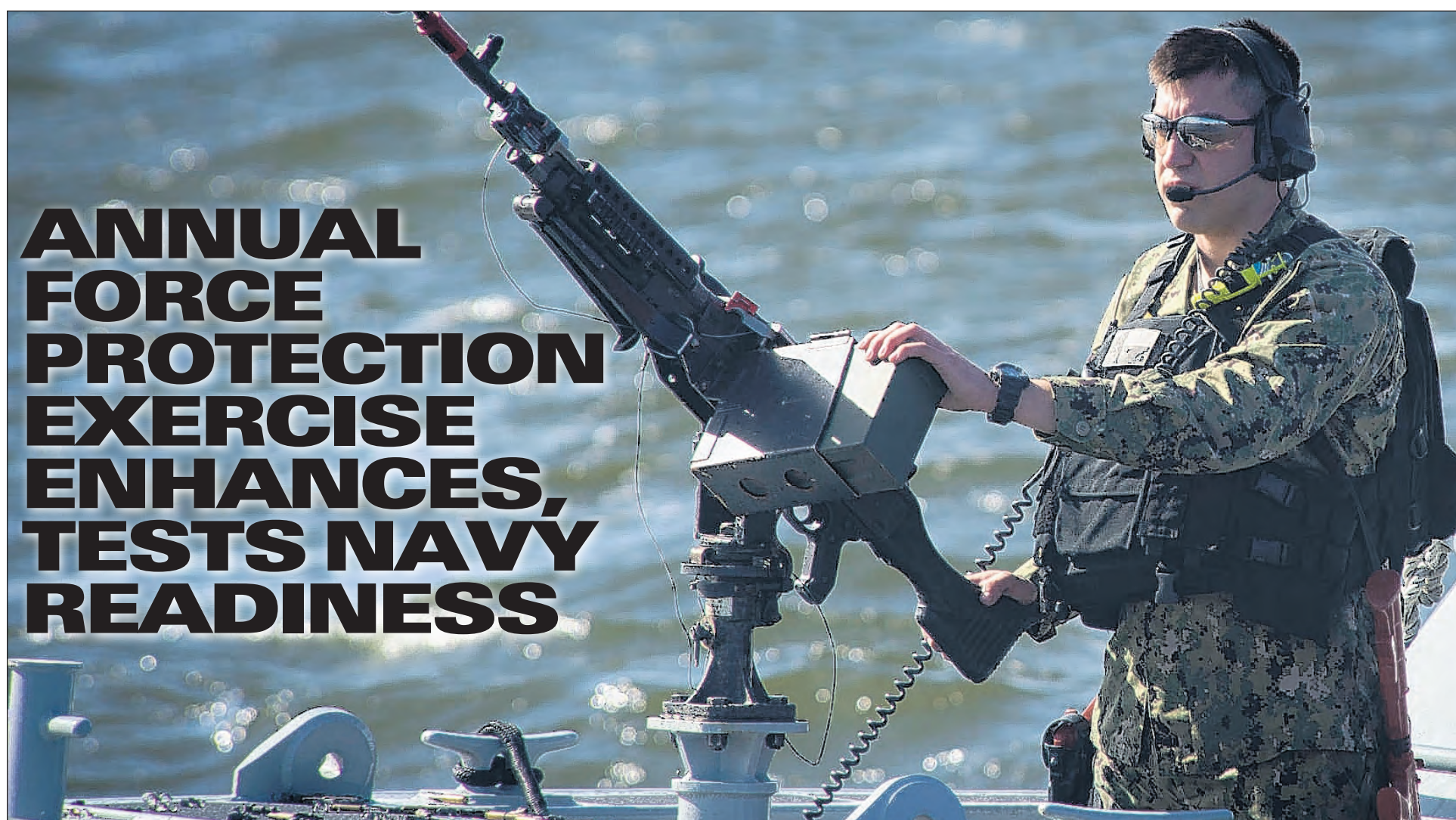




MCSN Brendan Fitzgerald

A Sailor participates in port security operation scenarios as part of Citadel Shield-Solid Curtain 2019 (CS-SC19) at Joint Expeditionary Base Little Creek-Fort Story. CS-SC19 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.

By Jason Kelly
Navy Office of Information Public Affairs

WASHINGTON

The Navy's largest annual force protection exercise, which included a real-world response, concluded Feb. 15. During Exercise Citadel Shield-Solid Curtain 2019, all Navy installations in the continental United States used realistic training scenarios to ensure Navy security forces maintain a high level of readiness to

respond to changing and dynamic threats. In Texas, those scenarios turned from training to reality. At Naval Air Station (NAS) Corpus Christi, Navy security forces personnel responded to a vehicle that unlawfully entered the base Feb. 14; installation security personnel were already in an increased security posture. Personnel opened fire after the driver crashed his vehicle into a barrier and charged the personnel who were not injured

during the incident. Emergency services pronounced the suspect deceased on the scene. In addition to Exercise Citadel Shield-Solid Curtain testing installations' readiness, the annual two-week force protection and anti-terrorism exercise also ensured seamless interoperability among Navy commands, other services and agency partners. "We train as a team with local authorities

to rapidly identify and respond to existing and emerging threats to our Navy installations, units, Sailors, our civilian shipmates and families," said Adm. Christopher Grady, commander, U.S. Fleet Forces Command (USFFC). USFFC co-leads the command post exercise with Commander, Navy Installations Command (CNIC), which leads the field training exercise Citadel Shield.

» See **CITADEL | A7**

Navy updates medical waiver process

From U.S. Navy Bureau of Medicine and Surgery Public Affairs

FALLS CHURCH, VA.

U.S. Navy surgeon general Vice Adm. Forrest Faison, on behalf of the Department of the Navy (DoN), instituted a new policy regarding the medical waiver process. The changes were officially signed Feb. 15, and impacts all applicants, with greater emphasis on enlisted to officer commissioning programs. The decision to update this policy came about as a result of Senior Chief Petty Officer Shannon Kent's leadership and continued persistence to ensure the best processes are in place for the Navy. Her sacrifice and service to the Navy and our nation will never be forgotten. This new policy, which was named in her honor, establishes a standardized waiver process that affords a pathway to appeal medical waiver recommendations. A mechanism is now in place for the service representatives to pursue a second medical waiver review on otherwise qualified applicants. When a second medical waiver review is requested, a Navy medical professional with delegated authority will evaluate the applicant's capability to enlist or commission despite the fact that a disqualifying condition may exist. Disqualifying medical conditions are defined in Department of De-



U.S. Navy graphic

fense Instruction 6130.03, "Medical Standards for Appointment, Enlistment, or Induction into the Military Services." This change standardizes the initial review process, ensuring all reviewers have access to the same information and are provided standardized training. This will result in decreased variability among medical reviewers and more robust reviews of all details associated with a case in pursuit of the most favorable determination. Perhaps most importantly, the policy memo firmly states the surgeon general's strong expectation, shared by all Navy leaders that the highest consideration should be afforded to those applicants currently serving in a deployable status. Navy Medicine is a global health care network of 63,000 personnel which provides health care support to the U.S. Navy, Marine Corps, their families, and veterans in high operational-tempo environments, at expeditionary medical facilities, medical treatment facilities, hospitals, clinics, hospital ships and research units around the world. For more news from Navy Medicine, visit www.navy.mil/local/mednews/.



Rebecca A. Perron

Michael Mitchell, a nurse educator in Naval Medical Center Portsmouth's (NMCP) Healthcare Simulation and Bioskills Training Center (HSBTC), helps students with starting an intravenous (IV) access during a group exercise. NMCP's HSBTC provides state-of-the-art, simulation-based medical training and was recently reaccredited by the American College of Surgeons for five years.

NMCP's Simulation Center reaccredited for five years

By Rebecca Perron
Naval Medical Center Portsmouth Public Affairs

PORTSMOUTH, VA.

The Healthcare Simulation and Bioskills Training Center (HSBTC) at Naval Medical Center Portsmouth (NMCP) announced, Feb. 8, that they were reaccredited by the American College of Surgeons for five years. The HSBTC was previously accredited for the first time in 2015.

The HSBTC provides state-of-the-art, simulation-based medical training to members of the Armed Forces and the local medical community. The HSBTC provides training for each of the 14 graduate medical education programs at NMCP. It also provides training to sustain skills, improve safety and improve the functionality of teams in all medical disciplines and special-

» See **HSBTC | A7**

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DOD unveils artificial intelligence strategy
The Defense Department launched its artificial intelligence strategy today in concert with yesterday's White House executive order that created the American Artificial Intelligence Strategy.
»See **A5**



Navigating the Amazon
On Feb. 4, Brazilian navy Osvaldo Cruz-class hospital ship departed Manaus, Brazil, embarked with Brazilian navy counterparts to work and deliver medical care to a series of small villages on the coastline of the Amazon River for one month.
»See **B1**

2019 home improvement projects
Read up on the latest home trends of the year. Plan your next project today!
»See **C1**

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In February, we honor the contributions of African-Americans to our proud naval history

By John R. Desselle
Naval History and Heritage Command, Communication and Outreach Division

February is BLACK HISTORY MONTH, a time to commemorate the history and heritage of African Americans and for us, their accomplishments in the U.S. Navy. Here are a few notable figures from naval history.

Carl M. Brashear, while on assignment during bomb recovery operations in March 1966, a line used for towing broke loose, causing a pipe to strike Brashear’s left leg below the knee, nearly shearing it off. Brashear developed a terrible infection in that leg and it was eventually amputated. Even after Brashear’s leg was removed he was determined to follow his dream and continue his service in the U.S. Navy. After retiring from the Navy as a master chief diver in 1979, he served as a civilian employee for the government at Naval Station Norfolk, Norfolk, Va. and retired in 1993. Master Chief Carl M.



Timothy Aguirre

Brashear died July 25, 2006. He was “THE MAN OF HONOR.”

The Golden Thirteen, were the thirteen African-American enlisted men who became the first black commissioned and warrant officers in the U.S. Navy. Before June 1, 1942 African-Americans could only join the Navy’s Messman or Steward ratings, which not only segregated them from the rest of the Navy community, but also prohibited them from becoming commissioned officers. The Golden Thirteen broke the color barrier. Read more in “The Negro in the Navy” from Kelly Miller’s book (Published 1919) History of the World War for Human Rights.

Doris Miller, for his bravery during the attack on Pearl Harbor on Dec. 7, 1941 was the first African-American to be awarded the Navy Cross, he was also featured as the “First U.S. Hero of World War II” in Ebony magazine (Dec. 1969) Nearly two years after

Pearl Harbor, he was killed in action when USS Liscome Bay was sunk by a Japanese submarine during the Battle of Makin.

Jesse LeRoy Brown, enlisted in the U.S. Navy in October 1926 and lost his life for his country on Dec. 4, 1950. He was the first African-American aviator in the U.S. Navy, a recipient of the Distinguished Flying Cross, and the first African-American naval officer killed in the Korean War. He died in the wreckage of his airplane on Dec. 4, 1950 with bravery and courage.

Harriet Ida Pickens and Ensign Frances Wills, in November 1944, the two women became the first African-American female officers in the WAVES. They graduated from the Naval Reserve Midshipmen’s School (Women’s Reserve) at Northampton, Mass. By the time World War II ended on Sept. 2, 1945, Harriet Ida Pickens and Frances Wills were only two black female officers among the Navy’s 86,000 WAVES.

Robert Smalls, became a ship’s pilot, sea captain, and politician. He freed himself, his crew and their families from slavery on May 13, 1862, by commandeering a Confederate transport ship, the CSS Planter, in Charleston harbor. He sailed it to freedom from Confederate controlled waters to the Federal blockade. His example and persuasion helped convince President Lincoln to accept African-American soldiers into the Union Army.

Michelle Howard, is not only the first woman to become a four-star admiral and Vice Chief of Naval Operations, but also the first African-American woman to hold that post.

Wesley Brown was born April 3, 1927, in Baltimore, Md. He graduated from Dunbar High School in Washington D.C. He served in the Korean War and the Vietnam War and served in the U.S. Navy from May 2, 1944, until June 30, 1969. He died aged 85 on May 22, 2012 in Silver Spring, Maryland.

Samuel L. Gravely Jr, served 38 years in the U.S. Navy from 1942–1980. He was the first African American to command a Navy ship, the first to command a fleet, and the first to become an admiral. He received the Legion of Merit, Bronze Star, Meritorious Service Medal and Navy Commendation Medal. He died at the age of 82 on Oct. 22, 2004.

African-American Sailors progressed from Messmen and Stewards to four star admirals and the office of the Vice Chief of Naval Operations. We are grateful, thankful and proud of the achievements of African-



U.S. Navy photo
“The Golden Thirteen,” the first African-American U.S. Navy Officers. March 1944



U.S. Navy photo
Admiral Michelle Howard becomes first woman promoted to four-star admiral July 1, 2014.



U.S. Navy photo
Commander Wesley Brown, CEC, USN, (Ret.) Brown was the first African-American graduate of the U.S. Naval Academy 1949.

Americans in naval history as well as the Sailors of America’s Navy who today continue to build on the tradition of excellence established by those who went before them. We dedicate this month to them and their legacy of service.

Read more in “The Negro in the Navy” from Kelly Miller’s book (Published 1919) History of the World War for Human Rights. Originally posted in *The Sextant* Jan. 29, 2016.



U.S. Navy photo
Doris Miller, Mess Attendant Second Class, USN (1919-1943) Just after being presented with the Navy Cross by Admiral Chester W. Nimitz, on board USS Enterprise (CV-6) at Pearl Harbor, 27 May 1942.



U.S. Navy photo
Lieutenant (Junior Grade) Harriet Ida Pickens (left) and Ensign Frances Wills. Congratulate each other after being commissioned as the first African-American ‘WAVE’ officers, December 1944



U.S. Navy photo
Rear Admiral Samuel L. Gravely Jr, was the first African-American to achieve flag rank in the U.S. Navy and to command a naval fleet.



U.S. Navy photo
Ensign Jesse L. Brown, USN In the cockpit of an F4U-4 Corsair fighter, circa 1950. He was the first African-American Naval Aviator, and flew with Fighter Squadron 32 (VF-32) from USS Leyte (CV-32).



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NEWS FROM NAS OCEANA

CNATTU Oceana Sailors volunteer aboard Battleship Wisconsin

By AD2 Jared L. Dingel
Center for Naval Aviation Technical Training Unit Oceana Public Affairs

VIRGINIA BEACH, VA.

Decommissioned Iowa-class battleship Wisconsin (BB 64), berthed in downtown Norfolk, Virginia, is celebrating its 75th anniversary this year. She began her service as a commissioned warship April 16, 1944, and was decommissioned for the final time on Sept. 30th, 1991. During her 47 years of active service, the crews of BB 64 earned her numerous awards, including five battle stars in World War II, one in the Korean War and a Navy Unit Commendation in the first Gulf War.

The golden years of retirement haven't been a slow fade into the deep blue, thanks to the City of Norfolk and the numerous volunteers who spend their time preserving and restoring this mighty battleship. Center for Naval Aviation Technical Training Unit Oceana Sailors are some of the thousands of volunteers that proudly put their time and sweat equity into making sure this piece of American and world history is around for years to come.

During the past three years, CNATTU has had more than 40 Sailors dedicate over 150 group hours supporting BB 64. The hours have been spent raising and lowering signal flags from the mast to the bow, clearing spaces, stripping and polishing floors, chip-



U.S. Navy photo
Aviation Machinist Mate 1st Class Jason Bergeron paints on board decommissioned Iowa-class battleship Wisconsin (BB 64) in downtown Norfolk, Virginia.

ping rust and old paint, and painting. Besides maintenance tasks, the group has completed a few standalone projects such as a wishing well that allows guests throw coins from the deck to the belly of the ship, as well as a virtual tour attraction that allows guests with disabilities to experience the whole ship without leaving the wardroom. The work accomplished by CNATTU Sailors has contributed to many new spaces being opened for public tours.

CNATTU's most recent group efforts were made Jan. 31 by Aviation Machinist Mate 1st Class Cory Holliday, Aviation Machinist Mate 1st Class Jason Bergeron, Aviation Machinist Mate 1st Class Ryan

Sanchez, Aviation Machinist Mate 2nd Class Jared Dingel, Aviation Electronics Technician 2nd Class Ben Janosky, and Aviation Electronics Technician 2nd Class Jeremy Fisher. Their time was spent rehabilitating the ship's medical facility and repainting "Broadway," the longest and widest passageway, located in the heart of the ship.

The volunteer efforts have been orchestrated by Keith Nitka, who served aboard the ship as a Quarter Master 2nd Class. He is one of many prior service members who volunteer aboard Wisconsin to keep the ship's legacy afloat.

His memories of the ship in its active

service have helped guide the restoration efforts throughout the years.

"The ship is unique because it is a merge between the past and present," said Nitka. "It was designed in the 40s, and still has those classic Americana elements like the Geedunk, right alongside state of the art 90s technology."

With one step on board you can see the mix of different eras the ship has been in service. The big goals before the April 16th 75th Anniversary date, are to open the Geedunk, Chiefs mess, and barbershop to the public.



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SECNAV visits COMOPTEVFOR

By MC2 Deven Leigh DeKorte

NORFOLK

Secretary of the Navy Richard V. Spencer (SECNAV) visited Operational Test and Evaluation Force (OPTEVFOR) for the first time Feb. 14.

Spencer met with command leadership and held an-all hands call during his visit, where he discussed the importance of OPTEVFOR’s mission and answered questions from Sailors and government civilians regarding current and future Navy-wide initiatives.

“The perspectives gained from OPTEVFOR’s work, including the operational testing and evaluation of our systems underway, crew training and preparation, and ongoing assessments on evolving challenges like cybersecurity, play a major role in the evolution and impact of the changes we are implementing and our continual growth as an organization,” said Spencer.

Rear Adm. Paul A. Sohl, OPTEVFOR’s commander, thanked SECNAV for taking the time to visit the Navy’s sole independent agency for operational testing and evaluation.

Spencer said that OPTEVFOR has an excellent perspective for gathering data and managing risk across the fleet to enable leadership’s decision-making processes.

“I always say that the best person to solve a problem is the person looking at the prob-

lem,” said Spencer. “We’re starting to get there where the solutions are coming from the deck plates. We have to increase that, and from what I’ve heard is going around here now, you’re doing exactly that.”

Spencer thanked the Sailors and civilian personnel for their service and dedication.

“You’re going after things in a different way. And that’s what it’s all about.”

Spencer said as primary risk managers for the fleet, OPTEVFOR affects decision making Navy-wide.

“The perspective gained in this command has a tremendous impact on how we fight and how we deliver the fight,” said Spencer. “We’re watching. We’re paying attention. This is meaningful.”

Spencer, a former US Marine Corps aviator and Wall Street executive, was confirmed as Secretary of the Navy by the U.S. Senate on Aug. 1, 2017. He is the second service secretary to be confirmed in the Trump administration. He was accompanied by Vice Adm. Michael T. Moran, principle military assistant to Assistant Secretary of the Navy.

Headquartered in Norfolk, Va., OPTEVFOR is the Navy’s independent test and evaluation organization. OPTEVFOR ensures Naval Forces can fight and win by evaluating warfare capabilities in realistic combat environments with Fleet warfighters.



MC2 Deven Leigh DeKorte
Secretary of the Navy Richard V. Spencer (right) is greeted by Rear Adm. Paul A. Sohl, Commander, Operational Test and Evaluation Force (COMOPTEVFOR) Feb. 14.



MC2 Deven Leigh DeKorte
Secretary of the Navy Richard V. Spencer delivers remarks to Sailors and government civilians during an all hands call at Operational Test and Evaluation Force (OPTEVFOR) Feb. 14.



Photo courtesy of Thais Morata
From left to right: Vickie Tuten (National Hearing Conservation Association); Capt., U.S. Public Health Service, David Byrne (National Institute for Occupational Safety and Health); Kurt Yankaskas (Office of Naval Research); Laurie Wells (Council for Accreditation in Occupational Hearing Conservation); and Scott Schneider (Safe-in-Sound Award). Yankaskas received the 2019 Safe-in-Sound Excellence in Hearing Loss Prevention Award for his work managing ONR’s Noise-Induced Hearing Loss program.

Loud and clear: ONR program officer honored for hearing work with Sailors

By Sierra Jones
Office of Naval Research

ARLINGTON, VA.

Noise-induced hearing loss (NIHL) is a far-reaching and expensive problem for the U.S. Navy. Hearing loss and tinnitus (commonly referred to as ringing in the ears) are among the most common disability claims submitted to the U.S. Department of Veterans Affairs.

On a mission to help the Navy reduce this problem is Kurt Yankaskas, who has managed the Office of Naval Research’s (ONR) NIHL program for the past 10 years. His efforts were recognized last week when he received the 2019 Safe-in-Sound Excellence in Hearing Loss Prevention Award from the National Institute for Occupational Safety and Health, in partnership with the National Hearing Conservation Association and the Council for Accreditation in Occupational Hearing Conservation.

“Hearing loss is a major concern for the Navy,” said Yankaskas. “High risk of exposure to prolonged noise can produce auditory injuries and impairments, which can compromise safety, quality of life and effectiveness of communication.”

It’s that last impairment—the effectiveness of communication—that

Yankaskas is particularly concerned with when it comes to warfighters, because hearing and understanding verbal commands are absolutely critical to keeping everyone safe.

The challenge for those who serve on Navy vessels or in naval shipyards is that noise surrounds them 24 hours a day, with no real audiological rest (quiet time). Many machinery/work spaces can reach decibels outside of safety regulations—anything above 85 decibels (typical of a dishwasher, garbage disposal or other small kitchen appliance)—for prolonged periods of time. This extended exposure to high-level noise can kill sensory hair cells found in the inner ear’s cochlea; damage other essential auditory nerves; and alter brain circuits necessary for hearing and speech understanding—which can cause permanent hearing loss.

And while Sailors do have hearing protection, it is not always adequate for the noise levels reaching over 150 decibels during an F-18 Hornet launch.

To develop better hearing protection, Yankaskas’ NIHL research portfolio sponsors work with various government, academic and business groups. The focus is on four multi-discipline areas: noise control, susceptibility, medical research

and hearing protection.

This work has seen a number of success stories. These include custom-molded ear plugs, which can cut noise levels up to 40 decibels; advanced flight deck cranial helmets, which offer better hearing protections and communications in loud environments; quieter abrasive-blasting nozzles that decrease noise by 20 decibels and make it 20 percent more efficient; and new measurement and modeling techniques and performance standards.

ONR Executive Director E. Anne Sandel—who worked with Yankaskas on aircraft carrier design while at Naval Sea Systems Command—is not surprised by these successes. She is confident that his unmatched experience in researching noise issues for the Navy has significantly influenced auditory research throughout the Department of Defense, industry and academia.

“Kurt is recognized by his peers and colleagues for his passion and commitment to improving warfighter performance and health,” said Sandel. “His years in the ship design community, especially aircraft carriers, have enabled him to focus on solutions for those in high-noise environments. Beyond warfighters, his

program also benefits the civilian sector, including audiology clinics and laboratories.”

So what’s next for Yankaskas?

For him, it’s all about continuing his hearing research to help protect the warfighter. But he also sees an opportunity to educate the general public on the importance of reducing their noise exposure, because hearing loss can reduce quality of life as we age and can limit career opportunities if lost at a young age.

Sierra Jones is a contractor for ONR Corporate Strategic Communications.

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.

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DOD unveils artificial intelligence strategy

By Terri Moon Cronk
Defense.gov

WASHINGTON

The Defense Department launched its artificial intelligence strategy today in concert with yesterday’s White House executive order that created the American Artificial Intelligence Strategy.

“The [executive order] is paramount for our country to remain a leader in AI, and it will not only increase the prosperity of our nation, but also enhance our national security,” Dana Deasy, DOD’s chief information officer, said in a media roundtable today.

The CIO and Air Force Lt. Gen. Jack Shanahan, first director of DOD’s Joint Artificial Intelligence Center, discussed the strategy’s launch with reporters.

The National Defense Strategy recognizes that the U.S. global landscape has evolved rapidly, with Russia and China making significant investments to modernize their forces, Deasy said. “That includes substantial funding for AI capabilities,” he added. “The DOD AI strategy directly supports every aspect of the NDS.”

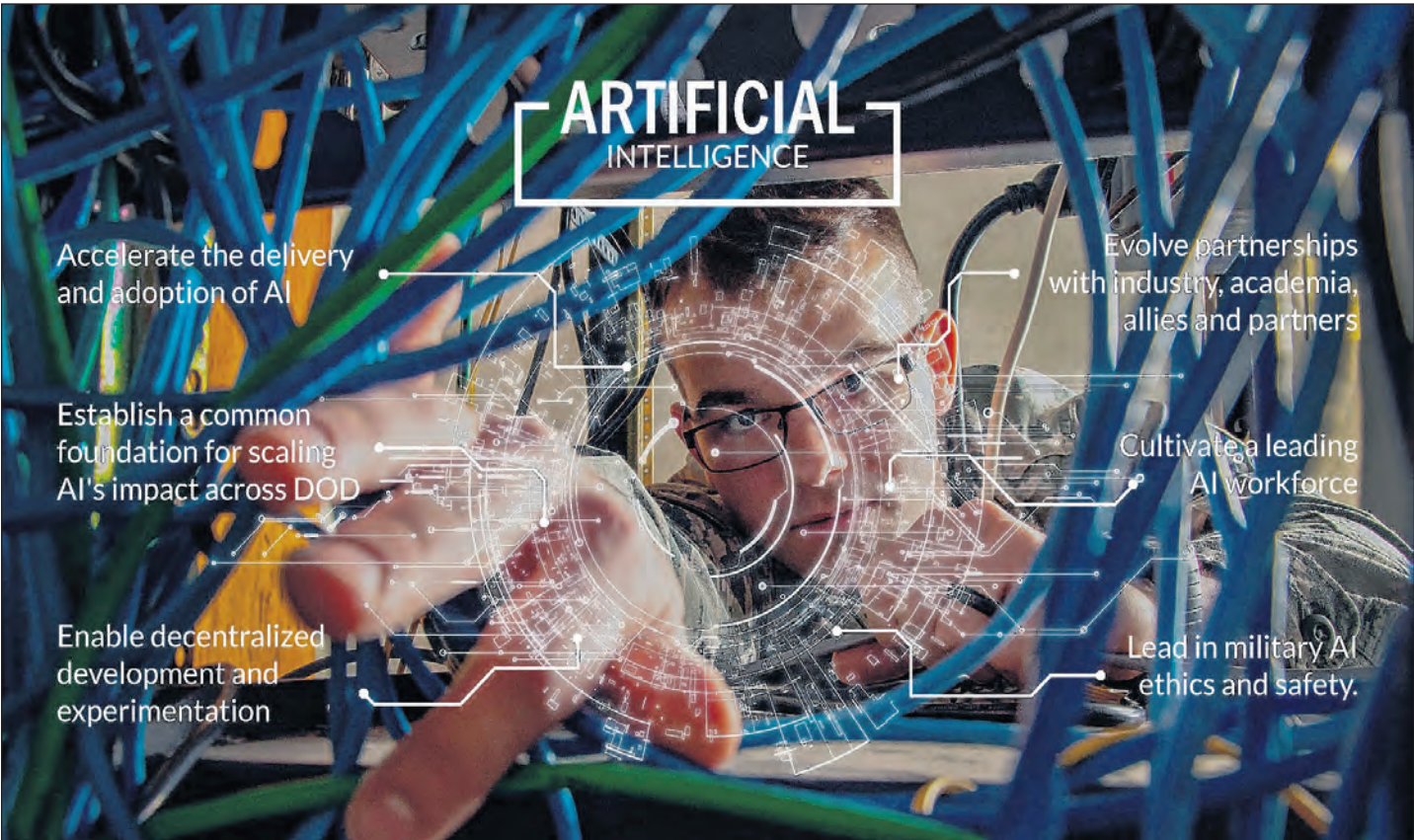
As stated in the AI strategy, he said, the United States — together with its allied partners — must adopt AI to maintain its strategic position to prevail on future battlefields and safeguard a free and open international order.

Speed and Agility Are Key

Increasing speed and agility is a central focus on the AI strategy, the CIO said, adding that those factors will be delivered to all DOD AI capabilities across every DOD mission.

“The success of our AI initiatives will rely upon robust relationships with internal and external partners. Interagency, industry, our allies and the academic community will all play a vital role in executing our AI strategy,” Deasy said.

“I cannot stress enough the importance that the academic community will have



An information graphic summarizes the goals of the Defense Department’s artificial intelligence strategy.

Erik Sams

for the JAIC,” he noted. “Young, bright minds continue to bring fresh ideas to the table, looking at the problem set through different lenses. Our future success not only as a department, but as a country, depends on tapping into these young minds and capturing their imagination and interest in pursuing the job within the department.”

Reforming DOD Business

The last part of the NDS focuses on reform, the CIO said, and the JAIC will spark many new opportunities to reform the department’s business processes. “Smart automation is just one such area that promises to improve both effectiveness and efficiency,” he added.

AI will use an enterprise cloud foundation, which will also increase efficiencies across DOD, Deasy said. He noted that DOD will emphasize responsibility and use of AI through its guidance and vision principles for using AI in a safe, lawful and ethical way.

JAIC: A Focal Point of AI

“It’s hard to overstate the importance of operationalizing AI across the department, and to do so with the appropriate sense of urgency and alacrity,” JAIC director Shanahan told reporters.

The DOD AI strategy applies to the

entire department, he said, adding the JAIC is a focal point of the strategy. The JAIC was established in response to the 2019 National Defense Authorization Act, and stood up in June 2018 “to provide a common vision, mission and focus to drive department-wide AI capability delivery.”

Mission Themes

The JAIC has several critical mission themes, Shanahan said.

-- First is the effort to accelerate delivery and adoption of AI capabilities across DOD, he noted. “This underscores the importance of transitioning from research and development to operationalized capabilities,” he said. “The JAIC will operate across the full AI application lifecycle, with emphasis on near-term execution and AI adoption.”

-- Second is to establish a common foundation for scaling AI’s impact, Shanahan said. “One of the JAIC’s most-important contributions over the long term will be establishing a common foundation enabled by enterprise cloud with particular focus on shared data repositories for useable tools, frameworks and standards and cloud ... services,” he explained.

-- Third, to synchronize DOD AI activ-

ities, related AI and machine-learning projects are ongoing across the department, and it’s important to ensure alignment with the National Defense Strategy, the director said.

-- Last is the effort to attract and cultivate a world-class AI team, Shanahan said.

Two pilot programs that are national mission initiatives – a broad, joint cross-cutting AI challenge – comprise preventive maintenance and humanitarian assistance and disaster relief, the director said, adding that “initial capabilities [will be] delivered over the next six months.”

And while in its early stages, the JAIC is beginning to work with the U.S. Cyber Command on a space-related national mission initiative, he said.

“Everything we do in the JAIC will center on enhancing relationships with industry, academia, and with our allies and international partners,” Shanahan said. “Within DOD, we will work closely with the services, Joint Staff, combatant commands, agencies and components.”

The JAIC’s mission, the director said, “nests nicely under the executive order that the president signed yesterday afternoon. We have a lot of work ahead of us, but there’s no time to waste.”



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NAVIFOR, Information Warfare Enterprise at WEST 2019

By Lt. Cmdr. Megan Shutka
NAVIFOR Public Affairs

SAN DIEGO

Vice Adm. Brian B. Brown, Commander, Naval Information Forces (NAVIFOR), attended WEST 2019 at the San Diego Convention Center and openly discussed the importance and formation of the Information Warfare Enterprise (IWE), February 13.

West 2019 is the premier naval conference and exposition on the west coast, held February 13-15. The conference brings together leaders in military, industry and academia to discuss information warfare, integrated warfare, near-peer challenges, and associated creative and agile solutions. WEST 2019 is co-sponsored by the Armed Forces Communications and Electronics Association (AFCEA) International and the U.S. Naval Institute (USNI).

Brown's participation in WEST 2019 began with "What Are the Major Naval Warfare Communities Doing Differently to Restore Readiness and Build a More Lethal Force," a panel session in which all the Naval Type Commands (TYCOMs) were represented and fielded questions from both the moderator and audience.

"Information Warfare is a warfighting discipline, a set of warfighting capabilities, and an enabler for all Navy mission areas," said Brown during the panel discussions. "It's the backbone of what we all do in the Navy in every warfighting domain from sea to land to air to undersea to cyber to space and how our Navy will fight in an ever changing,

asymmetrical multi-domain battlespace. We have 57,000 people in IW worldwide and 19,000 just within NAVIFOR. The IW Commander, responsible for all Information Warfare functions on the carrier strike groups, has been a great success, so we're moving IW readiness even further with the standup of the Information Warfare Enterprise."

Later in the afternoon, Brown delivered remarks from the IW Pavilion to further define the Information Warfare Enterprise as it relates to the "Great Power Competition," described in the National Defense Strategy where both China and Russia have directly and indirectly challenged national boundaries as well as the economic, diplomatic and security sovereignty of their respective neighbors.

"Our mission is clear. The National Security Strategy directs us to protect America, to promote American prosperity, and to preserve peace through strength, and advance American influence throughout the world," said Brown during his opening remarks at the IW Pavilion. "Our Navy is uniquely positioned to support all elements of national power outlined in this strategic plan and in the National Defense Strategy. One of the major initiatives Naval Information Forces, as the IW TYCOM, has undertaken since last year's WEST conference to achieve the goals for the Navy the Nation Needs is the establishment of the Information Warfare Enterprise.

The IWE will advance, align, deliver, support and sustain IW ca-



MCC Rafael Martie

Vice Adm. Brian B. Brown, commander, Naval Information Forces, answers questions at the Information Warfare Pavilion while attending WEST 2019, February 13. WEST 2019, in its 29th year, is the only event in which the makers of platforms and the designers of technologies can network, discuss and demonstrate their solutions in a single locale. This year's theme is Sharpening the Competitive Edge: Are We Ready to Compete, Deter and Win Globally?

pabilities that enable combat-credible forces today and into the future."

The construct for IWE is built upon three strategic pillars: to ensure IW readiness, advance IW capabilities, and align and integrate IW. IW readiness enables the warfighter to manage combat risk and win against current and future threats by including Sailors as part of IW systems; ensuring Main, Train and Equip (MTE) provisioning, system resiliency and security while optimizing support, sustainment and modernization. Advancing IW capabilities delivers agile and effective IW capabilities that outpace the threat at the speed of relevance. Delivery is about integrating relevant capabilities across Sailors, platforms and domains – wholeness and enabling both adaptability and agility. Align and integrate IW ensures alignment internally across IW capability areas, stakeholders, platforms and prioritized requirements, and externally, integrates IW capability across multiple warfare domains with other Naval Enterprises.

"The Naval Information Warfighting Development Center [NIWDC], Information Warfare's advanced training organization led by Rear Adm. Jeff Scheidt, is making tremendous strides in improving warfighting by centralizing IW advanced training across the community, bringing together efforts to update and develop new IW tactics, techniques and procedures, serving as a catalyst for maturing the IW training continuum and developing IW Warfare Tactics Instructors," continued Brown in the IW Pavilion.

Warfare Tactics Instructors are focused on revolutionizing IW training, reinforcing accountability and professionalism and meas-

uring competence in a more direct way. NIWDC is well on its way in developing new Warfare Tactics Instructors and NAVIFOR's goal in 2019 is to get a Warfare Tactics Instructor expert on each deploying carrier strike group this year. So far, NIWDC has put 26 officers, enlisted and civilian students through the IW baseline course in 2018.

"This year, we will pilot an IW officer/director on the newly formed 2nd Fleet staff in addition to an O-5 officer to serve as the IW Commander on the Bataan Amphibious Ready Group," said Brown. "I am certain both will be resounding successes, and the demand to fully implement across all MOCs and ARGs will be rapidly forthcoming."

In March 2018, the Information Warfare Training Group (IWTG) was established and has been led by Capt. Christopher Slattery. In its first year, IWTG quickly aligned IW community training functions that previously fell under Naval Information Operations Command (NIOC) Norfolk, NIOC San Diego, the Naval Meteorology and Oceanography Command and NAVIFOR HQ. IWTG led the rewrite portions of the Surface Forces Training and Readiness Manual that will enhance the importance of IW training to the fleet. Brown stated IWTG will continue to build its unit level training scope in Electronic Warfare, Cryptology and Cyber and also expand its training to incorporate Intel, communications and space mission areas.

"We are fortunate to have talent in our ranks to deliver what the nation and our Navy needs in this warfare area," Brown concluded. "I'm excited to be a part of the IW team and the IWE. I believe our

governance structure, strategic objectives and supporting initiatives will help us realize a more agile, a more capable and more lethal Navy."

The IW Pavilion showcases some of the most recent efforts to improve cybersecurity and technology in the fleet. The venue creates a platform for conversations on the IW role in strengthening naval power from the sea and in developing a more agile naval surface force as the Navy navigates this new era of competition in the maritime domain and works to build the Navy the Nation Needs.

Naval Information Forces Force Master Chief David B. Carter joined Brown to interact and engage with Sailors within the IW Pavilion.

"This is a great opportunity to see Sailors from the deck plates interacting with industry members and Navy leadership to talk about and showcasing their IW areas of expertise," said Carter while walking through the IW Pavilion.

Brown and Carter also took the time to visit and tour the USS Gabrielle Giffords (LCS 10) to meet with the ship's Sailors and leadership while in the San Diego area.

NAVIFOR's mission is to provide naval and joint operational commanders with combat-ready Information Warfare forces to execute missions in support of U.S. interests worldwide.

For more information on Naval Information Forces, visit the command's web site at <http://www.navifor.navy.mil/>, Navy News web page at <http://www.navy.mil/local/navifor/>, DVIDS web page <https://www.dvidshub.net/unit/NAVIFOR#V1lrXP72Z7g> or Facebook page at <https://www.facebook.com/USNavyInformation-DominanceForce>.



MCC Rafael Martie

Vice Adm. Brian B. Brown, commander, Naval Information Forces, answers questions at the Information Warfare Pavilion while attending WEST 2019, February 13.

Department of the Navy announces new education initiatives

From Under Secretary of the Navy Public Affairs

WASHINGTON

The Department of the Navy (DoN) released its Education for Seapower report Feb. 12, along with the Secretary of the Navy's action memorandum providing the way forward for the new education initiatives for the department.

The Education for Seapower study was a clean-sheet review of naval learning and focused on flagship institutions like the U.S. Naval Academy, Naval Postgraduate School, and Naval and Marine War Colleges, along with a fresh look at the relationships with civilian academic institutions and corporate learning structures.

Members of the Education for Seapower Executive Board included luminaries such as ADM Mike Mullen, USN(Ret.), Gen John Allen, USMC(Ret.), AMB Barbara Barrett, VADM Ann Rondeau, USN(Ret.), and Dr. Harlan Ullman.

"I am convinced, now more than ever before that the intellectual development of our naval leaders is the most critical warfighting capability for our national security," said the Secretary of the Navy, Richard V. Spencer. "That is why the Department of the Navy intends to create a Naval University System that further integrates and

aligns naval education to the need of the enterprise."

Highlights from the memorandum include a new Secretary of the Navy staff assistant, Chief Learning Officer for naval education, intent to establish a Naval Community College with universal transcripts so enlisted Sailors and Marines can soon earn accredited associate's degrees in technology-rich fields, and a new Naval University System that retains the strengths of current educational institutions, while aligning strategic intent in order to provide increased agility. While the Department of the Navy is enacting these changes, many initiatives within them will, over the next year, be evaluated for their efficacy before being fully implemented.

"Any success we may enjoy in the future will be enabled by an ever-more-agile force – led by agile people who thirst for knowledge and who are adept at thinking, learning, and processing information quickly," said Under Secretary of the Navy, Thomas B. Modly. "The development of such a force does not happen by accident. It must be constantly cultivated through a renewed emphasis on education, and the deliberate construction of a learning culture across the entire naval service."



Kirsten M. Sisson

“ I am convinced, now more than ever before that the intellectual development of our naval leaders is the most critical warfighting capability for our national security. That is why the Department of the Navy intends to create a Naval University System that further integrates and aligns naval education to the need of the enterprise.”

Richard V. Spencer, Secretary of the Navy

CITADEL | Exercise enhances readiness

Continued from A1

In Maryland, Naval Support Activity (NSA) Annapolis partnered with Anne Arundel County, the City of Annapolis, Anne Arundel Medical Center and Baltimore Washington Medical Center to conduct an active shooter and mass casualty exercise on base Feb. 6. Navy security forces apprehended volunteers playing the role of active shooters. More than 40 additional volunteers playing wounded victims were transported to Anne Arundel Medical Center and Baltimore-Washington Medical Center. The volunteers playing victims were treated for their injuries by local emergency services.

“This yearly exercise has been enhanced to support all of the community emergency management entities and to also include Baltimore Washington Hospital Center, and has grown to be a very large exercise event within our community,” said Patty Sherman, Anne Arundel Medical Center emergency manager who added the medical center has collaborated with NSA Annapolis for the mass casualty exercise for more than 10 years. “As a community hospital, we are

extremely grateful to the Navy for allowing us to expand and improve upon our policies and procedures in order to provide stabilization and care for potential victims of mass casualty events.”

Measures were taken to minimize disruptions within local communities and to normal base operations during the exercise.

“We have to train like we fight. It’s important for our security forces to have this opportunity to run through the drills and exercise their skills in a realistic scenario,” said Capt. Michael Wathen, NSA Mid-South’s commander. “I recognize that the exercise can cause delays for folks throughout the two weeks, but these exercises are vital to our ability to defend our installation.”

The annual exercise is not in response to any specific threat.

“Our Navy installations are key enablers that directly support warfighting capabilities and readiness,” said Tim Alexander, director of operations for CNIC. “Exercises such as Citadel Shield-Solid Curtain allow our regions, bases and tenant commands to hone our force protection skills.”



Spencer R. Layne
Joint Expeditionary Base Little Creek-Fort Story security forces detain a mock protester during an exercise on the base as part of Exercise Citadel Shield/Solid Curtain (CS/SC) 2019. The exercise is designed to enhance the readiness of the installation’s security forces and ensure seamless interoperability among commands, other services, and agency partners. CS/SC is a two-part, anti-terrorism/force protection exercise conducted on all continental United States Navy installations and is taking place from Feb. 4-15.

HSBTC | Reaccreditation earned

Continued from A1

ties.

“The reaccreditation is a tremendous attribute to our simulation center and to our staff, who do the work day-in and day-out,” said Capt. Michael Spooner, medical director of the HSBTC. “The reaccreditation represents that we are applying standardized training practices in ways that are effective. We always want to deliver a professional product, one that people feel is valuable and want to come back for. We continually work to increase health care quality by decreasing variability in our systems, and I don’t know how you get to that without having standardized training practices.”

Spooner said that during the accreditation team’s site visit, the team reviewed the training plan for policies and procedures that show the HSBTC is applying learning practices to problems. Those learning practices include building curriculum, figuring out the learning need, executing the

training and then evaluating the effectiveness of the training.

The team also ensures the HSBTC is applying adult learning theories.

Medical simulation offers the learner, regardless of skill level, an opportunity to get hands-on experience for a specific patient complaint.

“Because it’s medical simulation, we are carving out very specific education experiences, so we start with sound practices to ensure that the learning experience is exactly what we need to make it,” Spooner said. “We can customize the experience by taking the learner, the environment, and we recreate a scenario based on an objective we want to teach. There are many skill sets, such as surgical skills, that we can apply learning principles through trainers. We can provide opportunities for them to rehearse and master crucial techniques.”

Since it opened in 2006, the HSBTC has trained more than 26,000 Department of Defense and civil-



Rebecca A. Perron
Nearly two dozen of Naval Medical Center Portsmouths (NMCP) staff and volunteers attend a workshop in the Healthcare Simulation and Bioskills Training Center (HSBTC) to learn techniques of portraying a simulated patient from a panel of professional simulated patient actors. NMCPs HSBTC provides state-of-the-art, simulation-based medical training and was recently reaccredited by the American College of Surgeons for five years.



Rebecca A. Perron
Hospital Corpsman 1st Class (NAC/AW/SW) Ryan Honnoll videotapes a test to determine which of several tourniquets works best and how fast it takes to apply them, while Chief Hospital Corpsman (NAC/PJ/EXW/AW/SW) Wayne Papalski uses ultrasound to determine if they occlude blood flow.

CNSL hosts a toughness and resilience symposium

From Commander, Naval Surface Force Atlantic Public Affairs

NORFOLK

Naval Surface Force Atlantic (CNSL) hosted a Toughness and Resilience Symposium at Naval Station Norfolk, Feb. 12.

Rear Adm. Jesse A. Wilson Jr., commander, CNSL provided the keynote address and spoke to Sailors and waterfront leadership about a culture of excellence, readiness, toughness and resiliency.

His remarks focused on personnel readiness challenges and the importance of “Ready Sailors,” being mentally and physically tough, resilient, and focused on the mission. He explained the importance of having the ability and strength to not only get to the fight, but to take some hits, perhaps get knocked down, and to have the courage, the fortitude to

get back up and fight even harder. Or, to ask for help if you’ve reached your limit.

“You have to strengthen yourselves physically, ensure all your people feel they belong as members to the team, and strengthen your identity and unit cohesion,” said Wilson. “Prepare what needs to be prepared. Get your mind right to get out there, because your team needs you.”

The event fostered discussions amongst afloat and ashore leaders who are charged with building and sustaining the combat readiness of both warships and Sailors. Attendees included commodores, commanding officers, executive officers, senior enlisted leaders, chaplains, and medical professionals.

The symposium was an opportunity for them to discuss healthy, preventive practices, and also learn about new programs, policies and procedures focused

on toughness and resiliency.

A toughness equations was presented and explained: Toughness = Fitness x Belonging x Identity².

“Fitness” is defined as physical, emotional, spiritual, relational, financial, behavioral, etc. “Belonging” is a sense of community, the togetherness of teammates or of shipmates, the feeling of being part of something more than oneself. “Identity” is how you see yourself as a Sailor, as a member of your crew or team, as an American, as a warfighter.

“The equation for the mental and physical capacity is a good tool to utilize,” said Chief Hospital Corpsman Santana Payne, a USS Mesa Verde Sailor. “However, the identity piece needs to be taken

into consideration; the human factor is important, how people are built. This was a place to discuss those things.”

Wilson challenged attendees to understand and apply the equation at their commands, which was developed as part of CNSL’s Sailor Toughness Project, an initiative carried out in partnership with the Johns Hopkins University Applied Physics Lab’s Tactical Advancements for the Next generation (TANG) program.

“So I ask you all: what are you doing to enhance and increase all aspects of the toughness equation at your organization?” said Wilson.

Additional sessions focused on Sexual Assault Prevention and Response (SAPR); the Embedded Mental Health program, and CNSL’s Force Preservation Council (FPC). The FPC is a concept platform to provide an infrastructure for commands to proactively review their Sailors in the context of the operational stress continuum.

“It’s interesting to see how these tools will be implemented and sent out to the units and ships,” said Lt. Cmdr. Adam Jones, assigned to the Aegis Ashore Missile Defense System - Romania. “It’s great to see how to identify where the weaknesses are with Sailors and how to build them stronger.”



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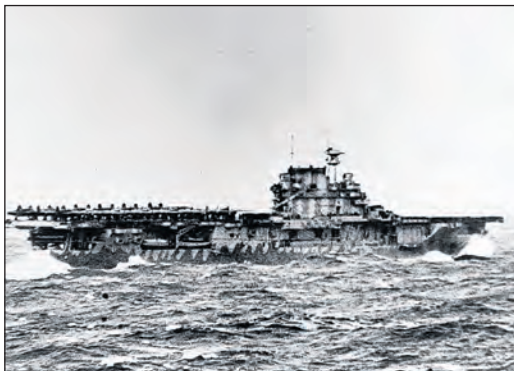
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USS Hornet found in South Pacific

Wreckage of the World War II aircraft carrier USS Hornet rests on the floor of the South Pacific Ocean around the Solomon Islands, 5,400 meters (nearly 17,500 feet) below the surface.

» See **B5**

SECTION B | FLAGSHIPNEWS.COM | 2.21.2019



MC1 Byron C. Linder
Lt. John Sullivan, Brazilian Navy Capt. Hilcelio Freitas, and Lt. Cmdr. Robert Lennon converse as the Oswaldo Cruz-class hospital ship NASH Carlos Chagas (U19) enters the Amazon River to commence a month-long humanitarian mission, Feb. 4. Sullivan and Lennon are two of four U.S. Navy doctors who will work with the Brazilian Navy aboard Chagas to exchange medical expertise with their counterparts and to bring medical care to isolated communities along the Amazon River.

By MC1 Byron C. Linder
U.S. 4th Fleet Public Affairs

AMAZON RIVER, BRAZIL

On Feb. 4, Brazilian navy Oswaldo Cruz-class hospital ship NASH Carlos Chagas (U-19) departed Manaus, Brazil, with four U.S. Navy physicians embarked with Brazilian navy counterparts to work and deliver medical care to a series of small villages on the coastline of the Amazon River for one month.

Within 20 minutes of departure, the demarcation between Manaus' harbor and the Amazon River became clear. In the deep blue water, patches of dark tan began to emerge – sediment from thick sandbars and

the steady erosion of the riverbanks. Floating patches of bright green grass appeared, thriving on the current's steady delivery of rich minerals. Thick logs floated by, their bark stripped and wood polished to a dark shine by the water. As the sun set behind the clouds, the coastline view became visible only in the periphery, with the brown water asserting its place as the dominant visual element.

Since October 2018, Brazilian navy Lt. Diego Abreu has served as Chagas' deck and weapons officer. This mission marks his fourth on the Amazon River, and navigating it is an ever-changing challenge. A team of 10 Brazilian navy sailors, who use both instrumentation and watchstanding to

ensure safe passage, supports him.

"The main challenge is the restricted area we're navigating in," he said. "Sometimes there's another ship coming, and we don't have the depth to move to the side. This time, we are moving up the river, against the current. We have to stay really close to the forest, and that's dangerous sometimes, but we have to maintain speed to get to our mission stops."

A cursory look outside the ship illustrates how restricted this maneuvering is – Brazilian residents who live on the riverbanks can easily be spotted waving to personnel standing outside the skin of the ship. This type of constant navigational discipline, Abreu noted, requires specialized training.

"Normally, the main navigation training we get is for the open ocean," he explained. "When we arrive to Manaus is when we get river navigation training."

Abreu's team rotates between the pilot-house two decks up from the main level and the forward and aft portions of the ship.

"On the bridge, my duty is to work with the operations and engineering departments, but my team is focused entirely on the deck operations," he said.

Navigational charts are used, however, the information contained therein can be outdated within hours, which Abreu identified as another challenge.

» See **AMAZON** | **B7**



MC1 Jacob I. Allison
Guests listen during a welcoming speech for the commissioning ceremony of littoral combat ship USS Tulsa (LCS 16). LCS-16 is the fifteenth littoral combat ship to enter the fleet and the eighth of the Independence variant. It is the second Navy combat ship named after Tulsa, the second largest city in Oklahoma.

USS Tulsa commissioned as Navy's newest surface combatant

By MC1 Woody Paschall
Littoral Combat Ship Squadron 1 Public Affairs

SAN FRANCISCO

The littoral combat ship USS Tulsa (LCS 16) was commissioned as the Navy's newest surface combatant in a ceremony in San Francisco Feb. 16.

The Independence-variant LCS is the Navy's second ship to be named for the city of Tulsa, Oklahoma.

"She truly is an amazing ship and an amazing addition to the fleet, but as impressive as she is, she would be nothing without the Sailors you see lining her deck this morning," said Cmdr. Drew Borovies, Tulsa's commanding officer. "And as much as they have already accomplished, they know their true greatness lies ahead as Tulsa en-

ters the fleet and stands ready to answer her nation's call. They are the finest Sailors our Navy has to offer. They are tough, able and ready to take our nation's newest warship to sea."

Indeed, in little more than three years, the ship has progressed from its keel laying in Mobile, Alabama, to its commissioning. Kathy Taylor, ship's sponsor and former Tulsa mayor, was present for both events and many in between.

"I have gotten to know the crew of this exceptional USS Tulsa, and I know they will fight when they must," said Taylor. "I know they will protect this country at all costs, because they know everything they fight for

» See **TULSA** | **B7**



MCCS Jeffrey Pierce
Rear Adm. Brian Brakke, Commander, Navy Expeditionary Combat Command, left, is briefed on the capabilities of additive manufacturing using a 3-D printer during a Naval Mobile Construction Battalion 133 field training exercise at Camp Shelby, Miss.

Seabees deploy with additive manufacturing capabilities

By CDR Joe Symmes, 22 NCR Logistics Officer
GULFPORT, MISS.

Seabees from Naval Mobile Construction Battalion (NMCB) 133 deployed for the first time in mid-February to 5th, 6th, and 7th Fleet AOR's with organic 3-D printing capabilities.

The process known as additive manufacturing describes the technologies that build 3-D objects by adding layer-upon-layer of material, whether the material is plastic, metal, or concrete. The process involves the use of a computer and special CAD software, which can relay messages to the printer so it "prints" in the desired shape.

NMCB-133 was outfitted with several "Tactical Fabrication (TACFAB)

Kits" consisting of 3-D scanners, printers, laptops computers and the software to tie them all together. Cmdr. Luke Greene's vision is to use his TACFAB kits both at the command headquarters in Camp Mitchell, Rota, Spain and also throughout NMCB-133's various job sites in Europe, Africa and Southeast Asia.

The capability to engineer and print both original designs and certain stock numbered items will be a game changer for the Seabees. They are testing the ability to manufacture both Class IX repair parts and Class IV building materials. Access to these critical components can often be the difference be-

» See **SEABEES** | **B7**



iStockphoto

Girls will be girls: The hidden dangers of social aggression

By Lisa Smith Molinari

Lilly was our easy child. As a baby, she sat contentedly on my hip while I did home therapy with her developmentally delayed older brother, or while I argued with her stronger-willed big sister. In school, Lilly made friends easily at every duty station. Her teachers would move Lilly’s desk away from her pals to stop her from chatting, but she would simply strike up new conversations with whomever sat nearby. One afternoon while stationed in Germany, I raced out of our base apartment to our minivan, because I had forgotten to pick Lilly up from elementary school, and it was raining. Gunning the engine up a hill, I saw Lilly happily running alone down the sidewalk, arms outstretched and eyes closed, her backpack flopping under her bob of sandy brown hair. As fat raindrops splatted on her sweet face, she grinned from ear to ear with pure joy. That was Lilly. Not surprisingly, she amassed a group of seventeen girlfriends in high school, despite being the military kid on scholarship at a prestigious private school. I snapped copious photos of her fun-loving group dolled up for dances, so proud that Lilly’s easy-going personality had allowed her to breeze through the complex social quagmire of adolescence.

But now, Lilly is a freshman in college, struggling with negative body image issues, low self-esteem, and depression. Not Lilly! How did this happen? In an attempt to help, I am looking back at Lilly’s seemingly problem-free adolescence for answers. It turns out, her situation was not as simple as it seemed. In today’s violent society, parents, educators and experts are talking openly about the potential dangers of chalking aggressive male behavior up to “boys will be boys.” In the #MeToo era, girls are told they must band together to fight the real problem — male aggression. Few would suspect that girls might actually hurt each other, and subtle “mean girl” manipulations often go unnoticed until lasting psychological damage is done. Although “relational aggression” has long been considered a form of bullying that can include “gossip, rumor spreading, public embarrassment, social exclusion, and alliance building,” this behavior is sometimes accepted by parents and educators as a right of passage for girls. However, research indicates that this type of subtle bullying can lead to the development of low self-esteem, eating disorders, anxiety, depression and even suicide for both the victims and the mean girls themselves. Although Lilly hid her angst from us to keep her “happy-go-lucky” reputation in our fam-

ily, she has now admitted what was really going on in high school. Although she still fiercely defends her friend group, she admits there was a social ladder that she clung to precariously, with two particular girls consistently at the top. These “ringleaders” were often mean in subtle ways — using their control to temporarily exclude or shame members of the group over minor conflicts. The ringleaders were intimidating enough that the other girls in the group did not stick up for each other, for fear that they might be the next victims of embarrassment or isolation. Petty jealousy over a boy who had a crush on Lilly prompted one ringleader to scream at her to, “Get the f*** out of my room!” Even though the dozen other girls present later admitted that the ringleader’s behavior was completely unjustified, not one of them came to Lilly’s defense. She was not accepted back into the group for a week. Also, comments made within the friend group about weight profoundly affected Lilly. On one occasion, Lilly’s friend held up a very large pair of pants she found in her room and said in front of the group, “Lilly, these are way too big for me, but it looks like they might be your size.” I assume this friend hadn’t meant to hurt her, but soon Lilly stopped eating in the dining hall. This and other weight-related comments were permanently burned into her fragile adolescent psyche. Now, I grit my teeth. I should have asked more questions when I had the chance. But instead of seeing the insidious dangers under the surface, I obliviously snapped photos of those beautiful, glittering girls. www.themeatandpotatoesoflife.com

Selecting a mental health provider

From TRICARE.mil
Take the time to find a mental health provider that makes you comfortable. You may want to ask your primary care manager or family doctor for a recommendation.

Type of Provider	Education	Treatment	Prescribe Drugs?	Details
Psychiatrist	Medical degree with advanced training in psychiatry	Psychotherapy, counseling and more serious conditions that can be helped with prescription drugs	Yes	Works with psychologists or licensed clinical social workers
Clinical Psychologist	Doctoral-level degree in psychology	Psychotherapy, psychological testing and counseling services	No	Works with psychiatrists and family doctors
Certified Psychiatric Nurse Specialist	Master's degree	Psychotherapy and other therapy	No, but can help manage prescriptions	Licensed and certified by the American Nurses Association
Certified Clinical Social Worker	Master's degree in social work with training in psychotherapy	Psychotherapy and counseling services	No	
Certified Marriage and Family Therapist	Master's degree in counseling with an emphasis on family and marriage therapy	Individual, marriage and family counseling	No	Must agree to participate in TRICARE
TRICARE Certified Mental Health Counselor	Master's degree in counseling	Counseling services	No	Referral and physician oversight not required
Supervised Mental Health Counselor or Pastoral Counselor	Master's degree in counseling	Counseling services	No	A referral from medical doctor and physician oversight is required



Q. What kind of animals are restricted from military housing?

A. The best place for that information is Lincoln Military Housing. Their number is 757-961-3783. Please contact them with any questions in that regard.

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USS Porter arrives in Rota, Spain for TRAV

By MC2 James Turner
Navy Public Affairs Support Element East Det Europe

ROTA, SPAIN

Arleigh Burke-class guided-missile destroyer USS Porter (DDG 78) returned to Naval Station Rota, Spain, for a scheduled training and maintenance availability (TRAV), Feb. 13.

Porter departed Rota, Dec. 27, 2017, and began its sixth Forward-Deployed Naval Force (FDNF) patrol in support of regional allies and partners, and U.S. national security interests in Europe and Africa.

“The crew performed admirably during our sixth FDNF patrol,” said Porter’s Commanding Officer Cmdr. Craig Trent. “We have been operating in some cold and harsh environments, but this crew has shown true resiliency by adapting and overcoming every obstacle. I could not be more proud of everything they have accomplished. We are all happy to be home to see our friends and family, and we really appreciate everyone’s support.”

While on patrol, Porter conducted missions in support of regional allies and partners, and earned qualifications and certifications in the Mediterranean Sea, Atlantic Ocean, North Sea and Baltic Sea. The certifications included aviation certification, mobility aviation, mobility damage control, and Naval Surface Fire Support.

Porter and the crew also conducted two bilateral exercises with the Turkish and Finnish navies, improving maritime capabilities and reassuring NATO allies and regional partners of U.S. 6th Fleet’s commitment to maritime security and stability in its area of operations.

During the patrol, the ship visited ports in Turkey, Latvia, Demark and England. The



The Arleigh Burke-class guided-missile destroyer USS Porter (DDG 78) arrives in Rota Spain, Feb. 13, 2019. Porter, forward-deployed to Rota, Spain, is on its sixth patrol in the U.S. 6th Fleet area of operations in support of U.S national security interests in Europe and Africa.

MC2 James R. Turner

crew hosted two luncheons and a reception in Denmark for more than 100 local officials, including the U.S. Ambassador to Denmark, Carla Sands, and Danish Lt. Gen. Max Nielson, the Danish vice chief of defense. Sailors were also able to volunteer for a community service project that helped refurbish a house into a storage facility for animal food at one of Latvia’s premier animal parks, Ligatnes Nature Trail and Zoo.

In total, Porter and its crew covered more than 13,000 nautical miles and visited four countries during the patrol, conducted six straight transits, 11 sea and anchor evolutions and one underway replenishment. Porter also served 43,064 meals to the crew, provided 300 haircuts, expended more than 6,000 crew-served weapon rounds, qualified 45 Sailors with the M9 service pistol and conducted more than 30 damage control drills.

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



MC2 James R. Turner

Boatswain's Mate Seaman Brandon Lineberger tosses a heaving line ashore from aboard Arleigh Burke-class guided-missile destroyer USS Porter (DDG 78) while arriving in Rota Spain, Feb. 13, 2019. Porter, forward-deployed to Rota, Spain, is on its sixth patrol in the U.S. 6th Fleet area of operations in support of U.S national security interests in Europe and Africa.

and stability in Europe and Africa.

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

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

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The naval careers of America's six Sailor Presidents

From Naval History and Heritage Command

From 1961 to 1993, the Navy could boast veterans in the nation's highest office, with the exception of Army veteran Ronald Reagan's eight-year term of 1981 to 1989. John F. Kennedy, Lyndon B. Johnson, Richard M. Nixon, Gerald R. Ford, James E. "Jimmy" Carter and George H.W. Bush all served their nation wearing Navy blue.

Interestingly of the presidents who served between 1961 and 1993, only Reagan held office for two full terms:

- Ford, Carter and Bush were single-term presidents
- Kennedy was assassinated after 1,000 days in office
- Johnson was elected once and chose not to seek a second term after finishing Kennedy's term for a total of five years, two months, and
- While Nixon was elected twice, he served less than 18 months into his second term before resigning to avoid almost certain impeachment over his role in the Water-gate scandal.

Of the six presidents with sea service, five have had ships named after them: Kennedy (aircraft carrier CVA-67 as well as CVN-79, Johnson (Zumwalt-class destroyer PCU DDG-1002), Ford (CVN 78), Carter (SSN 23), and Bush (CVN-77).

Nixon joins the remaining 20 presidents who have not had ships named after them. Our nation's first president, for whom President's Day was originally named, has a record-holding eight ships named Wash- ington, with four between 1775 to 1776, one each in 1798 and 1814, followed by the ballistic nuclear submarine (SSBN 598), decommissioned in 1985, and aircraft carrier CVN-73 commissioned in 1992.

Abraham Lincoln pales in comparison with just three ships: a former German steamer turned transport ship (President Lincoln 1917 to 1918); one submarine (SSBN 602), decommissioned in 1981; and Nimitz-class supercarrier (CVN 72), commissioned in 1989.

The following are brief synopsis of each president's naval career.

John F. Kennedy (1961-1963) was ap- pointed an ensign in the U.S. Naval Reserve in October 1941. Initially, he was assigned to the staff of the Office of Naval Intelligence before attending the Naval Reserve Officers Training School from July 27-Sept. 27, 1942. He then entered the Motor Torpedo Boat Squadron Training Center in Rhode Island. Upon his graduation Dec. 2, Lt. j.g. Kennedy was assigned to the Motor Torpedo Squad- ron 4 as the commanding officer of PT-101. A month later, PT-101 and four other boats were ordered to Motor Torpedo Boat Squad- ron 14 based at Panama.



John F. Kennedy
U.S. Navy photo

Seeking combat duty, Kennedy trans- ferred Feb. 23 as a replacement officer to Motor Torpedo Boat Squadron 2, which was based at Tulagi Island in the Solomons. He took command of PT-109 April 23, 1943.

It was the night of Aug. 1, 1943, when PT-109, with Kennedy at the helm, was run over by the Japanese destroyer Amagiri, cutting the torpedo boat in two. At the im- pact, Kennedy was thrown into the cockpit where he landed on his back, injured prior to him joining the service.

As some of the survivors clung to pieces of the ship, Kennedy swam to the remaining crew members to bring them back to the floating remnant of PT-109. Two had died during the collision. Kennedy towed one injured crew members as he and the other survivors swam five hours to cover the dis- tance of three miles to an island.

After swimming to Nauru Island, Ken- nedy and his executive officer found natives. Kennedy wrote a message on a co- conut: "11 alive native knows posit & reef Nauru Island Kennedy." The survivors were



U.S. Navy graphic

rescued by PT-157 on Aug. 8. In September, Kennedy went to Tulagi where he became the skipper of PT-59. In October 1943, Ken- nedy was promoted to lieutenant and the squadron moved to Vella Lavella.

Due to continued problems with his back, a doctor ordered Kennedy to leave PT-59 November 18, and he returned to the United States in early January 1944. Kennedy would spend much of the rest of his Navy career getting treatment for his back injury. He was released from all active duty and retired from the U.S. Naval Reserve on physical disability in March 1945.



Lyndon B. Johnson
U.S. Navy Photo

Lyndon B. Johnson (1963-1969) had al- ready earned his bachelor's degree, worked as a school teacher and elected twice to Congress before being appointed as a lieuten- ant commander in the U.S. Naval Re- serve June 21, 1940, at age 32.

He reported for active duty Dec. 9, 1941, and was assigned to the Office of the Chief of Naval Operations in Washington, D.C. After training, he proceeded to Head- quarters, Twelfth Naval District, San Fran- cisco, California, for inspection duty in the Pacific.

While stationed in New Zealand and Australia, he worked as an observer of bomber missions in the South Pacific, for which he was later awarded the Army Silver Star Medal.

After President Roosevelt ordered all members of Congress in the Armed Forces to return to their legislative duties, Johnson was released from active duty under hon- orable conditions June 16, 1942.

In 1949 he was promoted to commander in the Naval Reserves.

Richard M. Nixon (1969-1974) joined the Navy at the age of 29 as a lieutenant junior grade in the U.S. Naval Reserve June 15, 1942. A lawyer, he had been working as an attorney for the Office of Emergency Management in Washington, D.C.

Following his appointment, Nixon began aviation indoctrination training at the Naval Training School, Naval Air Station in Quonset Point, Rhode Island. After com- pleting the course in October 1942, he went to the Naval Reserve Aviation Base in Ot- tumwa, Iowa, where he served as aide to the executive officer until May 1943.

Looking for more excitement, Nixon vol- unteered for sea duty and reported to Com- mander, Air Force, U.S. Pacific Fleet where he was assigned as officer in charge of the South Pacific Combat Air Transport Com- mand at Guadalcanal in the Solomons and later at Green Island. His unit prepared manifests and flight plans for C-47 opera- tions and supervised the loading and un- loading of the cargo aircraft.

For this service, he received a Letter of Commendation from the Commander South Pacific Area and South Pacific Force for "meritorious and efficient performance of duty as Officer in Charge of the South Pacific Combat Air Transport Com-



Richard M. Nixon
U.S. Navy photo



Gerald R. Ford
U.S. Navy photo
An undated file photo of U.S. Navy Lt. Gerald R. Ford taken during World War II.

mand..." Nixon was promoted to lieutenant Oct. 1, 1943.

From August through December 1944, Nixon was assigned to Fleet Air Wing 8 at Naval Air Station Alameda, California. Then he was transferred to the Bureau of Aeronautics in Washington, D.C, through March 1945. His next assignment as a newly-promoted lieutenant commander was as the Bureau of Aeronautics Contract- ing Officer for Terminations in the Office of the Bureau of Aeronautics General Repre- sentative, Eastern District, headquartered in New York City. Nixon was released from active duty on March 10, 1946. He was promoted to commander in the Naval Re- serve on June 1, 1953.

Gerald R. Ford (1974-1976) was prepar- ing to open his law practice at Grand Rapids with a fellow Yale Law School classmate, but the attack on Pearl Harbor changed his plans. Rather than waiting to be drafted, Ford sought to join the Navy.

At age 29 with a law degree, Ford was commissioned as an ensign April 13, 1942. His first duty-station was to attend V-5 in-



James Earl Carter Jr.
Merin Studios
Midshipman James Earl Carter Jr.

structor school training at Annapolis. His background as a coach and trainer made him a good candidate for instructor in the Navy's V-5 (aviation cadet) program.

After a month of training, Ford was as- signed to the Navy Preflight School in Chapel Hill, North Carolina, where he taught elementary seamanship, ordnance, gunnery, first aid and military drill. He also coached all nine sports that were offered, but mostly in swimming, boxing and foot- ball.

By the time he was assigned to USS Monterey (CVL 26) he had been promoted to lieutenant. While onboard, Ford served as the assistant navigator, athletic officer and anti-aircraft battery officer. The carrier helped secure Makin Island in the Gilberts and participated in carrier strikes against Kavieng, New Ireland in 1943. During the spring of 1944, Monterey supported land- ings at Kwajalein and Eniwetok and partici- pated in carrier strikes in the Marianas, Western Carolines and North New Guinea, as well as the Battle of Philippine Sea. Aircraft from Monterey launched strikes against Wake Island, participated in strikes in the Philippines and Ryukus and sup- ported the landings at Leyte and Mindoro.

Monterey escaped damage by the Japa- nese, but Mother Nature nearly took out both the ship and future president when Adm. William "Bull" Halsey's Task Force 38 sailed straight into Typhoon Cobra on Dec. 17-18, 1944. Three destroyers were lost along with 790 men, with another nine war- ships damaged and 100 planes lost either overboard or by explosion. Monterey was damaged by a fire that started when several

of the ship's aircraft tore loose from their cables and collided during the storm.

After Ford headed for his battle station on the bridge of the ship in the early morning of Dec. 18, the ship rolled 25 degrees, which caused Ford to lose his footing and slide toward the edge of the deck. The two-inch steel ridge around the edge of the carrier slowed him down enough so he could roll and twist into the catwalk below the deck. As he later stated: "I was lucky; I could have easily gone overboard."

While Monterey underwent repairs at Bremerton, Washington, Ford was detached from the ship and sent to the Athletic De- partment of the Navy Pre-Flight School, St. Mary's College, Calif., where he was as- signed to the Athletic Department until April 1945. He was then assigned to the staff of the Naval Reserve Training Command, Naval Air Station, Glenview, Illinois, as the physical and military training officer, dur- ing which time he was promoted to lieuten- ant commander. He was released from ac- tive duty Feb. 23, 1946.

James Earle Carter (1976-1981) was the fifth consecutive president who had served in the Navy. He is the only president thus far to have graduated from the U.S. Naval Academy. After completing the accelerated wartime program, he graduated June 5, 1946 with distinction and obtained his com- mission as ensign.

For his first duty station, Carter was sta- tioned at Norfolk as radar and CIC officer on USS Wyoming (E-AG 17), an older battleship that had been converted into a floating laboratory for testing new electron- ics and gunnery equipment. After Wyoming was decommissioned, Carter became train- ing and education officer on USS Missis- sippi (E-AG 128). After completing two years of surface ship duty, Carter chose to apply for submarine duty. Accepted, he be- gan the six-month course at the U.S. Navy Submarine School, Submarine Base, New London, Connecticut, from June 14 to Dec. 17, 1948.

Upon completion of the course, Carter reported Dec. 29 to USS Pomfret (SS 391) based at Pearl Harbor, Hawaii. During a simulated war patrol, Carter served as com- munications officer, sonar officer, electron- ics officer, gunnery officer and supply offi- cer. On March 9, he served as the approach officer for a simulated torpedo firing at tar- get ships and scored a "hit." Soon after Carter's promotion to lieutenant junior grade on June 5, 1949, Pomfret was sent in July to San Diego where the submarine operated along the California coast.

Carter's next assignment was as engi- neering officer for the precommissioning detail for USS K-1 (SSK 1), the first postwar submarine built. After K-1's commission- ing on Nov. 10, 1951, Carter served as execu- tive officer, engineering officer, and elec- tronics repair officer. During this tour he also qualified for command of a submarine.

When Adm. Hyman G. Rickover (then a captain) started his program to create nucle- ar powered submarines, Carter was inter- viewed and selected for the program by Rickover. Promoted to lieutenant, Carter was sent to the U. S. Atomic Energy Com- mission, Division of Reactor Development in Schenectady, New York. He served a four-month TDY with the Naval Reactors Branch, U. S. Atomic Energy Commission, Washington, D.C., to assist "in the design and development of nuclear propulsion plants for naval vessels."

As Carter was preparing to become the engineering officer for the nuclear power plant to be placed in USS Seawolf (SSN 575), one of the first submarines to operate on atomic power, his father died in July 1953. Carter resigned from the Navy to return to Georgia to manage the family in- terests. Carter was honorably discharged on Oct. 9, 1953, at Headquarters, Third Naval District in New York City.

George H.W. Bush (1989-1991) wanted to join the Navy right after Pearl Harbor, but he had to wait six months to graduate high school, enlisting on his 18th birthday June 12, 1942. Ten months later, having graduat- ed pre-flight training at the University of North Carolina at Chapel Hill, Bush was commissioned an ensign in the U.S. Naval



MC2 Ford Williams

The Arleigh Burke-class guided-missile destroyer USS Donald Cook (DDG 75) transits the Dardanelles Strait, Feb. 19, 2019. Donald Cook, forward-deployed to Rota, Spain, is on its eighth patrol in the U.S. 6th Fleet area of operations in support of U.S. national security interests in Europe and Africa.

USS Donald Cook en route to Black Sea

By MC2 Ford Williams
U.S. Naval Forces Europe-Africa/6th Fleet Public Affairs

DARDANELLES STRAIT

The Arleigh Burke-class guided-missile destroyer USS Donald Cook (DDG 75) began its north-bound transit of the Dardanelles Strait, en route to the Black Sea Feb. 19 to conduct maritime security operations and enhance regional maritime stability, combined readiness, and naval capability with our NATO allies and partners in the region.

The ship last visited the Black Sea in January 2019, during which it visited Batumi, Georgia and conducted an exercise with two Georgian Coast Guard ships. During its time in port the ship’s crew was warmly received by their Georgian hosts and were greeted on the pier with an arrival ceremony that included a traditional Georgian dance.

“Each visit here affords us the unique opportunity to work with our regional maritime partners,” said Cmdr. Matthew Powel, commanding officer of Donald

Cook. “The crew and I look forward to experiencing the rich history and culture in this region.”

The ship’s operations in the Black Sea will strengthen interoperability with NATO allies and partners and demonstrate collective resolve to Black Sea security under Operation Atlantic Resolve.

The U.S. Navy routinely operates in the Black Sea consistent with the Montreux Convention and international law.

Donald Cook, forward-deployed at Naval Station Rota, Spain, is conducting

naval operations in the U.S. 6th Fleet area of operations in support of U.S. national security interests in Europe.

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

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

Final resting place of USS Hornet CV-8 located in South Pacific

Courtesy of Paul Allen/Vulcan Inc. & R/V Petrel

SEATTLE, WASH.

Wreckage of the World War II aircraft carrier USS Hornet rests on the floor of the South Pacific Ocean around the Solomon Islands, 5,400 meters (nearly 17,500 feet) below the surface as discovered last month by the expedition crew of Paul G. Allen’s Research Vessel (R/V) Petrel.

Hornet was best known for its part in the fateful Doolittle Raid that was launched in April of 1942, which was the first airborne attack of Japanese homeland targets including Tokyo. Led by U.S. Army Lt. Col. James Doolittle, all of the 16 B-25 planes that were launched from Hornet were unable to land at their designated airstrip in China, but the raid provided a boost to American morale, and put Japan on alert about our covert air capabilities.

In June, Hornet was one of three American carriers that surprised and sunk four Japanese carriers at Midway, turning the tide of war in the Pacific.

The ship was sunk during the exceptionally vicious Battle of Santa Cruz Island that started

Oct. 25, 1942. Hornet proved an especially determined ship over the next 24 hours. Enduring a relentless, coordinated attack by Japanese dive-bombers and torpedo planes, her crew was ultimately forced to abandon the ship due to damage and resulting fires. She then defied American efforts to scuttle her with 16 torpedoes and 369 rounds of 5-inch shells. When Japanese forces approached shortly thereafter and fired four torpedoes from two Japanese destroyers late in the evening of Oct. 26, Hornet finally succumbed and slipped beneath the surface. She lost 111 Sailors from her crew of nearly 2,200.

“With the loss of Hornet and serious damage to Enterprise, the Battle of Santa Cruz was a Japanese victory, but at an extremely high cost,” said retired Rear Admiral Samuel Cox, director of Naval History and Heritage Command. “About half the Japanese aircraft engaged were shot down by greatly improved U.S. Navy anti-aircraft defenses. As a result, the Japanese carriers did not engage again in battle for almost another two years.”

“Naval aviation came of age in World War II and American Sailors today continue to look to and draw inspiration from



U.S. Navy photo

A file photo taken April 18, 1942 of the aircraft carrier USS Hornet (CV 8) launching U.S. Army Air Forces B-25B bombers at the start of the Doolittle Raid, the first U.S. air raid on the Japanese home islands.

the fighting spirit of ships and crews like USS Hornet (CV 8), Vice Chief of Naval Operations Adm. Bill Moran added. “Although her service was short-lived, it was meteoric.

“In the dark days following the Japanese surprise attack on Pearl Harbor, she and the Doolittle Raiders were the first Americans to punch back at Japan, giving hope to the nation and the world when things looked bleakest,” Moran said. “She was there when the American Navy turned the tide in the Pacific at the Battle of Midway, and she was there when America started the long drive to Tokyo in the Solomon Islands. Mortally wounded during the vicious campaign at Guadalcanal and abandoned after all attempts to save her failed, she was finally sent below by the Japanese destroyers Akigumo and Makigumo.

“As America’s Navy once

again takes to the sea in an uncertain world, Hornet’s discovery offers the American Sailor a timeless reminder of what courage, grit and commitment truly look like,” Moran continued. “We’d be wise as a nation to take a long, hard look. I’d also like to thank the crew of Petrel for their dedication in finding and honoring her sacrifice.”

The discovery of Hornet was made during R/V Petrel’s first mission of 2019 after relocating from the Philippine Sea to the Solomon Islands to spend winter months in this arena. Operating out of Guadalcanal, the area is rich in history and prominence in terms of naval engagements.

“We had Hornet on our list of WWII warships that we wanted to locate because of its place in history as an aircraft carrier that saw many pivotal moments in naval battles,” said Robert

Kraft, director of subsea operations for Vulcan. “Paul Allen was particularly interested in historically significant and capital ships, so this mission and discovery honor his legacy.”

The 10-person expedition team on the 250-foot R/V Petrel was able to locate Hornet’s position by piecing together data from national and naval archives that included official deck logs and action reports from other ships engaged in the battle. Positions and sightings from nine other U.S. warships in the area were plotted on a chart to generate the starting point for the search grid.

In the case of Hornet, she was discovered on the first dive mission of Petrel’s autonomous underwater vehicle, and confirmed by video footage from the remotely operated vehicle, both pieces of equipment rated to dive down to 6,000 meters.

University students update Carderock on NEEC Project

By Brooke Marquardt
Naval Surface Warfare Center, Carderock Division Public Affairs

WEST BETHESDA, MD.

University of Tennessee, Knoxville (UTK) doctoral student Will Ferrell and Dr. Stephanie TerMaath, professor of mechanical, aerospace and biomedical engineering, presented updated research on composite parts fabricated through polymer additive manufacturing as part of a collaboration with Naval Surface Warfare Center, Carderock Division (NSWCCD), Jan. 22.

For the past few years, the UTK team has been working alongside different branches at Carderock to better understand how printing parameters, such as nozzle temperatures, cooling, sample size and print time, affect the mechanical properties of the material. The ultimate goal is to qualify components made from these materials for use in shipboard applications.

This three-year project is part of the Naval Engineering Education Consortium (NEEC), which is a program that provides funding for relevant research at academic institutions and provides opportunities for students to participate in hands-on research during the academic year to develop their technical abilities. The educational objective is to prepare students for careers with the Navy, while accomplishing the technical objective. This program provides the students with daily hands-on technical training, interaction with Navy personnel and recruiters and helps them to develop a diverse, multi-disciplinary workforce. Currently, there are three NEEC projects funded at Carderock, overseen by Science, Technology, Engineering and Math (STEM) and Outreach Program Director Charlotte George.

The technical objective for the UTK NEEC contract, which ends in May, is to explore and demonstrate the potential of an integrated experimental and computational approach to the qualification process of composite parts fabricated with embedded fibers.

These UTK students have worked with Carderock employees in the Integrated Manufacturing and Project Management Office, as well as the Advanced Materials and Structures Branch, as TerMaath also

had an Office of Naval Research Young Investigator Project (ONR YIP) on composite patches. Materials engineer Dr. Maureen Foley in Code 6102 is the technical point of contact for the NEEC with UTK. Originally working through the building-block approach through comprehensive testing, the UTK team found this to be cost-prohibitive due to the sheer number of tests needed. They instead have been operating on an integrated and automated simulation environment to supplement physical testing.

“What we’re looking at for additive manufacturing and composites is how can we make it so that we don’t have to test everything, and instead, we can look at new and emerging materials that have already been tested and proven to be effective,” TerMaath said. “It would be the ideal case that someone could go into a database and look at all of the material choices, select the constituents and configuration, perform a multi-scale structural analysis through modeling and simulation, run some tests to evaluate reliability and optimize the design, and then in the end, come out with a new, reliable part.”

With this hybrid-structure database, the team would be able to test material properties, boundary conditions, probabilistic distributions, loading conditions, uncertainty and data quality information, loading conditions and analytical models. With this database, they would also have the opportunity to design guidelines and do results analysis. Allowing the user to first select their constituents and configuration has the benefit of allowing them to explore many different combinations. They would then be able to perform a multi-scale, structural analysis, varying the fidelity at each scale and investigating multiple loading conditions. Lastly, the database would allow for the evaluation of the material’s reliability and optimize its design. This would help to minimize the cost and weight of the material and maximize performance. This hybrid-structure database design would then allow the team to perform uncertainty quantification for design optimization on the new material.

While at Carderock, the UTK students leveraged the ONR YIP grant TerMaath had in the area of composite patches to extend



Ryan Hanyok

University of Tennessee, Knoxville student Corey Arndt (right) and doctoral student William Ferrell start work on laying a composite patch for materials testing at Naval Surface Warfare Center, Carderock Division in West Bethesda, Md., on Jan. 23, 2019.

the collaborative activities that could take place. The students have worked alongside aerospace engineer Daniel Hart in Carderock’s Structural Composites Branch in the lab, laying down the materials to create composite patches. It takes between 12 and 14 hours for a patch to be ready to be tested. Once those patches are created, they are put through tension and compression tests to evaluate how much the patch elongates and how strong it is before it breaks.

In the classification stage, they have concluded that specimen size affects strength and repeatability. Specific geometry and specification to the number of beads required in cross-sectioning those parts may be pertinent to achieve geometry independent properties. They also found that matching the specimen size and processing conditions is necessary for accurate qualification. In the processing stage, they concluded the layer time and process control can lead to stronger prints and less variable prints. Lastly, in the methodologies, they concluded that sequential prints could produce slightly weaker prints, but with increased repeatability and more prints per unit; cutting methods need to be reported for consis-

tency; and printer variability exists and should be included in the variability processes where machines need to be qualified as well.

Ongoing work includes predicting fracture behavior of demonstration parts; informing finite element models using peridynamics results; and quantifying uncertainty using non-deterministic modeling, such as length, density, orientation, air voids and dimensional variation.

Naval Surface Warfare Center, Carderock Division, a part of Naval Sea Systems Command, leads the Navy in hull, mechanical and electrical engineering. Headquartered in West Bethesda, Maryland, Carderock Division employs approximately 2,000 scientists, engineers, technicians and support personnel and includes detachments in Norfolk (Little Creek); Port Canaveral, Florida; Fort Lauderdale, Florida; Memphis, Tennessee; Bangor, Washington; Ketchikan, Alaska; and Bayview, Idaho.

For more news from Naval Surface Warfare Center Carderock, visit www.navy.mil/local/nswccd/.

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Continued from B1

“We make notes and do pass them on to other ships who will be navigating this area,” he said. “They can use those notes to navigate more safely.”

Natural debris such as logs and rocks in the river presents a constant hazard, and at night, a large spotlight operated from the bridge constantly illuminates Chagas’ path forward. With no sonar navigation, an “ecobatimetro” is the only instrument Chagas has to measure depth – and this depth changes rapidly depending on where in the Amazon the ship is.

Despite these navigational challenges, Chagas was built from the keel up to be a river hospital ship – something unique to the Brazilian navy’s fleet of five ships designated as such.

Chagas’ Commanding Officer, Capt. Hilcelio Freitas, assumed command just one week prior to departing Manaus. However, his familiarity with the ship started in 2010 when he served as Chagas’ chief engineer for two years.

“I learned a lot of very important things when I was here about the ship,” he said. “It made me very happy when I received the

news that I was going back to Manaus to be the captain. This is a very important mission, to bring help to people in these communities. These people need a lot of this kind of help.”

Freitas highlighted one of Chagas’ key capabilities - a flight deck, which can be used for emergency medical evacuations.

“The transfer ability lets us work very fast,” he said. “We can provide everything the rest of the hospital ships can, and more.”

Lt. Cmdr. Robert Lennon, the U.S. team lead, concurred with Freitas’ statement to a degree. Having served on back-to-back missions in Brazil aboard another hospital ship in 2018, he was quick to praise Chagas’ capabilities.

“[Freitas] is being modest,” he said. “There’s better equipment here - a new X-ray machine here, a new ultrasound machine. This is a true hospital ship. It’s really nice to see this, and the integration with the Brazil navy is outstanding. It’s critically important to be able to both work together and to deliver this humanitarian assistance.”

Brazil’s history of bringing humanitarian assistance to communities along the Amazon River dates back 70 years to 1949, noted

Brazilian navy 1st Lt. Gilvan Martins, a general medical officer performing his internship. At that time, the Brazilian navy was charting the Amazon River, and the visiting sailors saw the people living in the communities along the riverbank were in need. The first Oswaldo Cruz-class hospital ship would not be built for another 35 years, so these ships made use of what was available aboard.

“The ships would set aside food to give to them, and invite them aboard to take a shower and give some basic care,” he said. “We had an opportunity to do something different. I think Brazil is one of the first countries to do this kind of hospital assistance. This mission is very challenging, and some of the areas are very hard to access in general. We have a lot of infectious disease in these communities, and it’s very good to be a part of this assistance.”

The Brazilian Riverine Mission is a joint effort between Commander, U.S. 4th Fleet and the Brazilian navy’s 9th Naval District, whose mission is to provide care to local populations, build medical interoperability in support of joint humanitarian and disaster relief missions, and exchange medical knowledge. This is the third mission of its type, and



MC1 Byron C. Linder

John Sullivan, Lt. Cmdr. Robert Lennon, and Brazilian Navy Lt. Gilvan Martins examine a patient during a visit to the Heraclio Emiliano Moda medical clinic in Axininim, Brazil, Feb. 6.

is serving as a platform to expand the U.S. Navy’s tropical medicine training opportunities, which will ultimately combine training at the Tropical Medicine Institute in Manaus, followed by a joint medical mission within the Amazon River basin.

“These types of missions are a win-win for everyone,” said Capt. William Scouten, U.S. 4th Fleet, fleet surgeon. “We (U.S. Navy) get to experience medical practices and scenarios that we might not see here in the States, and the more junior Brazilian medical providers

are afforded the opportunity to be mentored by senior medical officers and use equipment they might not otherwise have been able to.”

For more information, visit www.public.navy.mil/comusnavso-c4f, on Facebook at www.facebook.com/NAV-SOUS4thftt, or on Twitter at www.twitter.com/navsous4thftt.

For more news from U.S. Naval Forces Southern Command & U.S. 4th Fleet, visit www.navy.mil/local/cusns/.

SEABEES | Additive manufacturing

Continued from B1

tween mission success and lengthy delays.

NMCB-133 is excited for this ground breaking opportunity coming off of a highly successful inter-deployment training cycle where they had a chance to use the printers this past summer during their Field Training Exercise (FTX). The goal was to test the proof of concept of using 3-D printers in the field to produce needed supplies and repair parts.

According to Lt. Michael Lundy, a reservist attached to the Fleet Readiness and Logistics staff for the Office of the Chief of Naval Operations who helped NMCB-133 facilitate the use of several 3-D printers in the field, the possibilities

of this technology are endless.

“We printed more than 30 different parts and identified 50 others so far that need to be drawn up by engineering aids on the computer. Once these drawings are complete we link the computer to the printer,” Lundy said. “The upside to this process is with the proper database they can print repair parts as opposed to waiting 30 to 90 days for new parts to come in. The only constraint to this technology for Seabees is their imagination.”

Ensign Femi Ibitoye, NMCB-133’s Alfa Team Commander, worked in architectural design prior to his service in the Navy, and has experience useful for this technology.

“I have experience drawing plans in 3-D and in prototyping using specific

programs. The iterative process used in architecture is very similar to the process used in Additive Manufacturing,” Ibitoye said.

Chief Construction Mechanic Gail Best was witness to the true potential of this technology.

“We were able to print a bushing for the adjustable shock absorber used on our medium tactical vehicle replacement tractors and wreckers. We cannot order this particular part separately, so if it fails, we have to replace the entire shock absorber,” Best said. “The shock absorbers cost \$10K each, however, we were able to print a new bushing here in the field for about \$1 and install it. We had three vehicles go down due to a failure of a minor plastic part. We were able to print them, install them, and get the vehicles back up and running,” Best said.

According to Cmdr. Joe Symmes, 22 Naval Construction Regiment’s supply officer, in the not-too-distant future, 3-D printing could give Seabees the ability to print needed supplies and repair parts on the battlefield.

“Additive manufacturing capabilities are an important component to future Seabee readiness. Imagine being able to carry a warehouse in a box that has the capability to print assets across almost all classes of supply,” Symmes said. “Now imagine that ‘virtual inventory’ has the ability to adapt to changing scenarios on the battlefield with minimal to no communications across the electromagnetic spectrum. For a logistician these concepts were the stuff of sci-fi films just a few years ago. Now they are available in commercial, off-the-shelf products that are accessible to households across America.”



U.S. Navy photo courtesy of Austal USA

The future USS Tulsa (LCS 16) is underway for acceptance trials, which are the last significant milestone before delivery of the Independence-variant littoral combat ship to the Navy. During trials, the Navy conducted comprehensive tests of the future USS Tulsa, intended to demonstrate the performance of the propulsion plant, ship handling abilities and auxiliary systems.

TULSA | Ship commissioned

Continued from B1

and they protect keeps the promises made to all Americans.”

Current Tulsa Mayor G.T. Bynum emphasized the bond between the people of Tulsa and the Sailors who serve aboard the Navy’s newest ship.

“Wherever you are in the world, whatever day it might be or whatever hour in that day, we hope you know that there are hundreds of thousands of your fellow Tulsans who are thinking of you, and who are honored to be associated with you and are so proud of you,” said Bynum.

The crew visited the city little more than a year ago to learn more about it and its people. Oklahoma Sen. James Lankford recounted some of the characteristics of the city and its people beginning at the city’s founding as the destination of a forced migration of Native American people, through booming growth and cultural turmoil and into a city renowned for its diversity and beauty.

“When you arrive at any port of our nation or any port around the globe, you will bear all of our names and all of our history,” said Lankford. “You are capable of operating in all environments. Your mission is to protect our seas and deter aggression, but when deterrence fails, we also know you are fully capable of restoring the peace. Your actions, your words, your faith, your discipline and your power will reveal to a curious world just who we are as Americans. You are our ambassadors for freedom and you bear the name Tulsa and the United States of America.”

Tulsa will join the fleet at a time of expansion of capability as well as increased demand on the Navy forces.

Assistant Secretary of the Navy James Guertz noted Tulsa is the fifth ship the Navy has commissioned in the past 50 days and one of 13 ships slated to be commissioned this year – up from eight a year ago – as part of broader efforts to ensure the nation’s maritime freedom.

“Having the right mix of ships with the right number of ships, to include Tulsa, makes us ready to execute prompt and sustained combat operations at sea to fight and win against any adversary,” said Adm. John C. Aquilino, commander of U.S. Pacific Fleet. “Let there be no doubt, that is what Tulsa is ready to do.”

After the ceremony, the ship will transit to San Diego to join Littoral Combat Ship Squadron 1 and eight other littoral combat ships currently homeported at Naval Base San Diego.

Tulsa is the 15th littoral combat ship and the eighth of the Independence variant.

Littoral combat ships are high speed, agile, shallow draft, mission-focused surface combatants designed for operations in the littoral environment, yet fully capable of open ocean operations. As part of the surface fleet, littoral combat ships have the ability to counter and outpace evolving threats independently or within a network of surface combatants. Paired with advanced sonar and mine hunting capabilities, the littoral combat ships provide a major contribution, as well as a more diverse set of options to commanders, across the spectrum of operations.

PRESIDENTS | Naval careers

Continued from B4

Reserve a few days shy of his 19th birthday, making him the youngest naval aviator at the time.

After more flight training, Bush was assigned to Torpedo Squadron (VT-51) as photographic officer in September 1943. As part of Air



U.S. Navy photo

George H.W. Bush

Group 51, his squadron was based on USS San Jacinto (CVL 30) in the spring of 1944. San Jacinto was part of Task Force 58 that participated in operations against Marcus and Wake Islands in May, and then in the Marianas during June.

On June 19, the task force triumphed in one of the largest air battles of the war. During the return of his aircraft from the mission, Ens. Bush’s aircraft made a forced water landing. The crew was rescued, but the plane was lost in the explosion. On July 25, Ens. Bush and another pilot received credit for sinking a small cargo ship.

After Bush was promoted to lieutenant junior grade on Aug. 1, San Jacinto commenced operations against the Japanese in the Bonin Islands. On Sept. 2, 1944, Bush piloted one of four aircraft from VT-51 that attacked the Japanese installations on Chichi Jima. Encountering intense antiaircraft fire, Bush’s aircraft was hit and his

engine caught on fire. He completed his mission and released the bombs over his target scoring several damaging hits.

With his engine on fire, Bush flew several miles from the island, where he and one other crew member on the TBM Avenger bailed out of the aircraft. However, the other man’s chute did not open and he fell to his death. While Bush anxiously waited four hours in his inflated raft, several fighters circled protectively overhead until he was rescued by submarine USS Finback (SS 230). During the month he remained on Finback, Bush participated in the rescue of other pilots. Bush returned to San Jacinto in November 1944 and participated in operations in the Philippines.

When San Jacinto returned to Guam, the squadron, which had suffered 50 percent casualties of its pilots, was replaced and sent to the United States. Throughout 1944, Bush had flown 58 combat missions for which he received the Distinguished Flying Cross, three Air Medals, and the Presidential Unit Citation awarded San Jacinto.

Because of his valuable combat experience, Bush was reassigned to Norfolk and put in a training wing for new torpedo pilots. Later, he was assigned as a naval aviator in a new torpedo squadron, VT-153. With the surrender of Japan, he was honorably discharged in September 1945 and then entered Yale University.

Editor’s note: This blog was originally published Feb. 16, 2015, on Naval History and Heritage Command’s The Sextant.



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VirginiaZoo breaks ground on nature play area

“We aim to promote and strengthen children’s outdoor learning experiences to help the next generation become more environmentally minded and move the future in a more sustainable direction.” — *Greg Bockheim, Executive Director of the Virginia Zoo.*

» See **C2**

SECTION C | FLAGSHIPNEWS.COM | 2.21.2019



Brandpoint image

The sky’s the limit when it comes to ideas for home improvements in 2019.

THE SKY’S THE LIMIT

2019 HOME PROJECT TRENDS

From Brandpoint

Thinking of adding a deck? How about replacing the tired, worn siding on your house? Now that the weather is colder, it’s the perfect time to curl up with a hot beverage and start planning your 2019 home projects so you can nail the budget and settle on the look you’re after.

“Updating your home’s exterior can make an older home look more modern, but it can also make a new build feel warmer and more established,” says Kristine Swint, an in-house design expert at Royal Building Products. “Whether you plan to sell, or stay and enjoy your new features, anything you do to update the exterior can maximize the value of your home.”

Swint shares these insights and tips that will help you get inspired and plan your exterior home projects in 2019.

Think “cool neutrals” for the color story

When someone suggests a neutral tone for your exterior, do you think boring beige and tepid taupe? When it comes to vinyl siding, you may be pleasantly surprised to discover there’s a broad range of color and style choices to meet your taste and design preferences, including soft grays, bolder mid-tone blues and warm earth-toned terra cottas.

“Going neutral no longer means sacrificing style, or having your house look like all the others on the block,” Swint says. “Today’s neutrals convey warmth, comfort and closeness to nature - all traits we desire in a home.”

If you need help planning your home’s new look, the HomePlay design tool from Royal Building Products lets you experiment with different colors and siding profiles. To get started, visit [HomePlaybyRoyal.com](#).

Bring the inside out

If you’ve decided this year is the year to add a deck or a patio, don’t settle for an uninspired open-air platform. Today’s designers are remaking the deck concept altogether by bringing traditionally “indoor” amenities outside. Rugs, arbors and high-design furniture will turn your deck into an outdoor living room. By adding a fire pit, portable furnace or heater, you and your family can spend time on the deck year-round. For a finishing touch, a floor-to-ceiling sliding glass door not only brings in more sunlight and natural views, it creates a seamless transition between inside and outside.

But a great deck starts with high-quality materials, because the last thing you want is to spend excessive time and money on routine maintenance. Instead of using natural wood, opt for a premium composite decking, such as Zuri

Premium Decking, that combines the natural beauty of exotic hardwood with the unsurpassed and exceptionally low-maintenance requirements of composite materials. If you’re interested in learning more, visit [zuri.royalbuildingproducts.com](#).

Make relaxation a top priority

Home is where the heart is, right? So it makes perfect sense to make it into a space where self-care is a priority. That’s why wellness and mindfulness have become huge influences in interior and exterior spaces, Swint says. To turn your backyard into a retreat space, consider amenities like water features, zen

gardens or even a shaded reading nook.

Reframe the possibilities of your shed. Garages and sheds can be more than a storage space for your lawnmower and tools. These four walls hold many other possibilities, and homeowners have come up with creative, free-time-oriented uses for these simple backyard structures. The options are only limited by your imagination: backyard bar, outdoor shower, or the classic she-shed or man cave. You can even make it into a home office for those telecommuting days. To dress up a plain shed, Swint says, add siding with complementary trim, windows (and flower boxes), finished with a sleek glass door.

Now that you have plenty of inspiration to transform your home’s exterior into a more inviting space, explore your options and visit [royalbuildingproducts.com](#).



Brandpoint image

IKEA Norfolk to open in April

From Burson Cohn & Wolfe

NORFOLK

IKEA U.S., the world’s leading home furnishings retailer has announced that its Norfolk store will open at 9:00 a.m. ET on Wednesday, April 10. IKEA Norfolk will be the Swedish company’s second location in Virginia, and 50th store in the U.S.

“We are happy with the construction progress to date at the future IKEA Norfolk store,” said Charlie Plisco, store manager. “We are confident we will be ready to open our doors by April and look forward to recruiting and training new co-workers joining the IKEA family, as well as sharing the IKEA experience with future customers in the Hampton Roads area.”

The future 331,000-square-foot IKEA Norfolk will reflect the same unique architectural design for which IKEA stores are

known worldwide. It will be built on 19 acres on the northwestern corner of Interstate 64 and Northampton Boulevard. The future IKEA Norfolk will feature nearly 10,000 exclusively designed items, 42 inspirational room settings, four model home interiors, a supervised children’s play area and a 354-seat restaurant serving traditional Swedish and American fare including IKEA meatballs. IKEA Norfolk is also equipped with the largest solar rooftop array in the Hampton Roads area and electric vehicle (EV) charging stations.

In addition to the more than 500 construction jobs that were created, approximately 250 co-workers will have joined the IKEA family when the new store opens. Diverse positions are still available in sales, customer service, goods flow, receiving, warehouse and stock replenishment



Courtesy Ikea

CalendarCommunity

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

LOOKING AHEAD... Hampton Roads Military Hiring Event

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

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

REGISTER - Make sure to register by Feb. 21. You can register at www.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/rpr1zt0w3bvk/>

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.

2019 Showstopper Dance Competition

- Friday - Sunday, Feb 22-24, 8 a.m.-5 p.m.
- Hampton Roads Convention Center, 1610 Coliseum Dr., Hampton
- www.goshowstopper.com

If you're looking for the largest, most glamorously fun dance competition in the world, you've come to the right place! You can find us at all of the biggest and best venues all across the country — we are in over 50 cities a year! You might leave our competition covered in glitter, but we guarantee you'll also leave with the best memories you'll have all year (until your next Showstopper event, that is!)

The Legwarmers in concert

- Friday, Feb. 22, 8 p.m., \$16
- The Norva, 314 Monticello Ave., Norfolk
- www.thenorva.com

Remember the Eighties? Sure, we all do...but the Legwarmers don't just remember the Eighties - they relive them. It all started back in May 2001 when Gordon Gartrell and Cru Jones had just seen yet another cover band butcher the decade that they loved, so they decided to do something about it. They assembled a group and vowed to give the world's most hedonistic decade the tribute it deserved. Joined by Chet Reno, Lavaar Huxtable, Roxanne Rio, Capt. Morgan Pondo and Clarence McFly, they locked themselves in the basement with a shoebox-full of dusty 45's and an endless supply of Tab. One year later, the Legwarmers emerged.

Aaron Lewis with Ben Danaher

- Friday, Feb. 22, 8 p.m. \$42.50-\$62.50
- Sandler Center For The Performing Arts, 201 Market St., Virginia Beach
- www.sandlercenter.org

Aaron Lewis brings his "State I'm In Tour" to the Sandler Center! The former Staind front man first made his country debut in 2011 with certified gold single "Country Boy" followed by the release of his first full-length solo album, The Road. "Country Boy" features Charlie Daniels on fiddle and a booming verse from George Jones, as well as Chris Young striking a balance between classic and modern country. Lewis has released seven studio albums, two which peaked the Billboard Top Country Albums, and has been nominated for two CMT Music Awards. Lewis' introspective, personal, and relatable lyrics are proof that country music is about lifestyle and values, not necessarily where you were raised. Lewis attributes country as something that has always inspired him. Growing up in rural Vermont the singer/songwriter spent summers with his WWII veteran grandfather hunting and fishing. During that time, he developed a love for the land, the woods, and the simple life, which still permeates everything he does. "I was raised on Country music," Lewis says "My grandfather listened to Merle Haggard, Hank Williams, Hank Jr., and all of the greats." Those influences are evident on stage in his new songs and in Staind hits he often performs such as "Outside," "It's Been Awhile," and "So Far Away."

Vow Bridal Show

- Sunday, Feb. 24, 10:30 a.m.- 4 p.m. \$10/advance, \$15/door
- Virginia Beach Convention Center, 1000 19th St., Virginia Beach
- www.pilotonline.com/vow-bride/events

On Sunday, February 24, 2019, brides, grooms, family members and friends can come and see the very best wedding professionals at one of the area's largest wedding expo events of the year. Guests will see, touch, taste, and hear all about how to make their special day the very best it can be. The event will take place from 10:30 a.m. to 4 p.m. at the Virginia Beach Convention Center and will include a live fashion show, prize giveaways and so much more.

■ Submit YOUR events, news and photos

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



Virginia Zoo breaks ground for new nature play area

By Ashley Grove Mars

NORFOLK

The Virginia Zoo is excited to announce the addition of a Nature Play area, to open this summer on Zoo grounds. The Zoo was awarded several grants from local organizations, including a \$25,000 grant from the Rotary District 7600, Norfolk Rotary Charities, Inc., Norfolk Sunrise Rotary, and the Virginia Beach Rotary Club Foundation. Other donations for the project have come from Wells Fargo and Target.

Nature Play is unstructured and informal play that incorporates the natural and surrounding landscape and vegetation to bring nature to children's daily outdoor play and learning environments. It is proven to powerfully boost the cognitive, creative, physical, social and emotional development of children.

"The Virginia Zoo is committed to building the experience of nature into childhood," said Greg Bockheim, Executive

Director of the Virginia Zoo. "We aim to promote and strengthen children's outdoor learning experiences to help the next generation become more environmentally minded and move the future in a more sustainable direction."

"As Rotarians, we continually seek ways to improve quality of life for people living near us, and around the world," added Rotary Club of Norfolk President Pamela Tubbs. "We recognized Nature Play as a wonderful community service project in which we could invest not only money, but ongoing volunteer support."

The nearly one-acre play area will be located near the Zoo's Flora Point section of the park. Nature Play will feature tree stumps and pieces to be used as climbing, walking, and jumping structures, as well as a sandbox for digging, a sensory walk, willow tunnel and a bamboo maze. In addition to being open to the public daily for free-play, the area will be utilized for informal, free programming from the Edu-

cation Department. New bathrooms, which have been donated from the City of Norfolk, have also been installed and will open this Spring. The Zoo will host a Family Volunteer Day on May 4 where volunteers can assist with a variety of projects, including constructing aspects of the play area. For more information on the Family Volunteer Day visit, virginiazoo.org/family-volunteer-day.



Courtesy Virginia Zoo

Wells Fargo collaborates with local historians to create mural depicting the history of Virginia Beach

From Wells Fargo

VIRGINIA BEACH, VA

Wells Fargo and local leaders unveiled a historical mural last week, at the Wells Fargo community banking branch located at 699 Independence Blvd. in Virginia Beach. The mural, which depicts the military history of Virginia Beach and hangs in the branch, was created through the collaboration of local and Wells Fargo historians.

The colorful design pays tribute to Fort Story, the U.S. Army's logistics-over-the-shore operations training facil-

ity, and the Blue Angels, the U.S. Navy's premier flight demonstration team. The design also commemorates educator and community leader Emma Hairston, an original member of the Virginia Beach NAACP. Views of the historic Cape Henry lighthouses and an early downtown street scene are also featured in the design.

The new mural will be Wells Fargo's fifth installation in Virginia Beach, and the company's 106th mural in the state of Virginia. Each mural reflects the joint effort of many people, including Wells Fargo team members, and local historical societies, libraries, and museums.



Courtesy Wells Fargo

The Stockpot opens in downtown Norfolk's Selden Market

From Cindy Mackey

NORFOLK

Downtown Norfolk Council and Selden Market welcome The Stockpot Norfolk at 215 E. Plume Street. The second venture for Chef Anne Galante and partner Patrick Edwards is larger than their first restaurant located in Virginia Beach's ViBe Creative District on 19th Street, which opened in 2015.

The Downtown Norfolk location seats 50 in the beautiful two-story 2,000-square-foot space. The restaurant is centered around a wrap-around bar exposing the open kitchen. A sec-

ond floor loft overlooks the dining room that is surrounded in booths. The sleek look is enhanced with exposed brick and original concrete and tile floors.

Galante uses quality ingredients from local purveyors and creates from scratch. The original soup restaurant concept has morphed into a healthy comfort food café. The menu features signature soups including bone broth in addition to breakfasts, toasts, salads and sides.

"We've been planning this for more than a year," said Galante. "We have received a very warm welcome and want to understand this market better



Keith Lanpher
Stockpot owner/chef, Anne Galante.

to determine what they want as far as ramen nights or extended hours."

The Norfolk hours are Monday through Friday 8 a.m. to 7 p.m. and Saturday 8 a.m. to 4 p.m. Soups and specials change daily. Cocktails, cider and craft beers have been added to the menu. For additional information, visit www.stockpotsoups.com.

Eating to age gracefully: Top tips from a registered dietitian

From Brandpoint

What if you were 60 but felt more like you were 30? Consider taking charge of your nutrition by adding in foods that help you feel decades younger.

“What you eat and drink can have a tremendous impact on how you look and feel,” says Dawn Jackson Blatner, Registered Dietitian and Nutritionist. “Eating healthy is important at any age, but as you get older, certain foods can have a powerful impact on your overall well-being.”

Dawn’s top picks for food that fight aging include:

Fish

“Try substituting fish into meals a few times a week,” says Dawn. “Americans tend to eat less fish than people in other parts of the world and they are missing out on great-tasting protein that’s packed with omega-3s.”

Omega-3s support brain and heart health, two important considerations as you age. In fact, Mayo Clinic doctors believe that omega-3s reduce the risk of dying of heart disease.

“Fatty fish like salmon, tuna, sardines and mackerel are good options,” she says. “Try buying wild-caught versus farm-raised when possible.”

Eggs

“Many people don’t realize the benefits of eating eggs, and when you choose the right type of egg, you get higher levels of omega-3s, B12, and vitamin E, all nutrients needed for healthy aging,” says Dawn.

She suggests Eggland’s Best eggs, which have 25 percent less saturated fat, more than double the omega-3s, 10 times more vitamin E, and more than double the amount of vitamin B12. Eggland’s

Best has superior nutrition due to its proprietary all-vegetarian hen feed that contains healthy grains, canola oil and a wholesome supplement of rice bran, alfalfa, sea kelp and vitamin E.

Our ability to absorb energizing B12 decreases with age, so getting B12 in places like EB eggs is important. Also important in EB eggs is the antioxidant vitamin E, which can act like an internal “sunscreen” to protect skin from sun damage and help skin age more gracefully.

“A better egg equals a better recipe,” she says. “Eggland’s Best eggs are the only eggs I recommend to my clients and serve to my family - double the omega-3s will help promote healthier aging.”

Berries

“Antioxidants protect your cells from damage and support a strong immune system,” says Dawn. “This is incredibly important as you age so you can stay healthy and feel younger.”

Packed with vitamins C and E, berries are a superfood great for snacking and cooking. Try eating an array of colorful berries each week to give your body the antioxidants it craves. Blueberries are particularly well-known for their antioxidant properties.

“The sky is the limit for berry versatility,” she says. “Sprinkle some in yogurt, make a smoothie, add some to a salad or eat as a healthy dessert.”

Cruciferous vegetables

“Pack your plate with cruciferous vegetables as you age,” says Dawn. “These are members of the cabbage family and include broccoli, cauliflower, Brussels sprouts, bok choy and kale.”

These tasty greens are great fresh or cooked, providing plenty

of fiber to help keep your digestion on track, which is a concern for many as they age. But there’s more: The National Cancer Institute states that cruciferous vegetables may help reduce the risk of some cancers.

“These dark-green powerhouses pack a nutritional punch that supports healthy aging, so discover recipes that include cruciferous vegetables and other ‘anti-aging’ foods.”

Dawn shares one of her favorite recipes featuring some of these ingredients.

Omega 3 Burrito
Makes 2 servings

Ingredients:
2 tablespoons olive oil
2 tablespoons chopped red onion
2 tablespoons cream cheese
1 clove garlic, minced
4 Eggland’s Best eggs (large)
4 lacinato kale leaves, destemmed with leaves finely chopped

4 ounces sliced smoked salmon
2 10-inch whole-wheat tortillas
salt and pepper to taste

Directions:
Heat olive oil in a skillet over medium-high heat.

Once oil is hot, add onion stirring occasionally until softened, approximately 3 minutes, then add garlic and cook for one minute.

Add kale to skillet and toss to combine with garlic and onion.

Continue sautéing for five minutes, or until kale becomes tender.

Add Eggland’s Best eggs into skillet with kale and scramble until cooked through.

Remove mixture from heat and set aside.

If warm tortillas are desired, simply place them on a microwaveable plate and cover with a damp paper towel. Microwave in 30-second intervals until warm.

Spread cream cheese on the tortillas and lay salmon onto tortilla.

Spoon egg and kale mixture into center of tortillas.

Roll up burrito-style, tucking in the ends and enjoy.



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Arts & Entertainment



Kyle Kaplan
Alexandra Shipp as Sasha, Jesse Usher as John "JJ" Shaft, Samuel Jackson as John Shaft and Richard Roundtree as John Shaft, Sr. in New Line Cinema's action comedy "Shaft," 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.

SHAFT

JJ, aka John Shaft Jr. (Usher), may be a cyber security expert with a degree from MIT, but to uncover the truth behind his best friend's untimely death, he needs an education only his dad can provide. Absent throughout JJ's youth, the legendary locked-and-loaded John Shaft (Jackson) agrees to help his progeny navigate Harlem's heroin-infested underbelly. And while JJ's own FBI analyst's badge may clash with his dad's trademark leather coat, there's no denying family. Besides, Shaft's got an agenda of his own, and a score to settle that's professional and personal.

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 realizes 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

\$3 Movies

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7 p.m. The Kid Who Would Be King (PG)

Saturday, February 23
1 p.m. The Kid Who Would Be King (PG)
4 p.m. Escape Room (PG-13)
7 p.m. Glass (PG-13)

Sunday, February 24
1 p.m. The Upside (PG-13)
4 p.m. A Dog's Way Home (PG)
7 p.m. The Kid Who Would Be King (PG)

NAS Oceana, Aero Theater – 433-2495

Friday, February 22
6 p.m. The Kid Who Would Be King (PG)
9 p.m. Escape Room (PG-13)

Saturday, February 23
12 p.m. A Dog's Way Home (PG)
3 p.m. The Kid Who Would Be King (PG)
6 p.m. The Upside (PG-13)

Sunday, February 24
12 p.m. The Kid Who Would Be King (PG)
3 p.m. On The Basis Of Sex (PG-13)
6 p.m. The Upside (PG-13)

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

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announcements

Announcements

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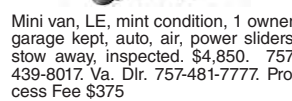
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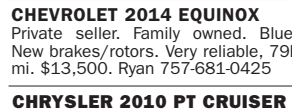


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Look! 4 corners!

Everyday moments can be learning moments with your kids. For more tips, visit bornlearning.org

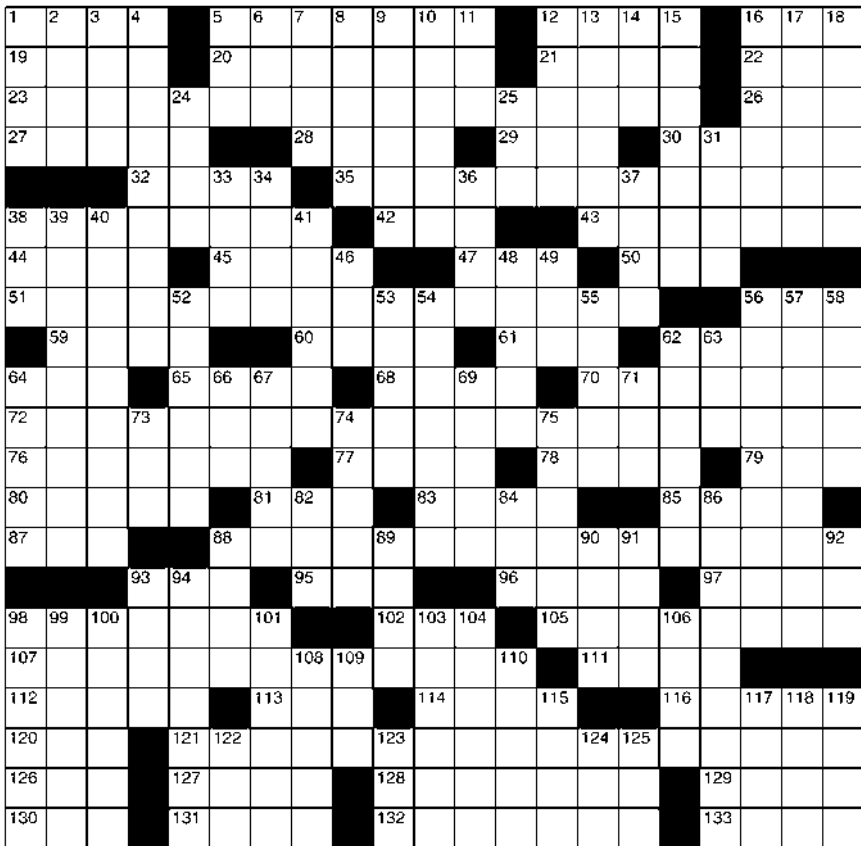


Fun and Games

Super Crossword

"SO THERE!"

- ACROSS**
- 1 Mrs., in Munich
5 Spa offering
12 Tartan weaver
16 Second afterthought in a letter, for short
19 Work for
20 Barber's tool
21 Made cloth
22 Arena cry
23 Ghost of a bricklayer?
26 A bit more than zero
27 Kitchen range brand
28 "— never fly"
29 Toronto's prov.
30 Fall bloomer
32 Passport stamp
35 Put herbs and spices on a James Bond actor?
38 Greek vowels
42 Mr., in Mysore
43 Ideal
44 Deicing stuff
45 Stable baby
47 JFK's veep
50 Suffix with final or novel
- DOWN**
- 1 Cheese that crumbles
2 Chicago mayor — Emanuel
3 Territory
4 Like surprise guests
5 "Siesta Key" channel
6 Shapiro of radio
7 "Yes, yes!" to Pedro
8 "24: Legacy" actor Jimmy
9 Saunters
10 Actress Sarah Michelle —
11 Poetic "prior to"
12 Football player Lynn
13 Sam's Club alternative
14 —lacto-vegetarian
15 Lessees
16 For the time being
17 Chain of bakery-cafes
18 Singer Crow
24 Finger part
25 Bovine noise
31 Sulky mood
33 Den fixture
34 After a while
36 Grain tower
37 Sheriff Taylor's kid
38 Atty.'s name follower
39 He co-founded Microsoft with Bill Gates
40 Somnolent and Nyctol, e.g.
41 Light shoe
46 Grassland
48 Pink wine
49 Mo. #1
52 Suez Crisis figure
53 Tons
54 Serum injector
55 Winter drink
56 Really big
57 Collect-call connectors
58 In itself
62 Dojo mat
63 Gray shade
64 With 95-Across, wide keyboard key
66 Fess (up to)
67 Brief quarrel
69 River romper
71 Ton
73 Singer Sumac
74 Forest vine
75 Does some harping?
82 Polish, e.g.
84 Stubborn equine
86 Rink athlete
88 Move slightly
89 Attracted
90 Mo. #9
91 Bosc, e.g.
92 Rebellion figure
93 Seine feeder
94 Study of poetic rhythm
98 Minecraft, e.g.
99 Wrecked
100 Shady spots
101 Impressive sight
103 Mandalas
104 Some lizards
106 Repose
108 — Canada (oil biggie)
109 Bruins great
110 Bobby
111 Russian money
115 Not masked
117 Turkish money
118 Cut, as hair
119 Many years
122 Egg — yung
123 Simile center
124 Grab a chair
125 Put — (deceptions)



last week's answers

OFFMIKE ADMIX LUTHER
ARIANNA NOONE ENMASS
KISSFOREIGNER FRIGHTS
ATTN SIF ATONE
CREAMTOTO STYX JOURNEY
HOLLY OVUM SEATS EVA
OTOE EMMET ILLBE SWIM
CHICAGO BREAD DRAWS
KNOB RUNOUT ERA
LADYDI POISON SURVIVOR
EPA SPAM ADEE ELM
SUBLIMENI RVANA CADRES
BIOATTAIN JEDI
HOLDUP GENESIS OASIS
UKES ESTES ATOMS LIMO
SRI FREAK ENCL SETUP
KANSAS QUEEN HEART RUSH
TROUT CDS MLII
HEROINE BOSTON GARBAGE
ETERNAL ILLIAD ETIENNE
MAMMALS BETTERANS JACK

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

Sudoku

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

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: E equals F

RPMR ESOOKC WSHSF RVFWB RPS

OTZPR BCTRLP KEE CPSW TR'B

WKR TW VBS. PS'B ZKR M CMRR

KE WSFHS!

Last week's CryptoQuip answer

Why does the server at our diner always get ill?
I believe it must be something in the waiter.

Religious Services

For your installation's religious service times, visit:
[www.flagshipnews.com/
base_information/
religious_services](http://www.flagshipnews.com/base_information/religious_services)



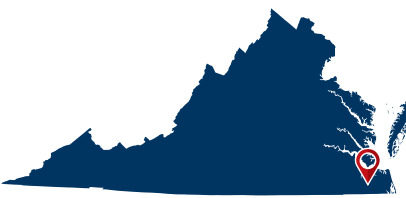
Support your Heroes at Home!

AT THE 2019 MILITARY SPOUSE AWARDS



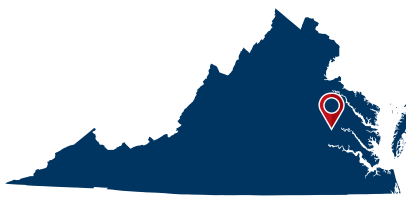
NORTHERN
VIRGINIA

04.16.19
TUESDAY



HAMPTON
ROADS

05.02.19
THURSDAY



CENTRAL
VIRGINIA

05.16.19
THURSDAY

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

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

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