



MCSN Angelina Grimsley

MERITORIOUS ADVANCEMENT PROGRAM GAINS A SEASON, QUOTAS INCREASE

Sailors prepare to be frocked at a promotion ceremony in the hangar bay of the Nimitz-class aircraft carrier USS John C. Stennis (CVN 74).

From Chief of Naval Personnel Public Affairs

WASHINGTON

The Navy released the calendar year (CY) 2019 Meritorious Advancement Program (MAP) plan, Feb. 8, in NAVADMIN 031/19, announcing the transition from one to two MAP seasons and increasing quotas in a continuing effort to empower command triads to recognize their most highly-talented Sailors through immediate advancement.

The move to two seasons which overlap the Navy-wide advancement exam cycles is designed to incentivize selection of the

most deserving Sailors – without regard for how they might fare on the exam.

MAP is one of Navy’s continuing efforts to foster more merit-driven career outcomes as part of the modernization of personnel systems and processes under Sailor 2025.

“The Meritorious Advancement Program is important because it empowers command triads to identify and advance the best experienced and proficient Sailors from within their commands,” said Capt. Angela Katson, branch head of Enlisted Force Shaping Plans and Policies. “And they will make those decisions based on Sailors’ demonstrated performance and ability.”

The two MAP seasons will align with the Spring and Fall Navy Wide Advancement Exam (NWAE) cycles. Season One will begin 1 March 2019 and end 30 April 2019. Season Two will begin 1 September 2019 and end 31 October 2019. Approximately 10 percent of the CY-19 quotas will be assigned for each season, however business rules and quota allocations will be evaluated after the first season.

MAP functions in conjunction with the Navy’s established advancement system and is open to all Active, Full Time Support and Canvasser Recruiter Sailors who meet advancement eligibility requirements.

“The total advancement opportunity for paygrades E4 through E6 includes both MAP and the Navy Wide Advancement Exam,” said Katson.

Following feedback from the deckplates and command leadership teams, MAP will account for approximately 20 percent of all E4 through E6 advancements for 2019.

“It is important to note that the primary focus remains to recognize the most deserving Sailors, therefore commands are encouraged to exercise their best judgment and return quotas as appropriate,” said Kat-

» See **MAP | A7**



U.S. Navy graphic

A graphic created by the U.S. Navy to illustrate the posthumous promotion of Chief Cryptologic Technician (Interpretive) Shannon M. Kent to senior chief petty officer.

Chief Cryptologic Technician posthumously promoted

From the Office of the Navy Chief of Information

WASHINGTON

On Feb. 8, the Navy announced that a chief petty officer killed in action last month will be posthumously advanced to senior chief petty officer.

Chief Cryptologic Technician (Interpre-

tive), Shannon Kent, 35, of Pine Plains, N.Y., died Jan. 16 in Manbij, Syria when she and three other Americans were killed by a suicide bomber.

The Navy approved a request for Kent’s posthumous advancement effective the day of her death.



MC2 William Sykes

The ceremonial honor guard from Cryptologic Warfare Group 6 presents the colors during a memorial service for Senior Chief Cryptologic Technician (Interpretive) Shannon M. Kent at the U.S. Naval Academy in Annapolis, Maryland, Feb. 8, 2019. Kent was killed in a bombing in Syria, Jan. 16, 2019, while supporting Combined Joint Task Force’s Operation Inherent Resolve.

CWA-66 holds memorial service for Senior Chief Petty Officer Kent

By MC3 Julia A. Williams

Cryptologic Warfare Activity (CWA) 66 Public Affairs

ANNAPOLIS, MD.

Cryptologic Warfare Activity (CWA) 66 held a memorial service for Senior Chief Cryptologic Technician (Interpretive) Shannon M. Kent at the U.S. Naval Academy Chapel in Annapolis, Maryland, Feb. 8. Kent was killed while supporting Com-

bined Joint Task Force - Operation Inherent Resolve on Jan. 16.

Nearly 2,000 people attended the ceremony to honor Kent and pay their respects to the Kent and Smith families. Kent was posthumously promoted to senior chief petty officer during the memorial service.

» See **MEMORIAL | A7**



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Female pilots represent future of naval aviation

Since 1974, when the first women earned their “Wings of Gold” and became naval aviators, women have become an expanding demographic within the profession.

»See **A3**



Seabees Tinian support comes to a close

Civilian and military dignitaries gathered in Tinian, to offer praise and thanks to the Seabees for their efforts supporting the island following the devastation wrought by Super Typhoon Yutu.

»See **B1**

We’re off to see the wizard!

What’s it like to be the Wicked Witch of the West? Find out in our exclusive interview, as The Wizard Of Oz comes to Norfolk this weekend!

»See **C1**

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NEXCOM's Navy Lodge Program celebrates 50 years

By Kristine M. Sturkie
NEXCOM Public Affairs

VIRGINIA BEACH, VA.

This week, Navy Lodge Little Creek - Ft Story, Virginia Beach, Va., kicked off the Navy Exchange Service Command's Navy Lodge Program 50th anniversary with a cake cutting. The first Navy Lodge opened at Naval Amphibious Base Little Creek on Feb. 6, 1971.

"We are excited to share this milestone with all of our guests throughout this year," said retired Rear Adm. Robert J. Bianchi, Chief Executive Officer of NEXCOM. "What started primarily as a resource during permanent change of station military moves has evolved into truly a home away from home for our military families. Our guests must think so as well! Our most recent guest service scores were 4.8 out of 5.0, which is outstanding!"

The Navy Lodge Program was created in 1969 to bolster scarce housing options for military families associated with permanent change of station. Teaming up with the Bureau of Naval Personnel and the Naval Facilities Engineering Command, construction began on reasonably priced, temporary lodging facilities. Unlike other services' temporary lodging facilities, the Navy Lodge Program distinguished itself by operating with non-appropriated funds.

"The service Navy Lodge Little Creek-Fort Story provides to our military members is second to none," said Cmdr. Brent Fulton, Executive Officer, Joint Expeditionary



U.S. Navy photo
Retired Rear Adm. Robert J. Bianchi, CEO of NEXCOM; Michael Bockelman, Vice President, NEXCOM's Navy Lodge Program; Paige Gillespie, General Manager, Navy Lodge Little Creek - Fort Story; Cmdr. Brent Fulton, Executive Officer, Joint Expeditionary Base Little Creek - Fort Story; Command Master Chief Shannon Howe, Command Master Chief of NEXCOM; and Capt. Darrell Mathis, Deputy Director Military Services of NEXCOM cut the cake to celebrate NEXCOM's Navy Lodge Program 50th anniversary.

Base Little Creek – Fort Story. "Last winter, the heat went out in our barracks during a very cold stretch of weather. The Navy Lodge opened up 60 rooms so that our Sailors would have a warm place to stay."

Over the past 50 years, the Navy Lodge Program has grown to 39 facilities worldwide. When a guest checks into today's Navy Lodge they will find amenities such as free Wi-Fi, a complimentary breakfast each morning and a weekly managers reception. Room choices include family suites with flat screen satellite televisions and fully stocked kitchens. Navy Lodges also have laundry facilities and vending machines as well as outside play areas and workout rooms at many sites so guests have what

they need in one location. Every Navy Lodge is accessible. As an added convenience, cats and dogs up to 70 pounds in weight can stay with its owner at most locations.

Throughout the year, the Navy Lodge Program will celebrate its 50th Anniversary with a series of events, activities and surprises for guests and the local military community.

About NEXCOM
The Navy Exchange Service Command (NEXCOM) oversees 100 Navy Exchange (NEX) facilities and nearly 300 stores worldwide, 39 Navy Lodges, the Ships Store Program, the Uniform Program Management Office, the Navy Clothing and

Textile Research Facility and the Telecommunications Program Office. NEXCOM's parent command is the Naval Supply Systems Command. NEXCOM's mission is to provide authorized customers quality goods and services at a savings and to support Navy quality of life programs for active duty military, retirees, reservists and their families. NEXs and Navy Lodges operate primarily as a non-appropriated fund (NAF) business instrumentality. NEX revenues generated are used to support Navy Morale, Welfare, and Recreation (MWR) programs. Since 1946, NEXCOM has given \$3.6 billion to Navy MWR quality of life programs. Shop online at myNavyExchange.com.

Top 4 things parents need to know about measles

From cdc.gov

You may be hearing a lot about measles lately. And all of this news on TV, social media, Internet, newspapers and magazines may leave you wondering what you as a parent really need to know about this disease. CDC has put together a list of the most important facts about measles for parents.

Measles can be serious.
Some people think of measles as just a little rash and fever that clears up in a few days, but measles can cause serious health complications, especially in children younger than 5 years of age. There is no way to tell in advance the severity of the symptoms your child will experience.

- About 1 in 4 people in the U.S. who get measles will be hospitalized
 - 1 out of every 1,000 people with measles will develop brain swelling, which could lead to brain damage
 - 1 or 2 out of 1,000 people with measles will die, even with the best care
- Some of the more common measles symptoms include:
- Fever

- Rash
 - Runny nose
 - Red eyes
- Measles is very contagious.**
Measles spreads through the air when an infected person coughs or sneezes. It is so contagious that if one person has it, 9 out of 10 people around him or her will also become infected if they are not protected. Your child can get measles just by being in a room where a person with measles has been, even up to two hours after that person has left. An infected person can spread measles to others even before knowing he/she has the disease—from four days before developing the measles rash through four days afterward.

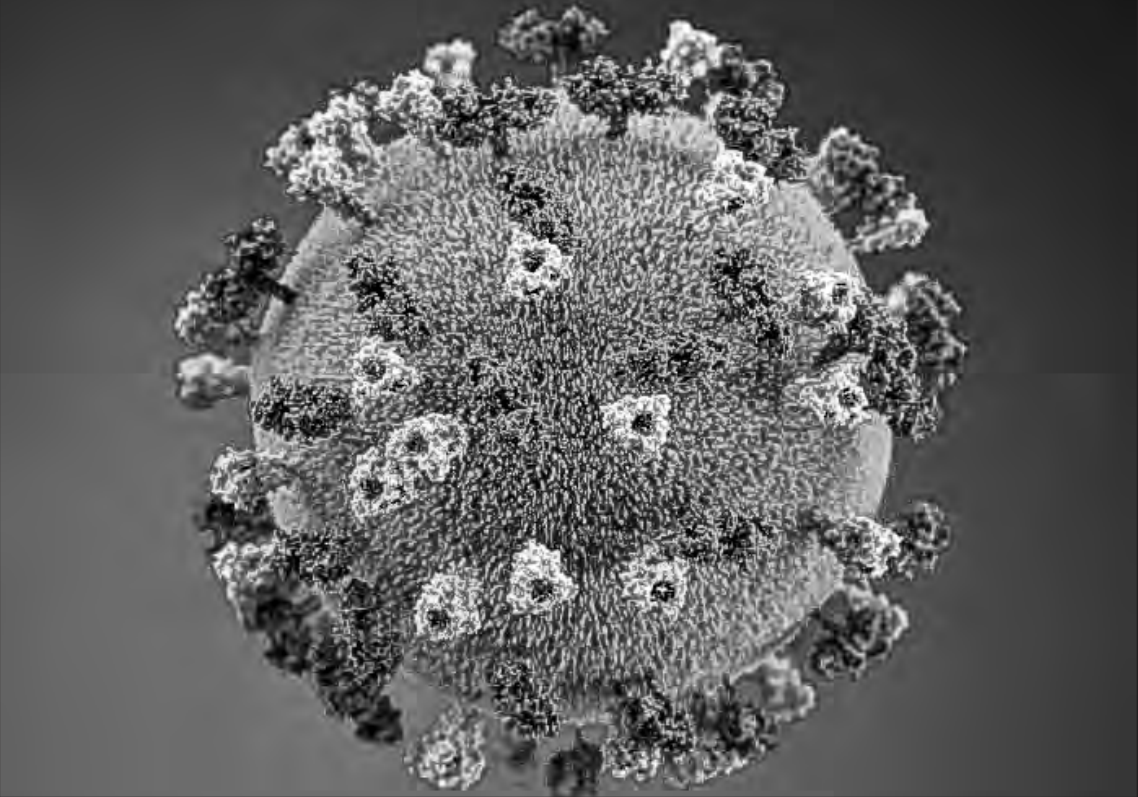
Your child can still get measles in United States.
Measles was declared eliminated from the U.S. in 2000 thanks to a highly effective vaccination program. Eliminated means that the disease is no longer constantly present in this country. However, measles is still common in many parts of the world, including some countries in Europe, Asia, the Pacific, and Africa. Worldwide, 19 cases of measles per 1 million persons are reported each year and 89,780 people, mostly children,

die from the disease. Even if your family does not travel internationally, you could come into contact with measles anywhere in your community. Every year, measles is brought into the United States by unvaccinated travelers (Americans or foreign visitors) who get

measles while they are in other countries. Anyone who is not protected against measles is at risk.
You have the power to protect your child against measles with a safe and effective vaccine.
The best protection against measles is measles-mumps-rubella (MMR) vaccine. MMR vaccine provides long-lasting protection against all strains of measles. Your child needs two doses of MMR vaccine for best protection:

- The first dose at 12 through 15 months of age

- The second dose 4 through 6 years of age
- If your family is traveling overseas, the vaccine recommendations are a little different:
- If your baby is 6 through 11 months old, he or she should receive 1 dose of MMR vaccine before leaving.
 - If your child is 12 months of age or older, he or she will need 2 doses of MMR vaccine (separated by at least 28 days) before departure.



cdc.gov

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NEWS FROM NAS OCEANA



MC3 Mark Thomas Mahmod
Cmdr. Leslie Mintz, executive officer of the 'Blacklions' of Strike Fighter Squadron (VFA) 213, inspects an F/A-18F Super Hornet prior to her flight on board Naval Air Station Oceana. Mintz was one of the participants in the Navy's first all-female flyover during the funeral of retired Capt. Rosemary Mariner.

Continuing legacy: Female pilots represent future of naval aviation

By MC3 Mark Thomas Mahmod
Naval Air Station Oceana Public Affairs

VIRGINIA BEACH, VA.

Projecting the U.S. Navy's aviation power in attack, reconnaissance, and sea control missions, naval aviators have a significant role in defending the United States and its allies. Since 1974, when the first women earned their "Wings of Gold" and became naval aviators, women have become an expanding demographic within the profession.

Following the Jan. 24 death of retired Navy Capt. Rosemary Mariner, one of the first females aviators to earn her "wings" and the first woman to command a U.S. Navy aviation squadron, eight female aviators from strike fighter squadrons on board Naval Air Station Oceana participated in the first ever all-female "missing man" flyover to honor her. The missing man formation is an aircraft maneuver typically used as a salute to honor a fallen pilot or service member. The maneuver features four aircraft flying in formation above a funeral service as one of the aircraft leaves the formation and climbs vertically into the sky. The flyover was conducted during Mariner's funeral service Feb. 2 in Maynardville, Tennessee, as a final salute to the former aviator who fought a years-long battle with cancer.

Mariner retired from the U.S. Navy in 1997 after obtaining the rank of captain and logging seventeen carrier arrested landings and completing over 3,500 flight hours in 15 different aircraft.

Due to the accomplishments of Mariner and the other pioneering women of naval aviation, women are able to fill an important role in accomplishing the U.S. Navy's mission.

"It's always important to learn about the history of your organization or what happened that allows you to achieve your goals" said Cmdr. Leslie Mintz, executive officer of the "Blacklions" of Strike Fighter Squadron (VFA) 213 and one of the women to participate in the historic flyover. "Because of Capt. Mariner's accomplishments, we no longer have to think about someone as being a female aviator or look at someone based on their gender, ethnicity or race."

Mintz, originally from Pittsburgh, Pennsylvania, received her commission from the Reserve Officer Training Corps in May 2000 as she graduated from the University of Virginia. She said she didn't know much about the military before she started ROTC, but through the various training opportunities, she became fascinated with aviation. After commissioning, Mintz attended Naval Flight Officer training and received her "Wings of Gold" in Feb. 2002.

"In flight school, there were other women in my classes," said Mintz. "Cmdr. Uttecht and I went through flight school around the same time, so we knew each other since early in our careers."

Cmdr. Stacy L. Uttecht, commanding officer of the "Fighting Swordsmen" of VFA-32 and another participant of the first all-female flyover, earned her "Wings" in June 2002. Originally from Lubbock, Texas, Uttecht received her commission through ROTC at Virginia Tech in 2000. Uttecht said flying in a small Cessna with her father at a young age and hearing her grandfather's stories of flying the North American F-86 Sabre jet during the Korean War were the contributing factors that inspired her to become a pilot. By the age of 11 or 12, Uttecht knew she wanted to fly for the military.

Uttecht said she's seen more and more women taking to the skies since she became a naval aviator almost 17 years ago.

"Specifically in the jet community, we now see more female pilots," said Uttecht, a Naval Flight Officer, or a commissioned officer who typically rides as "co-pilot" and specializes in airborne weapons systems, electronic warfare, or a number of other specialties. "When I joined my first squadron in 2003, there were definitely a lot of female NFOs, but not many pilots. Being able to put together a team of women for this fly-over shows that there has definitely been an increase in female pilots since I've joined the Navy."

Though women have been flying for the Navy since 1974, there have been policy changes that have improved recruitment and retention.

Until 1993, female naval aviators were limited to training and other non-combat jobs. Partly because of the proven success of the Navy's first women aviators, former Defense Secretary Les Aspin authorized women to fly combat missions and serve aboard warships.

"I remember hearing it on the news, and at the time, I didn't understand how much of an impact that specific policy change was," said Uttecht. "Now, every single female on this flight line is a combat veteran and has been on a combat deployment."

Mintz said the 1993 policy change showed the public, who may have previously had a skewed perception of women in the military, that women are able to accomplish the same combat missions as men.

"It was the first glimpse of the public seeing that women can serve in combat, and do so heroically, with the same abilities as men," said Mintz. "One of the reasons I chose to pursue naval aviation was because I would be able to serve on the front lines. I could serve at the tip of the spear."

Women being permitted to serve in the

same capacity as men is one of the Navy's prime examples of women's equality.

"The bad guys don't care if you're male or female," said Uttecht. "The jets don't know if you're male or female. The only thing that now matters is that you're a person with wings on your chest who knows how to operate the weapons systems."

Still, Mintz said she's sometimes surprised to see the occasional reactions of female enlisted sailors when they first learn that their executive officer is a woman. Being female allows her to be more relatable to the young women who work in VFA-213.

"It's important, whether it's gender, race or ethnicity, for people to see their bosses are like them," said Mintz. "There are women airmen in this squadron who I think really love the fact that they could see my accomplishments, and realize they could do the same."

Though many female pilots may not actively think about the impact they have, they serve as role models to young women, both junior Sailors and civilians, demonstrating they have the power to accomplish their dreams.

In July 2018, after hearing the story of 12-year-old Julianne Speyer, an Ohio Girl Scout who made headlines after her "letter to the editor" response to a 4th of July parade announcer's comments, Uttecht felt

compelled to reach out to Speyer. In Speyer's letter published in the Geauga County Maple Leaf, she commented on the announcer labeling the Boy Scouts as the "future leaders of America" and said the Girl Scouts were "just having fun." Uttecht watched as Speyer's story grew popular and made a video response, saying, "Julianne, you were right when you said women could be anything they want to be, so keep being the leader you are, and continue to be the change that we need."

Closing the video with, "Someday, when you're older, we want you on our team. Fly Navy," Uttecht sent an important message to Speyer and other young women and girls across the country.

By doing this, Uttecht supported the effort to increase awareness that aviation is a job anyone can do regardless of the demographic they belong to, and this is partly because of Capt. Mariner and the other pioneering women in military aviation.

Uttecht said Mariner and her contemporaries started the trend of seeing someone as being a warfighter, rather than seeing them as a male or female.

"It is important to recognize and honor those who have made contributions to society by breaking down barriers," said Uttecht. "Capt. Mariner was one of the first to show that people shouldn't be limited to what they are allowed to do based on their gender."

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Naval Weapons Station Yorktown and Cheatham Annex active shooter drill, CSSC19

By MC2 Sonja Wickard
Navy Public Affairs Support Element East

WILLIAMSBURG, VA.

Naval Weapons Station Yorktown and Cheatham Annex security forces and Navy Region Mid-Atlantic Fire and Rescue worked with York-Poquoson Sheriff's Office and York County Fire Emergency Services Department to run an active shooter drill during the anti-terrorism force protection exercise Citadel Shield/Solid Curtain 2019 (CSSC19), Feb. 5, 2019.

CSSC19 is a force protection exercise conducted by Commander, U.S. Fleet Forces Command (USFF) and Commander, Navy Installations Command (CNIC) on all Navy installations in the Continental United States to enhance the training and readiness of Navy security personnel as well as establish a learning environment for security personnel to exercise functional plans and operational capabilities.

"This large exercise, which is nationwide for U.S. Fleet Forces Command, is how we practice," said Captain Matthew A. Kosner, the installation commander for Naval Weapons Station Yorktown (NWSY). "For installations, this is our big exercise to get ready to combat these types of situations. Not just individually per base, but over the two weeks, we'll additionally practice how to connect the dots between bases, to fight back broadly."

This exercise also gives military bases the opportunity to work with and strengthen partnerships with local law enforcement. Enhancing their ability to operate together.

For Master-at-Arms 3rd Class

James Phelps the drill was the first time he'd worked with an outside law enforcement agency. Phelps was impressed by how smoothly he and the other Navy participants were able to integrate with the officers on the York-Poquoson Sheriff's Office Emergency Response Team.

"The drill went well today, better than we expected," said Phelps. "For my partner and I, who've never worked with an outside entity, to go in to that building and have no issues working with them to clear the building, I think it was a great plus for the security forces and York-County and all the training that we've received that it all comes no matter what your training background is."

K9 Officer Brett Coleman, who was part of the Emergency Response Team that went in to clear the building the shooting suspect was in, felt that he and his Navy security counterparts were able to work well together when it came to how to clear the building.

"When you're coming in and clearing a building, it's about the same. Once the shots stop, we slow down and go slow and methodical and clear," Coleman said. "Shots pick up again and we move to active threat. And that's what you all do because you were moving up as well. It worked pretty seamless, in that aspect. We were almost on the same page getting upstairs. I asked one guy to hold a hallway, he held a hallway. Me and the other guys cleared back behind us then we started working that hallway and that's when we ran into the suspect."

During the drill, responders made use of four drones brought



MC2 Sonja Wickard

Members of the York-Poquoson Sheriff's Office Emergency Response Team enter a building during an active shooter drill held onboard Naval Weapons Station Yorktown and Cheatham Annex as part of Citadel Shield/Solid Curtain 2019 (CSSC19). CSSC19 is a two-part anti-terrorism force protection exercise that is being conducted nationwide on installations, Feb 4-15. The annual exercise is not in response to any specific threat, but is used to evaluate the readiness and effectiveness of fleet and installation security programs.

that were operated by the York-Poquoson Sheriff's Office, providing those in the mobile command center also set up by the Sheriff's office a live feed of not just the outside of the building where the suspect had barricaded himself and several others, but the interior as well.

"Something Naval Weapons Station Yorktown is pretty good at across the board is that we work hard and have a really great relationship with local authorities and in particular the York-Poquoson Police and Sheriff's Office and the York County Fire Emergency Services Department," Kosner said.

That relationship meant that the York-Poquoson Police and York County were able to use the active shooter drill to put into practice something they had never done before. Send in a team of emergency first responders to provide first aid to any wounded personnel before the situation is declared safe.

According to Kosner utilizing the ability of the drones to gather intelligence in real time will greatly increase situational



MC2 Sonja Wickard

Members of the York-Poquoson Sheriff's Office coordinate with Naval Weapons Stations Yorktown and Cheatham Annex security forces in the mobile command center during an active shooter drill held as part of Citadel Shield/Solid Curtain 2019 (CSSC19).

awareness of Navy security forces, first responders and those directing them.

"The more eyes on target the better sense we have of what's happening," Kosner said. "As we attack one thing on base the other thing the drone helps with the feed and with the better situational awareness is as the Navy and the military pieces together. If there's an attack on one base and it's simply a diversionary tactic, you can piece together

broader pieces across more than one base if you're able to connect all these points. Practicing that today makes us better for that tomorrow."

Exercise CSSC19 is the largest force protection exercise across the Department of Defense and consists of roughly 130 simultaneous field-training exercise attacks across the country.

CSSC is not in response to any specific threat, but is a regularly scheduled exercise.



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Naval Station Norfolk fire department participates in American Heart Month

By IC3 Kaelyn Hernandez
Naval Station Norfolk Public Affairs

NORFOLK

Naval Station (NAVSTA) Norfolk Navy Exchange (NEX) partnered with Navy Region Mid-Atlantic Fire Services to host a heart health event. The event provided the public with valuable information on the importance of maintaining a healthy heart, Feb. 5.

February is known as the month for heart health, and with valentine’s day approaching, the Mid-Atlantic Fire Department showed a little love towards the hearts of those they strive to protect. With the desire to better educate the public and bring awareness to the serious epidemic of heart disease, they managed to set up an outstanding event to share important information to the masses of Norfolk.

“Chief Janney, our new Fire Chief who came from a paramedic background, thought it would be a great idea if we came out and did some public relations for heart month,” said Chief Michael J. Palese, explaining how the event got its spark.

Most of the health issues that occur within our population commonly deal with the heart and with heart disease being one of the leading causes for death, not many people are aware of the health issues dealing with themselves. This event allowed individuals the chance to get a quick blood pressure measurement and receive beneficial information about heart health, as well as ways to prevent any further damage.

“This will help them establish a good baseline,” said Ryan Praither, a Firefighter Paramedic from the Norfolk Naval Shipyards. “This being a very relaxed environment, they won’t be as nervous. Usually when you go to the doctors, you’re worried



U.S. Navy photo

EN2 Patrick Mason (left) taking an interest in the Heart Health information being presented by Chief Michael J. Palese (right).

that they’re going to find something so your blood pressure may be a little more elevated”.

One of the biggest things that the Mid-Atlantic Fire Department hoped that many would take away from their presentation was the importance of maintaining a healthy lifestyle. They expounded that exercising at least 30 minutes a day and having the ability to manage a healthy weight were a few ways to achieve that. There were also discussions about certain habits and health conditions that play a massive role in heart disease such as being an avid smoker or being diagnosed with diabetes.

“The information was very helpful and these gentlemen are extremely knowledgeable about the subject,” expressed Engine-man 2nd class (EN2) Patrick Mason after receiving some information from the venue.

This event will continue to be held at the NEX every Tuesday in February from 1300 to 1500. Be sure to stop by and receive useful information so you can show your heart some love.



U.S. Navy photo

Attendee, LT Smith (right) having his blood pressure measured by Paramedic Ryan Praither (left).

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Naval Station Norfolk Public Affairs

NORFOLK

The Navy / Air Mobility Command (AMC) Air Terminal – is one of 11 Navy Operated Aerial Ports worldwide, and an Air Component of U.S. Transportation Command (USTRANSCOM) which provides Global Strategic Airlift to the Department of Defense (DoD).

Most commonly when anyone hears Air Terminal, they always associate it with passengers, international travel and baggage checks. Though the AMC Air Terminal has a well operating Passenger (PAX) department, it is only one of the many layers within this intricate system.

The AMC is not only responsible for transporting military personnel and their dependents, but also transfers a hefty amount of ordnance, mail, and high priority cargo throughout the world with the help of aeronautics.

Norfolk being the largest Navy operated air terminal, requires a lot to maintain a smooth running facility.

“I probably have the finest crew in AMC. We have a team of highly skilled professionals consisting of roughly 200 civilians, 80 to 100

military, and 35 contractors,” Cmdr. Ronald Kish stated as he shared the diversity of his staff. “They work through the operations, many of them having prior military service and they genuinely like what they do.”

One of the largest departments that helps maintain a flowing system is the Freight department. With the support of Electronic Transfer Vehicles, they’re capable of transporting cargo to the designated transportation vehicles, ensuring high priority parts are expedited to DoD members who’ve requested them and loading/off-loading passenger baggage for airlift. All the employees in this department are given training and certification in operating, as well as inspecting, 54 pieces of Material Handling Equipment (MHE), Ground Support Equipment (GSE) and Specialized/General Purpose Vehicles.

With the constant buzz, things can get pretty congested out on the airfield. The Transient Line (T-Line) is there to ensure that the airfield is open and ready to go for incoming and departing flights. With 12 civilians and 15 military personnel, they all work together to maintain a functioning workload. The T-Line has ‘follow me’



U.S. Navy photo
Employees at Naval Station Norfolk's Navy / Air Mobility Command (AMC) Air Terminal ensure passengers and cargo are expeditiously processed each and every day.

cars that, as their name suggests, are vehicles that guide the planes around the airfield, especially since many of the planes that land are contracted commercial planes. They’re also the proud owners of the only deicing vehicles on base and have no issue lending a hand during icy situations.

“We’re good neighbors. We don’t want to over extend our welcome, but at the same time, we also want everyone to know that we’re part of the team and willing to help out.” James McDonald, Air Terminal Manager of AMC, expresses humbly.

Another noteworthy department that keeps the ball rolling is the Transportation Management Support (TMS) department. This behind-the-scenes division is overall responsible for the admin-



U.S. Navy photo

istration portion of the facility where they’re managing data, arranging surface transportations, calculating funding documentations and dealing with the movements of shipments.

“We have a full maintenance department. We, in house, maintain all the equipment,” CDR Ronald Kish states proudly. Usually many facilities bring in people from an outside source to upkeep they’re equipment, but with the AMC’s impressive Maintenance department, they manage to maintain all 159 of their vehicles and MHE.

Though with such a busy establishment, there’s no time for server resets or constant pauses in connectivity due to network patches. Luckily for the AMC Air Terminal, they don’t have to worry about that since they have their own domain. The Information Technology (IT) Department ensures the servers function properly.

The central nerve center of AMC is the Air Terminal Operations Center (ATOC) department.

They not only have a magnificent view of the airfield, but they also oversee all the Aerial Port operations. ATOC is also familiar with the terminal’s schedule as well as assisting with CBP paperwork, conduct verbal reports of ramp status and commencement of aircraft services. With being the central nerve, they ensure that all work centers accomplish mission related tasks in a safe and timely manner.

Due to their outstanding performance and management, the AMC has been presented awards over the years to ensure their hard work was recognized. They’ve received the Air Mobility Command AMC Navy-Operated Air Terminal of the Year, Military Traffic Management Command Award for Excellence in Traffic Management in 2000, and the Air Force Reserve Center Training Partnership Award. Their goal of On-Time/On-Target/Delivery is seen every day.



U.S. Navy photo
One of the many contracted commercial aircraft preparing for departure.

Diagramming the deep: Navy-sponsored scientist awarded for sea-floor mapping

By Warren Duffie Jr.
Office of Naval Research

ARLINGTON, VA.

For creating the most comprehensive global map of the ocean floor, Dr. David Sandwell received the Charles A. Whitten Medal, sponsored by the American Geophysical Union (AGU).

Sandwell, a geophysicist at Scripps Institution of Oceanography, accepted the award at the AGU Fall Meeting in December 2018. Named after scientist Charles A. Whitten, the medal is given to honor “outstanding achievement in research on the form and dynamics of the Earth and planets.”

Since the 1990s, sponsored by the Office of Naval Research (ONR), Sandwell has combined satellite data with acoustic depth measurements to develop a detailed, accurate map of the sea floor—painting a vivid tapestry of the deepest, least-explored parts of the ocean. The map catalogues thousands of previously unidentified underwater mountains, trenches, physical undersea connections between South America and Africa, and extinct ridges that spread the sea floor in the Gulf of Mexico.

“Dr. Sandwell’s groundbreaking work provides the first high-resolution map of the ocean floor,” said Dr. Tom Drake, head of ONR’s Ocean Battlespace and Expeditionary Access Department. “This has opened new research areas for oceanography, marine geology and geophysics—critical topics for the U.S. Navy.”

Sandwell’s work relies on satellite altimetry (radar) to measure small bumps and

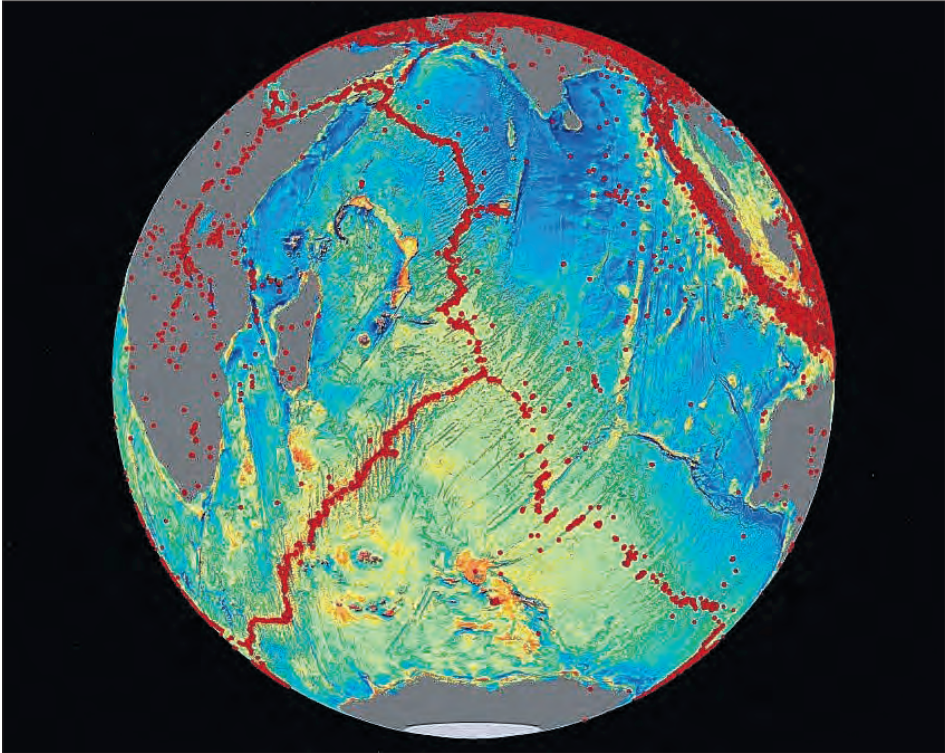
dips on the ocean surface, which point to large-scale features on the ocean floor. For example, undersea mountains are huge enough to exert gravitational pulls that gather water in a bump on the sea surface. In contrast, massive cracks and rifts on the ocean floor have less gravitational attraction, resulting in a dip on the surface.

For utmost accuracy, Sandwell blends satellite measurements with traditional sonar soundings from manned research ships. This enables him to compare the topography of the sea surface with that of the sea floor and form a complete map of the bottom.

Sandwell created multiple versions of his map over the last two decades. He unveiled the first in 1997, based on marine gravitational data gathered by the Navy’s GEOSAT Earth-observation satellite. In 2014, he improved the original map by adding data from additional satellites operated by the National Aeronautics and Space Administration (NASA) and the European Space Agency.

“Dr. Sandwell’s map is like a smart phone that improves with each new model,” said Dr. Reginald Beach, who sponsors Sandwell’s work for ONR’s Ocean Battlespace and Expeditionary Access Department. “Each version teaches us more about the topography of the ocean bottom, which is crucial to safe navigation for the Navy.”

Sandwell is now updating the 2014 map with information gathered by another pair of satellites run by NASA and the French space agency, CNES. Other data comes from sonar soundings compiled by Austral-



Moraima Johnston
A version of Dr. David Sandwell's sea floor map reveals details about earthquakes (red dots), sea floor-spreading ridges and faults. For creating the most comprehensive global map of the ocean floor, with support from the Office of Naval Research, Sandwell received the Charles A. Whitten Medal, sponsored by the American Geophysical Union.

ia, during that nation’s participation in an international effort to scour the southern Indian Ocean in search of the wreckage of Malaysian Airways Flight 370—which disappeared in 2014. Australia made the sonar data publicly available in 2017.

“Thanks to this new data, our map can provide greater information about the world’s oceans,” said Sandwell, “particularly the Southern Hemisphere, which includes the Indian Ocean and south Atlantic Ocean. I’m grateful to ONR for its valuable support over the years, which has been crucial to creating the most accurate sea floor map possible.”

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

countries.

About the Office of Naval Research

The Department of the Navy’s Office of Naval Research provides the science and technology necessary to maintain the Navy and Marine Corps’ technological advantage. Through its affiliates, ONR is a leader in science and technology with engagement in 50 states, 55 countries, 634 institutions of higher learning and nonprofit institutions, and more than 960 industry partners. ONR, through its commands, including headquarters, ONR Global and the Naval Research Laboratory in Washington, D.C., employs more than 3,800 people, comprising uniformed, civilian and contract personnel.

NAVAL STATION NORFOLK HOLDS BARRACKS RIBBON CUTTING

By MC3 Emily Casavant
Naval Station Norfolk Public Affairs Office

NORFOLK

Naval Station (NAVSTA) Norfolk held a ribbon cutting ceremony to celebrate the opening of the newly refurbished barracks, Penn Hall, Feb. 7.

The new barracks building was a rehab project that took approximately 33 months to complete. Among the attendees of the ribbon cutting ceremony were 20 sailors from Unaccompanied Housing and approximately 30 civilians who were involved in the planning, construction and design of the new building. The event began with an opening prayer from NAVSTA Norfolk's Chaplain, Cmdr. Timothy Moore.

"May the very noble, tenacious spirit of Fireman 1st Class, Robert Penn, continue to be real-

ized in the lives of the men and women who reside here, as they make honor, courage and commitment a daily practice," said Cmdr. Moore.

The building is named Penn Hall in memoriam of Petty Officer 1st Class, Robert Penn, who served in the Navy during the Spanish-American War and received the Medal of Honor in 1898 for acts of bravery. Penn was recognized for saving the life of a fellow sailor and using quick ingenuity to save his ship, the USS Iowa (BB-4), during a disaster in the ship's boiler room.

"It's truly an honor for me to be here today as we cut the ribbon and open our newest barracks, Penn Hall," stated Capt. Brad Rosen, Commanding Officer Naval Station Norfolk.

This is the third of four recent



U.S. Navy photo
NAVSTA Norfolk's Commanding Officer, Capt. Brad Rosen, prepares to cut the ceremonial ribbon during the opening of NAVSTA Norfolk's newest barracks along with personnel from NAVSTA Norfolk Public Works Department, W.M. Jordan Company and NAVSTA Norfolk Unaccompanied Housing who were involved in the project, Feb. 7.

projects on NAVSTA Norfolk in the efforts to revamp and modernize old barracks buildings. The last of the four will be Enterprise Hall. Penn Hall has 696 beds, multiple lounge and multimedia areas, a communal kitchen and an extensive laundry facility.

Penn Hall was a team effort made possible by NAVSTA Norfolk Public Works Department, W.M. Jordan Company, NAVSTA Norfolk Unaccompanied Housing and multiple government sources.

"I just walked through the

lobby and it is an amazing facility. I can't thank all those involved with this project enough," said Rosen after touring the facility.

Penn Hall will be opening its' doors to its' first tenants on Monday, Feb. 11th.

MAP | Program expands

Continued from A1

son. "Returning quotas will not impact allocation of future year quotas."

The NAVADMIN also announced the Feb. 25, 2019 deadline for commanding officers to request a quota for a controlled rate to the Budget Submitting Office (BSO)/Echelon II command.

The following rates, by component, are controlled for CY-19 Season One (i.e., BSO/Echelon II approval is required for Sailors to be advanced through MAP into the rates listed):

(1) Active Component: AWO1, CT11, RP1, SH1, YNS1, AWF2 and AWV2.

(2) Full Time Support: AME1, AS1, AT1, AZ1, CS1, ET1, IT1, NCRI, AS2, EM2 and CS2.

The NAVADMIN also announced that there will be no redistribution of unused MAP quotas to the BSOs during Season One. Unused quotas will be returned to OPNAV N132 on 1 May 2019 and factored into the 2019 Spring Cycle 243 NWAE. This change was based on the fact that over 95 percent of the MAP quotas for 2018 were used and this change will eliminate an administrative burden for commands.

Modifications to MAP are the result of the close partnership between Navy leadership and the MAP strategic working group, comprised of senior enlisted leaders across the Fleet. The strategic working group assessed lessons learned from fiscal year 2018 and Sailor feedback to ensure command triads are provided even greater opportunity and flexibility.

The effective date of advancement is based on the date of the MAP Certification Letter (MCL), but it will be no earlier than 1 March 2019. The time in rate for E4-E6 MAP candidates will be 1 January 2019. The time in rate for E2 and E3 MAP candidates who advance between the 1st and the 16th day of the month will be the first day of the month in which they are advanced. The time in rate for E2 and E3 MAP candidates who advance between the 17th day of the month and the last day of the month will be the first day of the following month. Commands are encouraged to begin their MAP selection process and submit their MCL as early as possible to ensure Sailors are advanced and paid expeditiously.

Sailors can only be advanced one paygrade. Additionally, Sailors can only be meritoriously advanced once during CY-19 MAP seasons (i.e. a Sailor meritoriously advanced in Season One cannot be meritoriously advanced in Season Two).

Sailors in a frocked status are not eligible for advancement to the next higher paygrade until effectively advanced (i.e., a frocked E5 cannot be meritoriously advanced to E6). However, COs are authorized and encouraged to MAP frocked Sailors who were selected for advancement from the Fall 2018, Cycle 240, NWAE provided they have not reached their effective pay date (i.e., a frocked E5 can be meritoriously advanced to E5). Refer to the profile sheet of the member for effective pay date.



MC1 David R. Krigbaum
Legalman 1st Class Ashley Dier is pinned by Lt. Jason Bentley, staff judge advocate at Commander, Fleet Activities Sasebo, during a frocking ceremony at Fleet Activities Sasebo, Nov. 29, 2018.

Sailors must have the following TIR in paygrades E1 through E5 for MAP advancement eligibility:

E6: 1 January 2018

E6 (Nuclear-trained Sailors): 1 January 2017

E5 and below: No TIR requirement

COs may select an E6 MAP candidate with no-TIR through BSO/Echelon II endorsement. The command must submit the BSO/Echelon II endorsement with the MCL.

Professional Apprenticeship Career Track (PACT) Sailors remain eligible for MAP advancement, provided the Sailor has an approved quota for rating designation (i.e., approved quota in Career Waypoints (C-WAY)) via the

NWAE or rating entry designation.

MAP advancement is not authorized for PACT Sailors with designation approval for A-School required ratings.

Navy Recruiting Districts (NRD) are authorized to use one AC/FTS MAP quota per NRD for reserve Sailors filling Canvasser Recruiter billets. Additionally, Navy Recruiting Command established the Recruiter of the Quarter (ROQ) MAP which authorizes the use of 12 MAP quotas throughout the year in conjunction with the ROQ program. ROQ MAP eligibility requirements differ from all other Sailor of the Quarter or advancement programs.

For more information on MAP

visit <https://www.mnp.navy.mil/group/advancement-and-promotion/a-enlisted-advancement-resources-and-links> and select the *Websites* tab in the blue banner.

Sailor 2025 is the Navy's program to improve and modernize personnel management and training systems to more effectively recruit, develop, manage, reward, and retain the force of tomorrow. It is focused on empowering Sailors, updating policies, procedures, and operating systems, and providing the right training at the right time in the right way to ensure Sailors are ready for the Fleet.

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

MEMORIAL | Service held for Senior Chief Cryptologic technician

Continued from A1

She was also awarded the Bronze Star, the Purple Heart, the Defense Meritorious Service Medal, the Meritorious Service Medal and a Combat Action Ribbon.

Addressing the crowd, Cmdr. Joseph Harrison, commanding officer of CWA-66, spoke about Kent's dedication and exceptional leadership.

"Senior Chief Kent was an extraordinary wife, mother, daughter, sister, daughter-in-law, friend and valued leader in the Information Warfare community," Harrison said. "Her strength, courage, confidence and resiliency were infectious and exactly what you want in a chief petty officer."

Harrison said Kent strived to be outstanding at everything she put her mind to and epitomized the command's guiding principles of people, teamwork, trust and communication.

"The accomplishments of this rockstar are simply phenomenal. She brought the right heart-set and mind-set to everything and was a model for others to emulate," Harrison added.

Kent will be missed by many, including CWA-66's command senior enlisted leader, Senior Chief Cryptologic Technician (Collection) Denise Vola.

"Everyone is here today because Shannon was a pillar of strength who we re-

spected, loved and revered. If we needed something, she was there. She worked tirelessly to help others and she reached for the stars," Vola said. "Shannon was a true warrior, a sister and a friend. She exemplified every characteristic of what our anchors represent to the Chiefs Mess and the United States Navy."

Kent, who hailed from upstate New York, is survived by her husband and two young sons. She enlisted in the Navy Dec. 11, 2003, and graduated from boot camp at Recruit Training Command, Great Lakes, Illinois, in February 2004. Her other military assignments include Navy Information Operations Command, Fort Gordon, Georgia; Navy Special Warfare Support Activity 2, Norfolk, Virginia.; Personnel Resource Development Office, Washington, D.C.; Navy Information Operations Command Maryland, Fort Meade, Maryland; and Cryptologic Warfare Group (CWG) 6, Fort Meade. Kent reported to CWA-66 after the command was established Aug. 10, 2018.

"The Navy and the Chiefs Mess has lost a great chief petty officer," said CWG-6 Command Master Chief Ricardo Galvan. "Shannon was a fighter who always put others before herself. I believe that everyone who met Shannon walked away a better person because of her. We are truly going to miss her."



MC2 William Sykes
The ceremonial honor guard from Cryptologic Warfare Group 6 presents the colors during a memorial service for Senior Chief Cryptologic Technician (Interpretive) Shannon M. Kent at the U.S. Naval Academy in Annapolis, Maryland, Feb. 8, 2019. Kent was killed in a bombing in Syria, Jan. 16, 2019, while supporting Combined Joint Task Force's Operation Inherent Resolve.

"Senior Chief Kent was a warrior in every sense of the word – brave, honorable and courageous," said U.S. Fleet Cyber Command/U.S. Tenth 10th Fleet Command Master Chief Dee Allen. "It was an honor to have her as part of the Chiefs Mess, and we will never forget her ultimate sacrifice in service to our Navy and our nation."

Kent's other awards and decorations include the Joint Service Commendation

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

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



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CNIC awards NBSD for excellence
Commander, Navy Region Southwest (CNRSW) presented Naval Base San Diego (NBSD) with an award pennant signifying excellence during a ceremony January 30.

»See **B5**

SECTION B | FLAGSHIPNEWS.COM | 2.14.2019



SEABEES PROUD TO SERVE PEOPLE OF TINIAN AS DSCA SUPPORT COMES TO CLOSE

Seabees assigned to Naval Mobile Construction Battalion 3, Det. Tinian, measure materials for the construction of an emergency temporary roof for a home that was damaged during Super Typhoon Yutu. Service members from Joint Region Marianas and U.S. Indo-Pacific Command are providing Department of Defense support to the Commonwealth of the Northern Mariana Islands' civil and local officials as part of the Federal Emergency Management Agency-supported Super Typhoon Yutu recovery efforts.

By MCC Matthew R. White and MC2 Kelsey J. Hockenberger

SANTA RITA, GUAM

Civilian and military dignitaries gathered in Tinian, Commonwealth of the Northern Mariana Islands (CNMI), to offer praise and thanks to the Seabees for their efforts supporting the island following the devastation wrought by Super Typhoon Yutu.

“To our men and women in uniform

today, I salute you,” said Tinian Mayor Edwin Aldan at an event Feb. 7. “In rebuilding our homes, you have helped restore certainty in our community and the confidence that we need to keep moving forward.”

Seabees from Naval Mobile Construction Battalion (NMCB) 1 and NMCB 3, alongside other units from the U.S. Indo-Pacific Command region, repaired 184 roofs, installed 196 temporary tents for families whose homes were damaged and

unlivable immediately following the typhoon, produced more than 54,000 gallons of potable drinking water, cleared debris from 64 miles of road, and translocated 10,036 cubic yards of debris.

“As the storm passed over the island, we had prepared and we know that you had prepared as you always do for these storms,” said Rear Adm. Shoshana Chatfield, commander Joint Region Marianas. “The devastation here had struck me so profoundly, and the survivors of this storm

have been on my mind every day since then. It has been a great honor of mine to lead the Department of Defense mission here.”

The Seabees deployed to Tinian immediately following Super Typhoon Yutu to support the Defense Support of Civil Authorities (DSCA) and Federal Emergency Management Agency (FEMA) mission following Yutu, which was the sec-

» See **SEABEES | B7**



Over the past two weeks, more than 160 naval personnel from 21 NATO and Partner nations met at the NATO Mine Countermeasures School (EGUERMIN), in Oostende, Belgium to practice large scale mine clearance operations in the computer aided exercise Dynamic Move.

NATO trains to keep sea lanes clear

From NATO Maritime Command Headquarters (HQ MARCOM) Public Affairs

OOSTENDE, BELGIUM

The sea lanes are vital to the health and wellbeing of a nation. These strategic byways allow trade, travel and the movement of resources. NATO maintains two groups of mine countermeasures ships ready to respond to a crisis if needed. In order to maintain a high level of readiness, NATO conducts training exercises to keep Sailor's skills sharp.

Over the past two weeks, more than 160 naval personnel from 21 NATO and Partner nations met at the NATO Mine Countermeasures School (EGUERMIN), in Oostende, Belgium to practice large scale mine clearance operations in the computer aided exercise Dynamic Move.

Three Task Force Battle Staffs each led four Task Units in a virtual task force to clear mines in a simulated crisis situation. The Task Force Battle Staffs included Standing NATO Mine Countermeasures Group One, the US Navy's Mine Warfare Battle Staff from the Naval Surface and Mine Warfighting Development Center and a Mine Warfare Battle Staff comprised of Scandinavian Allies and Partners.

“Dynamic Move gives us an opportunity to work together as a staff in the controlled environment of the exercise to test our limits,” said Commander of Standing NATO Mine Countermeasures Group One (SNM-CMG1), Commander Peter Krough of the Royal Danish Navy. “The exercise proved to be very valuable staff training. Acting on a higher level of command authority, the staff gained insight into our commanders needs and concerns.”

The Director of the US Mine Warfare Battle Staff, Captain Christopher Nelson, concurred, “Our team was able to achieve all objectives, including; training the Staff on NATO Mine Countermeasures techniques and procedures, refining internal

» See **SEA LANES | B7**



Royal Norwegian Navy (RNoN) and U.S. Navy NATO partners from Naval Surface and Mine Warfighting Development Center (SMWDC) and the RNoN Maritime Warfare Center (MWC) pose for a photo at a biannual USN-RNoN Tactical Working Group (TWG) meeting. The TWG meeting was established in 2018 to enhance understanding of the capabilities and tactics used by both navies to improve interoperability of both NATO partners. SMWDC's mission is to increase the lethality and tactical proficiency of the Surface Force across all domains.

'NATO in the North' strengthens relationship and develops tactics alongside surface fleet's top tacticians

From Naval Surface and Mine Warfighting Development Center Public Affairs

SAN DIEGO

Naval Surface and Mine Warfighting Development Center (SMWDC) hosted leaders from Commander, Royal Norwegian Navy (RNoN) Maritime Warfare Center (MWC), at the second biannual Tactical Working Group (TWG) here Feb. 5 – 7.

The SMWDC-RNoN MWC TWG was established among the NATO partners in 2018 to enhance the understanding of the capabilities and tactics used by both navies to improve interoperability in an era of great power competition.

“Communicating with our maritime

NATO partners to understand our mutual capabilities, tactics, and to develop professional opportunities to improve warfighting proficiencies is now more important than ever in this era of great power competition,” said Capt. Joseph F. Cahill, SMWDC Sea Combat Division Director. “Discussing the tactics, techniques and procedures developed by our [RNoN] MWC partners and those of SMWDC's WTIs [Warfare Tactics Instructors], improves our partnership and interoperability.”

Ongoing engagements between top tacticians from U.S. and Norwegian navies will ensure that the relationship between the

» See **NATO | B7**

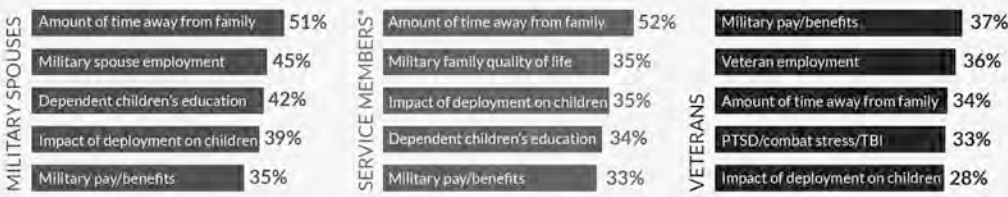
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RESPONDENTS INCLUDING MILITARY SPOUSES SERVICE MEMBERS & VETERANS

MILITARY FAMILIES ARE ASSETS TO NATIONAL DEFENSE AND THEIR LOCAL COMMUNITIES. They are central to the health and capability of the All-Volunteer Force and are good neighbors actively engaged in making their civilian communities great places to live.
Blue Star Families' annual Military Family Lifestyle Survey provides a comprehensive understanding of what it means to serve as a military family and is a blueprint for strengthening America by supporting military families.



2018 MILITARY FAMILY LIFESTYLE SURVEY RESULTS

TOP 5 ISSUES



IMPACT OF SERVICE ON QUALITY OF LIFE

MILITARY FAMILIES WANT TO SERVE. THEY WORRY SERVICE MAY HURT THEIR FAMILY'S WELL-BEING.



COMMUNITY CONNECTEDNESS & BELONGING

MILITARY FAMILIES ARE GOOD NEIGHBORS, YET MANY FEEL THEY DO NOT BELONG.



Surveys point to cause of military morale issues

By Lisa Smith Molinari

I want to know why news reports over the last decade have indicated a steady decline in the well-being and satisfaction of military service members. I don't want the same pat answer, that military families need a better quality of life. Let's dig deeper. Is there a real solution to continuing dissatisfaction?
The recently-released results of two surveys point to an interesting theory worth pursuing.
We already know that a decade after 9/11, the public was war-weary, tired of all the bad news and growing deficit. The 2011 budget cuts known as "Sequestration" arguably stemmed from a widening military-civilian divide. The drawdown took an obvious toll on morale. With alarming military suicide rates, retention and recruitment problems, and other complaints, the Pentagon passed new programs in recent years to address military spouse unemployment; restricted access to adequate childcare, housing and education; unnecessary relocations; multiple deployments; etc.
Despite these efforts, recent surveys show that morale and well-being figures are still low.
The number one key finding of the Iraq and Afghanistan Veterans of America 2019 Survey was that 43 percent of IAVA members polled in 2018 report having suicidal ideations since joining the military, a six percent rise from

2017. An increasing number of these suicides are young service persons who have not been deployed or in combat.
And the 2018 Blue Star Families Military Lifestyle Survey results, released last week, identified the lack of "community connectedness and a sense of belonging" as key factors negatively affecting military families. Forty-eight percent of respondents reported not feeling a sense of belonging to their civilian community, and 43 percent felt the same about their military community. This finding was critical because "a lower sense of belonging to a community has been linked with both depression and suicide."
Blue Star Families also found low scores on military families' ability to find meaning in adversity. "[M]eaning-making is the 'lynchpin in a family's resilience response'" as it enables "more effective responses to stress." Although the majority of military families thrive when challenged, their resiliency hinges on whether or not they see a meaningful purpose to their struggles.
Interestingly, both survey groups felt that the public simply doesn't care. Sixty-seven percent of IAVA members responded that the American public didn't understand their sacrifices. And only 18 percent of Blue Star military family's surveyed thought the public comprehended their challenges. Furthermore, 60 percent of veteran families said the "public does not understand that veterans bring value

to their communities."
One would think that the Pentagon's recent measures to reduce hardships and increase benefits would have a positive impact military service satisfaction, yet these survey results don't lie. Military families aren't finding meaning in service anymore and mental illnesses and suicides are on the rise. Could the military's sense of being undervalued and disconnected be a root cause?
In a February 5, 2019 article, Marine veteran Jeff Groom postulates that military members' spirits are broken "[n]ot because of what they have experienced, but because of what they haven't experienced. ... [A] life deficient in community, solidarity, and shared suffering is, well, depressing."
"Congress and military leadership have gone all in on the bankrupt idea that comfort and happiness equals morale and morale correlates to readiness. In fact, they got it backward. Providing the resources and time to effectively accomplish the mission is what lifts the spirits of the troops," Groom says, and other experts agree.
"There are secondary benefits that derive from high readiness. Troops that train extensively and have all the equipment they need will have higher morale and confidence," says Mark Cancian of the Center of Strategic and International Studies.
However, reports of a "military readiness crisis" abound. The conflict between defense budget caps and an unsustainably high operational tempo has resulted in overworked crews, inadequate training, shortage of equipment, and an uptick in military air and sea accidents between 2011 and 2018.
The solution is clear. The Pentagon must prioritize the readiness crisis to give service members a sense of purpose and belonging. As Groom put it, "By keeping the military comfortable, in an ironic way, our society removes their sacrifice from the altar."
www.themeatandpotatoesoflife.com



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2018 MILITARY FAMILY LIFESTYLE SURVEY
SNAPSHOT of the MILITARY LIFESTYLE
Infographic with multiple charts and statistics on military family issues, including spouse employment, women in uniform, civil-military divide, mental health, military children, financial readiness, and suicide.

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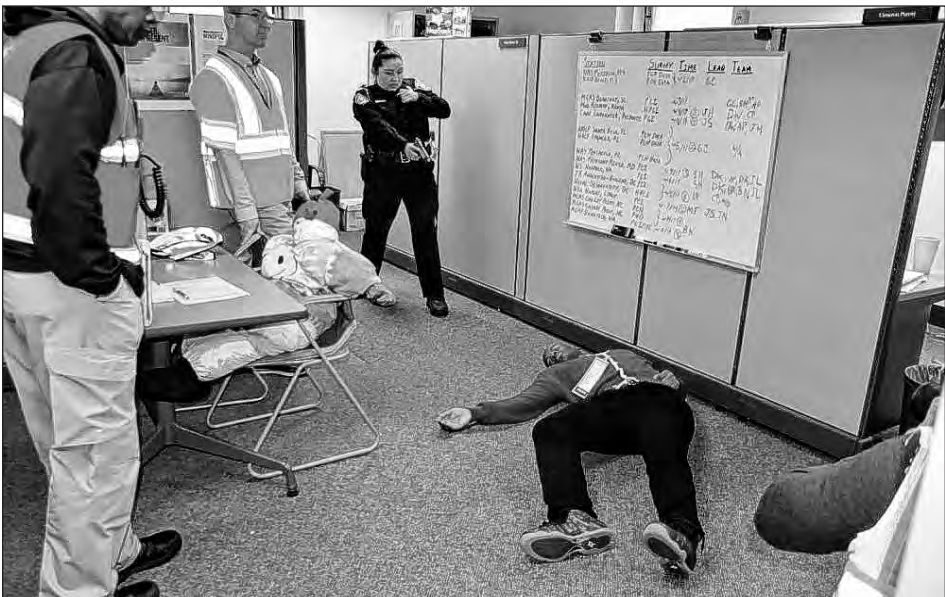
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Spencer R. Layne

Joint Expeditionary Base Little Creek-Fort Story security forces hone their defensive skills during a Mock Protest Exercise on-base, Feb. 7. The training was held as part of Exercise Citadel Shield-Solid Curtain 2019 (CS-SC19).

CITADEL SHIELD-SOLID CURTAIN 2019 AROUND THE REGION



Katisha Draughn-Fraguada

Naval Support Activity Hampton Roads Security Forces conducted an active shooter drill at Lafayette River Annex on Feb. 5 as part of Exercise Citadel Shield-Solid Curtain 2019 (CS-SC 19).



MC2 Jacob Waldrop

Members of the Lake County Sheriff's Department Tactical Response Team clear rooms and search for threats during an active shooter drill as part of Exercise Citadel Shield/Solid Curtain 2019.



MC2 Jacob Waldrop

Hospital Corpsman 1st Class Eric Kahler simulates being an active shooter during an active shooter drill as part of Exercise Citadel Shield/Solid Curtain 2019.



MC2 Joshua M. Tolbert

Naval Support Activity Hampton Roads Security Forces conducted a gate runner and suspicious package exercise at Northwest Annex on Jan. 30 as part of Exercise Citadel Shield/Solid Curtain 2018 (CS-SC18).



U.S. Navy photo

Security personnel from Naval Station Newport respond to a simulated active shooter scenario at the Navy Exchange during Exercise Citadel Shield-Solid Curtain 2019.

Citadel Shield/Solid Curtain annual training exercise currently underway at Naval Station Newport

From Naval Station Newport Public Affairs
NEWPORT, R.I.

Exercise Citadel Shield/Solid Curtain 2019 (CS/SC19) is an annual, two-part anti-terrorism force protection exercise. This week kicked off training at Naval Station Newport. The purpose of Exercise Citadel Shield/Solid Curtain 2019 is to ensure that the Navy is ready to respond to changing and dynamic threats at all times. It is our responsibility to ensure the safety of our personnel, equipment and facilities, as well as to partner with law enforcement to assist in protecting our installations. This exercise is of vital importance to

our ability to execute the Navy's mission in support of Homeland Defense and to protect all our people, equipment and facilities in situations that pose a significant and immediate threat to their safety. The Navy will conduct training based on scenarios that involve waterfront events, active shooters and personnel attempting to gain unauthorized base access. It is Navy policy not to discuss specifics of force protection measures, including exercises, so information of that nature will not be released.

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Sgt. Timothy Valero

U.S. Navy Seaman Preston Mayer, left, and Lt. Michael Siy, right, play musical chairs with children during Cobra Gold 19 at the Child Protection and Development Center, Chon Buri, Kingdom of Thailand, Feb. 9, 2019. Many of the children here have no family, but when the [U.S.] service members visit the children they feel that they are a part of a family again, said Saichon Komjing, the manager of child care and development at Child Protection and Development Center. The children here look up to [the U.S. service members] as role models and try to be brave and strong like they are. Mayer, a native of Fresno, California, is a deck hand with the Deck Department aboard USS Green Bay (LPD 20). Siy, a native of Fresno, California, is a dental officer aboard USS Green Bay (LPD 20).

USS Green Bay Sailors, Marines visit Thai schools, share cultures

By MC2 Anaïd Banuelos Rodriguez
USS Green Bay (LPD 20) Public Affairs

CHONBURI, THAILAND

Service members assigned to forward-deployed amphibious transport dock ship USS Green Bay (LPD 20) participated in two cultural exchange projects in Chonburi, Thailand, Feb. 8-9.

56 Sailors and Marines assigned to Green Bay, Naval Beach Unit (NBU) 7 and the 31st Marine Expeditionary Unit (MEU) interacted with more than 700 youth and staff members from Ban Thung Grad School and the Child Protection and Development Center.

“Most of our Sailors and Marines have never been to Thailand before so these opportunities for cultural exchange are great memories for them and an encouragement to continue to get involved,” said Lt. Danny Cho, Green Bay’s command chaplain.

Service members were greeted with a traditional dance performed by the students at Bang Thung Grad School, which provides education to more than 600 Thai primary students.

After exchanging greetings, the students and service members challenged each other to push up and arm-wrestling contests and

played soccer, volleyball, basketball, tug of war, jump rope and other games.

“It was a privilege to have the opportunity to participate in both community service projects,” said Seaman Preston Mayer. “It was fun being able to play sports and be involved in different activities with the kids. Even though we don’t speak the same language, we got along great. It was a very rewarding experience.”

The Child Protection and Development Center is run by the Human Help Network Foundation Thailand which provides support to underprivileged, homeless, abused and broken family children.

At the center, service members introduced themselves, played sports, painted and danced with the children. Green Bay’s Dental Officer, Lt. Michael Siy, demonstrated to the children good oral hygiene practices. The children performed a dance routine before giving a tour of the animal farm, garden and facilities.

“My favorite part about community service is being with the kids,” said Operations Specialist Seaman Catherina Watson. “I joined the Navy to help people and I think this is the best way to inter-

act with different cultures. Getting to eat and play with them is the best experience.”

Green Bay is in Thailand to participate in Exercise Cobra Gold 2019. Exercise Cobra Gold, in its 38th iteration, will be held from Feb. 12-23, 2019 with 29 nations participating including Japan, Indonesia, Malaysia, Republic of Korea, and Singapore. The exercise emphasizes coordination on civic action, such as humanitarian assistance and disaster relief, seeking to expand regional cooperation and collaboration in these vital areas.

Green Bay, a San Antonio-class amphibious transport dock ship, was commissioned by the U.S. Navy in 2009. The ship is forward deployed to Sasebo, Japan as part of Commander, Amphibious Force 7th Fleet and is operating in the Indo-Pacific region to enhance interoperability with partners and serve as a ready-response force for any type of contingency.

For more information about Green Bay, go to <https://www.facebook.com/LPD20.GreenBay/>.

For more news from Commander, Amphibious Force, U.S. 7th Fleet, visit www.navy.mil/local/ctf76/.



MC2 Anaïd Banuelos Rodriguez

Lt. Danny Cho, from Marina, Calif., paints with a child during a community service project at the Child Protection and Development Center in Chonburi, Thailand.



Sgt. Timothy Valero

U.S. Navy Petty Officer 2nd Class Anaïd Rodriguez hugs a child goodbye during Cobra Gold 19 at the Child Protection and Development Center, Chon Buri, Kingdom of Thailand, Feb. 9, 2019.

CNIC awards NBSD for excellence

By MC2 Austin Haist
Naval Base San Diego Public Affairs

SAN DIEGO

Commander, Navy Region Southwest (CNRSW) presented Naval Base San Diego (NBSD) with an award pennant signifying excellence during a ceremony January 30.

Commander, CNRSW Rear Adm. Yancy Lindsey presented NBSD with the 2019 CNIC Excellence Award flag pennant on behalf of Commander, Navy Installations Command (CNIC). NBSD was selected by CNIC as the 2019 first place winner for large installations. Other installations recognized by CNIC in the large and small categories include:

- Large Category:
 - 2nd Place: NAS Jacksonville
 - 3rd Place: JB Pearl Harbor/Hickam
 - Small Category:
 - 1st Place: NAS FT Worth JRB
 - 2nd Place: Camp Lemonnier Djibouti
 - 3rd Place: NSF Diego Garcia
- NBSD Commanding Officer Capt. Roy Love accepted the pennant during an all-hands awards ceremony.

The CNIC Excellence Award recognizes the top three large and top three small installations and is judged on their performance consistent with their strategic goals and the Office of the Secretary of Defense criteria for the Department of Defense (DoD) wide Commander-in-Chief Installation Excellence Awards.

In a message addressed to NBSD personnel, Love stated, “We set this goal for ourselves this year, and you exceeded all expectations. I am proud of you, and extremely grateful to be a part of this great team! Thank you for continuing to serve the fleet with excellence, always,” he wrote.

NBSD will go on to represent the Navy in competition with other military branches in the DoD Commander-in-Chief’s Annual Award for Installation Excellence, which recognizes a base’s ability to function efficiently and effectively and compares it at a DoD level.

“A single nominee was selected to compete for the Commander-in-Chief’s Annual Award for Installation Excellence,” said Vice Adm. Mary M. Jackson,



Krishna M. Jackson

Commander, Navy Region Southwest Rear Adm. Yancy Lindsey presents the Commander, Navy Installations Command (CNIC) Excellence Award pennant to Naval Base San Diego (NBSD) during an awards ceremony January 30, 2019.

commander, CNIC. “I am proud to announce this year’s selection of Naval Base San Diego to represent the Navy for this prestigious honor. Congratulations to CAPT Love and the NAVBASE San Diego team for your exemplary efforts on behalf of our men and women in uniform and their families,” said Jackson

During the awards ceremony, Lindsey joined CNIC in congratulating NBSD on the award and representing the Navy at the next level of competition.

“What a tremendous achievement and it’s well-deserved and something that hopefully each

and every one of you are very proud of because you all played a roll allowing the base to perform at that level across the entire Navy,” said Lindsey. “Not only are you number one in the Navy, but now you represent the Navy at the next level at the Commander-in-Chief Installation Excellence Award.”

NBSD is homeport to more than 50 ships and about 200 shore commands and serves the fleet, fighter and their families. As one of the largest Navy installations on the West Coast, NBSD serves approximately 50,000 people a day including active, reserve and

retired military personnel, civilian government employees and contractors. Often referred to as 32nd St., the base is divided into three sectors that include the wet-side, dry-side and the Navy Exchange complex. The NBSD commanding officer also oversees the bases that are home to Naval Medical Center San Diego, CNRSW and Navy Facilities Engineering Command Southwest, Admiral Baker Golf Course and Murphy Canyon housing and child care facilities.

For more news from Naval Base San Diego, visit www.navy.mil/local/NBSD/.

Navigating by the stars

By SA Jordan Ripley
USS John C. Stennis

INDIAN OCEAN

U.S. Navy quartermasters aboard the aircraft carrier USS John C. Stennis (CVN 74) are responsible for safely navigating the waters while underway, and some have been trained in the lost art of celestial navigation.

Celestial navigation is a method of establishing the ship's position anywhere in the world relative to celestial bodies. Using the sun, moon, planets, and stars to navigate on the ocean dates back to ancient times.

"Quartermasters aboard the John C. Stennis use global positioning systems (GPS) to plot courses and navigate," said Quartermaster 3rd Class Javen Rogers, from Long Beach, California. "Our main focus is to compare latitude and longitude against the Voyage Management System (VMS) during our watches."

Quartermasters who stand watch on the ship's navigation bridge use a program called System to Estimate Latitude and Longitude Astronomically (STELLA), which uses celestial

bodies to determine the ship's position.

"When quartermasters used paper charts before computer systems, celestial navigation was more heavily relied upon than it is today," said Rogers. "Dead reckoning, or directly calculating our position, was the way we determined the ship's location."

In addition to STELLA, other tools used to aid quartermasters in celestial navigation are the Nautical Almanac, a book that contains astronomic information, and marine sextants, which are used to measure the height of the stars and other celestial bodies.

Despite modern GPS, maritime navigators might need to rely on the sky in an emergency event. By using the distance measured between the celestial object and the ship, as well as math equations and star charts, a celestial navigator can pinpoint their location.

"Celestial navigation is a skill we would use if we sustained a complete loss of GPS," said Senior Chief Quartermaster Matthew Searer, from Tucson, Arizona, the John C. Stennis' Navigation department's leading chief petty officer. "We would also use it if our



U.S. Navy photo

equipment has been damaged or jammed."

Although maritime navigation technology has improved thanks to GPS, celestial navigation is a skill that has been passed down to the current generation of quartermasters.

"I learned celestial navigation from my first chief quartermaster aboard the mine countermeasure ship USS Guardian (MCM 5)," said Searer. "He taught me the

basics, and by the time I left the ship, I had mastered the skill. I also went to a 3-week school in San Diego to refine the skill."

With the introduction of GPS, the reliance upon celestial navigation had dwindled, and Sailors were no longer being taught the skill in quartermaster "A" school, but a recent reconstruction of the curriculum has brought the skill back into the program.

"As of right now, there is no specific school for celestial navigation, but it is becoming a part of the curriculum in 'A' school again," said Rogers. "Quartermaster is one of the oldest rates in the Navy, so there are senior quartermasters that have had the opportunity to learn this subject and through hands-on training. They have experienced the changes our rate has gone through in terms of the technologies we use to navigate."

Celestial navigation uses complex math and steady hands while handling the marine sextant, but has proven itself to be a skill that leaves a lasting impression on junior Sailors.

"Celestial navigation is an awesome skill to teach and practice," said Searer. "On my last deployment aboard the aircraft carrier

USS Nimitz (CVN 68) in 2017, we utilized celestial navigation skills from the Arabian Gulf to the Sea of Japan and compared our work to VMS. The Sailors in the Nimitz' Navigation department really enjoyed doing something new."

Now that quartermasters are again being taught about celestial navigation in school, the skill can be mastered by more Sailors.

"It's an art that went away," said Searer. "Now, because of the dynamics of the world we live and operate in, we can use this skill anytime and still get the John C. Stennis where she needs to be."

Celestial navigation is part science and math, part art-form, and has been around since Galileo's time. It continues its relevancy throughout the modern Navy, proving that time-honored traditions are still beneficial to the modern age.

The John C. Stennis Carrier Strike Group is deployed to the U.S. 7th Fleet area of operations in support of security and stability in the Indo-Pacific region.

For more news on John C. Stennis, visit www.stennis.navy.mil or follow along on Facebook at www.facebook.com/stennis74



Quartermaster 2nd Class Jeremy Kowalski, assigned to amphibious assault ship USS Boxer (LHD 4), performs celestial navigation on vulture's row. Boxer is underway conducting routine operations as a part of USS Boxer Amphibious Ready Group (ARG) in the eastern Pacific Ocean.

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SEABEES | *Tinian support effort comes to a close*

Continued from B1

ond-strongest storm to hit U.S. territory in recorded history. They were part of Task Force-West, which was the Indo-Pacific Command response to Yutu, initially divided into Task Group Tinian and Task Group Saipan, eventually rolled into Task Group Engineer and included units from the Navy, Marines, Air Force, Army, and Coast Guard.

“Without our Department of Defense and the many components of it and FEMA, these islands would have not been able to recover in the short period of time that we have,” said CNMI Lt. Governor Arnold Palacios. “So you have in this corner of the nation, in this commonwealth, a grateful community, a really grateful community. To all the men and women in FEMA and all the branches of the Department of Defense who were here to help us pick up our lives. Are we back to normalcy? No. But we are almost there and it is because of your hard work every day, day in and day out.” Palacios added “Know this that you have a grateful American community in Tinian and Saipan and the rest of the Commonwealth. Not only are we grateful, but we are proud of our Department of Defense. We are very proud of every man and woman in our Department of Defense. Now, we really see what our Department of Defense is all about. Thank you very much. Thank you for everything that you’ve done for us.”

With the close of Department of Defense support to DSCA, FEMA and civilian authorities will continue to provide support to essential services on Tinian and Saipan.

“It has been an honor for the U.S. Military is to serve our brothers and sisters



Gunnery Sgt. T. T. Parish
Construction Electrician 3rd Class David Yoder, assigned to Naval Mobile Construction Battalion (NMCB) 1, cuts a downed tree with a chainsaw at the junior senior high school in Tinian, Commonwealth of the Northern Mariana Islands, Oct. 31, 2018.

in the CNMI to support civil and local authorities as they continue recovery efforts in the wake of Typhoon Yutu,” said Chatfield. “Service members from Joint Region Marianas and Indo-Pacific Command worked with FEMA and the Commonwealth of the Northern Marianas Islands’ civil and local officials to deliver water, fuel, housing, transportation, medical support, electricity and food across the affected regions in Guam and the Marianas Islands. Going forward, the DoD remains ready to support FEMA and local and civilian authorities as needed with forces in Joint Region Marianas.”

For more news from 30th Naval Construction Regiment, visit www.navy.mil/local/30NCR/.



MCC Matthew R. White
Seabees assigned to Naval Mobile Construction Battalion (NMCB) 1 remove debris from a road during recovery operations following Typhoon Yutu.

SSC Atlantic Cyber Education Team receives DoN and DoD Acquisition Innovation Awards

By Diane Owens
Space and Naval Warfare Systems Center Atlantic Public Affairs
CHARLESTON, S.C.

A Space and Naval Warfare Systems Center (SSC) Atlantic team received a Department of Defense (DoD) Acquisition Workforce Development Innovation Award Feb. 5 at the Pentagon for their work on a cyber-education resource.

The team’s efforts led to the creation of the Cyber Education and Certification Readiness Facility (CERF) based in Charleston, S.C.

Eleanor M. Lord, undersecretary of defense for acquisition and sustainment, presented the award to SSC Atlantic Executive Director Christopher Miller, Total Workforce Competency Lead Pamela K. Bell, CERF Lab Lead Fred Bisel and team members Wesley Jones and Kamau Buffalo.

The state-of-the-art facility was constructed in less than a year using excess government equipment, resulting in a cost avoidance of more than \$1 million.

Since its opening in 2017, more than 500 employees have taken networking and operating system classes to learn about various off-the-shelf software and to achieve commercial certification. A second CERF opened recently in Virginia to train personnel at SSC Atlantic’s Hampton Roads sites and the development of a third lab to serve employees in New Orleans is underway.

“We are proud of the successes of the CERF and are working hard to continue to expand the capabilities and offerings,” said Ann Rideout, senior scientific technology manager, communications and networks. “Look for more great things to come.”

Offering the courses in-house rather than having employees travel to attend commercially-provided training has saved approximately \$1.2 million and represents a major step forward in SSC Atlantic’s investment in credentialing its technical workforce and development of its cybersecurity specialists. During unscheduled time, students can come to the lab and use the equipment to reinforce concepts conveyed during formal training.

On Oct. 16, 2018 the team also received a Department of the Navy Acquisition Excellence Innovation Excellence Acquisition Team of the Year Award at the Pentagon. Acquisition Excellence Awards recognize individuals and organizations that demonstrate ingenuity and superior performance acquiring products and services for the



Courtesy photo
Eleanor M. Lord, undersecretary of defense for acquisition and sustainment, center, presented a Department of Defense Acquisition Workforce Development Innovation Award to SSC Atlantic Executive Director Christopher Miller, from left, Total Workforce Lead Pamela K. Bell, team lead Fred Bisel and team members Kamau Buffalo and Wesley Jones.

Navy and Marine Corps.

The outcome of the CERF team’s accomplishments is far-reaching,” said Miller. “Not only are our team members being trained through the lab, but programs across the Navy and DoD enterprise are utilizing the CERF team and the lab’s capabilities. As a result, the team is providing cyber training to civilians and military members across the globe.”

Instructors and participants share experiences in CERF courses not traditionally offered in vendor training and cover topics on applying commercial technologies to unique and critical DoD and Navy applications used by the warfighter.

“Here, students know they are safe,” said Bisel. “This lab is a risk-free playground for learning networks that makes for more nuanced learning.”

SSC Atlantic provides systems engineering and acquisition to deliver information warfare capabilities to the naval, joint and national warfighter through the acquisition, development, integration, production, test, deployment, and sustainment of interoperable C4ISR, cyber and information technology capabilities.

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

SEA LANES | *NATO trains to keep lanes clear*

Continued from B1

staff processes and procedures and integration with our Allies and Partners.”

Dynamic Move is an annual exercise held in two parts. Part one is held in Ostend Belgium in the early spring of the year and the second part is held in La Spezia, Italy in the early fall. Each part of the exercise allows mine countermeasures personnel from across the Alliance to come together to enhance interoperability and hone tactics and procedures to ensure NATO Is ready to work together should there be a need.

For more news from Naval Surface and Mine Warfighting Development Center, visit www.navy.mil/local/SMWDC/.



MC3 Jesse Marquez Magallanes
Royal Norwegian Navy (RNoN) Cmdr. Rolf Tverbakk, left, section head for Anti-Submarine Warfare (ASW) at the Norwegian Maritime Warfare Center (MWC) shakes hands with U.S. Navy Lt. Matthew Vigilante, right, an Anti-Submarine/Surface (ASW/SUW) Warfare Tactics Instructor assigned to the Naval Surface and Mine Warfighting Development Center (SMWDC) at the beginning of a biannual USN-RNoN Tactical Working Group (TWG) meeting.

NATO | *Strenthening relationships and developing tactics*

Continued from B1

NATO partners remains strong.

“The maritime domain is more dynamic, and is becoming more contested, and so we must work together to retain our maritime advantage over the competition,” said Capt. Egil Vasstrand, RNoN MWC Commander. “Tactical proficiency is one of the keys to maintaining free navigation on international waters.”

SMWDC is a subordinate command of Commander, Naval Surface Forces, and is headquartered at Naval Base San Diego with four divisions in Virginia and California focused on AMW, IAMD, ASW/SUW, and MIW.

For more news from Naval Surface and Mine Warfighting Development Center, visit www.navy.mil/local/SMWDC/.

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Virginia Beach Restaurant Week returns!
Virginia Beach Restaurant Week will take place February 18 to 24, with over 80 participating restaurants. With the event lasting just seven days, diners have so many choices and so little time.
» See C2



By Yiorgo

The greatest family musical of all time, the wonderful “Wizard Of Oz,” is coming to Chrysler Hall this Valentine’s Weekend as part of the Norfolk Theatre Festival experience that includes unforgettable shows, behind-the-scenes workshops, meet-the-artist events and more.

A show for the entire family, it’s filled with lavish productions, breathtaking special effects, and superb choreography. All the classic songs are there. Dorothy, Toto and their friends the Cowardly Lion, Tin Man and Scarecrow will captivate you as they travel over the rainbow, down the Yellow Brick Road to wonderful Oz, complete with munchkins and flying monkeys and the wicked witch played to perfection by Emily Perzan who returns as Miss Gulch/Wicked Witch of the West. Her regional credits include Velma (Chicago), Cassie (A Chorus Line), Vivian (Legally Blonde), Maureen (Rent), Rutledge (1776) among others.

Yiorgo: Where were you born, where is home now and can you tell us a little about your early life growing up?

Emily Perzan: I was born in New Britain, Connecticut and raised in Kensington, Connecticut. I was blessed to go to a very small private school. There were 25-30 kids in my entire class. I was

there from K-9th grade and I was really able to play with what I wanted to do in life because I had so much personal attention from my teachers and I learned to play six musical instruments. I found my passion for music. I studied piano when I was five, violin when I was seven, and the clarinet in middle school and dabbled with drums, electric guitar, the cello and oboe a little bit so I really found my inner passion for music. My mom also signed me up for dance classes when I was three and I’ve been dancing ever since. Also when I was 10 I did a couple of summer camps where they were all driven for theatre and arts and eventually started doing more stage work and I never wanted to leave the stage. I went to a program at Carnegie Mellon University and finished my bachelor’s at the Hartt University of Hartford. I then moved to Austin, Texas where I live now and became an American Sign Language interpreter.

Y: what prompted you to become an American Sign Language interpreter?

EP: I’ve had three knee surgeries and when I had my first and could not dance or do theatre, I knew that I wanted to create my own bumper sticker, my own tagline in life. I had learned a little sign language in middle school and loved it. I took it with me in college a little finger spelling, be-

cause back stage I could communicate without talking. My mom was a Special Ed teacher and when she became a Superintendent we talked about it and she said, “You should do it, most states don’t have enough sign interpreters to cover the students.” I did not perform for three years because it was a 3 year program and one of the coolest bonuses I had with that was, one of my professors found out I was a performer, she sent me to Boston for my internship and I was able to interpret Broadway shows that came through, interpret for Horace Mann University in Massachusetts. I was able to bring both of my worlds together, my love for the theatre and the deaf culture.

Y: How did you get the part of the wicked witch, audition, etc.?

EP: I was working in Austin, Texas where I did 16 shows in two and a half years. Back in 2009 when Wizard of Oz toured, I was in the finals for that show for the witch but I did not get the part. In 2017 when they were auditioning in New York City, I went up, waited in line with hundreds of people. I got there Monday 6:00 am, signed my name on the list. I was number 127. I sang a little bit and got a call back Thursday for the show. It was the most nerve-racking thing. It was me and nine other girls. They brought five of us in and I was the only one asked to stay. So I was waiting with the



Photos by Denise S. Trupe

boys, Tin Man, scarecrow, professor Marvel, feeling good for myself that I got this part when four more witches come in. We go back in the room and I have to watch every girl with their readings and off course all these questions are going through my head, should I do this, change my tone on that, starting to doubt my self. When the other girls are done with their reading they leave the room. The

director gave some directions to the other girls but when it was my turn he did not say anything to me. I’m freaking out on the inside. Oh, no what am I going to do? So I go through the scene, it feels absolutely awful. I go out to the waiting room and the monitor comes out and says, “We are good witches, have a nice day.” So I’m thinking I

» See OZ | C3

Norfolk native Christopher Kypros performs Live at the Z this Saturday

By Yiorgo

This Saturday, February 15, Norfolk native, Christopher Kypros, award-winning composer, choral conductor, and musical director, will perform in the Main Stage at the Zeiders American Dream Theater at the Town Centre in Virginia Beach solo piano works by Beethoven, Brahms, Chopin, and Ginastera and so much more.

Kypros has created a name for himself as a very success-

ful music teacher from the elementary level to the college level. Also a stage and TV actor in Hampton Roads, Chris has provided many years of original piano accompaniments to silent films at Norfolk’s Naro Cinema.

Yiorgo: Tell us a little about your early life and how did you discover your love of music?

Chris Kypros: I was born in Norfolk. My parents are from Cyprus. I wanted to take piano lessons since I was four. My mom started me on an accordi-

on but I wanted to play the piano so she had a teacher come home and give me lessons and my mother told me that I would teach her Greek. I continued through high school and when I went to Old Dominion University (ODU). I got my Bachelor’s of Science Degree in music, piano performance. I then attended Julliard in New York City.

Y: Talk to us about Julliard.

CK: I went to New York and

» See KYPROS | C3



Courtesy photo

Calendar

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.hamptonroadsfeb2019militaryhireevents.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.

World Of Pets Expo

- Fri-Sun., Feb. 15, 16, 17. \$5-\$10.
- Hampton Roads Convention Center, 1610 Coliseum Dr., Hampton, Va
- 757-728-5328

The World of Pets Expo is held at the Hampton Roads Convention Center. Exhibitors fill the spacious HRCC with thousands of products and services, not just for dogs, but pets of all kinds. You'll get hands on pet experiences, entertainment, educational workshops and speakers, expert pet advice and demonstrations, pet shows, shopping and more. Expo hours are Friday 2-8 p.m., Saturday 10 a.m. - 7 p.m. and Sunday 10 a.m. - 5 p.m. Admission is \$10 for adults, \$5 ages 5-12 and FREE for children under age 5. Ticket sales online or at the door. Indoors and Great Food! **Military discount at the door with ID.**

Panties In A Twist: All Female Improv Comedy Show

- Saturday, Feb. 16. 8 p.m. \$25
- Harrison Opera House, Norfolk, Va
- [Ticketmaster.com](https://www.ticketmaster.com)

Panties In A Twist: The All-Female Sketch Comedy Show is excited to be performing for audiences in Norfolk for it's 8th consecutive year this month. This production is proud to be written, directed, & performed by all women - a feat that is hard to come by in the comedy world. With 42 women in this year's production, PIAT is the largest all-female live sketch show in the country. Aside from their ability to make anybody laugh, the women of PIAT really don't have that much in common. They are diverse: all ages, cultures, experience levels, and walks of life! Our cast includes a 71 year old martial arts master, active duty & veterans, local students, moms, and career-titans! No matter which part of the 757 they are coming from - these 42 local Hampton Roads Women are excited to put together a show that not only celebrates (and pokes fun) of our community, being a woman, and everything in between.

In Flames with All That Remains, All Hail the Yeti

- Saturday, Feb. 16. 8 p.m. \$23, \$28 day of show
- The Norva, 314 Monticello Ave., Norfolk, Va
- www.thenorva.com

In Flames brings the metal to the Norva with guests All That Remains and All Hail The Yeti. The Swedish/German based band is in support of its' latest album "Siren Charms."



Kathleen Madigan comes to Sandler Center on Saturday, Feb. 16.

Kathleen Madigan Hot Dogs and Angels Tour

- Saturday, Feb. 16. 8 p.m. \$29.75 - \$39.75
- Sandler Center, Performance Hall. 201 Market Street, Virginia Beach, Va
- www.sandlercenter.org

For 28 years, comedian Kathleen Madigan has been touring 250 nights on the road and squeezing in hour-long filmed specials and performances on every late night show ever made. From 25 appearances on the Tonight Show and multiple appearances on Letterman and Conan to recently riding around with Jerry Seinfeld in his internet series "Comedians in Cars Getting Coffee," Madigan is still having a blast and selling out theaters across the country.

Community

■ Submit YOUR events, news and photos

The Flagship welcomes submissions from our readers online. Please submit **events** here: www.militarynews.com/users/admin/calendar/event/ Please submit **news** and **photos** here: www.militarynews.com/norfolk-navy-flagship/submit_news/

Diners savor their options as Virginia's largest restaurant week returns

From Virginia Beach Restaurant Association

Diners will have a dilemma when one of the area's most highly anticipated culinary events returns this year. The Virginia Beach Restaurant Association (VBRA) has announced that Virginia Beach Restaurant Week will take place February 18 to 24, with over 80 participating restaurants. With the event lasting just seven days, diners have so many choices and so little time. Celebrating 14 years of Virginia Beach Restaurant Week, this culinary event has proven popular with diners as a great way to indulge in tasty dishes created by the best local chefs and sample a variety of restaurants. Patrons can experience Virginia Beach's vibrant restaurant scene, try out new places and visit old favorites while enjoying special menus. Choosing where to eat out may prove tricky with the variety of culinary options and different price points available to diners. Breakfast specials are offered at \$5 and \$10 per person, two-course lunches at \$10 and \$15 per person, and three-course dinners at \$20, \$25 or \$35 per person. Patrons are encouraged to visit VBRestaurantWeek.com to

view the full list of participating restaurants, their menus, which meals are offered and at which price points. All offerings exclude beverages, tax and gratuity. New additions to this year's list of participating restaurants include Nautilus, Home Republic, Surfside Restaurant, Yard House, Warriors Taphouse and Kahiau's Bakery & Cafe. This is not a ticketed event, however, reservations are recommended and gift certificates are available for purchase. Restaurants participating in Virginia Beach Restaurant Week that take the gift certificates will be noted on the website. Visit www.VBRestaurantWeek.com or call 757-422-4420 for more information. This 2019 Virginia Beach Restaurant Week is presented by the Virginia Beach Restaurant Association, a community partner of the Virginia Beach Convention & Visitors Bureau, and Sysco Hampton Roads. The VBRA is comprised of restaurants and businesses dedicated to keeping the city's restaurant scene vibrant by providing diverse culinary choices and enjoyable dining experiences.

TCC offering more than 100 summer camps for youth of all ages

From Tidewater Community College

Are you looking for summer fun with a purpose for your children? Check out Tidewater Community College's summer camps with offerings for budding scientists, engineers, artists, doctors, interior designers, computer wizards and more. Spark your child's imagination with interactive and educational programs tailored to their interests and grade levels. This summer, TCC offers more than 100 camps suitable for elementary, middle school and high school aged-youth. Among them:

- Junior Veterinarian School, which encourages campers to explore turning their love for animals into a career with interactive demonstrations, crafts and games.
- Sports medicine and medical camps, including Med School 4 Teens.
- Star Wars® Stop Animation camp, where Star Wars adventure comes to life.

- Black Rocket Camps, which explore simulated environments and crafting memorable 3-D experiences with hand-made Virtual Reality headsets.

TCC's week-long programs are affordable and conveniently located on the Chesapeake, Norfolk, Portsmouth and Virginia Beach campuses, and at the Center for Workforce Solutions in Suffolk. Camps are offered from June through August. Limited enrollment size ensures all campers receive personalized attention. There is an Early Bird pre-registration discount of \$5 per camp through May 31. Scholarships are available for some camps, including the SMART Maritime Camp and Robotics 101 for Girls. For a complete listing of camps, visit tcc.edu/camps. Registration is now open. For information, contact us at 747-822-1234 or email summercamps@tcc.edu.



Courtesy Norgolk.gov

Norfolk's mermaid mascot turns 20!

From Norfolk.gov

NORFOLK, VA Our Mermaid celebrates her 20th birthday this year! She wants to celebrate with her friends here in Norfolk and all over the world. Watch for Norfolk's mermaid on social media with the hashtags #Mermaid20 and #NorfolkVA. She will be traveling the globe as a "mermaid in the mail" all year long and taking "shellfies" along the way. You'll also see our mermaid making a splash around the city as part of the Virginia Arts Festival, during events at Town Point Park, in our libraries and recreation centers, and as part of a city-wide scavenger hunt. Norfolk adopted the mermaid as its symbol in 1999, following the suggestion of longtime Norfolk attorney and philanthropist Pete "Uncle Pete" Decker. He credited his wife, Bess, with the idea, who drew inspiration from Chicago's "Cows on Parade" campaign. The original mermaid design launched a campaign that led to a sea of sculptures, each based on a template created by local sculptor Kevin Gallopand customized by local artists and businesses. Norfolk's mermaid swims all over

our city, from Ocean View beaches to Wards Corner intersections to Downtown buildings. Our residents listened to her siren call, and versions of her grace brewery murals, jewelry counters, and even neighborhood lawns. Join the party! Cut out the attached mermaid and take her with you to your favorite spots and snap a "shellfie." She loves historical sites, museums, statues, cultural facilities, concerts, picnics, parades, festivals, other mermaids, boats and waterways, of course. Packing for a trip? Take her with you! She's up for all kinds of adventures, so be creative. Post to Facebook, Twitter or Instagram with our #Mermaid20 and #NorfolkVA hashtags so she can keep track for her birthday photo album! Kids can get in on the birthday celebration, too – check out our Mermaid 20 coloring sheets. Color and hang at home, send us a photo with the #Mermaid20 hashtag, or send her back to us for possible inclusion in a Mermaid coloring exhibit. Make sure the little ones include their name, age, and city on the back! We can't wait to see where her travels take her! Thanks for helping our mermaid have a birthday year to remember.

OZ | Interview with the wicked witch

Continued from C1

blew it. Many months go by and one wonderful day I got that phone call telling me I got the part. It was amazing!!

Y: What is your favorite part of playing that role?

EP: One of my favorite things is being green. I’ve never felt confident in my own skin, as I am when I am green. I love painting my hands green before the show. I love being green. From applying it for so many shows, I now have a glowing green tint every day.

Y: Is it hard to take off?

EP: It is. We only have about 15 minutes to get out of the theatre after the show, it’s equity rule so I scrub as much as I can before I leave but it’s hard to take off when you have it in your system all these years. At this point I sweat green because it’s gotten into my blood system so I now sweat another color.

Y: Wait, you’re not kidding, you’re being serious.

EP: Yes I am serious, I even sweat green under my arms and I

do not cover myself there. Like how does it get there? The person that gets my make-up said, “Oh no honey, with over 300 shows, it’s now a part of you and in your blood stream. You are going to sweat it out of your pores.” But I just love being the wicked witch

Y: You are such a breath of fresh air, very bubbly and warm, how do you play the villain?

EP: I have never looked at her as the ultimate evil villain and I know that’s what she has to represent. I approach my witch as the woman that has been wronged. You’ve killed my sister, steal her magic, it’s my one memory of my sister and you took it. And you’re dog is scaring my cat and ruining my garden. I’m able to make her my own while holding true to what people love about the movie.

Y: Any interesting, funny anecdotes from the show? Oh, oh, I already hear you giggling.

EP: Yes, just thinking of it makes me laugh. My funniest thing with the show is that I have a big black cape, and in the castle scene, the staircase is very small

and so are the stairs. At least once a week my cape gets stuck. I’m very lucky, our Dorothy, Kalie Kaimann is just wonderful and you are going to fall in love with her as Dorothy. She and I, I think of it as the improv scene at this point since it happens so often, my blocking goes out the window and I have to figure out a way of getting unstuck and Kalie finds a way to unstuck me without the audience being aware. What is also so funny, it’s rarely the same part of the set piece I get stuck too.

Last year, I actually tripped on stage during a show on my cape and fell. I had a TFCC tear and did 67 shows until I had a break to get surgery. Then I did three weeks of shows with a cast on my arm. I love my job too much to leave the stage. It’s still healing but getting better every day.

There was a black wing one time I got stuck too and I pulled the entire curtain on the stage. Another time I was leaving the castle once and my cape got stuck at the door. I had this great exit and ha, ha I can’t leave. I had to go back and pull the cape and the whole audience went crazy. It’s great that

my laugh is a cackle and I can use it in scenarios like that. That’s the beauty of live theatre.

Y: Why should people come see this show?

EP: Because it’s great. There is a reason why Wizard of Oz has been around for 80 years. It hits home for so many people who have their own memory and story about the movie. It’s a generational show. For so many kids, this is their first exposure to theatre. Everyone can identify with someone in the show. You see people falling in love with a character and have empathy for. Weather the audience is made up with young people or much older, there is always this energy from the audience that is just magical for each show. There is something for everybody.

Y: Wow moments?

EP: The biggest complement I ever had and something I will never forget was when we were between shows, I had gone to this restaurant called The Fountain in St. Louis the night before, loved what I ate and I returned the following day between the two shows to get the same thing. I’m between shows so I don’t scrub my hands

much since the paint goes back on in two hours. The patrons recognized me and a dad and his young son apologize for bothering me and ask for my autograph. After I finish eating, I get up to leave, it’s packed with people and this woman sassy cackled at me. I looked at her and she at me and I cackled back at her. We had a little cackle battle and the entire restaurant started clapping. It was just amazing. I am crying now just thinking about it. I said thank you so much and they all stood up, all complete strangers and gave me a standing ovation. I called my mom and I remember saying, “Mom, I mean something to people.” And I described what happened. That made me understand that I’m doing something good and wonderful.

For more info go to <https://www.sevenvenues.com/events/detail/wizard-of-oz>

Yiorgo is a Hampton Roads arts, entertainment and sports writer. A stage, TV and movie actor, he is also an educator, motivational speaker, writer, storyteller and columnist.

KYPROS | Norfolk native returns

Continued from C1

auditioned for them and eventually got a letter from them saying I was not accepted. I was fine with that. The way I found out that I was really accepted was, Julliard called my dad apologizing that they sent the wrong letter and that I was accepted. So my dad called the ODU music department immediately because I was in class there. The secretary interrupted class and told everyone what happened and everyone was happy for me. I remember there was a bakery at that time across the street, I went, got a cake and brought it

home so we could all celebrate.

I loved it there. ODU really prepared me for it. I was in Manhattan and I loved the energy of the city. I use to take walks in the middle of the night to take it all in.

Y: Did you meet anyone who eventually became famous?

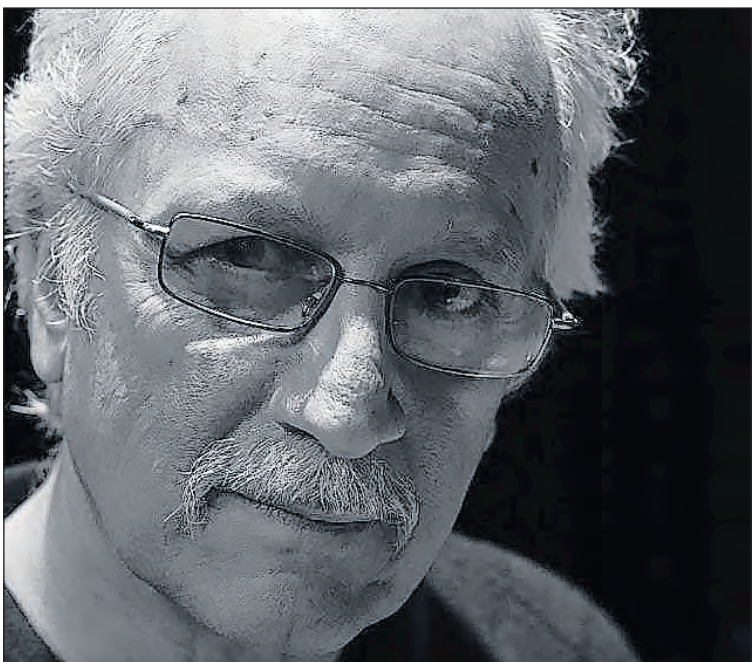
CK: I was a casual friend with David Ogden Stiers (from MASG fame), so I don’t think he would remember me but I remember him saying that he was going to California and take a chance there with his career. And of course I also know some who went on to become concert pianists.

Y: What are playing Live at the Z this Saturday?

CK: I will be playing beautiful classical pieces from some of the famous works of Brahms, Beethoven, Chopin, and a Latin American composer named Ginastera and will give a little background about each piece. They are all wonderful pieces and even if someone is not use to classical music they will really enjoy themselves.

For tickets and more info go to <https://thez.org/show/christopherkypros-in-concert/>

Yiorgo is a Hampton Roads arts, entertainment and sports writer. A stage, TV and movie actor, he is also an educator, motivational speaker, writer, storyteller and columnist.



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4 simple tips to satisfy your comfort food cravings

From Brandpoint

After a long day, digging into a hearty pasta dish or a piping hot bowl of soup can fill you with warmth and coziness - especially on those chilly days.

The good news is that comfort foods don't have to be unhealthy or take a lot of time to make. We can still enjoy the rich, flavorful options that feed your cravings with easy-to-make dishes that incorporate wholesome, nutritious ingredients (some taken directly from your grocery store's chilled foods section). Here are some helpful tips to enjoy comforting meals without the guilt:

* Combine frozen and prepared foods with fresh produce. Frozen meals and pizzas, as well as chilled pasta, are the perfect bases for balanced meals and come in many varieties. Shop the refrigerator and freezer sections for your favorite dishes that you can simply pair with fruits, vegetables, whole grains and low-fat dairy to create a balanced plate. It can be much easier and less time-consuming than cooking a full meal from scratch, and leave you more time to do other activities beyond cooking.

* Try recipes featuring a balance of protein, dairy and vegetables. Cozy up on the couch with a rich and tasty mug of minestrone soup loaded with seasonal vegetables. Adding refrigerated pasta like Buitoni Three Cheese Tortellini helps make it a complete meal, cutting time spent on preparation, but not on taste. The blend of ricotta, Parmesan and romano cheeses in the tortellini perfectly complements veggies like sweet potatoes, kale and carrots in a steaming, herby broth. Try the sample recipe below!



Brandpoint image

* Strategically mix in vegetables. There are several ways to sneak veggies into your favorite comfort foods. Sprinkle greens into scrambled eggs and quiches, incorporate shredded zucchini and carrots into baked goods, add spinach or broccoli to spaghetti sauce, or make pumpkin waffles. The possibilities are endless.

* Use fruit to indulge your sweet tooth. For many people, comfort foods are all about desserts. Those striving to eat healthier can still enjoy their sweets in moderation, but may wish to incorporate ingredients like fresh fruits so they also offer greater nutritional value. Consider warm berry cobblers, baked apples, carrot cake and/or smoothies that make use of fruits and even veggies.

Instant Pot Minestrone Soup with Ricotta Pesto Crostini
Ingredients:
For the minestrone:
4 ounces thick cut bacon, small dice
1 teaspoon each fresh or dried rosemary, thyme & sage
1 yellow onion, chopped
2 medium size carrots, medium dice
1 red bell pepper, medium cut
1/4 teaspoon red pepper flakes
3 cloves garlic, minced
1 medium sweet potato, peeled & medium dice
2 tablespoons tomato paste

1/2 bunch of kale, stems removed & chopped
28-ounce can crushed tomatoes
3 quarts beef stock or broth
1/2 cup dried white beans
Small rind of Parmesan cheese
1 dried bay leaf
9-ounce package of Buitoni Three Cheese Tortellini
Olive oil
1 teaspoon kosher salt
Fresh pepper
For the crostini:
1/4 cup Buitoni Pesto with Basil
1 small baguette
1/2 cup ricotta cheese
1 cup cherry tomatoes
Olive oil
1/4 teaspoon kosher salt
Fresh pepper
Instructions:
Pre-heat instant pot to the sauté "normal" setting along with 1 teaspoon of oil. Add the bacon and cook for 5 minutes, then add the rosemary, thyme and sage. Cook for 3 more minutes or until the bacon is golden in color, then add the onions, carrots, bell peppers, red pepper flakes, 1/2 teaspoon of salt and a few cracks of pepper. Mix well and turn the sauté setting to "more" on the instant pot and cook for 8 minutes. Add the garlic and cook another 6 minutes, or until the veggies

are soft and have wilted down by a good amount. Add the tomato paste and cook for 1 minute, then add the kale, crushed tomatoes, beef stock, dried beans, Parmesan rind, bay leaf, 1/2 teaspoon salt and a few cracks of pepper.

Make sure you don't add liquid past the max line on the instant pot. Mix well and check for seasoning; you will likely need a bit more salt. Press cancel on the instant pot, put the lid on, and set to pressure cook on high for 40 minutes. Once the cook time is done, let the instant pot sit for 10 minutes, then carefully release the pressure manually. Make sure to remove the bay leaf and Parmesan rind.

When the soup is ready, bring a 4-quart pot of water to boil and cook the Buitoni Three Cheese Tortellini according to package instructions. Drain well and add the tortellini to the pot of soup and stir.

Make the crostini by seasoning the tomatoes with 1 teaspoon of oil, 1/4 teaspoon salt and a couple cracks of pepper, and roast in a 400 F oven for 15-20 minutes. Once the tomatoes start to burst they are ready. Toast the bread, schmear on some ricotta cheese, spread on the Buitoni Pesto with Basil and top with roasted tomatoes.

Serve the soup with the crostini and enjoy! Soup will keep for 3 days in the fridge or can be frozen for 3 months.





SERVE

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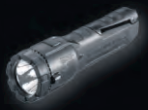
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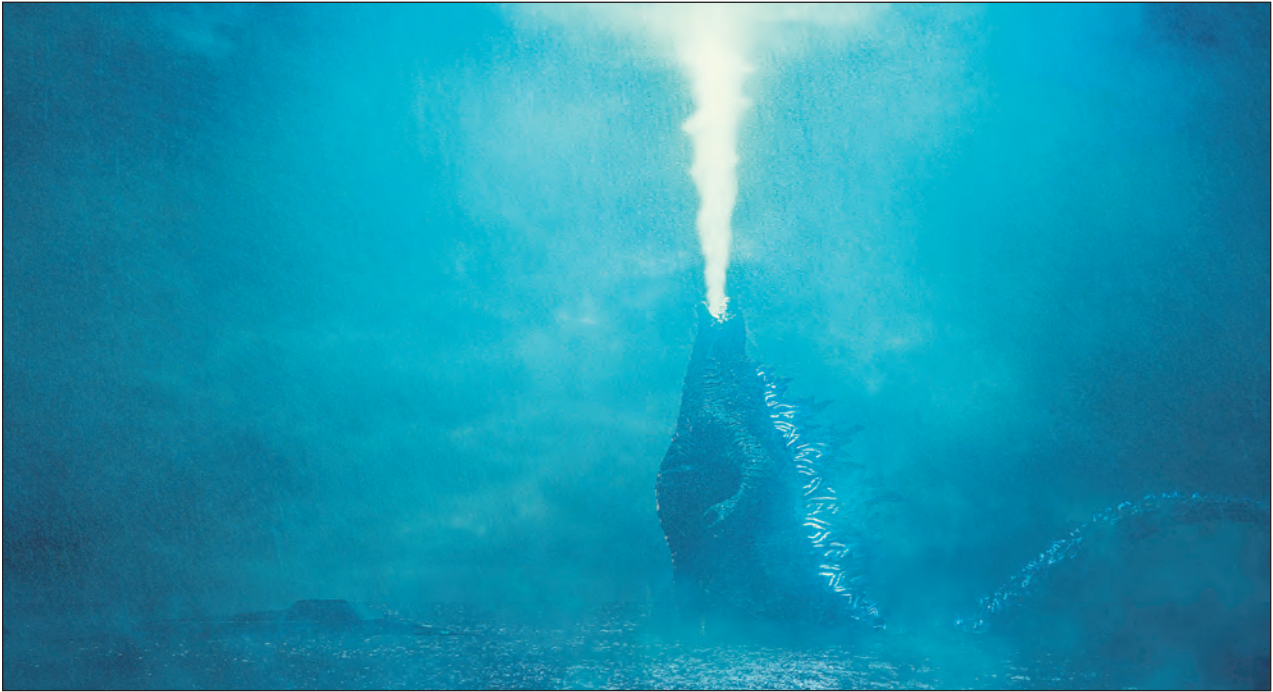


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Arts & Entertainment



Courtesy of Warner Bros. Godzilla rises from the depths and unleashes his atomic breath to claim his crown as King of the Monsters in Warner Bros. Pictures' and Legendary Pictures' action adventure "Godzilla: King Of The Monsters," a Warner Bros. Pictures release.

coming to theaters

CAPTAIN MARVEL

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

BREAKTHROUGH

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

DUMBO

The owner of a struggling circus enlists a man and his two children to care for a newborn elephant that can fly.

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.

GULLY BOY

"Gully Boy" is a film about a 22-year-old boy "Murad" (Ranveer Singh) from a ghetto in Mumbai, India. The son of a driver, his parents worked hard to get him educated so that he could have a white collar job. Meanwhile, Murad real-

izes his calling to be a rapper. Authentic Hip Hop in India is a recent phenomenon and like anywhere else in the world, is rising from the streets. Art is a distant dream for the colonized poor of India and this story is about Murad's journey from realizing his love for rap and chasing his dream to inadvertently transcending his class.

WONDER PARK

Wonder Park tells the story of a magnificent amusement park where the imagination of a wildly creative girl named June comes alive.

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.

GODZILLA: KING OF THE MONSTERS

The new story follows the heroic efforts of the crypto-zoological agency Monarch as its members face off against a battery of god-sized monsters, including the mighty Godzilla, who collides with Mothra, Rodan, and his ultimate nemesis, the three-headed King Ghidorah. When these ancient super-species—thought to be mere myths—rise again, they all vie for supremacy, leaving humanity's very existence hanging in the balance.

base theaters

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Saturday, February 16
1 p.m. A Dog's Way Home (PG)
4 p.m. Glass (PG-13)
7 p.m. Bumblebee (PG-13)

Sunday, February 17
1 p.m. Holmes & Watson (PG-13)
4 p.m. On The Basis of Sex (PG-13)
7 p.m. Glass (PG-13)

NAS Oceana, Aero Theater – 433-2495

Friday, February 15
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9 p.m. Escape Room (PG-13)

Saturday, February 16
12 p.m. Escape Room (PG-13)
3 p.m. A Dog's Way Home (PG)
6 p.m. The Upside (PG-13)

Sunday, February 17
12 p.m. A Dog's Way Home (PG)
3 p.m. Glass (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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SAFeway TRANSPORTATION LLC Notice is hereby given that Safeway Transportation LLC, 1907 Stonehurst Street, Chesapeake, Virginia 23324, has filed an application for a certificate of public convenience and necessity that would authorize the transportation of passengers for compensation as a Common Carrier Over Irregular Routes in the geographic area consisting of the Cities of Chesapeake, Norfolk, Portsmouth, Suffolk, and Virginia Beach, Virginia.

Any person who desires to protest the application and be a party to the matter must submit a signed and dated written request setting forth (1) a precise statement of the party's interest and how the party could be aggrieved if the application was granted; (2) a full and clear statement of the facts that the person is prepared to provide by competent evidence; (3) a statement of the specific relief sought; (4) the name of the applicant and case number assigned to the application; and (5) a certification that a copy of the protest was sent to the applicant. The case number assigned to this application is MC1800419SC.

Written protests must be mailed to DMV Motor Carrier Services, Attn: Operating Authority, P.O. Box 27412, Richmond, VA 23269-0001 and must be postmarked on or before February 26, 2019.

Any protest filed with competent evidence will be carefully considered by DMV. However, DMV will have full discretion as to whether a hearing is warranted based on the merits of the protest filed.



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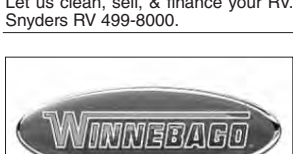
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ACROSS

1 Not meant to be heard by the audience, in a way

8 Blend in

13 Maker of stringed instruments

20 Author of *Huffington*

21 Nary a soul

22 In a group

23 Give a nonnative a smooch?

25 Causes of sudden fear

26 Env. alterer

27 Small drink

28 Make up for

29 Defeat Dorothy's dog decisively?

34 Trip to an underworld river?

39 Singer Buddy

40 Egg

42 Stools. say

43 Actress Mendes

44 Certain Siouan

45 "The Jerk" actor M. — Walsh

47 "Well well!"

48 Use a pool to be heard by the audience, in a way

52 Uses Dixie diction

54 Door turner

55 Expire, as a subscription

59 Ballpark fig.

60 New princess of '81

63 One who doesn't succumb to a potent toxin?

68 Clean energy org.

69 Bombard with e-junk

71 "Zip- — -Doo-Dah"

72 Hard wood

73 Glorious state of bliss?

79 Military units

82 Prefix with hazard

83 Achieve

84 Obi-Wan Kenobi, e.g.

85 Rob

88 Desert haven mentioned in the first book of the Bible?

94 Guitars' kin, for short

95 Actor Rob

99 Bits of matter

100 Car for a VIP

101 Mr., in India

102 Have a cow, with "out"

103 Ltr. insert

104 Arrangement

105 Ruler of the Sunflower State?

108 Palpitation?

111 Menu fish

112 Audiotapes' successors

114 Cato's 1,052

115 Main female character

118 Stuff hauled by Beantown trash collectors?

124 Not ceasing

125 Homer work

126 St. — (capital of Loire)

127 Mice and whales, e.g.

128 "The Rose" singer Midler

129 Plunder

DOWN

1 Hard wood

2 Wk. day

3 Hi- — (old LP players)

4 Moms

5 Notoriety

6 Noted berry

7 Turn a deaf — (ignore)

8 Musical artist DiFranco

9 Barking pets

10 Doctrine that reality is one organic whole

11 Ham-handed

12 Gen —

13 Certain boxing punch

14 Not firmly implanted

15 Pre-lift-off term

16 Jenna Bush —

17 "Kinda" suffix

18 Ballpark fig.

19 Scale notes

24 Lay to rest

28 Skating leap

29 Ice cream flavor, briefly

30 Writer Philip

31 H.G. Wells race

32 Smart- — (cocky)

33 At an end

35 Fashion inits.

36 Synthpop artist, say

37 Sinister

38 They may be candied

41 Wombs

45 Self-conceit

46 Unruly crowd

47 Social Security fig., e.g.

48 Delhi dress

50 Not only that

51 Vienna loc.

53 Crank (up)

56 — upswing

57 Meat stamp letters

58 Wk. day

60 The, in Paris

61 "The Simpsons" store clerk

62 Work at as a diletante

63 Breathe hard

64 Leave out

65 Intermission

66 Bullfight cry

67 Apt. units

70 Stew veggie

74 Eye covers

75 Better's note

76 Tatty clothes

77 Strive (for)

78 U.N.'s Kofi

80 Hubbub

81 Call placer

84 Actor Parsons

85 Corn cover

86 Stew veggie

87 Part of PIN

89 Carve

90 Somber

91 In — (as found)

92 Don of radio

93 Last year's frosh

96 "Part II" films

97 Tightly strung

98 Squeak (out)

102 Cereal meal

103 Breaks up

104 Add to the batter, say

106 Charge at

107 School, in Nice

109 Writer Horatio

110 Calf catcher

113 ESPN datum

115 — and haw

116 Greek vowel

117 Dream-time acronym

118 Baby's wear

119 Lync tribute

120 Wanna- — (aspirants)

121 Santa — (hot wind)

122 Big health supplement chain, familiarly

123 "I see mice!"

Sudoku

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

CryptoQuip

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

Clue: C equals L

DJX YZMK UJM KMGLMG PU ZQG

YWRMG PCDPXK EMU WCC?

W HMCWMLM WU SQKU HM

KZSMUJWRE WR UJM DPWUMG.

Last week's CryptoQuip answer

When a person who's replying is truly melancholy, you might call him a despondent respondent.

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

last week's answers

ANSWERS

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

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

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