



IN THIS ISSUE
THE HISTORY OF AFRICAN AMERICAN HISTORY MONTH
 A closer look at how and why we celebrate February as African American History month.

»See **A2**

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U.S. Navy graphic

NAVY DIRECTS COMMANDS TO CONTACT 100% OF SAILORS LIVING IN GOVERNMENT AND PPV HOUSING

From Navy News Service Public Affairs

WASHINGTON

The Navy announced Feb. 23 that 100% of Sailors living in government and Public Private Venture (PPV) family housing will be contacted by their commands and asked if their housing is satisfactory.

NAVADMIN 043/19, released by Chief of Naval Operations (CNO) John

Richardson and Master Chief Petty Officer of the Navy (MCPON) Russell Smith, directed the action upon being alerted that the health, safety and well-being of some Sailors may have been negatively affected by the condition of their government and PPV family housing.

Richardson and Smith both affirmatively stated that our, "Sailors and their families deserve safe,

quality living quarters and commands must advocate for all Sailors and their families."

Every Sailor residing in PPV or government housing will be afforded an opportunity for a visit from their command at their residence no later than April 15, 2019. The visits are to be strictly voluntary and by invitation only. The purpose of these visits is to raise Navy awareness of

family living conditions, to allow command leadership to personally observe any issues affecting the home and to understand any actions being taken to address them. If a problem is found, the visits serve as an opportunity to help Sailors and their families resolve the problem.

"We are prioritizing efforts to better understand our Sailors' living conditions in on-base govern-

ment family and PPV housing to ensure that as residents they are provided with the quality of life they have earned and deserve," said Richardson.

Additional guidance will be released to commands early next week detailing how visits must be conducted. Importantly, the 100% contact order is not an inspection program but rather an opportunity for commands to advocate

for their Sailors.

"Trust and confidence are the foundational bedrock upon which effective command rests and an open flow of communication is imperative," said Smith. "We first encourage Sailors to raise issues with their chain of command. In the same vein, we need leaders to be engaged in the ways that Sailors are most receptive."



U.S. Navy photo
 Nimitz-class aircraft carrier USS George H.W. Bush (CVN 77) arrived at Norfolk Naval Shipyard (NNSY), Feb. 21, for a 28-month dry-docking planned incremental availability (DPIA).

NNSY welcomes USS George H.W. Bush for dry-docking planned incremental availability

By Michael Brayshaw
 Norfolk Naval Shipyard Public Affairs

PORTSMOUTH, VA.

Nimitz-class aircraft carrier USS George H.W. Bush (CVN 77) arrived at Norfolk Naval Shipyard (NNSY), Feb. 21, for a 28-month dry-docking planned incremental availability (DPIA).

Dry-docking and maintaining a 103,000 ton, 1,092-foot aircraft carrier is complex work. This DPIA marks the first time George H.W. Bush has not been waterborne since 2006. Requiring an estimated 1.3 million man-days, it will be the most extensive maintenance period for the ship yet and one of the most complex CVN

chief of naval operations availabilities in recent NNSY history.

The shipyard workforce will be providing approximately 775,000 man-days, with ship's force, alteration installation teams and contractor work comprising the rest.

George H.W. Bush Project Superintendent Jeff Burchett worked to incorporate corporate lessons learned after visiting Puget Sound Naval Shipyard to see USS Nimitz (CVN 68) undergo similar work during its availability.

"There are a lot of first-time jobs all

» See **BUSH** | **A7**



MC2 Allen Lee
 The Henry J. Kiser-class fleet replenishment oiler USNS Leroy Grumman (T-AO 195) refuels Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) and Arleigh Burke-class guided-missile destroyer USS Gonzalez (DDG 66) during a replenishment at sea.

Abraham Lincoln Carrier Strike Group wraps up COMPTUEX

By Lt. Tyler Barker
 Carrier Strike Group 12 Public Affairs

ATLANTIC OCEAN

After weeks at sea drilling and training through a variety of challenging and realistic scenarios during their composite training unit exercise (COMPTUEX), the Sailors of the USS Abraham Lincoln (CVN 72) Carrier Strike Group (ABECSSG) returned to Naval Station Norfolk Feb. 23.

The month-long assessment tested ABECSSG's units and their ability to inter-

operate as a team-of-teams in a complex and rapidly changing maritime domain. Upon successful completion of COMPTUEX the ABECSSG will be the next CSG certified for deployed operations.

"I'm extremely proud of the hard work and dedication I saw from every level of the team throughout this dynamic and challenging training event," said Rear Adm. John Wade, commander, Carrier Strike Group Twelve. "I was impressed by the level of complexity of the exercise, which afforded our strike group the opportunity to

» See **COMPTUEX** | **A7**



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USS Constitution commemorates 204th anniversary of victory over HMS Cyane and HMS Levant

USS Constitution commemorated the 204th anniversary of her victory over HMS Cyane and HMS Levant at Pier One of the Charlestown Navy Yard, Feb. 20.

»See **A4**



Navy returns to flying Union Jack

U.S. Navy ships and craft will return to flying the union jack effective June 4, 2019. The date for reintroduction of the union jack commemorates the greatest naval battle in history: the Battle of Midway, which began June 4, 1942.

»See **B1**

Mary Poppins drops in on the Sandler Center this weekend

Don't miss Virginia Musical Theatre's production of Mary Poppins this weekend!

»See **C1**

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In the federal government we wear unity as a badge of decency. Agencies like the Department of Navy, the National Archives, the Library of Congress, and the Office of Personal Management, recognize and honor diversity and equal opportunity in the work place. The genesis of this dates back to 1915, when historian, scholar, and author Dr. Carter G. Woodson, founded the Association for the Study of Negro Life and History. Through this organization, now known as the Association for the Study of Life and History (ASALH), Dr. Woodson initiated the first Negro History Week in February 1926. He selected the week in February that included the birthdays of Abraham

Courtesy photo from Navy History Heritage Command
Woodson as a young graduate.

More than 100 years later, Dr. Woodson's efforts to disseminate and celebrate African American's contributions to the United States' development and defense continue with the establishment of the Na-



U.S. Navy graphic

For those wishing to know about Dr. Woodson's contributions to African American studies and his influence today, visit the National Park Service page at www.nps.gov.



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51 years and a day

By MC2 Jacob S. Richardson
NAS Oceana Public Affairs

VIRGINIA BEACH, VA.

51 years and a day: the length of time that Lt. Richard Clive “Tito” Lannom, has been declared missing in action. The deceased naval aviator’s remains were finally found, returned to U.S. soil and will be laid to rest March 2 during a public burial in his hometown of Union City, Tennessee.

Tennessee Gov. Bill Lee declared March 2 a day of mourning for Lannom, marking the importance of a former high school athlete, University of Tennessee at Martin Graduate, naval officer, friend, uncle, cousin and husband, who is now known to have been killed in action in Vietnam at the age of 27.

“Lt. Lannom’s final resting place will finally be home, on Tennessee soil, where he belongs,” said Gov. Lee in a press release issued by Tennessee Department of Veterans Services. “We are grateful to join the Lannom family in pausing to remember and recognize Lt. Lannom’s sacrifice for our state and country.”

Prior to the funeral, visitation will be held from 10 a.m. to 1 p.m. at Discovery Park of America. Following the funeral service, a procession, including city, county, and state law enforcement; military support organizations such as the Patriot Guard Riders; dignitaries, friends, and family will travel from the park to the East View Cemetery for a graveside ceremony with full military honors and military flyover.

“Union City is the only home Tito ever really knew,” said his widow, Charlotte Shaw. “He loved being from a small town.

I wanted him to return to the home he loved.”

Shaw, who has planned the day’s events with family members, noted that they married on his first day of leave from Officer Candidate School in Pensacola in 1965, the couple eventually made their way to training bases in Texas, California, Washington and Virginia. At each locale, Charlotte saw his kindness attract people.

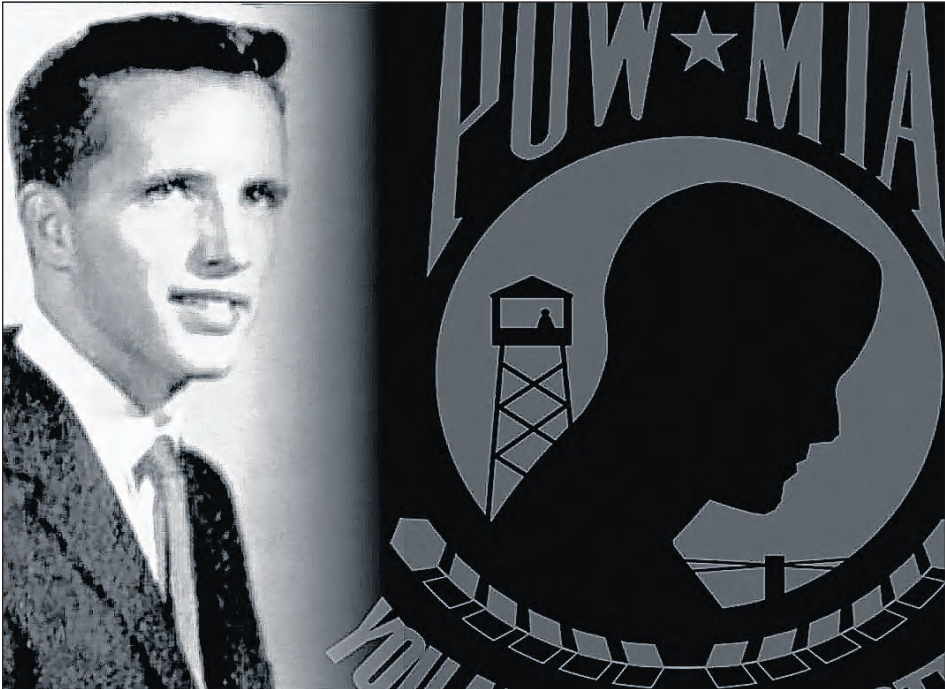
“We would go to a new squadron, and in a short time, everybody would be drawn to him,” she said. “He wasn’t a hot-shot airman at all. He was just a committed American who loved his country and accepted the call, knowing he would stay the course.”

After training, he was deployed to Vietnam. Lannom, from Union City, and Shaw, from Memphis, never had the opportunity to put down permanent roots.

Shaw eventually remarried after spending the first several years of Lannom’s MIA status as an advocate for his return. As one of her advocacy efforts, in 1971, she and the wife of a POW carried a half million letters to the gates of the North Vietnamese Embassy in Paris, France to demand an accounting of MIAs and better treatment for prisoners. Jackie, her husband of 40 years, and their family of five children and ten grandchildren have always felt “Tito” was a part of their lives.

On March 1, 1968, Lannom, an A-6A Intruder bombardier-navigator assigned to Attack Squadron (ATKRON) 35, and attached to USS Enterprise (CVA-65), was participating in a night strike mission over

the Quang Ninh province of North Vietnam. The flight path to the target was known to have light anti-aircraft artillery,



MC2 Jacob Richardson

and radar contact with the aircraft was lost due to the low altitude of the flight path. Then, when Lannom’s aircraft failed to return to the carrier, a search and rescue effort was mounted, but no evidence of the plane could be found. Lannom and his pilot were subsequently declared MIA.

Between Oct. and Dec. of 2017, a Vietnamese Office for Seeking Missing Persons’ team excavated a crash site below the peak of a steep mountain on the southwestern peninsula of Tra Ban island. The team recovered material evidence and aircraft wreckage. To identify Lannom’s remains, Defense POW/MIA Accounting Agency and the Armed Forces Examiner System used DNA analysis and circumstantial and material evidence.

“This has been an emotional time. Tears of joy that he can finally be honored

and buried in Union City, the home he loved, and tears of sorrow for this great loss of life, as though it happened yesterday,” said Shaw. “Everyone is welcome to the memorial, to help finally bring honor to Tito on Saturday, March 2; a fitting date since it will be the 51st anniversary weekend of the date he gave his life for his country.”

Today, there are 1,592 American servicemen and civilians still unaccounted for from the Vietnam war. Lannom’s name is recorded on the National Vietnam Veterans Memorial in Washington, D.C., and the Courts of the Missing at the National Memorial Cemetery of the Pacific in Honolulu, along with others who are unaccounted for from the Vietnam War. A rosette will be placed next to his name to indicate he has finally been accounted for.

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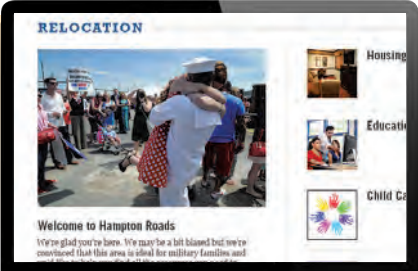


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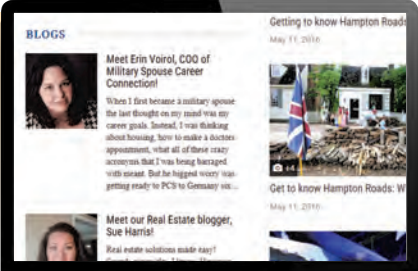
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USS Constitution commemorates 204th anniversary of victory over HMS Cyane and HMS Levant

By MC3 Casey Scoular
USS Constitution Public Affairs

BOSTON

USS Constitution commemorated the 204th anniversary of her victory over His Majesty’s Ship (HMS) Cyane and HMS Levant at Pier One of the Charlestown Navy Yard, Feb. 20.

USS Constitution’s Executive Officer, Cmdr. John Benda, opened the ceremony with a summary of the factors which led President James Madison and the United States to declare war against Great Britain on June 18, 1812 as well as Constitution’s participation in the War of 1812 leading up to the battle.

“The reason for war was the American citizens’ outrage at the ruthless practice of impressment, the act of taking men into the British naval service by force without notice,” said Cmdr. Benda. “This was epitomized by Constitution’s sister ship USS Chesapeake whom, unprepared for battle upon meeting the HMS Leopard in peacetime, was blindsided by the aggressor and boarded. Her and the nation’s sovereignty were disrespected by the British when they impressed four of Chesapeake’s Sailors, Sailors with confirmed or just assumed British roots and who were suspected as defectors from the cruel British fleet. This type of treatment was encapsulated by the war rallying cry of ‘Free Trade and Sailors Rights’ that spread throughout the country and moved President James Madison on June

18, 1812 to sign Congress’ Declaration of War.”

Following the Executive Officer’s remarks, Seaman Ashley Watston, Constitution’s Command Historian, read deck log entries made during the battle by Constitution’s Commanding Officer, Capt. Charles Stewart.

Carl Herzog, USS Constitution Museum’s Public Historian, spoke about the sailing tactics and seamanship that led ‘Old Ironsides’ to victory that day.

“Over a grueling 12-hour period, from the time they first made chase until one in the morning when both enemies were captured and the ship was ready again for battle, the crew of Constitution was in a state of near constant motion,” said Herzog. “Setting sails to catch the first ship sighted only to have the upper section of the mainmast break away under the strain. Without even giving up the chase, the crew replaced that mast section with a spare from the deck, re-rigged the upper yards and sails and continued their pursuit.”

Herzog then described the Sailing tactic back winding, that was essential in Constitution gaining the victory.

“At the height of the battle, shrouded in the clouds of black powder gun smoke coming from all of the guns, Stewart stopped the crew’s firing long enough to survey the situation. He realized Constitution had crept ahead of Cyane, who was now threatening to cross behind Constitution and deliver what could have been a deadly



MC3 Casey Scoular
Cmdr. John Benda, executive officer of USS Constitution, delivers remarks during a ceremony marking USS Constitution’s victory over the British navy ships HMS Cyane and HMS Levant during the War of 1812. The crew of USS Constitution held a ceremony commemorating the 204th anniversary of Constitution’s victory, the ship’s final engagement during the war of 1812.

raking fire over Constitution’s stern. Stewart immediately ordered the crew to back the sails, to pivot the yards so that the wind was blowing the ship backwards to literally and essentially put the ship in reverse, backing back into the cloud of smoke that they had just parted. It was the crew’s swift execution of this order that worked. They blocked Cyane’s crossing attempt and the broadsides continued.”

Herzog concluded his statements by saying that, because of her victories over Cyane and Levant, Constitution had fulfilled her mission of being created to be a fast frigate that could both outsail and outgun superior opponents.

The ceremony concluded with Cmdr. Benda speaking about the legacy of the War of 1812.

“The war bolstered a sense of pride and the feeling of true and indisputable liberation from Great Britain. America’s independence was solidified.”

Finally, Cmdr. Benda gave the

order to “Make ready your gun,” at which point Sailors assigned to USS Constitution fired one round was from the ship’s saluting battery.

On Feb. 20, 1815, Constitution sighted the British warships Cyane and Levant sailing off the coast of Madeira Island in the North Atlantic and gave chase. Cyane and Levant began a series of broadsides against her, but Stewart outmaneuvered both and forced Levant to disengage. He concentrated fire on Cyane, which soon surrendered. After critical repairs, Levant returned to engage Constitution, but she turned and attempted to escape when she saw that Cyane had been defeated. Constitution overtook her and, after several more broadsides, Levant surrendered as well. Constitution suffered little damage in the battle, though it was later discovered that she had twelve 32-pound British cannonballs embedded in her hull, none of which had penetrated. Constitution and her two

prizes then set a course for the Cape Verde Islands and arrived at Porto Praya on March 10.

Constitution, America’s Ship of State, actively defended sea lanes against global threats from 1797-1855. The World’s Oldest Commissioned Warship Afloat, Constitution embodies 221 years of maritime heritage and unwavering service to her country. Now a featured destination on Boston’s Freedom Trail, Constitution and her crew of active duty U.S. Navy Sailors offer community outreach and education about the ship’s history and the importance of naval sea power to more than 500,000 visitors each year. Constitution is berthed at Pier One in Charlestown Navy Yard.

For more information, visit www.history.navy.mil/ussconstitution or www.facebook.com/uss-constitutionofficial.

For more news from USS Constitution, visit www.navy.mil/local/constitution/.

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Two-piece, flame-resistant organizational clothing reaches next step of testing

By MC2 Stacy M. Atkins Ricks
U.S. Fleet Forces Command Public Affairs and Outreach

NORFOLK

U.S. Fleet Forces (USFF) Command will begin a second round of testing later this year on a two-piece organizational clothing variant that offers flame resistance and moves the Navy one step closer to delivering Sailors a safe, comfortable, no-cost alternative to the Improved Flame Resistant Variant (IFRV) coveralls, with the same travel flexibility as the Type III working uniform.

USFF conducted the initial wear test on two-piece variants from May through September of last year and collected feedback from nearly 200 wear-test partici-

pants across surface, aviation and submarine communities about everything from colors and design, to comfort and options like buttons and hook-and-loop fasteners. The command also received feedback from more than 1,700 Sailors in an online survey about colors and design.

Fleet survey responses indicated that Sailors liked the functionality of the Type III but would like to see the design in traditional Navy uniform colors. More than 70 percent of E-6 and junior Sailors surveyed liked the navy blue blouse and trouser while a khaki version was the preference for chiefs and officers.

“Leaders are listening to the fleet when it comes to this design,” said USFF Fleet Master Chief Rick O’Rawe, a wear-test participant. “We have an obligation to keep our Sailors safe in inherently dangerous environments, but we also want to be mindful of their time. This is going to be something that’s safe, easy to maintain, and doesn’t require half-masting of coveralls when it’s hot or having to change clothes every time you leave the ship. Never again should we have to pass the words ‘all hands shift into the uniform for entering port or getting underway.’”

The updated design, which won’t require Sailors to sew on components, will be tested by 100 officers and enlisted Sailors to see how well it performs from wash-to-wear without ironing, and how it holds up to laundering. The two-piece variant will allow for debloating in extreme climates and challenging work environments. An undershirt will continue to be tested with a flame-resistant, moisture-wicking fabric in black.

“I have received so much feedback just from wearing the two-piece around the command every day,” said Yeoman 1st Class Kelly Pyron, a wear-test participant assigned to USFF. “The best part is that we’ll be able to transit from the ship and run errands in the two-piece; having one standard underway and in-port across the board will be much more convenient. I am excited to see the wear test moving into the next phase of evaluation.”

Once approved, the new prototype will serve as an alternative to the IFRV coverall for operational commands. The coverall may continue to be the prescribed clothing item for some Sailors in applicable work environments.

Pyron expressed, “If a clothing item, that I will not have to buy, can make my life easier while keeping me safe, I’m all for it.”

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



MC2 Stacy M. Atkins Ricks
Yeoman 1st Class Kelly Pyron, assigned to U.S. Fleet Forces (USFF) Command, demonstrates the operational wearability of the flame-resistant, two-piece organizational clothing prototype aboard the aircraft carrier USS Harry S. Truman (CVN 75). USFF will conduct a second test of the prototype later this year. The goal of the initiative is to provide a no-cost, safe, and comfortable organizational clothing option to the improved, flame-resistant variant (IFRV) coverall.



MC2 Stacy M. Atkins Ricks
Lt. Jamie Seibel, assigned to U.S. Fleet Forces (USFF) Command, demonstrates the operational wearability of the flame-resistant, two-piece organizational clothing prototype (khaki variant) aboard the Ticonderoga-class guided missile cruiser USS Vella Gulf (CG-72). USFF will conduct a second test of the prototype later this year. The goal of the initiative is to provide a no-cost, safe, and comfortable organizational clothing option to the improved, flame-resistant variant (IFRV) coverall.



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Naval Safety Center rolls out new dive jump reporting system

From Naval Safety Center Public Affairs

NORFOLK

The Naval Safety Center is centralizing and streamlining how it documents data for diving and parachuting communities with the new Risk Management Information (RMI) Dive Jump Reporting System (DJRS) which will allow users to plan, prepare, report, and execute safe dive and jump operations from one site for the Navy and Marine Corps. DJRS will also be used for divers in the Army, Air Force, and Coast Guard.

“DJRS will make it easier for every user,” said Kristie Thomas, RMI Enterprise Change Manager. “Data input has been streamlined, the new system is faster and more user friendly, and the reporting functionality has been greatly improved. All of the preliminary feedback we have received from the divers and jumpers during testing has been overwhelmingly positive. They view this as a great improvement.”

The new DJRS application replaces the DJRS function in the Web Enabled Safety System (WESS).

While DJRS is not used for incident reporting, the new system

does capture event log data for divers and jumpers. The data captured on DJRS includes dive events, jump events, manifest logs and equipment used. Incident reporting will be incorporated into the release of future phases of RMI.

DJRS is web-based and requires a valid CAC card and access to Internet Explorer 11, although Google Chrome, Edge, and Firefox are also compatible.

Users will find data is easier to input, forms will be pre-filled with helpful data, errors will be reduced, workflow guides are built in, time inputting data is reduced, and ad hoc reporting is improved.

In the past, divers filled out a paper form before a dive, then logged their data into WESS after the end of the dive. The new DJRS application saves money by using an RMI site, built for the Navy, which expands and adds new capabilities onto the Air Force Safety Automated System (AFSAS). New users will register at the RMI-DJRS website, <https://afsas.safety.af.mil>, then follow the prompts. Once signed on, DJRS users will log data before and after each dive and jump event.

“Eliminating paperwork and using DJRS for all diving data will be a tremendous time and error



MC2 Kory Alsberry

A Sailor assigned to Explosive Ordnance Disposal Mobile Unit (EODMU) 5 prepares to land his parachute during a joint military free-fall training during Exercise Cobra Gold 2019. Cobra Gold is a multinational exercise co-sponsored by Thailand and the United States that is designed to advance regional security and effective response to crisis contingencies through a robust multinational force to address common goals and security commitments in the Indo-Pacific region.

saver for our divers and jumpers,” said Capt. Paul Durand, Naval Safety Center Safety Assurance Manager. “No more lost paperwork.”

DJRS users will be trained just before the system is deployed. No change is anticipated in the business process, only a difference in the look and feel of the system (a new drag and drop function, for example) compared to WESS.

The DJRS toll free help desk (1-866-210-7474) will assist users with administrative, software development, infrastructure, database, and technical support.

DJRS is the first release in the multi-phased RMI initiative that will modernize the Navy’s safety incident reporting, safety program management, and mishap/hazard analysis processes. The Navy’s RMI Program reflects the Navy’s

initiative to create a safer environment for Navy personnel by capturing and analyzing safety incident reporting data. DJRS is the first step in blending incident reporting data into useful products that will improve risk and safety conditions. There will be a transition of existing legacy and core safety programs and risk management systems, applications, and data.

When fully functioning, RMI will consolidate and eliminate the legacy systems Web Enabled Safety Systems (WESS), ESAMS’ Injury/Illness Reporting and Tracking System (IIRTS), Injury/Illness Tracker (INJ-TRACK), Medical, Mishap and Compensation (MMAC), and Portsmouth Naval Shipyard’s Occupational Accident and Injury Report Systems (POAIRS). RMI

will provide an easy to use single point of data entry for Sailors, Marines, and Safety Professionals. DJRS is the beginning of this consolidation.

“We are excited to deliver the first phase of RMI to the fleet and are excited to bring RMI Streamlined Incident Reporting (SIR) by June,” said Capt. Durand. “SIR will modernize the Navy’s incident reporting process. This is a big step forward in safety reporting.”

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy. For more news from Naval Safety Center, visit <http://www.navy.mil/local/nsc/>.

For more news from Naval Safety Center, visit www.navy.mil/local/nsc/.

NATO to host the first Innovation Thru Inclusion event on International Women’s Day 2019

From NATO Supreme Allied Commander Transformation Headquarters Public Affairs

NORFOLK

The North Atlantic Treaty Organization’s (NATO) Supreme Allied Commander Transformation Headquarters, alongside the Norfolk NATO Festival, will recognize International Women’s Day during an Innovation Thru Inclusion Conference at the Waterside Marriott Downtown Norfolk on March 8 at 2 p.m.

General Andre Lanata, Supreme Allied Commander Transformation, will provide opening remarks for the event.

The Innovation Thru Inclusion Conference will welcome several guest speakers, including Dr. Christine Darden (from the book *Hidden Figures*), Dr. Stephanie Adams (Dean of Old Dominion University’s Frank Batten College of Engineering and Technology), NATO Defense College Commandant Lt. Gen. Chris Whitecross and NATO-ACT’s Chief of Staff Vice Adm. Paul Bennett.

International Women’s Day is not only a day when the NATO Alliance expresses its appreciation of and gratitude toward all women, but also a day of acknowledging the work done by women serving and working

in its ranks every day to enhance the future. As a political-military organization with 29 nations and several partners, NATO benefits from the exceptional diversity of its staff comprised of women, men, military, civilians and international interns.

Following the presentations, panel discussions and questions from attendees, a light reception will take place.

All interested media must register on the event’s website and with U.S. Navy Lt. Cmdr. Dawn Stankus (dawn.stankus@act.nato.int, +1-757-685-9814) in the Allied Command Transformation Public Affairs Office by 4 p.m. EST on March 1. Media are expected to arrive at the Waterside Marriott no later than 1 p.m. on March 8 to be escorted to the event location. Additional details will be provided to media following their registration.

For additional details about the conference and to register, please visit: www.cvent.com/d/46qjvw.

For more information on NATO’s Allied Command Transformation mission and leadership biographies visit: <http://www.act.nato.int/>.

Please visit NATO’s Allied Command Transformation electronic media kit at: <https://www.act.nato.int/media-kit>.

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Join us in an event focusing on Diversity and Inclusion with guest speakers, including Dr. Christine Darden (from the book *Hidden Figures*), Dr. Stephanie Adams (Dean of ODU’s Frank Batten College of Engineering and Technology), NATO Defense College Commandant Lieutenant General Chris Whitecross, and NATO-ACT’s Chief of Staff VADM Paul Bennett. These panel discussions will be followed by Q&A and light reception.

FOR REGISTRATION INFO, PLEASE VISIT WWW.CVENT.COM/D/46QJVV.

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VCNO visits Lincoln, CSG 12

By MC3 Cody Anderson
USS Abraham Lincoln Public Affairs

ATLANTIC OCEAN

Vice Chief of Naval Operations Adm. Bill Moran visited the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72), Feb. 19-20, during the final stage of Carrier Strike Group (CSG) 12’s composite training unit exercise (COMPTUEX).

Moran visited the Abraham Lincoln Strike Group to observe COMPTUEX and speak with Sailors in the strike group as they work toward certification to deploy later this year.

COMPTUEX enables a strike group to prepare for and conduct global operations, establish lasting command and control, and demonstrate dedication and commitment to becoming the strongest warfighting force for the Navy and the nation.

The visit aligns with Moran’s responsibilities to assess readiness, confidence and safe operations, and to evaluate how well the Navy’s commitment to chang-

ing the way it trains to become more effective and competitive. While on board, he focused on attaining feedback from Sailors at every level during the exercise to see what the Navy can do to better train as warfighters while maintaining safety as a top priority.

“The C2X for the Abraham Lincoln Strike Group was one of the most complex and integrated training environments we’ve conducted to date,” Moran said. “It was an impressive orchestration of a multi-domain challenge for everyone in the strike group - not only was it good to see how leaders, operators and maintainers dealt with this complexity, but to also see our incredible teams working together to learn how to win in a high-end fight. It was truly impressive.”

While aboard Abraham Lincoln, Moran visited Sailors in engineering, aircraft maintenance and operations work centers. He also spent time on the ship’s bridge and flight deck, observing the launching and recovery of aircraft. Ad-



MC2 Jessica Paulauskas

Executive officer Capt. Robert Bibeau greets Vice Chief of Naval Operations (VCNO) Adm. Bill Moran on the flight deck of the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72). Abraham Lincoln is underway conducting a composite training unit exercise (COMPTUEX) with Carrier Strike Group (CSG) 12. The components of CSG 12 embody a team-of-teams concept, combining advanced surface, air and systems assets to create and sustain operational capability. This enables them to prepare for and conduct global operations, have effective and lasting command and control, and demonstrate dedication and commitment to becoming the strongest warfighting force for the Navy and the nation.

ditionally, the VCNO spent a few hours visiting the strike group’s air defense platform Ticonderoga-class guided-missile cruiser USS Leyte Gulf (CG 55).

“We talked about repair and all the service we provide to the ship and to the

carrier strike group,” said Hull Technician 1st Class Tim Jakubisin. “It’s not every day that someone that high up comes down to your shop. He seemed very interested in what we had to talk about, and we had a very normal and casual conversation.”

“It was an honor to meet and speak with the VCNO,” said Aviation Structural Mechanic 3rd Class Asaad Plummer. “He was very personable, and he really took the time to listen to us and made me feel like my voice was heard.”

Moran’s visit during COMPTUEX comes at a time when CSG 12 is working to demonstrate its readiness across every warfare area through simulated and live events as a single combat-ready force. Participating units must show that they are capable of operating as a “team-of-teams,” combining advanced surface, air and systems assets to create and sustain operational capability.

CSG 12 is comprised of Abraham Lincoln, Carrier Air Wing 7, Ticonderoga-class guided-missile cruiser USS Leyte Gulf (CG 55), Destroyer Squadron (DESRON) 2 and the Álvaro de Bazán-class frigate ESPS Mendez Nunez (F 104). It is a multinational, multi-platform unit of ships, aircraft and more than 6,000 Sailors who are ready to respond wherever and whenever required through a variety of mission sets.

For more news from USS Abraham Lincoln (CVN 72), visit www.navy.mil/local/cvn72/.



MC3 Amber Smalley

Vice Chief of Naval Operations (VCNO) Adm. Bill Moran speaks with Sailors on the flight deck during flight operations aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72).

COMPUTEX | Lincoln returns to Norfolk

Continued from A1

get in the reps and sets necessary to build competence and confidence across all domains and warfare areas.”

Carrier Strike Group (CSG) 4 evaluates East Coast Carrier Strike Groups’ abilities to conduct military operations at sea and project power ashore, and had assessors aboard ABECSG assets throughout COMPTUEX to support the operators through a variety of scenarios based on realistic events and situations. The units were tested across every core warfare area within their mission set through a variety of simulated and live events, including air warfare, strait transits, and responses to surface and subsurface contacts and electronic attacks.

ABECSG’s COMPTUEX was further enhanced by the addition of the newly re-established 2nd Fleet. 2nd Fleet is building in capacity and capability by exercising command and control over the strike group and the exercise. Participating in ABECSG’s training will set the stage for the relationship between the Fleet, CSG 4, and United States Fleet Forces in

the execution of the force generation mission, and is a milestone on 2nd Fleet’s path to reaching full operational capability.

“The carrier strike group is the pivotal, critical element of a numbered fleet. Because of the many hours of training and scenarios CSG 4 led over the last several weeks, when the men and women of CSG 12 deploy they will be resolute, ready and lethal on arrival,” said Vice Adm. Andrew “Woody” Lewis, commander, U.S. 2nd Fleet.

Wade echoed the 2nd Fleet Commander’s sentiments as the exercise drew to a close, “For us,” Wade said, “COMPTUEX was about further building upon the team-of-teams concept and driving the football down field with regards to integration, tactical proficiency, toughness and lethality so that we’re prepared and ready for our upcoming deployment.”

ABECSG is comprised of its flagship, the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72), Carrier Air Wing (CVW) 7, the Ticonderoga-class guided-missile cruiser USS Leyte



MCSN Michael S. Singley

An F/A-18F Super Hornet assigned to the Jolly Rogers of Strike Fighter Squadron (VFA) 103 launches from the flight deck of the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72).

Gulf (CG 55), and ships assigned to Destroyer Squadron 2: the Arleigh Burke-class guided-missile destroyers USS Bainbridge (DDG 96), USS Gonzalez (DDG 66), USS Mason (DDG 87) and USS Nitze (DDG 94).

Also operating with the ABECSG for COMPTUEX was the Álvaro de Bazán-class Spanish frigate ESPS Méndez Núñez (F 104). Carrier strike groups routinely participate in joint exercises

and operations around the globe with allies and coalition partners, and the integration of Méndez Núñez within COMPTUEX is a visible demonstration of partnership and interoperability with a key ally.

The components of the Abraham Lincoln Strike Group embody a “team-of-teams” concept, combining advanced surface, air and systems assets to create and sustain operational capability.

This enables them to prepare for and conduct global operations, have effective and lasting command and control, and demonstrate dedication and commitment to become the strongest warfighting force for the Navy and the nation.

For more news from USS Abraham Lincoln (CVN 72), visit www.navy.mil/local/cvn72/.

BUSH | Carrier arrives for 28 month dry dock

Continued from A1

around, given this is the first time Bush has sat on keel blocks since being built,” said Burchett. “With the size of this work package, it will take a total team effort by Norfolk Naval Shipyard.”

George H.W. Bush will fully tap into the 21st century tool kit with the goals to achieve first-time quality and ensure safety. Project team members will use advanced technology such as exoskeleton suits, additive manufacturing, laser scanners to create virtual rigging paths, and the development

of training models using virtual reality. Burchett said the project team also engaged with NNSY engineering and the production shops to discuss ways to leverage innovations during the DPIA.

With much of the project team performing work on a dry-docked carrier for the first time, Burchett said this is a prime opportunity to demonstrate the shipyard organizational values of Care, Ownership, Respect and Excellence (C.O.R.E.) across all working levels throughout the availability.

“We have new supervisors, new zone

managers, new assistant project superintendents,” he said. “This is a great chance for teaching and mentoring people in new positions how to execute and perform to their top potential.”

“As project superintendent, the safety and well-being of my team is the top priority - that goes for the shipyard, crew and contractors,” he added. “My relationship with the captain is strong, being focused on the mission and implementing C.O.R.E. with the ship.”

As the first carrier docking at NNSY in several years, George H.W. Bush will be on blocks for the majority of its availability. Naval Facilities Engineering Command

(NAVFAC) helped get the dry dock ready for NNSY, with recent dock flooding and saltwater system upgrades to accommodate the ship.

Following extensive planning during the past 18 months, and with an energized workforce leveraging state-of-the-art technology, Burchett is ready to get started.

“Our project team is poised and ready to take on this mission,” he said. “There’s a quote from George H.W. Bush himself that we have taken on as the project team motto: ‘This is my mission and I will complete it.’”

For more news from Norfolk Naval Shipyard, visit www.navy.mil/local/nnsy/.



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Monitoring Measles ongoing at Naval Hospital Bremerton

Naval Hospital Bremerton (NHB) might be miles from a measles epicenter, but the mere threat of the contagious viral infection has command officials continually monitoring the situation.

»See **B3**

SECTION B | FLAGSHIPNEWS.COM | 2.28.2019



MC3 Kaleb Sarten
Quartermaster 2nd Class Taylor Miller, from Kent, Ohio, unfurls the union jack on the jack staff of the aircraft carrier USS Dwight D. Eisenhower (CVN 69). Dwight D. Eisenhower is undergoing a planned incremental availability during the maintenance phase of the Optimized Fleet Response Plan.

From Chief of Naval Operations Public Affairs

WASHINGTON

The Navy on Feb. 21 released a NAVADMIN 039/19 directing the display of the union jack instead of the first Navy jack aboard Navy ships and craft.

U.S. Navy ships and craft will return to flying the union jack effective June 4, 2019. The date for reintroduction of the union jack commemorates the greatest naval battle in history: the Battle of Midway, which began June 4, 1942.

“Make no mistake: we have entered a new

era of competition. We must recommit to the core attributes that made us successful at Midway: integrity, accountability, initiative and toughness,” said Chief of Naval Operations Adm. John Richardson. “For more than 240 years, the union jack, flying proudly from jackstaves aboard U.S. Navy warships, has symbolized these strengths.”

The union jack is a flag consisting of 50 white stars, representing each of the 50 states, on a blue background. A version of this jack first flew in 1777 and was updated as new states joined the union.

“The union jack is deeply connected to

our heritage and our rise as a global nation with a global Navy,” said Richardson. “The Navy is a symbol that projects American values to the world. Just as the Navy embodies the values and principles that we hold dear, our very appearance in port and at anchor communicates important messages.”

The Navy will re-establish the custom in which the commissioned ship in active status having the longest total period in active status, other than USS Constitution, will display the first Navy jack until the ship is decommissioned or transferred to inactive

status. As of June 4, 2019, the only warship authorized to fly the first Navy jack is USS Blue Ridge (LCC 19).

This policy change does not affect the wearing of the first Navy jack patch as an optional uniform component on TYPE II/III Navy Working Uniforms.

For more information on the history of U.S. Navy jacks, visit <https://www.history.navy.mil/browse-by-topic/heritage/banners/usnavy-first-jack.html>.

For more news from Chief of Naval Operations, visit www.navy.mil/local/cno/.



U.S. Navy photo

USS Donald Cook participates in maritime training with Turkey

By MC2 Ford Williams
U.S. Naval Forces Europe-Africa Public Affairs

BLACK SEA

The Arleigh Burke-class guided-missile destroyer USS Donald Cook (DDG 75) participated in maritime interoperability training with Turkish maritime counterparts Feb 22, 2019, in the Black Sea.

Donald Cook and the Turkish Yavuz-class frigate TS Fatih (F 242) participated in an integrated surface warfare exercise, a simulated replenishment-at-sea, communications and electronic warfare exercises, and a photo exercise.

“Today’s exercise was another valuable experience for the crew of Donald Cook,” said Donald Cook’s Command Master Chief Jeremy Douglas. “Operating with Turkey is as enjoyable as it is crucial. No nation can combat global threats alone, working together gives us the opportunity to share information and experience.”

The U.S. routinely practices interoper-

ability and high-end warfare with allies and partners. Multinational training enhances interoperability partners and allies allowing us to maintain vigilance to the degree necessary to promote a secure and prosperous region.

Donald Cook, forward-deployed to Rota, Spain, deployed from Naval Station Rota, Spain on Nov. 19, 2018 on its eighth forward-deployed naval forces patrol.

While on patrol, Donald Cook is scheduled to conduct naval operations in the U.S. 6th Fleet area of operations in support of U.S. national security interests in Europe and Africa.

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

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

NAVFAC Southwest completes Junior Officer Of the Deck trainer renovation

By Mario Icaro
Naval Facilities Engineering Command Southwest Public Affairs

SAN DIEGO

Naval Facilities Engineering Command Southwest held a design review meeting with Mariner Skills Training Centers (MSTC) and Naval Base San Diego (NBSD) Feb. 13 in San Diego, to review plans on moving forward with MSTC training facility for Surface Warfare Officer School (SWOS).

NAVFAC Southwest turned over a \$4.1 million building renovation at NBSD to SWOS on Jan. 7 for the new Junior Officer Of the Deck (JOOD) training course and phase one of reformed Surface Navy training.

“This in-house design was a huge achievement for the NBSD PDES team,” said NAVFAC Southwest FEAD Director, LCDR Austin Rasbach. “Not only was it the first \$4 million design but also had an aggressive accelerated timeline, speaking to the capabilities of NBSD’s PWD ability to design and award future large projects.”

NAVFAC Southwest Public Works Department (PWD) at NBSD received the requirement for a facility to house the new JOOD training in 2018 with the demand that it must be operational for classes approximately 12 months later. SWOS needed six months to install the trainer equipment and the supporting training network, which gave NAVFAC Southwest PWD NBSD approximately seven months to design, award and finish the renovation.

NAVFAC Southwest PWD NBSD Project Development and Engineering Services (PDES) team designed the complete reno-

vation of the old Coast Integrated Products Team office building in four months. The office building is now a state-of-the-art facility which includes an OIC office, 45 instructor desks, two server rooms, two electronic classrooms, two debriefing rooms and ten Conning Officer Virtual Environment (COVE) trainer rooms that house simulators critical to the technical training for the course.

“In order to meet the tight timeline, the project was awarded an 8(a) sole source contract to Permon Construction Inc.,” said Anthony Phillips, NAVFAC Southwest Contract Specialist. “It was also planned for overtime in the contract up front, approximately 20 percent increase in price to expedite completion. Construction was completed on Dec. 31, 2018, 104 days after the contract was awarded on Sept. 15, 2018. Permon Construction Inc. got started right away on Sept. 19, 2018 and did not let up until completion. This completion date was met not only by hard work from the contractor but the Government employees as well.”

The project was made a top priority and everyone involved was made available immediately to review designs, provide comments and provide other base support activities.

NAVFAC Southwest’s Metro Production Office (MPO) played a major role in support with accelerated outage process to increase the power supply for the training equipment.

“Permon Construction Inc. partnered with NAVFAC Southwest Facilities Engi-

» See **NAVFAC | B7**

Punked by my GPS

By Lisa Smith Molinari

Last week, I hobbled over our frozen lawn toward my salt-encrusted car, balancing a to-go cup of coffee and two bags slung over each shoulder. It’s a hassle running errands during the doldrums of winter. Opening the gritty driver’s door, I set my coffee in the center console’s cup holder, then decided to hurl my purse and tote bag across the driver’s side into the passenger’s seat. Of course, my purse strap caught the handle of the to-go cup as it flew over the console, splattering coffee on the seats, windows, dashboard, floor mats, and my white winter coat.

“Gimme a break,” I mumbled, subconsciously referencing the spring getaway that would get me through the God-forsaken winter.

This year, Francis and I are taking trip to the British Isles to see our daughter who is spending a semester abroad. A rented London apartment will serve as home base during most of our trip, but we will also explore the Irish countryside for four days, with only a rental car and a GPS to guide us.

Though excited, bad memories of relying on a GPS during a spring break trip in Italy ten years ago have me worried.

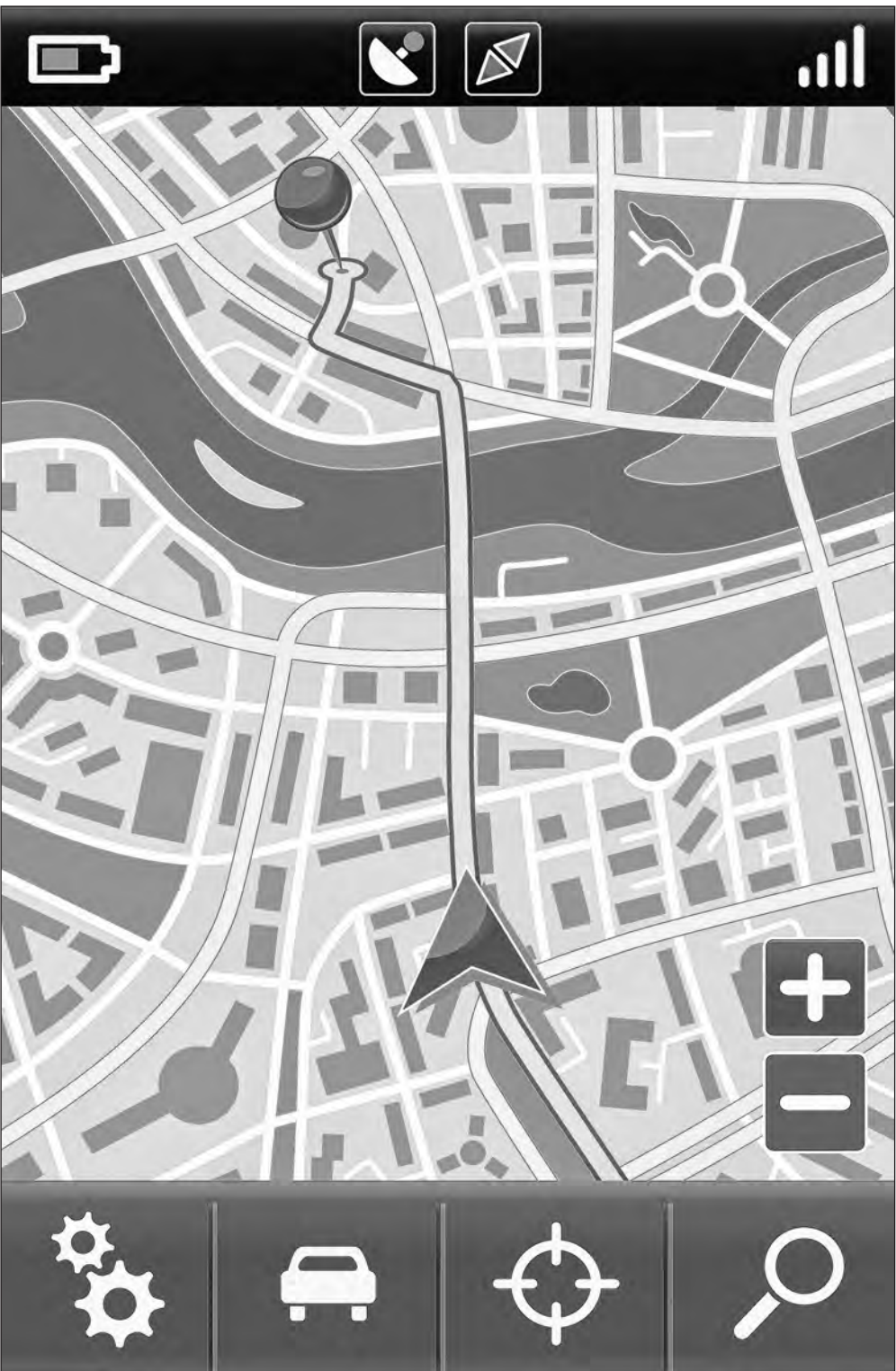
I was driving our kids from our German duty station to Venice, to board an Italian cruise ship for one final hurrah before we moved back to the states. In Austria, I stopped on the side of a winding mountain road because Lilly was carsick, hoping our GPS would lead us to our hotel soon. We squealed around three more hairpin turns before spotting our Tyrollean guest house. “There it is!” I yelped with relief.

The owner showed us to two rooms at opposite ends of the hall. After eating the dinner I’d packed for us, we were snug in our respective rooms. Anna and Lilly’s huge bed looked like a giant coconut crème pie mounded with feathery white cotton. I drifted off in the room I shared with Hayden, thinking of the fun we would have during the days to come.

“Mom, Lilly threw up in our bed!” Anna startled me in the darkness. I stumbled to my feet and followed her down the hall.

Opening their door, I found complete carnage. The marshmallow white bed had turned into a veritable crime scene. The half-digested dinner of turkey subs, sour cream and onion chips, and M&Ms was pooled in the center of the crisp white linens.

In an attempt to mitigate the damages, Lilly had dabbed the mess with a bath towel, managing to slop it on herself, the carpet,



pop_jop/Getty Images

the bathroom floor, and two light switches.

I stood for a moment, unable to contemplate a solution. Obviously, Lilly wasn’t carsick. She had a stomach virus. For two hours I scrubbed, scraped, rinsed, dipped, and squeezed away the horrific mess. I found clean linens in a hallway closet and put poor Lilly back to bed.

In the morning, I left an apology note and some extra cash on the stained mattress, and set the GPS to take us the “fast route” straight to our cruise ship in Venice.

But instead of sending us to the nearby freeway to the south, our GPS directed us east, into the snowy mountains. Believing that our GPS knew better, I did exactly as instructed.

An hour later, we were 2,000 meters above sea level. Another hour later, police signs directed us onto a dirt detour around

an avalanche covering the road. Then, after making it through the Alps, we crossed into the Dolomites.

Was this a sick joke?

After four hours of zigzagging mountain roads, our GPS finally released us onto a straight highway toward Venice. I snatched the ticket from the toll booth and gunned the engine, racing at illegal speeds. Every time our smug GPS warned, “Beware!” and flashed the speed limit, I gritted my teeth and pressed the gas pedal harder.

I arrived in Venice frazzled, but satisfied that I’d taken two full minutes off our GPS’s estimated time of arrival. Take that!

Technological advances in the last decade make another GPS-related spring break incident unlikely in Ireland, but I’m bringing a map, just in case.

www.themeatandpotatoesoflife.com

Tricare, getting married

From tricare.mil

Spouses of service members are eligible for TRICARE. This includes:

- Active duty spouses
- Retired spouses
- Guard/Reserve spouses
- Same-sex spouses

In the following situations, getting married causes TRICARE benefits to end:

- Surviving (widowed) spouse remarries
- Former spouse remarries
- Adult child using TRICARE Young Adult gets married

Step-child(ren) are also eligible for TRICARE as long as the parent of the child and sponsor are married.

Update DEERS

Your spouse and step-child(ren) must be registered in Defense Enrollment Eligibility Reporting System (DEERS).

Go to any ID card-issuing office to add your spouse to DEERS.

You’ll need the following documents (originals or certified copies):

- Marriage certificate
- Spouse’s birth certificate
- Spouse’s Social Security card
- Spouse’s photo ID

Spouse and Family Health Care Options

Your spouse’s TRICARE plan depends on where you live and your military status.

- TRICARE Prime*
- TRICARE Select
- US Family Health Plan*
- TRICARE Select Overseas
- TRICARE For Life

Active duty spouses may also be able to enroll in one of these Prime plans with

their active duty sponsors:

- TRICARE Prime Remote*
- TRICARE Prime Overseas*
- TRICARE Prime Remote Overseas*

*You must enroll. If overseas, family members must be command-sponsored.

Dental Options

TRICARE has a dental plan your spouse can purchase. This dental plan is separate from TRICARE’s health plans.

- TRICARE Dental Program: For family members of active duty and Guard/Reserve service members

If you’re retired, you and your family members may qualify to purchase dental coverage through the Federal Employees Dental and Vision Insurance Program (FEDVIP). For more information, visit www.benefeds.com.

Pharmacy Coverage

TRICARE provides a robust pharmacy benefit.

Costs

Health care costs depend on your health plan and sponsor’s military status.

New spouses and step-child(ren) must be registered in Defense Enrollment Eligibility Reporting System (DEERS) to use TRICARE.

Go to any ID card-issuing office to add your spouse to DEERS.

You’ll need the following documents (originals or certified copies):

- Marriage certificate
- Spouse’s birth certificate
- Spouse’s Social Security card
- Spouse’s photo ID



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- Information & Referral
- Family Employment Assistance
- Transition Assistance
- Family Advocacy Program
- Deployment and Mobilization Support
- Ombudsman Support
- Relocation Assistance
- Parenting Programs
- Stress and Anger Management
- Command Support
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- Suicide Prevention
- SAPR Support



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www.cnmc.navy.mil/navylifema



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Monitoring Measles ongoing at Naval Hospital Bremerton

By Douglas H. Stutz
Naval Hospital Bremerton Public Affairs

BREMERTON, WASH.

Naval Hospital Bremerton (NHB) might be miles from a measles epicenter, but the mere threat of the contagious viral infection has command officials continually monitoring the situation.

“Measles is a significant disease caused by a respiratory virus and is highly contagious to unvaccinated people, especially younger children,” said Dr. Dan Frederick, NHB population health officer. “While declared eradicated in 2000 in the U.S., outbreaks still occur most often due to a combination of infected travelers coming to the U.S. and subsequent contact with unvaccinated U.S. citizens, primarily children. It can lead to permanent deafness, brain damage, and even rarely, death. It requires a concerted effort on the part of the medical community and the public at large to minimize the impact.”

Frederick attests that forewarned is forearmed.

“First and foremost, since vaccinations of our pediatric patients is the most important and successful prevention step we can take, we are reviewing medical records to identify children who are either due or overdue for their MMR vaccine, which protects against measles, mumps and rubella,” said Frederick. “Our medical home teams are then contacting and encouraging their parents to bring their child to our immunization clinic to receive this vaccine, which provides a very high 93 percent protection with just the first dose.”

He also cited, per U.S. Centers for Disease Control and Prevention (CDC) guidelines, the first dose is normally given between 12 and 15 months of age, with the

second – and final – dose given between the ages of four and six that raises the protection rate up to 97 percent.

“Even for those three people out of 100 who may still be infected with measles, they are much more likely to have a mild case of the illness,” Frederick added.

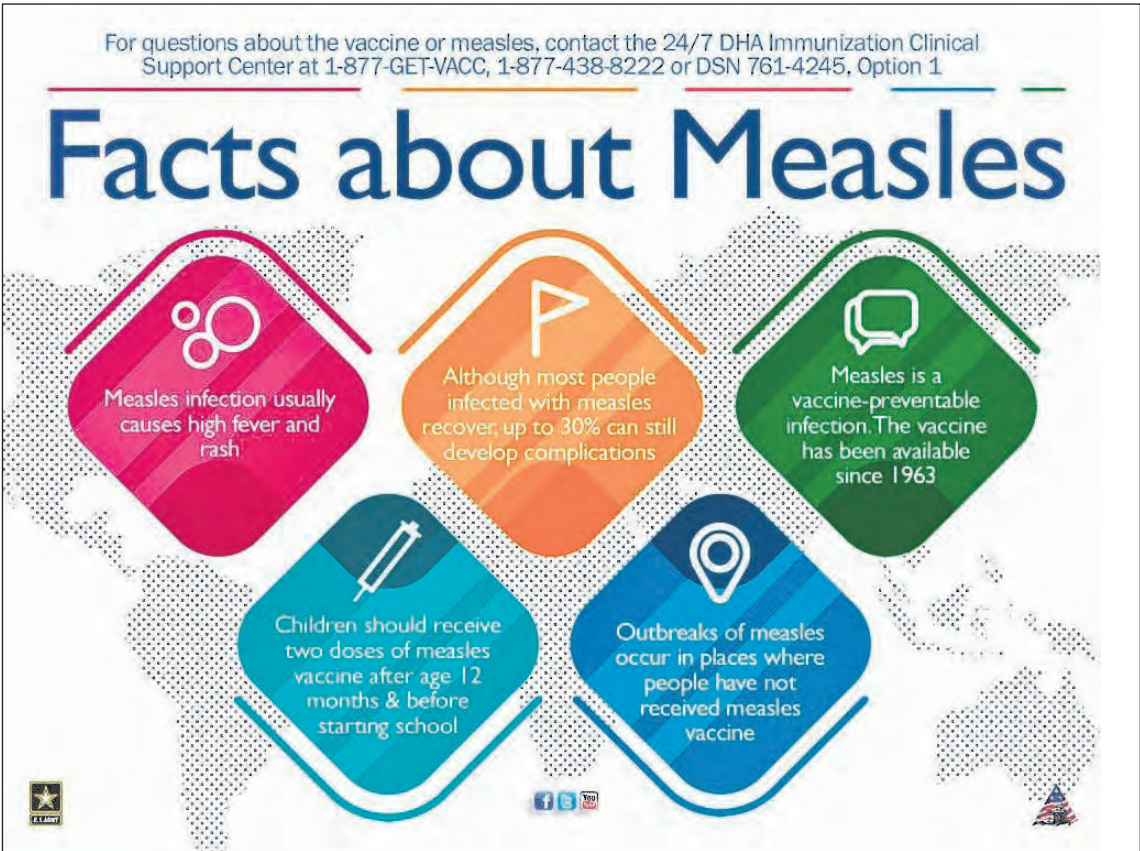
NHB in Kitsap Peninsula is approximately 160 miles from Clark County, located in southern Washington, where the spread of measles has resulted in 61 confirmed cases as of Feb. 17. There’s also another four confirmed cases in nearby Multnomah County, home to Portland, Oregon, and one in King County, home to Seattle. Clark County Public Health reports that 54 of the confirmed 61 cases were not immunized, and are mostly children - 44 - between the ages of one and 10.

“Know, check and review your and your child’s measles vaccination status,” said Frederick. “The vaccine is usually given as MMR or MMRV - measles, mumps, rubella, and varicella. You can go check your home immunization records, online via the MHS GENESIS patient portal, or call your NHB Medical Home Team or primary care physician.”

He also noted that a parent can check a child’s school immunization status via www.schooldigger.com and sign up for Washington State’s MyIR, that allows a parent to see a family’s vaccinations at <https://wa.myir.net/>

To keep the highly-contagious virus at bay, Frederick continually advocates being informed and not alarmed is key to understanding that measles is a vaccine-preventable infection.

“Patents, community institutions such as day-care center, and even our own medical community need a refresher since measles



U.S. Army graphic

Naval Hospital Bremerton might be miles from a measles epicenter, but the mere threat of the contagious viral infection has command officials continually monitoring the situation.

outbreaks have been relatively uncommon since 2000,” Frederick said. “We need to be reminded about the key features of this illness. There has been a resurgence of measles across the county in the past few years due to a combination of complacency and misinformation. This has lowered the overall public vaccination rate to below the critical ‘herd’ immunity of 95 percent. Herd immunity is where even unvaccinated children are reasonably well-protected by all the vaccinated people around them.”

Some key features bear repeating; along with being highly-contagious and causing high fever and rash, most who get infected with measles recover, yet up to 30 percent can develop complications and a small number of measles cases have been fatal.

“Measles vaccines have been available since 1963, and since the vaccine was licensed at that time, the drop-off of cases is remarkable,” Frederick said. “What used to be in the hundreds of thousands has dropped to almost zero.”

NHB has been in close communication with local city, county and state health officials on monitoring the measles outbreak.

“Just as with any public health related matters, it is paramount for our military health personnel to be working closely with our local public health partners,” stated Frederick. “Providing a consistent and unified message strengthens the confidence that our patients need and should have with their medical support systems. It is typical in situations like this for county, state, federal public health officials as subject-matter experts to take the lead for the medical community response. We do all that we can to support that effort.”

What are the signs or symptoms of measles to look for?

If a child develops a high fever with red, watery eyes, a cough and runny nose, followed in three to five days with a rash that starts in the face and spreads down the body.

“If this happens, the first immediate step is to call your NHB medical team or Urgent Care Clinic before bringing your child to the facility, so that you can be met at the parking lot, your child is provided a mask, and is escorted – bypassing the waiting

room - into the clinic for evaluation,” explained Frederick. “Doing it this way avoids putting other people in the hospital and clinic at risk for becoming infected.”

Family Medicine Clinic: 360-475-4379
Pediatric Clinic: 360-475-4216
Urgent Care Clinic: 360-475-4286

Frederick stressed that if anyone thinks their child may have been exposed to measles, call their primary care physician or the 24/7 hotline for the Defense Health Agency Immunization Clinical Support Center at 1-877-GET-VACC (1-877-438-8222) and then Press 1 to speak with a live Nurse Immunizations specialist for advice on next steps.

“It really depends upon the child’s age and immunization status,” Frederick said. “Immediately contacting the physician or medical home team - or Defense Health Agency Immunization Clinical Support Center - will give them guidance to determine the best course of action.”

For more news from Naval Hospital Bremerton, visit www.navy.mil/local/nhb/.

NIOC Whidbey Island FCPOA supports Sea Cadets through uniform clothing drive

By CTR1 Kenneth Kiper and LT Anastasia Novosyolovablatt
NIOC Whidbey Island Public Affairs

WHIDBEY ISLAND, WASH.

Navy Information Operations Command (NIOC) Whidbey Island First Class Petty Officers Association (FCPOA) donated military uniforms to support state and national U.S. Naval Sea Cadet Corps (USNSCC), Feb. 22.

NIOC Whidbey Island FCPOA, along with the Naval Ocean Processing Facility (NOPF) and Fleet Air Reconnaissance Squadron One (VQ-1) first class messes, facilitated the collection of serviceable uniforms to support the local Sea Cadet unit, the Orion Squadron.

“I have worked with the Sea Cadets at prior duty stations,” said Cryptologic Technician (Technical) 1st Class Alexander Jones, NIOC Whidbey Island FCPOA representative and co-leader of the uniform collection efforts. “A group of us were talking about how the blueberries were going to go to waste and the idea to donate them to the Sea Cadets came up. From that point, Petty Officer Kiper and myself coordinated with USNSCC leadership to see if they had a need.”

The clothing drive gained traction during an FCPOA luncheon, this past year. Since then, Sailors have amassed and donated more than 450 uniform items including pants, blouses, gloves, covers, jackets and smaller items such as ribbon racks to the Orion Squadron.

“The Orion Squadron greatly appreciates the efforts of Petty Of-

ficer Kiper and Jones,” said Maurice Davis, a USNSCC Officer. “The donations are extremely helpful for our cadre to lead our program, and support other U.S. Naval Sea Cadet Corps programs throughout the United States. Our program strives to foster a culture of patriotism, community service, discipline and strong moral character. The clothing drive facili-

tated by the local FCPOA is a real world example of these values and a prime example for the cadets.”

The donation assists the USNSCC in promoting interest and skills in naval disciplines while instilling strong moral character and life skills through leadership and technical programs modeled after the Navy’s professional development system.

“We’re happy to see that the donations collected are helping

out,” said Cryptologic Technician (Collection) 1st Class Kenneth Kiper, NIOC Whidbey Island FCPOA representative and co-leader of the uniform collection efforts. “With the Navy’s uniform shift to the Type III, we are especially glad to see the life extension of the Type I and that they are going to a great cause.”

NIOC Whidbey Island executes analysis, planning, and direct support augmentation to naval air and surface forces engaged in operations worldwide as a subordinate to U.S. Fleet Cyber Command/U.S. 10th Fleet (FCC/C10F).

FCC is responsible for Navy information network operations, offensive and defensive cyberspace operations, space operations and signals intelligence. C10F is the

operational arm of Fleet Cyber Command and executes its mission through a task force structure similar to other warfare commanders. In this role, C10F provides support of Navy and joint missions in cyber/networks, cryptologic/signals intelligence and space.

For more news and information from Commander, U.S. Fleet Cyber Command / U.S. 10th Fleet, visit <http://www.public.navy.mil/fcc-c10f/>, <https://www.dvid-shub.net/unit/USFCC>, or follow us on Twitter @USFLEETCYBERCOM.

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



Lt. Anastasia Novosyolovablatt

Cryptologic Technician (Collection) 1st Class Kenneth Kiper, Navy Information Operations Command Whidbey Island First Class Petty Officers Association representative and co-leader of the uniform collection efforts, poses in front of uniforms collected during a uniform clothing drive to support the U.S. Naval Sea Cadet Corps. The donation assists the USNSCC in promoting interest and skills in naval disciplines while instilling strong moral character and life skills through leadership and technical programs modeled after the Navy’s professional development system.



MC2 Ford Williams

Expanded access to Career Waypoint available through BOL

From Navy Personnel Command Public Affairs

MILLINGTON, TENN.

Command Career Counselors with access to Career Waypoints (C-WAY) may now submit applications for their Sailors’ re-enlistments, component transfer, change of rate and separation intentions via C-WAY, which is now hosted on Bupers Online (BOL), the Navy announced Feb. 20.

This system update is a step toward providing access to all Sailors, said Capt. Dave Whitehead, the director of Military Community Management, Bureau of Navy Personnel. “The transition of C-WAY to BOL is a preparatory step toward the release of Sailor Self-Service Access (SSSA) in the coming months,” Whitehead said. “SSSA will provide Sailors with read-only access

to review their C-WAY applications and the ability to verify accuracy of their corporate information within the C-WAY system.” The C-WAY system is a corporate Information Technology system which provides a mechanism for matching personnel inventory to requirements with the best performing Sailors. SSSA will provide Sailors the opportunity to access the

career exploration module - for instance, to explore rating opportunities for Professional Apprenticeship Career Track (PACT) Sailors to verify qualifications for designation. For rated Sailors, the career exploration module can identify alternative rating opportunities for which they qualify via rate conversion. SSSA is a critical bridge in the development of a Detailing Marketplace that enables a more transparent distribution system with Sailors having more insight and choices regarding their career options. The near-term design plan is for the seamless integration of C-

WAY and CMS-ID functions into a single coherent career management tool. “This streamlined access directly supports Sailor 2025 and transformation initiatives,” Whitehead said, “This shift provides for a more robust and flexible technology and enables transition to the cloud computing environment.” For more information on C-WAY go to <https://www.public.navy.mil/bupers-npc/career/careercounseling/Pages/C-WAY.aspx>. For more news from Navy Personnel Command, visit www.navy.mil/local/npc/.



Officials signing the delivery document officially handing ownership of the destroyer Paul Ignatius (DDG 117) from Ingalls Shipbuilding to the U.S. Navy.

Derek Fountain

Navy accepts delivery of future USS Paul Ignatius

From Team Ships Public Affairs

PASCAGOULA, MISS.

The Navy accepted delivery of the future guided missile destroyer USS Paul Ignatius (DDG 117) from Huntington Ingalls Industries (HII) Ingalls shipbuilding division, Feb. 22. Accepting delivery of DDG 117 represents the official transfer of the ship from the shipbuilder to the Navy. Prior to delivery, the ship conducted a series of at-sea and pier-side trials to demonstrate its material and operational readiness. The 67th Arleigh Burke class destroyer honors Paul Robert Ignatius, who served in the U.S. Navy during World War II, as Secretary of the Navy from 1967- 1969, and as Assistant Secretary of Defense during the Lyndon B. Johnson adminis-

tration. “Our industry partners have delivered another highly capable platform that will provide our Sailors and Nation with warfighting lethality for the next four decades,” said Capt. Casey Moton, DDG 51 class program manager, Program Executive Office (PEO) Ships. “We are proud to accept delivery of Paul Ignatius and look forward to her Commissioning ceremony later this summer.” The DDG 51 class ships currently being constructed are Aegis Baseline 9 Integrated Air and Missile Defense destroyers with increased computing power and radar upgrades that improve detection and reaction capabilities against modern air warfare and Ballistic Missile Defense threats. In addition to Paul Ignatius, HII’s Pascagoula shipyard is also currently in

production on the future destroyers Delbert D. Black (DDG 119), Frank E. Peterson Jr. (DDG 121), Lenah H. Sutcliffe Higbee (DDG 123) and Jack H. Lucas (DDG 125), the first Flight III ship. HII is under contract for an additional six Arleigh Burke class destroyers, awarded as part of the FY 2018-2022 multiyear procurement, that will be constructed in the Flight III configuration with enhanced Air and Missile Defense capabilities. As one of the Defense Department’s largest acquisition organizations, PEO Ships is responsible for executing the development and procurement of all destroyers, amphibious ships, special mission and support ships, and boats and craft. For more news from Naval Sea Systems Command, visit www.navy.mil/local/navsea/.

“Our industry partners have delivered another highly capable platform that will provide our Sailors and Nation with warfighting lethality for the next four decades. We are proud to accept delivery of Paul Ignatius and look forward to her Commissioning ceremony later this summer.”

Capt. Casey Moton, DDG 51 class program manager, Program Executive Office (PEO) Ships

Exchanges, commissaries brainstorm ideas for more joint sales events, promotions to bolster military resale benefit

From Navy Exchange Service Command Public Affairs

VIRGINIA BEACH, VA.

Exchange and commissary shoppers will see more opportunities to save on the installation as military resale officials continue planning more joint sales. Sharing ideas on improving on-base shopping benefits was the centerpiece of discussion for senior marketing representatives from the Army and Air Force Exchange Service (AAFES), the Defense Commissary Agency (DeCA), Coast Guard Exchange (CGX) the Marine Corps Exchange (MCX), and the Navy Exchange Service Command (NEXCOM) in an annual meeting hosted by DeCA, Feb. 12-13, at Fort Lee, Virginia.

This marketing conference came less than two weeks after the military resale chief executive officers signed a joint purchasing alliance agreement to maximize resale’s combined buying power for items sold by two or more of the organizations.

These collaborative events have become the norm for exchanges, commissaries and their industry partners as they “work together to create events and promotions to drive military families back to the installation and improve their quality of life,” said Ana Middleton, president and chief marketing officer for AAFES. “We had phenomenal success through seven collaborative events during 2018.”

“The military resale community is working on continuing the excitement during 2019,”

she said. “Our cross-agency working groups meet several times a month to plan promotions, bringing the best of what we have to offer to the military community.”

The commissary and exchanges partnership is a work in progress, where the resale outlets are applying lessons learned to fine tune opportunities for military patrons, said Hector Granado, DeCA’s marketing director.

“We are digging deeper into our sales and transactional data to see what we can improve, what programs are working, which ones aren’t, and if they’re not working we’re making changes,” he said. “This year, we are determining a new path forward with our joint promotions, and we are getting more targeted, more focused, to deliver a better shopping experience.”

Strength in numbers and the ability to innovate by learning from each other were key underlying themes for the resale marketers during their conference, said Richard Honiball, NEXCOM’s global chief merchandising and marketing officer.

“Last year, we developed a promotions calendar, we worked together, we broke the ice and we’re here today,” Honiball said. “Now, we have the learnings and analytics to draw from, and we’re looking even deeper at where we’re going and what resources we have to coordinate major events across the military resale spectrum.”

During their meeting, the military resale marketers addressed the following actions to bolster patron shopping opportunities:



U.S. Navy photo

- Communicate the resale channel’s role as a force multiplier for healthy living and how that benefits military readiness

- Finalize the 2019 joint promotional calendar for major annual events such as Month of Military Child in April, Military Appreciation Month in May, the Healthy Lifestyle Festival in June, Back-to-School events in August and September and holiday shopping from October through December

- Communicate the benefits of the Military Star card and educating patrons on how to use credit responsibly

- Improve the connection to troops at the start of their military careers

- Share best practices on data related to sales performance, marketing promotions and shopping trends

Leading off their meeting, the resale marketers heard from military health and wellness advocates such as Capt. Kimberly Elenberg, a member of the Public Health Service Corps and

director of DoD’s Operation Live Well. She discussed how the commissaries and exchanges can assist the department’s efforts to improve service members’ fitness, especially those who are called on to deploy overseas.

“We need to make sure that we have service members who are strong and fit,” Elenberg said during her presentation. “By working together, we help continue to drive them over to the commissaries or the exchanges to identify the [health and wellness] programs that you have set up, the [healthy lifestyle] things that advertise what you have on sale that week, and tell them how to put that all together on a budget to save money.”

Scott Poteet, director of marketing for the Coast Guard Exchange, represents the smallest patron base in military resale. But for them, the benefits of collaborating are immeasurable, he said.

“When we collaborate, we are

leveraging all of this experience and buying power,” Poteet said. “Our patrons enjoy the added savings from the joint buying group, the value and convenience of the Military Star card, and the exciting giveaways and promotions we provide as a group – all of those things are exceptional for the Coast Guard.”

Ultimately, the resale conference promoted an “all for one” mentality for exchanges and commissaries that helps them better serve military members and their families, said Sandra Bates, MCX’s chief marketing and innovation officer.

“The biggest takeaway from this marketing conference is that we are all on the same team,” Bates said, “and by working together we can improve the experience for our customers –and if they shop with us, shop on base, we can keep the benefit alive.”

For more news from Navy Exchange Service Command, visit www.navy.mil/local/nexcom/.

TSC Great Lakes revises student handbook

By Brian Walsh
Training Support Center Public Affairs

GREAT LAKES, ILL.

Training Support Center Great Lakes announced Feb. 25 the availability of the newly revised Student Handbook (TRASUPPCENGLAKESINST 1616.1C) posted online through the Training Support Center Great Lakes website.

Lt. Cmdr. Mindie Witt noted the updates correlate with what is expected of students in the Fleet. Changes in the handbook encompass revised sections in a wide array of policies including; room standards, alcohol, mishap and safety reporting, liberty and watch standing.

“TSC’s recent updates to Student Policies and procedures were initiated to realign with current Fleet policy and operate the way we would do so on a ‘ship’ or ‘squadron’ to better prepare them as a fleet ready Sailor,” Witt said. “The new changes increase personal responsibility on the part of the service members to keep what they earn while conducting themselves in accordance with the Navy values.”

The Student Handbook is a document that not only assists the students on policies and what is expected of them, but it also gives Navy Military Training Instructors (NMTI) the tools



Brian Walsh

USS Cole barracks student watchstander Fire Controlman Seaman Tyler Rodriquez checks the identification cards of students entering the ship at Training Support Center Great Lakes Feb 25.

they need in continuing the Sailorization process by helping the students hone training learned in boot camp applying skills they need to become a well-rounded Sailor.

“The ropes worn by a TSC NMTI signify they are qualified to oversee barracks of anywhere from 150 to 400 students,” Witt said. “They are the staff members who routinely conduct inspections of living quarters and uniforms, overseeing watch standing, ensuring general health and wellness, upholding all Navy regulations and standards, holding weekly training, and personifying Navy core values.”

Aside from their leadership roles in the barracks, NMTIs have the opportunity to teach courses such as sexual

assault prevention and response, naval history and suicide prevention.

NMTI’s make up approximately 80 percent of TSC’s enlisted military staff and most of them are stationed full-time in the ships (barracks) providing around-the-clock mentorship. They also have the opportunity to obtain Master Training Specialist designation.

“NMTI billets at Training Support Center Great Lakes are unique and challenging,” said Capt. David Dwyer, commanding officer of TSC Great Lakes. “As such, their significant qualification represents my trust and confidence in their ability to provide professional training and military development, while leading and mentor-

ing our 21st Century new-accession Sailors. The staff at TSC performs their duties with excellence and unwavering standards in support of the command, and the five local Naval Education and Training Command Learning Sites.”

To download or print the Training Support Center Student Handbook visit www.public.navy.mil/netc/centers/tscgl/CommandInfo.aspx#tab7. After entering the site, click on “TRASUPPCENGLAKESINST 1616.1C” link.

For more news from Training Support Center, Great Lakes, visit www.navy.mil/local/tscgl/.

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NEX gives back to students with A-OK Student Reward Program

From Navy Exchange Service Command Public Affairs

VIRGINIA BEACH, VA.

The Navy Exchange Service Command's (NEXCOM) A-OK Student Reward Program offers all qualified students to participate in a quarterly drawing for monetary awards of \$2,500, \$1,500, \$1,000 or \$500 for a total of \$5,500 per quarter.

The next drawing will be at the end of March.

Any eligible full-time student that has a "B" grade point average equivalent or better, as determined by their school system, may enter the drawing. Home-schooled students can also qualify with acknowledgement that the student has a "B" average or equivalent record of accomplishment.

Eligible students include dependent children of active-duty members, Reservists and military retirees, as well as U.S. civilian Department of Defense employees stationed outside the continental United States and U.S. civilian employees of firms under contract to

the Department of Defense outside the continental United States. Students must be enrolled in 1st through 12th grade. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry. Each student may enter only once each grading period and must re-enter with each qualifying report card.

To enter the drawing, stop by any NEX with a current report card or progress report and have a NEX associate verify the eligibility. Then fill out an entry card and obtain an A-OK ID, which entitles the student to discount coupons for NEX products and services.

NEXCOM has been offering students a chance to help pay for college through its A-OK Student Reward Program since 1997. Since the program's inception, NEXCOM has awarded over \$750,000 in savings bonds and monetary awards to students with the help of its generous vendor partners.

For more news from Navy Exchange Service Command, visit www.navy.mil/local/nexcom/.

NAVFAC | MSTC training facility for SWOS

Continued from B1

neering Acquisition Division for Naval Base San Diego throughout the process and did high quality work at an incredible rate of work," said LT Samantha Krulik, NAVFAC Southwest Construction Manager. The JOOD Training facility was a major achievement for NAVFAC Southwest proving superior customer service to the fleet."

SWOS was directed to establish MSTCs

to develop new training courses for Surface Warfare Officers in both Norfolk, Va. and San Diego in response to a series of unprecedented and escalating mishaps in the Pacific Fleet in 2017. MSTC is composed of two courses, Officer Of the Deck (OOD) Phase I and II, focused on seamanship and watchstanding tactics. Both OOD I and OOD II must be fully operational and ready for students May of 2021. OOD I has been deemed so essential that the CNO ordered a four-week pilot version of the JOOD course be ready for training in May 2019.

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

American Legion accepting Spirit of Service Award packages

From Navy Office of Community Outreach Public Affairs

WASHINGTON

For the 19th consecutive year, the American Legion will present the Spirit of Service award to an enlisted member of the Army, Navy, Air Force, Marine Corps and Coast Guard during a presentation in August.

Packages for nominations are now being accepted and must be submitted by May 1.

Each service will select one winner based primarily on the level of volunteerism the service member performs off-duty in a local community. The award will be presented by American Legion National Commander Brett Reistad during the annual national convention in Indianapolis, Aug. 23-29.

Eligible Sailors must be E-5 or below, epitomize Navy core values and be nominated by the service member's commanding officer (CO).

The main criterion of the award is the level of volunteer community service that a Sailor performs off-duty in the local community. Command-sponsored volunteer activities, either on duty or off, will not be counted. The period of service is Jan. 1-Dec. 31, 2018, and nominees must be E-5 or below during the period of service. Nominees may be active or Reserve, and must be outstanding military professionals. Previous winners of this award are not eligible. If chosen as the recipient, the awardee must attend the American Legion National Convention.

Nominations must be on command letterhead and indicate the CO's confidence in the Sailor's professionalism and as a representative of the Navy, the validity of the volunteer efforts, and a commitment to facilitate their nominee's attendance at the national convention if selected. Endorsements are not required.

The description of volunteer efforts must include quantitative data such as hours, days, or months spent on off-duty volunteer community service. Command-sponsored volunteer activities, either on-duty or off-duty, will not be counted. This description should be provided in a bullet format.

A high-resolution JPEG head and full-body photograph of the Sailor is required. If

chosen as the award recipient, the nominee's photo will be used in printed and online material to publicize and document the award ceremony. The photo should be similar to those commonly associated with Navy leader biographies and official portrait photos.

If chosen as the award recipient, the biography will be used in the Legion's magazine and convention program. The biography should include hometown information, as well as professional highlights and qualifications.

A written and signed statement of consent by the Sailor, authorizing release of information contained in the nomination, is required per the Privacy Act of 1974. The following statement is a sample of written consent: "I, (rate/rank/full name), do hereby authorize the release of all information enclosed in this nomination package to those persons involved in the selection process."

Nomination packages should be emailed to Kristine.garland@navy.mil by May 1. The Navy Office of Community Outreach (NAVCO) will consolidate all nominations, organize a ranking board, and recommend the top candidates to the American Legion, which will make the selection. NAVCO will inform the winner and also notify those not selected.

The American Legion was chartered by Congress in 1919 as a patriotic veterans organization. Focusing on service to veterans, service members and communities, the Legion evolved from a group of war-weary veterans of World War I into one of the most influential nonprofit groups in the United States.

For further information, please contact Kristine Garland at kristine.garland@navy.mil. The NAVADMIN can be found here: <https://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMINS/NAV2019/NAV19037.txt>

Visit here for a sample package submission: <http://www.outreach.navy.mil/Outreach/ExecutiveOutreach/>

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

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» See C4

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VIRGINIA
MUSICAL
THEATRE'S
"MARY
POPPINS"
FLIES INTO THE
SANDLER
CENTER THIS
WEEKEND

By Yiorgo

Virginia Musical Theatre (VMT) proudly presents the beloved musical for all ages, Mary Poppins at the Sandler for the Performing Arts in Virginia Beach this weekend starring our very own Tiffany Haas who performed 'Glinda' for 11 years on Broadway as well as touring with the national tour of Wicked.

Mary Poppins as we all know is one of the most popular Disney movies of all time and now we get to see this practically perfect musical based on the books by P.L. Travers in our own back yard. With over 2,500 performances on Broadway to its credits Mary Poppins received nine Olivier and seven Tony Awards nominations including Best Musical.

The familiar story begins with jack-of-all trades, Bert, introducing us to the Banks family in 1910 jolly Ol' England. The Banks children Jane and Michael can't seem to keep a nanny until the arrival of Mary Poppins who takes the children on many magical adventures in a most peculiar way. By combining magic and common sense, Mary advises the Bank family that "Anything can happen if you let

it", and teaches them how to value each other again.

Mary Poppins herself, Tiffany Haas grew up in the Peninsula, learning everything she could at her mother's dance studio The Academy Of Dance. Tiffany began studying voice at a young age, and became a member of the Virginia Opera children's chorus. She also studied at the coveted Virginia Governor's School or the Arts as a classical vocal major, under the direction of professional Opera singer, Alan Fischer.

With extensive training in ballet, tap, jazz, and lyrical, Tiffany also trained with professional dancers including Gregory Hines, Ben Vereen, Ann Reinking and Frank Hatchett just to name a few.

Virginia Musical Theatre has been celebrating the art of song and dance in the Hampton Roads area since 1991 when it was incorporated as the State's only professional theatre committed exclusively to the production of musical theatre. It was originally known as Commonwealth Musical Stage and in 1997 the name was changed to Virginia Musical Theatre.

Now entering its 28th season,



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and having produced well over 100 different productions, VMT remains the only professional arts organization in Hampton Roads devoted exclusively to musical theatre offering affordable, professional, high quality productions and educational performances for school audiences.

Each year, VMT produces four musicals, generally two contemporary and two classical Broadway shows, that bring together the finest professional performers from Broadway and the best this region has to offer.

Speaking about the best from this region, Chip Gallagher is the renowned local musical theatre director who is directing Mary Poppins. Chip has numerous original productions, revivals, National Tours and many awards to his credit.

A published arranger and composer, Mr. Gallagher has served as director and/or musical director for Paramount's Kings Dominion,

Virginia Musical Theatre, The 19th Street Festhaus & Brewery, The Annabel Lee, First Night Virginia Beach and The Virginia Stage Company. A talented director in his own right, some of his directing credits include: "Jekyll and Hyde, Kiss Me Kate, Will Rogers Follies, Lucky Stiff, Aida, Legally Blonde, How To Succeed in Business Without Really Trying, Chicago, Epic Proportions, All Shook Up, Swing, The Apple Tree, Mary Poppins, Chitty Chitty Bang Bang, A Christmas Carol, Nice Work If You Can Get It, Next To Normal, and Catch Me If You Can."

Here are some excerpts from a recent interview with Chip.

Yiorgo (Y): Where were you born and can you tell us a little about your early life prior to getting into entertainment?

Chip Gallagher (CG): I was born in Norfolk, grew up in Virginia Beach and went to Bayside High School. I was a kid that liked

to sing and perform and I did perform in my high school choir and drama. I loved it, so I went to James Madison University for music theory composition.

Y: Why did you decide to get into musical theatre?

CG: My grandmother was a tap dancer for the Glenn Miller Orchestra and taught me my first time-step before I ever had a dance class. I always wanted to be a performer. As long as I can remember I would watch the Academy Awards, Tony Awards, any and all award and variety shows, I was really interested in them from an early age and started singing like in the 3rd grade in school in whatever presentations they put together. I also took piano lessons at an early age so I had a foundation in music.

Y: You wear many hats. You serve as chair of the Musical Theatre Department at the Governor's

» See POPPINS | C3

Through thick...and Thin
Mints: exchange brings
Girl Scout cookies to
military families overseas

From Army & Air Force Exchange Service Public Affairs

DALLAS

Taste of home goes a long way for military families living in Europe and the Pacific. For more than 20 years, the Army & Air Force Exchange Service has supported Girl Scout troops by shipping their famous cookies to military installations outside of the United States in time for their annual selling season.

In 2019, the Department of Defense's largest retailer delivered more than 10,000 cases of Girl Scout cookies throughout Europe and more than 7,500 cases in Japan and Korea. This support brings a taste of home and an American tradition to Warfighters and families while underscoring the Exchange's mission of going where troops go.

"The Exchange is honored to bring some familiar favorites to military families serving overseas," said Air Force Chief Master Sgt. Luis Reyes, the Exchange's senior enlisted advisor. "In addition to the tasty treats, working with the Girl Scouts provides military children the opportunity to participate in a service activity they might be missing back home."

Exchange associates Iseea Thomas and David Degroot, who work at the Depart-

ment of Defense retailer's Gernersheim Distribution Center in Germany, recently volunteered to

drive more than 50 miles in rush-hour traffic to deliver cookies to the U.S. Army Garrison Baumholder so the Girl Scouts there would have them to sell over the weekend.

"If the military community needs assistance, and the Exchange can help, we are happy to do it," Degroot said.

Associates at the Okinawa Distribution Center processed more than 2,500 cases of cookies and delivered them to Girl Scout troops at Kadena Air Base and Camps Courtney, Foster and Kinser. More than 3,000 cases were delivered to stores in mainland Japan, and nearly 2,000 cases were delivered to stores in Korea.

The Exchange starts receiving order requests from the Girl Scouts in late October to early November for the January-March selling season. The Exchange then places and processes the orders on behalf of the Girl Scouts in the United States.

The cookies are shipped either directly from the vendor's bakery in Louisville, Ky., or through the Exchange's Dan Daniel Distribution Center in Newport News, Va. It takes four to six weeks for the shipments to travel across the Atlantic and Pacific oceans.



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Calendar

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

Hampton Roads Military Hiring Event

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

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

REGISTER - Make sure to register by Feb. 21. You can register at www.hamptonroadsfeb2019militaryhiringevents.com

CREATE - Enter your military experience & skills.

RESUME - Upload your current resume or create one using our step-by-step resume builder.

JOB MATCHES - Employers will contact you to schedule interviews at the event.

Fred Armisen: Comedy for Musicians but Everyone is Welcome

- Feb. 28. 8 p.m. \$33
- The Norva, 317 Monticello Ave., Norfolk
- www.thenorva.com

Fereydun Robert "Fred" Armisen is an American actor, comedian, writer, producer and musician best known as a cast member on Saturday Night Live from 2002 until 2013. Armisen has portrayed characters in comedy films, including EuroTrip, Anchorman and Cop Out. His comedy for musicians has become an underground favorite.

Wiz Khalifa and Curren\$y

- March 1. 8 p.m. \$35/advance, \$40/day of show
- The Norva, 317 Monticello Ave., Norfolk
- www.thenorva.com

Multi-platinum selling, Grammy and Golden Globe nominated recording artist Wiz Khalifa burst onto the scene with mainstream success with the release of his first major label debut, Rolling Papers in 2011. Rolling Papers spawned the hugely successful hits "Black and Yellow," "Roll Up" and "No Sleep" and gave Wiz the platform to win the award for Best New Artist at the 2011 BET Awards and Top New Artist at the 2012 Billboard Music Awards.

Virginia Musical Theatre presents: Disney's Mary Poppins

- March 1-3. 8pm. \$20-\$65
- Sandler Center for the Performing Arts, 201 Market St., Va. Beach
- www.sandlercenter.org

One of the most beloved Disney movies of all time is capturing hearts all over again with the Broadway musical Mary Poppins. Bring the entire family to experience the magic, the energy and excitement of the "supercalifragilisticexpialidocious" musical that delighted Broadway audiences for more than three years and earned seven Tony Award nominations. Featuring incredible new songs and explosive choreography, including the show-stopping tap number, "Step in Time," Mary Poppins is a sure bet for audiences of all ages.

NSA HR Headquarters Mardi Gras Party

- March 2. 6-9 p.m. \$25/person
- The Norfolk Room at Sewells Point Golf Course, 660 Ruthven Rd., Norfolk
- 757-237-3068

NSA Headquarters proudly presents Mardi Gras Party on Saturday, March 2 at The Norfolk Room at Sewells Point Golf Course from 6 to 9 p.m. Join us for an evening of fun with heavy hors d'oeuvres, signature drink ticket, DJ, karaoke, and photos. \$25 per person and TICKETS ARE LIMITED! Tickets are available for purchase over the phone or in person at the MWR Food & Beverage Office located at SC-400 NSA HR - Headquarters. Open to all eligible patrons and guests. For more information please call 757-237-3068.

ODU Women's Basketball vs. Marshall

- March 2, 4 p.m. \$8-\$10
- Ted Constant Convocation Center, 4320 Hampton Blvd., Norfolk
- www.constantcenter.com

Nikki McCray-Penson (head coach) and her team are ready to take on the 2018-19 season. Grab your ODU Monarch gear and show up to support the Monarchs go after the C-USA championship.

Va Beach Volunteer Rescue Squad 43rd Annual Oyster Roast

- March 3, 1-5 p.m. Adults \$60
- Virginia Beach Convention Center, 1000 19th St., Va. Beach
- Tickets available at www.vbvrs.org

From VB Volunteer Rescue Squad: One of our favorite events, the annual Virginia Beach Volunteer Rescue Squad's Oyster Roast & Craft Beer Festival is our largest fundraiser of the year. With the donations we receive, we are able to continue to purchase the advanced lifesaving equipment we need to answer more than 14,000 calls every year. The treatment and transport we give our community costs you absolutely nothing. Your support is vital in maintaining this high level of service.

Community

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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/



Courtesy photo (Left to right) Madeline Salano, Captain Desiree Joseph, LT Courtney Hutchens accept the award on behalf of their team.

Norfolk lifeguards awarded for life-saving work

From Norfolk.gov

NORFOLK

On September 1, 2018, City of Norfolk lifeguards responded to a spinal medical emergency at the Sarah Constant Beach in Ocean View. A 31-year old swimmer had attempted to flip from an elevated drainage pipe into shallow water.

Lifeguard Lieutenants Courtney Hutchens and Madeline Solano and Lifeguards Beatty Barnes and Robert Warren immediately stabilized the injured swimmer. The immediate treatment from the lifeguards with the appropriate care enabled Norfolk Fire-Recue to spend less time on the scene and ultimately resulted in a quicker transport to the emergency room.

"The ability of these lifeguards to provide immediate attention and treatment as a possible spinal cord injury to this swimmer with such precision and teamwork was exemplary and prevented further damage," said Darrell Crittendon, Director of Recreation, Parks and Open Space (RPOS).

All emergency action plans, communication standards and protocols were met during this incident.

In recognition for their life-saving work, these lifeguards were awarded 2018 Dr. Frank Pia Lifesaving Awards at the Virginia Lifeguard Association Annual Aquatic Management Symposium on February 15, 2019. In addition to this award, they were also presented Norfolk Fire-Rescue Awards for the same incident last fall.



Courtesy Nauticus Nauticus is extending a discount on admission price thru March. Active duty, retired, and veteran military members and adult dependents will pay just \$12.

Nauticus Salutes Military with Special Admission Price

From [Beth Bilderback](#)

NORFOLK

In celebration of the Battleship Wisconsin's 75th Anniversary year, Nauticus will show appreciation for our military by offering a \$12 admission rate throughout March to all active duty, retired, and veteran military members and their adult dependents. A military I.D. is required.

Nauticus and the Battleship Wisconsin are open 10 a.m. – 5 p.m. Tuesday through Saturday, Noon to 5 p.m. Sunday and closed on Monday.

For more information, call (757) 664-1000.

*For more military news visit
FlagshipNews.com*

Calling all foodies: 4 trends shaping home cooking in 2019

From Brandpoint

Today’s chefs and home cooks alike are seeking more meaningful food experiences, with smart, intuitive technology that’s high-performing and saves time. This year, leading brands are changing the way culinary enthusiasts source and prepare their food, emphasizing a heightened level of respect for all ingredients throughout the process. The result? Delicious food and healthier lifestyles. Here are four trends driving the evolution of home cooking in 2019:

1. Farm fresh, locally sourced food. More than ever, home cooks strive to use fresh, locally grown or raised organic products, both in the interests of sustainability and to achieve the best tasting, most nutritious dishes. While some at-home chefs grow their own produce, others turn to sources like farmer’s markets and community-supported agriculture for the freshest ingredients in an effort to consume less processed food. Luxury kitchen appliance brands are starting to recognize this and educate consumers on how to stay “true to food.” For instance, Signature Kitchen Suite is producing short films that highlight food experts around the country who can help guide others to get the best out of everything we cook.

Food journalist, author, educator and True to Food film host Mark Bittman says, “Cooking

with consciousness is a lifestyle philosophy I live by. It gets people thinking about the food they’re consuming, where it’s sourced and how it’s prepared. That’s why I believe so strongly in the True to Food mission.”

Creativity, efficiency and sustainability are keys to today’s kitchen, according to Bittman, who recently led a panel discussion of culinary and wine experts to amplify the True to Food conversation at the new Signature Kitchen Suite “Experience and Design Center” in the heart of culinary-centric Napa Valley, California.

2. Waste reduction. Along with a growing interest in food sourcing comes the need to properly store and preserve it, not only to maintain freshness, but also to reduce waste. Important tips like decluttering your refrigerator and freezer, and making sure food is stored in the correct place are good first steps, but what about the quality of your appliances? Many new built-in appliances like integrated column refrigerators and freezers are purposefully designed, from their spacious capacity to their ability to preserve fresh food through optimum temperature control, thanks to innovative features like a linear compressor and engineered all-metal interior.



Brandpoint image

3. Smart technology and modalities. Many of today’s home cooks represent a new generation of forward-thinking individuals called “Technicureans,” or those who have a pas-

sion for food and appreciation for innovation. Imagine pre-heating your oven remotely or having the opportunity to use a go-to cooking method used in the world’s best restaurants. Take, for instance, the versatile new 48-inch Dual-Fuel Pro Range, which is the first on the market with built-in “sous vide,” directly on the cooktop, along with induction and gas, delivering the ultimate in precision cooking.

“Sous-vide is a revolutionary professional cooking technique that is now making its way to the home kitchen,” said AJ Schaller, executive chef at Cuisine Solutions and the Culinary Research and Education Academy.

“Sous-vide allows food to cook at a precise temperature to enhance flavors and maintain moisture, consistency and nutrients that are typically lost through conventional cooking methods,” she explains. “It requires more planning for the home chef, because you in-

crease the time you cook when using lower temperatures, but it makes life easier since it’s such a simple process that when done well can increase conservation.”

4. Food and wine pairings. Interest in wine culture is always evolving, and many at-home chefs have an affinity for curating their collections. Investing in proper storage is also key, especially for wines that are best served chilled. New integrated wine column refrigerators are bringing unique “wine cave” technology to wine connoisseurs. This technology from Signature Kitchen Suite significantly reduces vibration - a primary impediment to wine preservation that can cause chemical imbalances affecting the quality, flavors, aromas and texture. It also minimizes temperature fluctuations, limits light exposure and locks in humidity so aspiring sommeliers will have their sparkling wines, whites and rosés at the ready.



Brandpoint image

POPPINS | Magic comes to Sandler Center

Continued from C1

School for the Arts (GSA) and you are also the Acting Artistic Director for Virginia Musical Theatre (VMT). Talk to us about how you started with GSA, with VMT, and how you keep that balancing act going.

CG: I was one of the tenors at Park Place Methodist Church and Chuck Woodward during the first full year of the school was a faculty member at GSA and in his church choir and he asked me if I could sub for one of his music theory classes. I said sure. I was 22 at the time. I met the head of the school, we hit it off, I started doing a show-type choir, one thing led to another, it was a pullout track from the music department that we called Performing Arts, and we started training kids with performing classes, singing and acting, and it evolved into what we call the Musical Theatre Department and now 31 years later I am still here and we are a serious musical theatre-training program.

Virginia Musical Theatre is 28 years old and I was on the first Board of Directors and in their first show called “The Boyfriend”. This is my 4th year as Acting Artistic Director for VMT. It has also been a natural progression, because there is an internship program between VMA and the musical theatre department at GSA for over 20 years. My students at GSA will audition for

a show at VMA and if they are right for a part they will be interned and get a grade for being in the show and also some of the students work backstage. Of course we never put a kid into an adult role because VMT is a professional theatre but for the younger or ensemble roles that they can pass for in their early 20’s. It is a great experience for the students because they get to perform and learn with equity actors from New York. Having those one-on-one conversations between breaks is an invaluable tool for the students.

Y: How do you go about casting actors for the plays?

CG: We are very proud of the local, regional talent we have in the area. We are a small regional theatre and every show is different so we have to use locals and fortunately we have very talented folks in the area, some amazing singers and actors and we combine them with people we bring in from New York and other parts of the US.

For tickets, dates and other info go to: www.vmtheatre.org

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



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Brandpoint image

4 Tips to Find Total Confidence through Music

From Brandpoint

The power of music extends beyond just a good beat to listen to. It can be a source of inspiration for new ideas or serve as an instant confidence booster at times when you need a little push. Whatever the reason may be for pressing play, music can inspire you to get out of your comfort zone and try something new.

To get aspiring musicians and fans alike started with their musical explorations in the New Year, Total Wireless is sharing four tips on how to find total confidence through the power of music.

1. Learn a new instrument: Joining a music class with a friend is a great way to feel more confident about your new venture. Whether you're picking up your first instrument or are already a skilled musician, challenge yourself to learn something new and push yourself out of your comfort zone. It can feel intimidating to know where to begin, so use your smartphone to do a little research before taking the next step.

2. Make a confidence-boosting playlist: When you're having a tough day, use the power of music to give yourself an instant confidence boost.

Using your favorite music-streaming app on your smartphone, compile a playlist of your favorite songs for a quick pick-me-up wherever you are! And with the new MEGA plan from Total Wireless, you can get 25GB of 4G LTE† data for only \$50 so you'll never have to worry about running out of data while listening to your favorite songs.

3. Discover new music: Diversify your song library and discover new music by using your smartphone to explore new artists and genres. Get started by searching for artists that are similar to a few of your current favorites, or select a ran-

dom playlist on your favorite music streaming app and see what new artists are recommended for you. If you're feeling adventurous, you can even take your music exploration a step further and check out a local band (or two!) at their next show.

4. Take the stage: Resolve to broaden your horizons and take that next big step to center stage. If you're a longtime musician, aim to book a gig at the largest venue you've ever performed at, or if you're new to the craft, find the courage to get up during an open mic and test out a new song. While this can be intimidating, just go for it and remind yourself that "you got this."

Whether you're an experienced musician or a playlist professional, remember to get out there and try something new when it comes to furthering your knowledge of music or exploring new musical interests!

Arts & Entertainment



Courtesy Netflix

Garrett Hedlund, Oscar Isaac, Charlie Hunam, & Ben Affleck star as former Special Forces operatives in Netflix's action thriller "Triple Frontier."

coming soon

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.

TRIPLE FRONTIER (NETFLIX)

"Five former Special Forces operatives reunite to plan a heist in a sparsely populated multi-border zone of South America. For the first time in their prestigious careers these unsung heroes undertake this dangerous mission for self

instead of country. But when events take an unexpected turn and threaten to spiral out of control, their skills, their loyalties and their morals are pushed to a breaking point in an epic battle for survival.

5 FEET APART

Stella Grant (Haley Lu Richardson) is every bit a seventeen-year-old...she's attached to her laptop and loves her best friends. But unlike most teenagers, she spends much of her time living in a hospital as a cystic fibrosis patient. Her life is full of routines, boundaries and self-control - all of which is put to the test when she meets an impossibly charming fellow CF patient named Will Newman (Cole Sprouse).

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

JEB Little Creek, Gator Theater – 462-7534

Friday, March 1

Schedule not available at press time

Saturday, March 2

Schedule not available at press time

Sunday, March 3

Schedule not available at press time

NAS Oceana, Aero Theater – 433-2495

Friday, March 1

6 p.m. The LEGO Movie 2: The Second Part (PG)

9 p.m. Miss Bala (PG-13)

Saturday, March 2

12 p.m. The LEGO Movie 2: The Second Part (PG)

3 p.m. Glass (PG-13)

6 p.m. Miss Bala (PG-13)

Sunday, March 3

12 p.m. A Dog's Way Home (PG)

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

6 p.m. The LEGO Movie 2: The Second Part (PG)

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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weekly publication
aimed at military
service members,
family, and retirees.



Announcements

DCHS PTSA CRAFT SHOW
Deep Creek HS craft show Mar. 30
from 9-4, area vendors featured.

FOUND RING 757-385-4578

HIRING EVENT! Looking for
a Seasonal Mosquito Control
Technician to work 30-40hrs/week!
Opportunity to work along side an
amazing team! Hourly pay: \$10
If interested, please email careers@nbly.com

LARKSPUR MIDDLE SCHOOL
PTA WINTER CRAFT/VENDOR
SHOW 4696 Princess Anne Rd. Free
& open to the public. Saturday March
2nd 9am-2pm.

OFFICE CLOSING:
COMMONWEALTH WOMEN'S
HEALTH CARE, DRs. MICHAEL
SPRUIELL AND E. FRANKLIN
ROBERTS

Will close their office on March 30th
2019. Request for copy of records
may be sent to 2020 S. Independence
Bvd. Virginia Beach, VA 23453. Thank
you to our very wonderful patients.

Lost and Found

FOUND CAT
Very friendly. White w/ black spots, all
black tail w/ white tip. 757-266-6545



Estate Sales

CHESAPEAKE 3 story Victorian
home loaded with antique furniture/
collectibles. 604 D St. Fri & Sat 8-4.

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

ESTATE SALE & MOVING SALE
Alva Banks Clary
4713 Thoroughgood Dr., Va. Beach
Fri. & Sat., Mar 1 & 2, 8:30 AM-3 PM
Most items purchased 50 yrs. ago
from Willis Wayside. Doll & doll re-
lated items. Kimball spinet piano,
cut glass, China, large & small curio
cabinets, Victorian furniture, mod-
ern grandfather Seth Thomas clock,
game table, costume jewelry, corner
cabinets, din rm set, queen size
bedroom sets, lots of prints, mirrors,
lamps, lots of stuff. Garage & kitchen
items. House alarmed & guarded.
Cash/Check Only. Larry Zedd, Va
Beach Antique Co. 422-4477.

ESTATE SALE-SELLING TO THE
WALLS 1180 Yarbrough Way VB
estatesales.net for info. Fri & Sat
March 1st & 2nd 10-3.

VIRGINIA BEACH
Estate Sale! March 2nd & 3rd 10am-
3pm Rain or Shine **Cash Only**
4109 Cheswick Ln, VA Bch 23455
Various items, Furniture, Tools,
Household Decor, Connolly Pool
Table, Grand Piano & More.

Flea Market/Bazaars

HAMPTON
BIG FLEA & ANTIQUES MARKET
RETURNS TO HAMPTON
CONVENTION CENTER
1610 COLISEUM DRIVE
HAMPTON VA 23666
MARCH 30-31
DEALER SPOTS STILL AVAILABLE
CALL FOR INFO 757-430-4735
WWW.THEBIGFLEAMARKET.COM

OLDE TOWNE ANTIQUES/
FLEA MKT Mar 2, 10-2. Fantastic
finds. 200 County St. 405-3500.
oldetownportsmouth.com



Misc. Merchandise For Sale

2 PC ALL NEW MATTRESS SETS
In Plastic. Twin \$99, Full \$119, Queen
\$129, King \$189. Financing Available.
Can Deliver. 757-490-3902.

FIREWOOD
Seasoned Hardwood \$120. 8ft Bed
Truck, Deliver Virginia Beach, Ches-
apeake 757-635-7717

FISHING FLEA MARKET
3/9 8-2:30. Chesapeake Conference
Cntr. 700 Conference Center Dr. Fish-
ing equip. only! 120 vendors. \$3 Adm.
kids under 12 free! Info 757-287-0330

Misc. Merchandise For Sale

KENMORE REFRIGERATOR
19.2 Cubic Feet, Very Good Condi-
tion, \$65 Call: 757-721-9546

SEMI ELECTRIC BED - ULTRA
Plus - Delta 1000, for medical use,
Like new, single., \$300. 757-588-4879

TWIN BED
W. Boxspring & Frame. Very Good
Condition. \$75. Call: 757-721-9546

Antiques & Collectibles

BUYING COINS
757-474-1303
Coin Collections
STAMP COLLECTIONS

Wanted To Buy

CAMERA
HIGH-END FILM CAMERAS
757-481-5375



Dogs, Cats, Other Pets

AKC GOLDEN RETRIEVER PUPS
1st shots, dewormed. \$875. Born
12/25. Call 252-357-4829 or text 252-
548-8327

COCKAPOOPOOS
Family Raised, 9wks, Shots &
Wormed. Ready to Go. \$950. Call:
757-705-5223 or txt 757-304-1558

RAT TERRIERS



First shots, dewormed, cute and ador-
able, ready for a new home, \$700.
Can call or text: 252-333-7554

COLLIES

2yr old adult \$300 & 4 month old pup-
py \$800. Both males. 757-305-7900

GERMAN ROTTWEILER PUPPIES
AKC reg., family raised, adorable.
Ready to go now. \$850. 540-867-9439

LABRADOR RETRIEVER
Pups, AKC, black, 1F, 1M, 1st shots/
worming, health guarantee, excellent
pedigree, \$450, 252-883-6148

LHASA APSO
White, alpha male + 2 loving females.
Born December 5th. Socialized from
birth. \$500 Call: 757-778-5376

POMERANIAN PUPPIES
Wormed & shots \$750+. Call for
more info 757-617-5485

SHIH TZU PUPS



Pure Bred, M & F, Home raised, Vet
Checked, Parents on Premises, \$695.
Ready now! Call 804-338-1228

TOY POODLE



AKC Parents. Family Raised. 8 weeks
old. 2 Males available.
757-2883757



jobs

General Help Wanted

OUTSIDE LABORER
Est. Contractor in business 30 yrs -
great 2nd job \$18-\$26/hr. Flexible
hrs. Excellent DMV record, ability
to lift 70 lbs a must. Leave name &
phone number at 757-487-0561

Part-Time/Seasonal

RECEPTIONIST/GENERAL
OFFICE
M-F 8:30-2:30. Filing, phones, mail,
computer, counter sales, Good for
retired person. Email ref/resume
to office@cwshr.com. No calls/walk-
ins.



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Roommate Wanted

I AM LOOKING FOR A ROOM TO
RENT
In Virginia Beach, with a private bath
if possible, maybe a master. \$500 all
inclusive. By 3/1. Debra: 757-319-3162

Room For Rent

VA BEACH SHORE DR. & GATE 4
Lrg Furn'd Master, \$700+SD & Rm w/
Patio, \$640+ SD Call: 757-818-4872

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

PORTSMOUTH
Room For Rent. \$550/month. \$100 de-
posit. Clean quiet, central heat and air,
cable ready. Call 757-737-2937



Travel/Camping Trailers

CAR HAULER
2013. 30ft. Enclosed. Very good cond!
GW 10,400lbs. \$6,200 757-373-5707

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

INFO-WE WILL BE AT REDUCED
Service 2/25 - to 3/7 due to
re-paying. Thanks for your patience,
Snyder's RV 499-8000.
www.snydersrv.com

KEYSTONE TRAVEL TRAILER
20 feet, 2 axle, 3950 pounds. Excel-
lent condition. \$12,500 Please Call:
828-606-5848. Virginia Beach.



4X4 Motor Home, Check It Out at
Snyder's RV 499-8000
www.snydersrv.com

Autos for Sale

BUICK 2003 PARK AVENUE



Special Edition, 4 door sedan. 79500
miles. Serious inquiries only. Call
757-748-4184

BUICK 2011 LUCERNE
CX. A/T, alloids, full loaded, won't last!
\$8,750 (757) 717-1715 or (757)
963-2299

CADILLAC 2016 XTS



Fully loaded, one owner, must see!
Priced to sell \$16,950. (757) 717-
1715 or (757) 963-2299

CHEVROLET 1991 CORSICA
LT, automatic, AC, 4 doors, very reli-
able, blue, 3.1 liter, \$1,600 or best
offer. 153,000 original miles, current
inspection. 757-567-2265

CHEVROLET 2007 MALIBU



78K, serviced, clean. \$4975.
439-0582. va dir

CHEVROLET 2008 IMPALA
HOT
SS immaculate, beautiful black fin-
ish, auto, air, turbo, loaded, inspected
\$4990 757-439-8017. Va. Dir. 757-481-
7777. Process Fee \$375

CHEVROLET 2010 IMPALA



LT, 68K miles, clean, serviced, \$6975.
439-0582. va dir

CHEVROLET 2012 CAMARO
Loaded, 51k miles, still under war-
ranty, \$14,500. Call 757-408-4614

Autos for Sale

CHEVROLET 2008 MALIBU

MORE FOR YOUR MONEY
LS. Beautiful cobalt grey finish, excel-
lent condition, auto, air, loaded, in-
spected. \$3990 757-439-8017. Va. Dir.
757-481-7777. Process Fee \$375

FORD 2013 TAURUS



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

HONDA 2004 CIVIC

look at this!
Coupe Looks and runs great, auto,
air, loaded, inspected \$2990 757-439-
8017. Va. Dir. 757-481-7777. Process
Fee \$375

HONDA 2008 FIT

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

HONDA 2011 ACCORD



EX. A/T, AC, sunroof, must see! Good
condition, 66,000 miles. \$10,950
(757) 717-1715 or (757) 963-2299

HONDA 2016 CIVIC



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

LEXUS 2006 GS 300



Navigation, AWD, serviced, clean,
101K mis., \$8900. 439-0582. va dir.

LEXUS 2013 IS 250



Loaded, 30k mi., \$19,950 VA Dealer
757-717-1715 OR 757-963-2299

LINCOLN 2002 LS

white sedan, leather, looks & runs
good. 84k mi. \$4300 757-816-8369

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

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

MERCEDES-BENZ 2012 E-CLASS



E350. AWD, heated seats, serviced,
clean, warranty. 36K, \$20,900. 439-
0582. va dir

MERCURY 2004 MARQUIS
Elite Edition. 1 owner, air suspension
ride, new tires, only 119K, champagne
with tan leather, like new, \$4,495.
(757) 286-3858 NO texts please!

MITSUBISHI 2003 ECLIPSE

MUST SEE
105k original miles, mint condition,
garage kept, auto, air, loaded, in-
spected. \$3990 757-439-8017. Va. Dir.
757-481-7777. Process Fee \$375

NISSAN 2006 ALTIMA
Pick ME UP
2.5S Special Edition, looks and runs
great, auto, air, loaded, inspected
\$3850 757-439-8017. Va. Dir. 757-481-
7777. Process Fee \$375

NISSAN 2008 ALTIMA
S. 83,000 miles. Loaded, sunroof,
new inspection. \$5,200 OBO Call:
(757) 228-6656

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

NISSAN 2012 ALTIMA
S - 2.5 115k, new inspection, push
start, sunroof, loaded. \$6,000 OBO
(757) 228-6656

Autos for Sale

SUBARU 2002 FORESTER

Great Value
AWD, looks and runs great, auto, air,
loaded, inspected \$3650 757-439-
8017. Va. Dir. 757-481-7777. Process
Fee \$375

SUBARU 2008 FORESTER

Pick ME UP
AWD, auto, air, loaded, runs perfect,
great condition, inspected. \$2990
757-439-8017. Va. Dir. 757-481-7777.
Process Fee \$375

TOYOTA 2005 SEQUOIA



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

TOYOTA 2006 CAMRY SOLARA

HOT
CONVERTIBLE XLS. Ex cond, looks
& drives great, leather, auto, air, load-
ed, \$3650 757-439-8017. Va. Dir. 757-
481-7777. Process Fee \$375

TOYOTA 2012 CAMRY



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

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

TOYOTA 2017 YARIS

L. A/T, AC, new inspection, fully load-
ed. 28,000 miles \$10,850 (757) 717-
1715 or (757) 963-2299

VOLKSWAGEN 2008 PASSAT



Loaded, leather, sunroof, clean, ser-
viced, 73K, \$5900. 439-0582. va dir

VOLVO 2008 C70
Convertible/Hardtop, leather, new
inspection, all serviced, new tires,
runs & looks grand new. \$8900. Call
for details 675-0288. Va. Dir.

Trucks and SUVs

CADILLAC 2005 ESCALADE

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

CHEVROLET 2004 TAHOE

Check It Out!
LT 4x4, great cond, leather, loaded,
power seats, runs perfect, auto, air,
inspected. \$5990 757-439-8017. Va.
Dir. 757-481-7777. Process Fee \$375

CHEVROLET 2006 1500



Crew Cab, 4WD, 97K mis., serviced,
clean. \$12,500. 439-0582. vadlr

CHEVROLET 2010 EXPRESS 1500

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

CHEVROLET 2010 SILVERADO 1500



LT. Extended cab, A/T, V8, excellent
condition. 68,000 miles \$15,950
(757) 717-1715 or (757) 963-2299

CHEVROLET 2014 EQUINOX
Private seller. Family owned. Blue.
New brakes/rotors. Very reliable, 79k
mi. \$13,500. Ryan 757-681-0425

CHRYSLER 2010 PT CRUISER



A/T, alloids, must see! Excellent con-
dition only 58,000 miles. \$5695.
(757) 717-1715 or (757) 963-2299

Trucks and SUVs

FORD 1998 RANGER

Cook Here
Flareside. Excellent condition, looks
and runs great. 5 spd, inspected
\$3450 757-439-8017. Va. Dir. 757-481-
7777. Process Fee \$375

FORD 2007 ESCAPE



XLt. V-6. Clean, serviced, 89K mis.,
\$5975. 439-0582. va dir

FORD 2007 F150



XLt.

Look! 4 corners!

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

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United Way

get Evaluation March 8
participants Video link Entire
storing workshop content

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photos strategic Community
& Resources new w

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questions

Fun and Games

Sudoku

Super Crossword

DELICACY BENEATH
THE SURFACE

ACROSS

1 Belgradians, e.g.
6 Head hair hides them
12 Ape'd
20 Irked a lot
21 Was released
22 In a mannerly manner
23 Start of a riddle
26 Myrna of "The Thin Man"
27 Seasons' first games
28 Cried feebly
29 Gives in (to)
33 PIN point
34 TV reporter Burnett
36 — Marian
37 Riddle, part 2
45 Currently airing
47 Like straight lines, for short
48 Recycling receptacles
49 Notable years
50 Riddle, part 3
55 Singer Levine

56 — Fridays (restaurant)
57 Dalai —
58 Freeze Away targets
60 Youth org.
63 Bitten at
67 Penalized persistently
70 Taunt
72 Riddle, part 4
76 Nero or Livy
77 Actress Eva
78 Actress Eva
79 Ar follower
80 Plane parts
82 Korbut of gymnastics
84 Fleur-de- —
85 Tick's cousin
87 Riddle, part 5
96 Stage decor
97 Champ's cry
98 Novelist Seton
99 "Ask, I might know the answer"
100 End of the riddle
106 Sword type
107 See 9-Down
108 Basketballer Ming
109 Gift from above
111 Test pilot's garb

114 Least dry
118 Surg. sites
119 Riddle's answer
126 More ready to hit the hay
127 Mexican or Guatemalan
128 Wall painting
129 Stead riders
130 Revises, as text
131 Messy types

DOWN

1 Toothed tool
2 King James Bible suffix
3 San Luis —, California
4 Really scolded
5 Rose to one's feet
6 Police rank: Abbr.
7 "It's Impossible" singer Perry
8 Over
9 With
107 Across, give in to despair
10 "The 25th Annual — County Spelling Bee"
11 Tampa Bay city, for short
12 Stock mkt. debuts
13 Floor cleaner
14 In bad health
15 Neckwear clasps
16 Make harmonious
17 Blue hue
18 Sommer of "The Oscar"
19 Like much blond hair
24 No. to Dmitri
25 Writer Bombeck
29 Love, to Nero or Livy
30 Walking stick
31 French "five"
32 Loafer, e.g.
34 Revise
35 Revive
38 With 113-Down, product's ultimate consumer
39 Vietnamese celebration
40 Hero type
41 Nets' org.
42 Form-filling
43 Millet, fescue and sorghum
44 Tuber often candied
46 Going gaga, with "out"
51 Wedding band
52 Lieutenant Geordie on "Star Trek: The Next Generation"
53 Exclude
54 — Zone
55 Zone
59 Disbeliever in God
60 Exclude
61 Like a worse blizzard
62 Confess
64 Birth mo. for many Laos
65 Job-creating FDR agcy.
66 Big shot
68 LAX stat
69 Cannes' Palme —
71 Mag heads
73 Hamlet, e.g.
74 Ballot site
75 Take's "Star Trek" role
81 Close with stitches
83 Way out
85 Full of tension
86 Soup flavor enhancer, for short
88 Over
89 Not Rep. or Dem.
90 Party card game
91 Lower Manhattan sch.
92 Turf toughs
93 Ballyhoo
94 "Preach it!"
95 Really mad, with "off"
97 Krypton-86, for one
101 Cries feebly
102 Gazing sort
103 Baby's toy
104 New York City moniker
105 Way out
110 Instruments with sticks
111 Lillian of silent films
112 French battle site of 44
113 See 38-Down
114 Threadbare
115 Suffix with sermon
116 Where the tibia is
117 Minister (to)
120 Tiny —
121 Tiny
122 Set- — (brief fights)
123 Swing to and —
124 Test center
125 Lolly rails

1	2	3	4	5		6	7	8	9	10	11		12	13	14	15	16	17	18	19		
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119							120	121									122			123	124	125
126											127							128				
129											130											

last week's answers

ANSWERS

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

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

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)



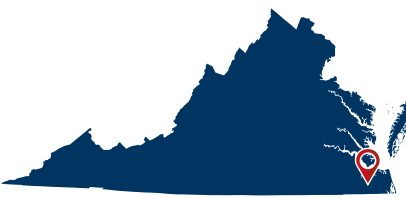
Support your Heroes at Home!

AT THE 2019 MILITARY SPOUSE AWARDS



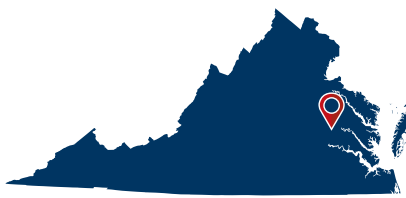
NORTHERN
VIRGINIA

04.16.19
TUESDAY



HAMPTON
ROADS

05.02.19
THURSDAY



CENTRAL
VIRGINIA

05.16.19
THURSDAY

Register Today, visit:
HEROESATHOMEVA.COM

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

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

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