like wood and glass are popu-

lar for hardware, too.

Whether you love it or can't get through it quickly enough, winter is a perfect time to take on home improvements that are simple and achievable; about three in four homeowners would rather complete home renovations during the fall and winter so they can travel in the spring and summer. With these handy tips, you have the knowledge and power to rejuvenate your home and make this winter a productive one. Update now, so you can relax later!

Arts & Entertainment



Jack Dylan Grazer as Freddy Freeman and Zachary Levi as Shazam in New Line Cinema's action adventure "Shazam!," a Warner Bros. Pictures release.

Steve Wilkie & (c) DC Comics

coming to theaters

CAPTAIN MARVEL

Captain Marvel gets caught in the middle of a galactic war between two alien races.

ALITA: BATTLE ANGEL

Set several centuries in the future, the abandoned Alita is found in the scrapyard of Iron City by Ido, a compassionate cyber-doctor who takes the unconscious cyborg Alita to his clinic. When Alita awakens, she has no memory of who she is, nor does she have any recognition of the world she finds herself in. As Alita learns to navigate her new life and the treacherous streets of Iron City, Ido tries to shield her from her mysterious past

THE AFTERMATH

In 1946 Rachael Morgan arrives in the ruins of Hamburg to be reunited with her husband, Lewis, who is a British colonel charged with rebuilding the shattered city. As they set off for their new home, Rachael is stunned to discover that Lewis has made an unexpected decision: They will be sharing the grand house with its previous owners, a German widower and his troubled daughter. In this charged atmosphere, enmity and grief give way to passion and betrayal.

SHAZAM!

We all have a superhero inside us, it just takes a bit of magic to bring it out. In Billy Batson's case, by shouting out one word - SHAZAM! - this streetwise 14-year-old foster kid can turn into the adult superhero Shazam.

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.

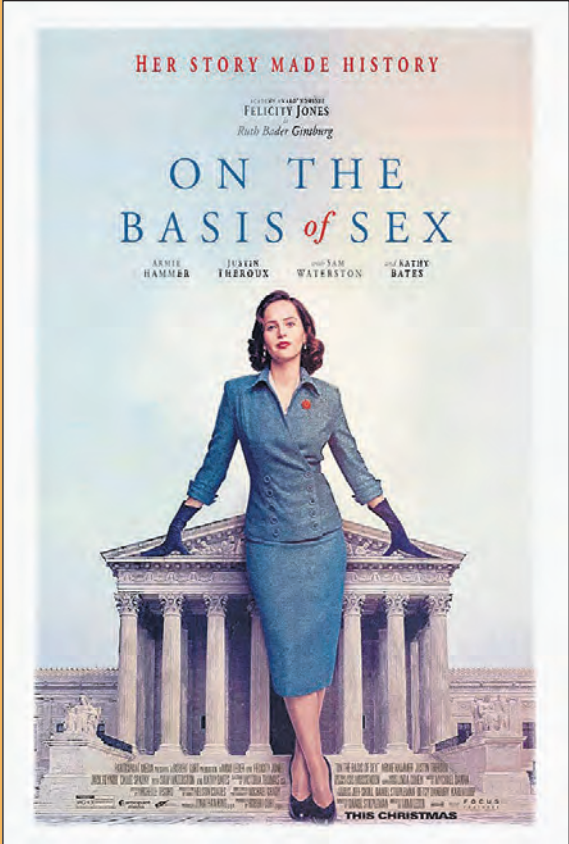
PET SEMATARY

Dr. Louis Creed and his wife, Rachel, relocate from Boston to rural Maine with their two young children. The couple soon discover a mysterious burial ground hidden deep in the woods near their new home. When tragedy strikes, Louis turns to his neighbor Jud Crandall, setting off a perilous chain reaction that unleashes an unspeakable evil with horrific consequences.

HELLBOY

Based on the graphic novels by Mike Mignola, Hellboy, caught between the worlds of the supernatural and human, battles an ancient sorceress bent on revenge.

base theaters \$3 Movies



Ruth Bader Ginsburg is a struggling attorney and new mother who faces adversity and numerous obstacles in her fight for equal rights. When Ruth takes on a groundbreaking tax case with her husband, attorney Martin Ginsburg, she knows it could change the direction of her career and the way the courts view gender discrimination.

JEB Little Creek, Gator Theater – 462-7534

Friday, February 8

6 p.m. A Dog's Way Home (PG)
9 p.m. On The Basis Of Sex (PG-13)

Saturday, February 9

1 p.m. A Dog's Way Home (PG)
4 p.m. Aquaman (3-D) (PG-13)
7 p.m. Bumblebee (PG-13)

Sunday, February 10

1 p.m. Aquaman (PG-13)
4 p.m. Escape Room (PG-13)
7 p.m. On The Basis Of Sex (PG-13)

NAS Oceana, Aero Theater – 433-2495

Friday, February 8

6 p.m. A Dog's Way Home (PG)
9 p.m. On The Basis Of Sex (PG-13)

Saturday, February 9

12 p.m. Mary Poppins Returns (PG)
3 p.m. A Dog's Way Home (PG)
6 p.m. The Upside (PG-13)

Sunday, February 10

12 p.m. A Dog's Way Home (PG)
3 p.m. Aquaman (PG-13)
6 p.m. On The Basis Of Sex (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.

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Announcements

CHKD WELCOMES DR. DOLLY GUPTA TO NANSEMOND PEDIATRICS

On February 1, 2019, Dr. Dolly Gupta will join Nansemond Pediatrics, a practice of the Children's Medical Group. Dr. Gupta will see patients in the Nansemond Pediatrics' office located at 418 Market Street, Suffolk, VA 23434.

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

All current patient records of Dr. Gupta will be stored in CHKD's electronic medical records system and can be accessed at Nansemond Pediatrics. Patients who wish to receive a copy of their records, or have them transferred to another practice, may do so by contacting us at (757) 668-2640 (standard copying and delivery fees may apply).

Children's Health System is pleased to welcome Dr. Gupta into its network of more than 120 pediatricians in 19 pediatric practices located throughout southeastern Virginia and north-eastern North Carolina. To learn more about Nansemond Pediatrics, Children's Medical Group, or Children's Hospital of The King's Daughters, visit CHKD.org.

TRUSTEES' SALE

905 FERRIER CT., VIRGINIA BEACH, VA
TAX ID14634744160000

In execution of a deed of trust in the original principal amount of \$337,500.00, with an annual interest rate of 6.35%, dated May 26, 2009 and recorded among the land records of Virginia Beach, Virginia at Instrument No. 20090526000580690, the undersigned appointed substitute trustee will offer for sale at public auction at the front of the Circuit Court building for the City of Virginia Beach, Virginia located at 2425 Nimmo Parkway, Virginia Beach, VA 23456 on Thursday, February 21, 2019, at 10:00 am, the property with improvements to wit:

Lot 201, as shown on that plat entitled, "Subdivision of Woodbridge Pointe, Phase III, Section 2C, Virginia Beach, Virginia," duly recorded as Instrument No. 20051110001834510.

THIS IS A COMMUNICATION FROM A DEBT COLLECTOR. Terms of sale: all cash. A bidder's deposit of 10% of the sale price will be required in cash, certified or cashier's check at time of sale. Settlement within fifteen (15) days of sale, otherwise Trustee may forfeit deposit. Additional terms to be announced at sale. Loan type: conventional.

For more information contact Lindsey Kelly, Substitute Trustee, c/o 11742 Jefferson Ave., Suite 200, Newport News, VA 23606 (757)825-7109.

TRUSTEES' SALE
1370 BOXWOOD CIRCLE, NORFOLK, VA
TAX ID0480-8600

In execution of a deed of trust in the original principal amount of \$126,100.00, with an annual interest rate of 2.75%, dated June 14, 2013 and recorded among the land records of Norfolk, Virginia at Instrument No. 130016667, the undersigned appointed substitute trustee will offer for sale at public auction at the front of the Circuit Court building for the City of Norfolk located at 150 St. Paul's Blvd., Norfolk, VA 23510 on Thursday, February 21, 2019, at 11:00 am, the property with improvements to wit:

Lot 12, Block 8, as shown on the plat entitled, "Section 2, Forest Park," recorded in the City of Chesapeake, VA, in Map Book 35 at page 27.

THIS IS A COMMUNICATION FROM A DEBT COLLECTOR. Terms of sale: all cash. A bidder's deposit of 10% of the sale price will be required in cash, certified or cashier's check at time of sale. Settlement within fifteen (15) days of sale, otherwise Trustee may forfeit deposit. Additional terms to be announced at sale. Loan type: conventional.

For more information contact Lindsey Kelly, Substitute Trustee, c/o 11742 Jefferson Ave., Suite 200, Newport News, VA 23606 (757)825-7109.

drive

Saturdays in The Pilot

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

Announcements

TRUSTEES' SALE
511 CATAPULT CT., SUFFOLK, VA 23434
TAX MAP 25L-7*163

In execution of a deed of trust in the original principal amount of \$99,000.00, with an annual interest rate of 6.35%, dated November 21, 2013 and recorded among the land records of Suffolk, Virginia at Instrument No. 20131122000240260, the undersigned appointed substitute trustee will offer for sale at public auction at the front of the Circuit Court building for the City of Suffolk located at 150 N. Main St., Suffolk, VA 23434 on Thursday, February 21, 2019, at 12:30 pm, the property with improvements to wit:

Lot 163, Kings Landing Townhouses, Phase 7, per plat duly recorded at Plat Cabinet 3, Slides 180D and 180E.

THIS IS A COMMUNICATION FROM A DEBT COLLECTOR. Terms of sale: all cash. A bidder's deposit of 10% of the sale price will be required in cash, certified or cashier's check at time of sale. Settlement within fifteen (15) days of sale, otherwise Trustee may forfeit deposit. Additional terms to be announced at sale. Loan type: conventional.

For more information contact Lindsey Kelly, Substitute Trustee, c/o 11742 Jefferson Ave., Suite 200, Newport News, VA 23606 (757)825-7109.



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NORFOLK
7741 Dunfield Pl Unit C1, 23505. February 8th, 9th, 10th. 9am-4pm. Estate Sale By Urban Castaways



Misc. Merchandise For Sale

APPLIANCES
Refrigerator \$195; Stove \$125; Freezer \$150; Washer \$150; Dryer \$125; Dishwasher \$100. All Items Like New. DELIVERY AVAILABLE 757-447-7347

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Adults 2-5 years old male and female. Call 757-305-7900

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Puppies, AKC, American Reds \$1000, English Creams \$1200, vet checked, first shots, dewormed, health guarantee. Credit cards accepted. 757-377-7283 or gsb141@yahoo.com

GOLDEN RETRIEVERS

Puppies AKC first shots and wormed, have parents, \$825, 757-421-7708

GOLDENDOODLES

Both Parents Reg'd & On Site. Vet Chkd. Guarantee, \$950. Avail Feb 7th. Red or White. Call 757-620-6026

LAB PUPS-BLACK.

4 females left, ready to go, \$700. 252-809-2150. 252-809-2722.

MINI F1B GOLDENDOODLE



Mini F1b Goldendoodle pups Please visit Seasidepups.com 1600 9077386015

RAT TERRIERS



1st shots, dewormed, grey and white, black & white, males & females, playful. \$285. Call/Text 252-562-7355

SHIH POO
Puppies 9 wks first shots & wormed, have parents \$550 757-421-7708



Room For Rent

VIRGINIA BEACH
Furn. Rm, FIOS TV/internet, near Regent, I-64, shops, all util. incl. No smoking inside. \$125/wk. Call after 4 or leave message 757-774-1425.

CHIX - BEACH
Private & peaceful. All util included. \$150/wkly + deposit. 757-937-0644

KEMPSVILLE LAKE
2 rooms for rent incl. util. W/D & cable. Pool access. \$500+/mo. 757-831-4165

NORFOLK, VA
Room for rent in Norview \$600 month washer & dryer, close to interstate, close to stores Call 757-235-3630

VIRGINIA BEACH - KEMPSVILLE
Private entrance & bathroom. \$625 incl all utils & cable. Pets ok 757-717-0129

NORFOLK
Furnished Rm Includes All Utilities, Cable TV, mini Fridge, Clothes Washer. \$530/mo. Share Bathroom w. 2 people. Leave a msg or txt 757-328-1062

CHESAPEAKE
Sunrise Hills, furnished room, central air, washer/dryer, Wifi, satellite TV. \$150/week + dep. 757-718-0698.

NORFOLK
Fully Furnished Rm For Rent \$150/wk. Near NSU/ODU Call 757-478-8488 Ask for Tim



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

Autos for Sale

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

CHEVROLET 2004 SUBURBAN
Original owner, 4-wheel drive, excellent condition, 190,000 miles. \$5,500 Call 757-816-5033

CHEVROLET 2012 CAMARO
Loaded, 51k miles, still under warranty, \$15,000. Call 757-408-4614

FORD 2013 TAURUS



SE Loaded, 50k mi., \$11,490. VA Dealer 757-717-1715 / 757-963-2299

HONDA 2016 CIVIC



LX Good miles, must see! \$14,900 VA Dealer 757-717-1715 / 757-963-2299

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

LINCOLN 1978 MARK V
Diamond Jubilee Series. 56k orig mi, ex. cond! As is \$4495 757-672-5024

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.

MAZDA 2010 MAZDA3
54K mis., 4 door sedan, new inspection, 5 speed, runs & looks great. Great gas mileage. \$7900. Call for details 675-0288. Va. Dir.

MERCEDES-BENZ 1988 300SE
Has exc. motor & rebuilt trans. Needs left fender. \$900 FIRM 757-672-5024

MERCEDES-BENZ 2000 E-CLASS
320. Garage kept, 1 owner. Must see to appreciate. Asking \$4000 or negotiable. 757-647-2132

MERCEDES-BENZ 2005 S-CLASS
SL500 Convertible, 1 owner, 54K mis., garage kept, service history by Benz dealer, hardtop convertible, new inspection, nav, leather, car cover. Runs & looks great. \$16,900. Call for details 675-0288. Va. Dir.

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 mis., 4 matic, navigation, sunroof, leather, warranty, new inspection, garage kept, looks great. \$23,500. Call for details 675-0288. Va. Dir.

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Autos for Sale

NISSAN 2005 MAXIMA

NEW

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

NISSAN 2007 VERSA
S-Model: 4 DR, Automatic, 152k/ miles, \$2850 OBO. Call: 757-567-2265

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

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

TOYOTA 2003 AVALON

XLE, 1 owner, garage kept, mint condition, auto, air, loaded, inspected. \$3,650 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

TOYOTA 2005 SEQUOIA



Limited, leather, roof. 71k miles, 1 owner, must see! \$12,900. Dealer 757-717-1715 / 757-963-2299

TOYOTA 2008 SIENNA

Mini van, LE, mint condition, 1 owner, garage kept, auto, air, power sliders, slow away, inspected. \$4,850. 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

TOYOTA 2012 CAMRY



LE. 40k mi., clean - \$12,450! VA Dealer 757-717-1715 OR 757-963-2299

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

TOYOTA 2014 PRIUS C
Great gas mileage - come see! Clean, ready to go! Ride today! \$10,950 VA Dealer 757-717-1715 757-963-2299

VOLKSWAGEN 2008 GTI

Mint condition, garage kept, 1 owner, 6 speed, manual, inspected, loaded. \$4,990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

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, inspected \$2990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

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

ROLLS-ROYCE 1988
Silver Spur, 1 owner, 47K mis., garage kept, showroom new, all serviced, runs great. Car cover, \$18,500. Call for details 675-0288. Va. Dir.

Trucks and SUVs

CADILLAC 2005 ESCALADE

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

CHEVROLET 2010 EXPRESS 1500
Conversion Van. Explorer Limited SE package. 93,927 miles. AC. Leather interior, TV, electric rear bed seat. Exc cond. \$21,500 757-925-4728

CHRYSLER 2003 PT CRUISER

Beautiful Blue finish, looks and runs great, auto, air, loaded \$2990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

DODGE 2002 DURANGO

SLT 4WD, mint condition, auto, air, leather, loaded, inspected 3rd ROW SEATS. \$3,450. 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

Trucks and SUVs

FORD 2002 EXPEDITION

XLT 4WD Excellent condition, auto, air, loaded, inspected, runs perfect, 3rd row seats. \$3,450 757-439-8017. Va. Dir. 757-481-7777. Process 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 2006 F-250



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

GMC 2009 YUKON

Denali XL. 69K mis., 4x4, navigation, leather, sunroof, TV/DVD, loaded, new inspection, warranty, looks great, \$18,750. Call for details 675-0288. Va. Dir.

HYUNDAI 2016 SANTA FE



LTD. Leather, 3rd row \$18,900 VA Dealer 757-717-1715 757-963-2299

JEEP 2005 GRAND CHEROKEE

Laredo 4x4, mint condition, auto, air, loaded, inspected. \$4,650 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

LEXUS 2005 RX 330

73K mis., leather, sunroof, 4x4, loaded, 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

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Fun and Games

Super Crossword

A SOUND
CONCLUSION

ACROSS

1 Live online workshop
8 Public poster
15 Malcolm — Warner ("The Cosby Show" actor)
20 14th-century music style
21 Arrives leisurely
22 Belittle
23 Certain frat member receiving his diploma?
25 Sing sweetly
26 Cove
27 Assuage
28 Muddy mixture
29 Met melody
32 Took way too much, for short
34 Gyro bread with lots of extra hidden calories?
37 Heavenly food made from very hot peppers?
41 —garde
42 Sauna stuff
43 Singer Acuff
44 Stew
45 Toon pic
48 San Francisco's — Hill

DOWN

50 Target number of coverage policies?
54 Download for an iDevice
57 Denmark's — Islands
59 High trains
60 Detach, as a lapel mic
61 Randomly mixed stack of Bing Crosby and Bill Haley albums?
65 Folded a line into, say
67 With 24-Down, reduced-cost product
68 Glam rocker Brian
69 Lav
70 Aviary locale
71 Bridge, in France
72 Florida city
74 Fish dish that's a chef's specialty?
77 Rizzo in "Midnight Cowboy"
78 Platform that runs on iDevices
79 Ran easily
80 La. neighbor

ACROSS

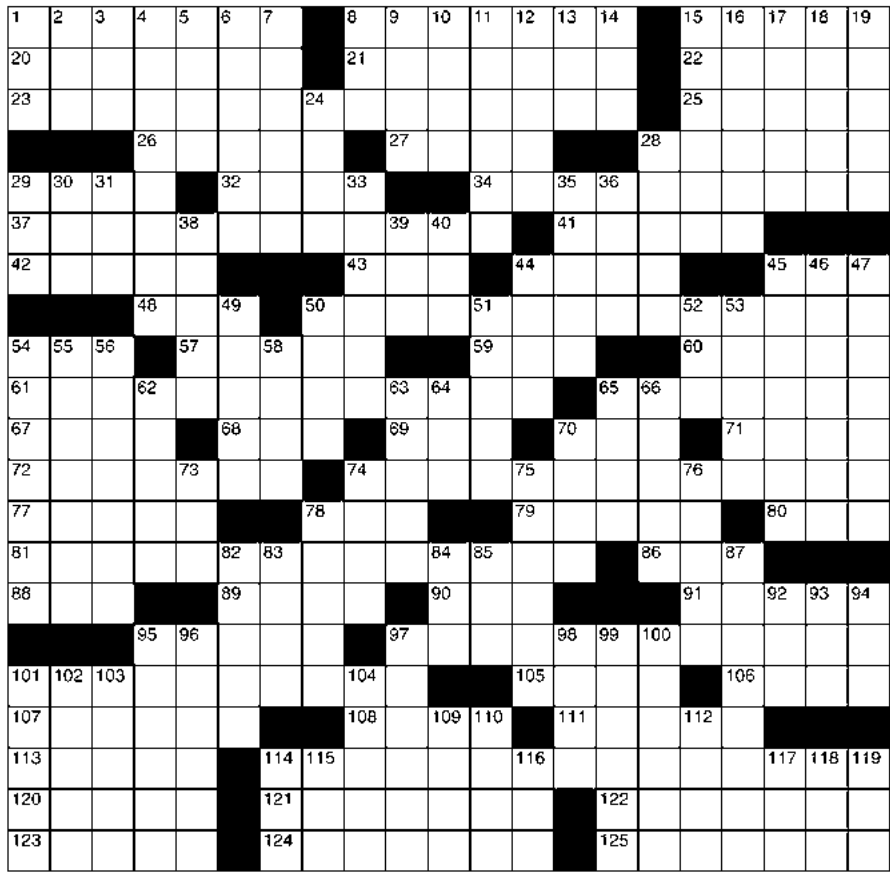
81 Brass instrument with a dental product smeared all over it?
86 "O Sole —"
88 Sheepish
89 "— well that ends well"
90 Alias
91 Idiot box
95 Provide
97 Hair dye produced in a county in southwest England?
101 Chatty bird with shiny gray plumage?
105 Pirate chant starter
106 Took a train, e.g.
107 Pilot a plane
108 Prefix with skeleton
111 Thin iPods
113 Swiss chocolate brand
114 Sitcom title woman living in a wasteland?
120 Actor Jason
121 Energize
122 Algebra rule
123 Totally love

DOWN

124 Toronto Blue Jays' stadium, before 2005
125 Salzburg site
35 Works to get
36 With, to Luc
38 "Toodles!"
39 Rebels' yells
40 Sch. in the Big Apple
44 FDR's terrier
45 Renegades
46 — Aigner (fashion brand)
47 Real-estate levy
49 Bundled up, as hay
50 Prefix for an element used in antiseptics
51 Mission to gather intel
52 "— pasa?"
53 Not likely
54 Classifies
55 Ramses II, for one
56 Plaything dragged on a string
58 City in Nevada
62 Mega-meal
63 "Fur —"
64 Gear piece
65 Brilliant move
66 Composer Ned
70 Reverse alphabetical order
73 Japanese drama style

DOWN

74 Tossups
75 New York's capital
76 Singer Piaf
78 R&B's — Brothers
82 San Diego ballplayer
83 One reuniting
84 Asian "way"
85 Loc. of Kiev
87 Exceeded, as a target
92 — Cat
93 Put a stop to
94 — Bo
95 Dodging type
96 Irk
97 Forthright
98 Skye of film
99 California mountain
100 Japan's largest island
101 Zesty dip
102 Vine-covered
103 Group jargon
104 Nervous — (worrywart)
109 "Whip It" rock band
110 City in Utah
112 Iron sources
114 Film director Craven
115 Ballpoint fill
116 La.-to-ill. dir.
117 Bruin Bobby
118 Agnus — (Mass part)
119 Drs.' org.



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Sudoku

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

CryptoQuip

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

Clue: N equals W

NRAL W MATPJL NRJ'P TAMSHQLK

QP BTDSH EASWLORJSH, HJD

EQKRB OWSS RQE W CAPMJLCALB

TAPMJLCALB.

Last week's CryptoQuip answer

If you have a job deejaying for a music station, it might be said that you are radioactive.

last week's answers

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

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

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