



U.S. Navy photo illustration

An artist rendering of the future USNS Navajo (T-ATS 6).

From Secretary of the Navy Public Affairs

WASHINGTON

Secretary of the Navy Richard V. Spencer has announced the new class of Towing, Salvage, and Rescue ship will be named Navajo in honor of the major contributions the Navajo people have made to the armed forces.

The new class of vessels will be based on existing commercial towing offshore vessel designs and will replace the current T-ATF

166 and T-ARS 50 class ships. The first ship of this class will be named USNS Navajo and designated T-ATS 6.

“The Navajo people have fought and served our armed forces with honor and valor in nearly [every] major conflict since the birth of our nation, so it is fitting and right to name a new class of ship in their honor,” said Secretary of the Navy Richard V. Spencer. “The Navajo class of Towing, Salvage, and Rescue ships will serve our nation and continue the legacy of the Navajo people, and all Native Americans.”

The contract includes options for potentially seven additional vessels, and each additional ship will be named in honor of prominent Native Americans or Native American tribes.

Gulf Island Shipyards was awarded a \$63.5 million contract for the detail design and construction of the new Towing, Salvage and Rescue Ship which will be based on existing commercial towing offshore vessel designs and will replace the current T-ATF 166 and T-ARS 50 class ships in service with the US Military Sealift Com-

mand.

The T-ATS will serve as open ocean towing vessels and will additionally support salvage operations and submarine rescue missions. The first ship in the class will be built at the company’s shipyard in Houma, Louisiana, and is expected to be completed in March 2021.

For more information, visit www.navy.mil, www.facebook.com/secnav76 or www.twitter.com/secnav76.

For more news from Secretary of the Navy, visit www.navy.mil/local/secnav/.

U.S. Military plans release of Tenant Bill of Rights

From the Office of the Navy Chief of Information

WASHINGTON

All four military services of the U.S. Department of Defense are preparing a joint Tenant Bill of Rights in an effort to ensure service members and their families have safe, quality homes and communities, and clear rights while living in them. It is intended to increase the accountability of privatized housing companies by putting more oversight authority in the hands of local military leaders.

All three service secretaries have seen firsthand and reviewed problems in housing units, and the Tenant Bill of Rights is intended to help remedy them by both protecting and empowering service members and their families.

The Tenant Bill of Rights will be enforced through renegotiated leases with the privatized housing companies. The Tenant Bill of Rights will be implemented in the coming weeks.

For more information, please contact Army Public Affairs at 703-693-4723, Navy Public Affairs at 703-697-5342, Marine Corps Public Affairs at 703-614-4309 or Air Force Public Affairs at 703-695-0640.

Assistant Secretary of the Navy resigns

From U.S. Navy Public Affairs

WASHINGTON

The Assistant Secretary of the Navy (ASN) for Energy, Installations & Environment (EI&E), Phyllis L. Bayer, has submitted her resignation as she will retire from government and pursue other opportunities, effective March 30, 2019.

The Department of the Navy applauds her service and is grateful for her extraordinary efforts this past year.

While Navy leadership has been recently evaluating options with this portfolio due to competing priorities, the Secretary of the Navy remains fully committed to the role and responsibilities. The Department has begun an active search for an equally qualified candidate to become the next ASN EI&E.



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NAS Oceana, VBPD partner to promote motorcycle safety

In an area with a high concentration of Sailors, many who choose to ride motorcycles for leisure or as their main method of transportation, it is important for the Navy and local community to work together in promoting motorcycle safety.

»See A3



Pacific Partnership 2019 begins in the Philippines

Senior mission leadership, host nation and partner nation personnel attended the opening ceremony of the second Pacific Partnership mission stop in Tacloban, Philippines, March 11.

»See B1

Hurrah Players presents Frozen Jr. this weekend at Sandler Center

See our interview with Chesapeake student/actor Ben Branigan.

»See C1

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Twenty-five years of women aboard combatant vessels

By Adam Bisno
NHHC Communication and Outreach Division

On 7 March 1994, the first women to serve aboard a U.S. combatant ship received their assignments from the Navy.

According to the commander of Dwight D. Eisenhower (CVN-69), the women’s arrival on the ship on and after 10 March “produced relentless media interest that continued throughout the year.” In fact, Eisenhower accommodated more than 300 media visits that year, all squeezed into the short intervals between combat missions.

Eisenhower’s crew of women and men participated in the key operations of 1994: Uphold Democracy, in the Caribbean; Southern Watch, in the Arabian Gulf; and Deny Flight, Provide Promise, and Sharp Guard, in the Mediterranean.

Although Eisenhower accommodated many firsts in 1994, including the first female chaplain, there was nothing new about women in battle and in the line of fire. In the American Revolution, Molly Pitcher fired artillery at the British before being wounded and subsequently decorated for her heroism. In 1862, four nuns and five African-American nurses cared for patients on Red Rover, the Navy’s first hospital ship. Thousands more women came under fire as nurses in the late nineteenth and early twentieth centuries, especially in the Spanish-American War, the World Wars, the Korean War, and in Vietnam. What changed in the early 1990s were the rules around women and combat, which resulted in unprecedented opportunities for female Soldiers, Sailors, pilots, and medics.

The First Gulf War

It was women’s involvement in the First Gulf War that ultimately caused civilian and military leaders to rethink the ban on women in combat roles. According to military historian Rosemary Skaine, the exclusion of women from combat roles became insupportable when Operations Desert Shield and Desert Storm “exposed 41,000 servicewomen to hostile fire.”

News stories, photographs, and film footage accustomed the American public to the sight of women in combat gear and armed with 9mm sidearms and M-16s. The Today Show covered the story of Rhonda Cornum and Melissa Rathbun-Nealy having been taken as POWs as if it had been a first in U.S. history when, in fact, women had been prisoners of enemy forces many times before, perhaps most notably in the Pacific during World War II. Yet the media attention on women’s forward roles in the First Gulf War cast a floodlight on their exposure to all the

dangers that their male counterparts faced.

In response to women’s new visibility in war, the President’s Commission on the Assignment of Women in the Armed Forces convened in 1991 in order to “assess the laws and policies restricting the assignment of female servicemembers.”

At the same time, Congress repealed the law banning women from serving aboard aircraft engaged in combat missions. This move created a problem in immediate need of a solution: in theory, women could now fly combat missions from combatant aircraft carriers but might not be allowed permanent billets there.

The Repeal of 10 USC 6015

In spring 1993, President Clinton’s Secretary of Defense Les Aspin called on Congress to repeal 10 USC 6015, the law barring women from combatant ships, and directed the Navy to make preparations for mixed-sex crews. This direction came at the end of a long debate within the Navy and other branches about the meaning of “combat.” In 1988, the Department of Defense had issued its Risk Rule, which, among other things, barred women from situations in which there might be risk of hostile fire, capture, or direct combat.[9] But by early 1990, with the First Gulf War subjecting female servicemembers to all but the last, direct combat, the Risk Rule made little sense. In that year, the Navy Women’s Study Group began the process of trying to revise the Risk Rule to reflect the new ambiguities of battle.

According to Admiral Ronald J. Zlatoper, the inclusion of women on combatant ships made perfect sense: It was, in his words, “the logical progression after 50 years of service by Navy women.”

And so, on 30 November 1993, Congress repealed 10 USC 6015. Just a few months later, Dwight D. Eisenhower welcomed the first cadre of women aboard a combatant vessel.

Equality on Board

Lieutenant Deborah Davis, MC, USNR, saw firsthand how the Navy went about retrofitting ships for women. “It was usually a matter of putting a few separations in place,” she explains, “partitioning an area or two off from the male crews’ quarters, and making sure people could still get where they needed to go in the ship.”

In practice, however, the gender integration of the Navy produced the same tensions and conflicts as in the other branches of the military and in civilian society more generally. The process of opening combatant ships to women co-



Dwight D. Eisenhower (CVN’69), is backed from the pier with the aid of the yard tug boat Anoka (YTB-810). This six-month deployment to the Mediterranean is the first with female Sailors onboard a combatant ship. 20 October 1994



Dale Hamby, husband of LCDR Janice Hamby of the Operations Department on board the nuclear-powered aircraft carrier USS Dwight D. Eisenhower (CVN-69), waves goodbye along with their two children, as the ship deploys for a six-month deployment to the Mediterranean. Dwight D. Eisenhower is deploying with over 350 women as part of the crew, a first for a combatant warship. 20 October 1994.

incided with a national discussion about sexual harassment and assault, exemplified by the Anita Hill testimony and the Tailhook investigation of the early 1990s. In response to the latter, CNO Admiral Frank Kelso implemented the first fleet-wide educational programs to address sexual harassment and assault, in 1992.

The following year, Lieutenant Darlene Iskra obtained the distinction of being the first woman to command a U.S. Navy ship, Opportune (ARS-41), a noncombatant vessel. This breakthrough helped clear the way for Captain Michelle Howard to become the first female commanding officer of a combatant vessel, Rushmore (LSD-47), in 1999. Howard retired in 2017 as an admiral.

The opening of combatant ships to Navy servicewomen has created new opportunities for women to attain distinction in battle. Female aviators now fly strike missions from carriers. Female submariners now launch ballistic missiles



Navy Counselor First Class (NC1) Cheryl Ann Cassarella is shown working at her desk at Naval Station Rota where she is the command career counselor. Petty Officer Cassarella has received orders to the nuclear-powered aircraft carrier USS Dwight D. Eisenhower (CVN-69). She will become one of 59 other Navy women who will break new ground as they embark onboard Dwight D. Eisenhower as the first Navy women permanently assigned to a combatant warship. 10 March 1994.

from under the waves. Female medics now treat thousands of Sailors from one war zone to the next. These servicewomen are pioneers, to be sure, but they are also heirs to a long tradition of female involve-

ment in history’s most dangerous battles, from the American Revolution to the War on Terror.

The Flagship

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Stories may be submitted via email to news@flagshipnews.com. The Flagship® is published every Thursday by Flagship, Inc., whose offices are located at 150 W. Brambleton Ave., Norfolk, Va. 23510.

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NEWS FROM NAS OCEANA

NAS Oceana, VBPD partner to promote motorcycle safety

By MC3 Mark Thomas Mahmod

VIRGINIA BEACH, VA.

With the upcoming warm weather, Virginia Beach is sure to draw in more visitors for outdoor events, concerts and the beach. Warm weather also provides opportunity for motorcycle riders to enjoy their sport.

In an area with a high concentration of Sailors, many who choose to ride motorcycles for leisure or as their main method of transportation, it is important for the Navy and local community to work together in promoting motorcycle safety.

In fiscal year 2018, there were 14 Navy-wide motorcycle fatalities, with 5 of them occurring in the Hampton Roads area of Virginia. Both Naval Air Station (NAS) Oceana and the Virginia Beach Police Department recognize the need for locally promoting motorcycle safety to keep the community and its Sailors safe.

Recently, NAS Oceana and the VBPD joined forces to get the word out about motorcycle safety, filming a public service announcement with messages from Capt. Chad Vincelette, commanding officer of NAS Oceana, Senior Chief Culinary Specialist Carlos Eldridge, NAS Oceana's motorcycle safety representative, Sgt. Brian Ricardo of the VBPD, and Joe and Stephanie Watts, victims of a recent motorcycle accident.

The PSA urges motorists to pay attention to those they share the road with and to avoid multitasking while driving.

Master Police Officer Linda Kuehn, VBPD public information officer, said it's important to involve the Navy in this message because of recent motorcycle crashes and the high concentration of Sailors in Virginia Beach.

"A lot of our Sailors have bikes, and a lot of the motorcycle accidents we investigate involve military members," said Kuehn. "We want to help educate everybody, including the Sailors who serve our country."

During a single weekend in November 2018, the Navy experienced four motorcycle fatalities. These fatalities involved a junior sailor, a petty officer, a chief petty officer, and a junior officer. Motorcycle accidents have the potential to impact any Sailor, regardless of age or rank.

As part of motorcycle safety awareness, Sailors are required to complete motorcycle safety courses. The Basic Rider course is a mandatory 16-hour course for active duty personnel who plan to purchase or operate a motorcycle regardless of their intent to ride the motorcycle on or off base. Sailors should speak to their command motorcycle safety representative to enroll in the course.

Eldridge, NAS Oceana's command motorcycle safety representative, said he's been in the motorcycle community for over 10 years and has witnessed the need for proper motorcycle safety training.

"I've seen several Sailors who have lost their lives or have been injured, because they haven't had



Courtesy photo

Members of the Virginia Beach and Naval Air Station (NAS) Oceana motorcycle safety campaign gather in front of a video camera during the filming of a public service announcement (PSA) to promote motorcycle safety. NAS Oceana and the Virginia Beach Police Department partnered to spread the word about motorcycle safety in an effort to protect Sailors and the local community.

proper motorcycle safety training," said Eldridge. "It is good to go through the training and speak to someone with more experience who could help them prepare for any situation while riding."

Eldridge says one of the most important things for newer motorcyclists to remember is knowing what bikes they are capable of riding.

"Start out slow and work your way up," said Eldridge, referring to the increasing power of motorcycles available. "Just because your friend rides a large bike doesn't mean you could ride a large bike. Know your limits, and get the necessary training to work your way up to the level you want to be at."

Similarly, Deborah VanBuskirk, NAS Oceana safety manager/explosive safety officer, said

although it is necessary for Sailors to take the motorcycle safety training offered at NAS Oceana, the 250cc training bikes used don't really compare to the latest powerful sport bike.

"We see a lot of people go through the training and then buy too much bike for their skill set," said VanBuskirk.

VanBuskirk also said everyone on the road, not only motorcyclists, should stay aware of their surroundings.

"Keep in mind, not everyone can see you," said VanBuskirk. "Vehicles on the road can't stop on a dime. Regular vehicle operators should keep their heads on a swivel to watch for motorcyclists."

While it's important for motorcycle operators to learn about safety and proper riding, it's an all-hands effort to keep the roads

safe for everyone.

"Hampton Roads is like a mixing bowl," said Eldridge. "People come from all over the world, and we have both young and old Sailors riding motorcycles. Here at NAS Oceana, JEB Little Creek, and Naval Station Norfolk, we're riding on [the people of Hampton Roads'] streets. We all need to have a good working relationship on the road so everyone could go home to their families at the end of the day."

To view the PSA from NAS Oceana and the VBPD, visit: <https://www.youtube.com/watch?v=FIRvmHttOZM&feature=youtu.be&fclid=IwARIFBk6aYpG0HbYldZpsIMLt-Txrs3VyACE0iZYg-Gcnv66v-4MSc0vnt3wrw>

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MC2 Megan Anuci
The Wasp-class amphibious assault ship USS Kearsarge (LHD 3) pulls into Salalah, Oman, for a port visit. Kearsarge is the flagship for the Kearsarge Amphibious Ready Group and, with the embarked 22nd Marine Expeditionary Unit, is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.

Kearsarge earns Battle "E"

By MC2 Megan Anuci
USS Kearsarge (LHD 3) Public Affairs

U.S. 5TH FLEET AREA OF OPERATIONS

The Wasp-class amphibious assault ship USS Kearsarge (LHD 3) earned the 2018 Battle Effectiveness Award (Battle "E"), March 8.

The Battle "E" recognizes sustained superior performance in an operational environment, and continuous readiness throughout certifications and qualifications conducted during the competitive period. Eligibility for this award demands day-to-day demonstrated excellence in at least four of six assessed areas including warfare, engineering and logistics.

"I am tremendously proud of the crew for earning the Battle "E" for 2018," said Capt. Jason Rimmer, commanding officer of Kearsarge. "Though our motivation lies in being a capable and ready ship, recognition afforded through the Battle "E" is a tangible reminder of noteworthy efforts of each member of the crew."

Every Sailor and Marine serving on the ship for permanent duty from Jan. 1 to Dec. 31, 2018, can now sport a Battle "E" ribbon to signify their contribution to the award. Sailors who have previously received a Battle "E" are now authorized to wear an addi-

tional silver "E" device on their ribbon, or a wreathed "E" to signify four or more awards, if applicable.

The award, Kearsarge's second consecutive, and ninth in its history, comes after a busy year for the crew.

"Kearsarge represented the Navy in two fleet weeks, supported American citizens in the wake of Hurricane Florence, and performed admirably throughout pre-deployment training leading to our deployment in late 2018. It is truly gratifying to lead this crew and display the Battle "E" for a second consecutive year," Rimmer said.

Kearsarge is the flagship for the Kearsarge Amphibious Ready Group and, with the embarked 22nd Marine Expeditionary Unit, is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.

For more news from USS Kearsarge (LHD 3), visit <http://www.navy.mil/local/lhd3/> and "Like" <https://www.facebook.com/kearsarge>.

For more news from USS Kearsarge (LHD 3), visit www.navy.mil/local/lhd3/.

Harry S. Truman wins Battle "E"

By MC3 Joseph Phillips
USS Harry S. Truman (CVN 75) Public Affairs

NORFOLK

Commander, Naval Air Force Atlantic announced March 8 the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) was selected as the East Coast's CY2018 Aircraft Carrier Battle Effectiveness (Battle "E") Award winner.

"The work our men and women have put in throughout 2018 has been nothing short of phenomenal," said Capt. Nick Dienna, Truman's commanding officer. "They strive for excellence in everything they do, and this award demonstrates to the American people, and the world, their relentless efforts during an extremely demanding work-up cycle and first-ever DFE [Dynamic Force Employment] deployment."

Truman was awarded the Battle "E" for displaying a maximum condition of readiness and efficiency to perform their wartime responsibilities during the competitive cycle. The ship received excellence awards in

all 15 individual department categories.

These awards include Air Department Yellow E, Aircraft Intermediate Maintenance Department Black E, Combat Systems Green CS, Damage Control Red DC, Deck Department White Crossed Anchors with Black D, EPEC award, Health Services Blue M, Navigation White Ship's Wheel, Operations Green E, Reactor Red E, Safety Green S, Security Black S, Supply Blue E, Weapons Black W and the Carrier Maintenance Purple E.

The Battle "E" is awarded annually to Navy units that demonstrate superior performance and command readiness throughout a year-long evaluation.

Harry S. Truman is currently moored at Naval Station Norfolk conducting targeted maintenance and training, and remains operationally ready.

For more news from USS Harry S. Truman, visit www.navy.mil/local/cvn75.

For more news from USS Harry S. Truman (CVN 75), visit www.navy.mil/local/cvn75/.



MC2 Michael J. Lieberknecht
Aircraft carrier USS Harry S. Truman (CVN 75) transits the Strait of Hormuz.

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Former COMNAVSEA Sullivan packs house at Carderock for lecture on submarine safety

By Benjamin McKnight III
Naval Surface Warfare Center, Carderock Division
Public Affairs

WEST BETHESDA, MD.

Every seat in the David Taylor room at Naval Surface Warfare Center, Carderock Division was filled on Feb. 14 to hear retired Vice Adm. Paul Sullivan’s lecture on submarine safety. Having served as the 41st commander of Naval Sea Systems Command, Sullivan’s presence alone brought a wealth of experience for his audience to glean from.

His lecture, titled “Submarine Safety: Legacy and Culture,” part of Carderock’s Rear Adm. David Taylor Naval Architecture Lecture Series, was both a history lesson and a presentation on modern submarine safety.

In a perfect world, all naval equipment would operate to perfection. Since that is not the case, every system needs plans of action

when malfunctions or damages occur. Underwater vessels have a lower margin of error if something catastrophic happens. According to Sullivan, however, that is part of the cycle that produces future safety measures.

“How do you get a safety culture?” Sullivan said. “It’s a journey, and it’s generally brought on by tragedy.” He then presented a diagram to explain the steps that occur following said tragedy. Initially, recovery, analysis and corrective actions take place.

“With each disaster, we learn more lessons,” he said. Once the errors are studied and improvements are applied, the end product is a “successful safety culture.”

Ideally, the cycle would end there, but with success comes complacency, according to Sullivan. The safety culture process takes years, so those who are in charge while a system is operating

at optimal functionality are typically not the ones who dealt with the previous disaster.

“A couple generations of leadership and middle-management changeover and all of a sudden you’re being led by people who did not experience the tragedy,” Sullivan said. “So you get complacent and guess what happens? You get another tragedy.”

One of those tragedies was the loss of USS Thresher (SSN 593) in 1963. The submarine was conducting deep-diving tests 220 miles off of the coast of Cape Cod, Massachusetts, when it sank, taking the lives of all 129 personnel aboard. According to Sullivan, a series of malfunctions, including a flooding casualty in the engine room resulting from a piping failure in one of the salt-water systems, likely led Thresher to sink, ultimately exceeding her crush depth.

True to the cycle of safety culture that Sullivan spoke on, the sinking of Thresher was followed by widespread design and specification reviews. The Navy lacked a true doctrinal guide to submarine safety at that time and from the lessons of Thresher’s loss, the Submarine Safety Program (SUBSAFE) was born.

Sullivan said during his lecture that there were other submarine disasters that contributed to what SUBSAFE is today, but he spoke mostly on Thresher as the SUBSAFE origins date back to that year.

The Navy spent the next decade researching new safety methods to apply and issued the Submarine Material Certification Requirements Manual for the Submarine Safety Program in 1974—currently titled Submarine Safety (SUBSAFE) Requirements Manual. Elements of the SUBSAFE program include boundaries, design reviews and multiple certification requirements. There are many ways for a submarine to malfunction, so SUBSAFE focuses on submarine flooding and recovery from a flooding casualty.

“It doesn’t cover electrical hazards or shipboard fires. Flooding and flooding recovery; that’s it,” Sullivan said.

Part of the learning process includes assessing incidents of near misses. Because disasters are usually a result of multiple failures, it is as equally important to investigate the string in the close calls as it is with complete failures.

“Let’s say you fix one thing that would have killed everybody, but you didn’t look at the other four or five things that were in that chain,” Sullivan said. “Near misses are important because you have to actually pick them apart and find the rest.”

Rather than guaranteeing a perfect end result from unpacking non-lethal issues, Sullivan said there would be a much greater



U.S. Navy photo

USS Thresher (SSN 593) at sea on July 24, 1961.



Ryan Hanyok
Retired Rear Adm. Paul Sullivan, the 41st commander of Naval Sea Systems Command, speaks on the importance of the Navys submarine safety program on Feb. 14 at Naval Surface Warfare Center, Carderock Divisions Rear Adm. David Taylor Naval Architecture Lecture in West Bethesda, Md.

chance of a related issue happening in the future.

Equipment catastrophes are not limited to the Navy, as some of the most recognized examples Sullivan cited were not military related at all. When NASA lost lives in the explosions of two space shuttles, Challenger in 1986 and Columbia in 2003, flights were delayed just over two years both times. Each shuttle saw a series of delays prior to their launchings and the former of the two didn’t even make it to space before tragedy struck.

Abiding by SUBSAFE standards has paid off for the Navy, as no SUBSAFE-certified submarine has been lost since the program began. Sullivan emphasized the need to always pay attention to details and avoid complacency with current successes for this streak to stay intact.

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





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Going digital: MyNavy Portal introduces advancement dashboard for enlisted Sailors

By Cmdr. Erik Wells
Sea Warrior Program (PMW 240) Public Affairs

WASHINGTON

It just got a lot easier for Sailors preparing for the Navy-wide Advancement Exam (NWAE) with the roll-out of the Advancement Dashboard on MyNavy Portal (MNP), March 8.

The Advancement Dashboard for E-4 to E-6 candidates is a dynamic, user-friendly, web-based dashboard on MNP to give Sailors a detailed personal view of their eligibility status for advancement, and instructions and documentation to prepare for the advancement process.

The Advancement Dashboard currently only applies to E-4 to E-6 candidates, but future updates will include enhancements for E-7 to E-9 candidates. More advancement-centric features will roll out on MNP as the Enlisted Advancement Worksheet (EAW) becomes available for all Sailors in the fall of 2019 and the Professional Military Knowledge Eligibility Exam is fully automated.

“We wanted to design a one-stop trusted source for Sailors to get the information they need and provide clear insight into the advancement process,” said Capt. Dave Whitehead, director of Military Community Management (BUPERS-3). “We also wanted to make sure Sailors could easily correct their record prior to the exam and had an avenue to provide feedback on the Advancement Dashboard through the Advancement and Promotion Career and Life

Event page on MNP.”

Sailors may access the Advancement and Promotion Career and Life Event (CLE) page by following this link: <https://www.mnp.navy.mil/group/advancement-and-promotion>.

In the past, Sailors had limited visibility into the enlisted advancement process, which includes eligibility factors, exam

preparation, and exam scoring. Without a transparent view, Sailors may miss key deadlines to validate their eligibility information and lose ample time on studying for the test.

“We want to empower our Sailors and that is what is taking place as we transform the way we deliver our human resources support to the fleet,” said Vice Adm. Robert Burke, chief of naval personnel. “The Advance-

ment Dashboard provides a centralized location with the authoritative data so Sailors know their personal information is correct and the reference materials used to study for the exams are up-to-date and reliable.”

The Advancement Dashboard is the latest in the Manpower, Personnel, Training and Education (MPT&E) Transformation efforts to change the way the Navy delivers human resources (HR) – personnel, pay and training – services to the fleet. As part of the Transformation, Sailors have a more transparent view into the advancement process and improved access to resources to study for the NWAE through a centralized dashboard.

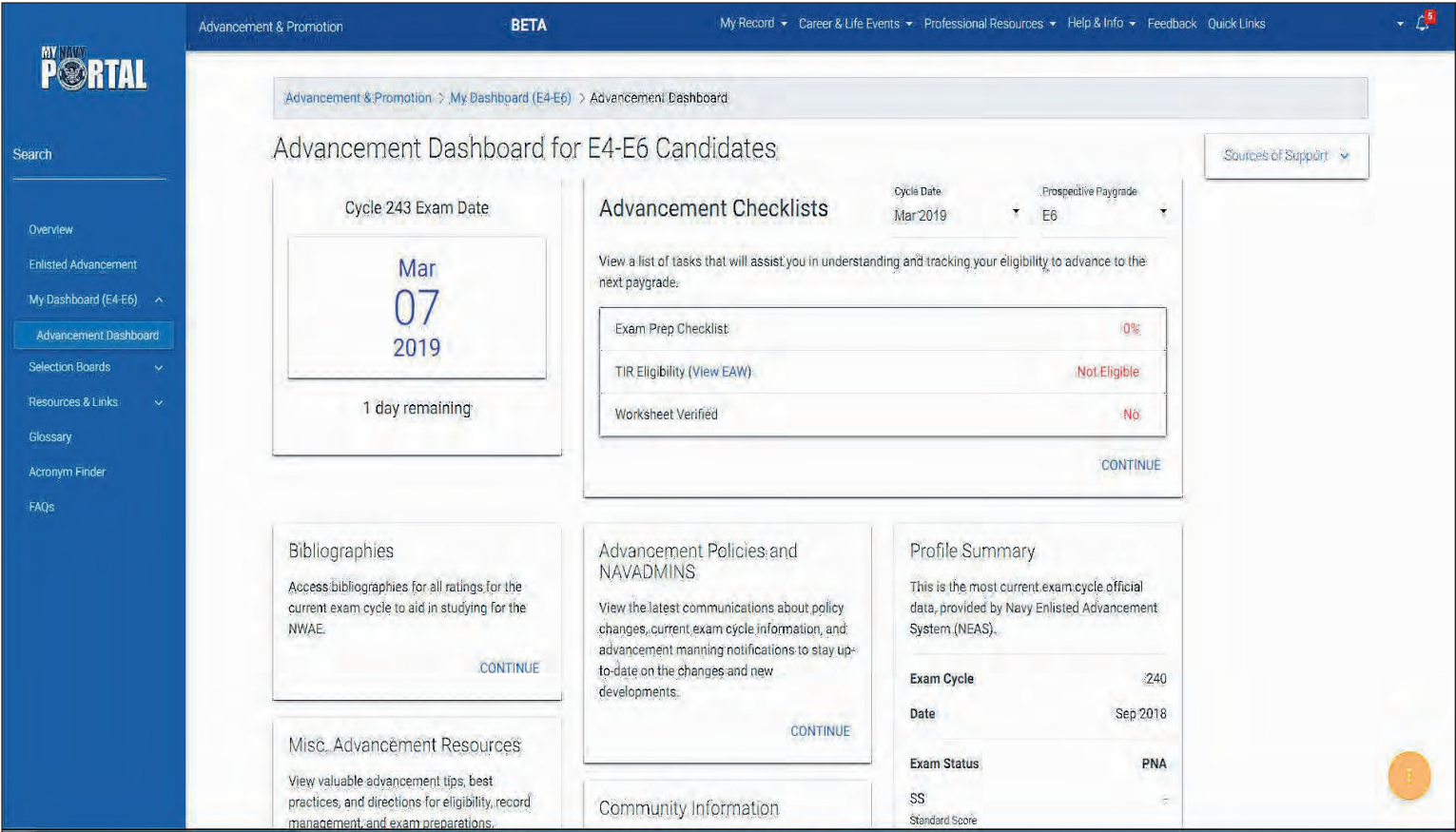
“We want our Sailors to advance and succeed during their enlistment period in the Navy,” said Whitehead. “This is the first

step in improving our process to help our junior Sailors reach their goals and advance their careers, where they can improve their skills and develop greater leadership responsibilities.”

If Sailors do find inaccurate information in their record or they want to provide feedback, they can send their feedback to the MyNavy Career Center (MNCC) Contact Center either by email at askmncc@navy.mil or by calling 1-833-330-MNCC (6622).

For more information about MyNavy Portal, MPT&E’s Transformation and Sailor 2025 initiatives, follow us on Facebook at <https://www.facebook.com/usnpeople/> or Twitter at <https://twitter.com/usnpeople>.

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



A screen image of the new Advancement Dashboard, a dynamic, user-friendly, web-based dashboard on MyNavy Portal (MNP) to give Sailors a detailed personal view of their eligibility status for advancement, and instructions and documentation to prepare for the advancement process. The Advancement Dashboard is the latest in the Manpower, Personnel, Training and Education (MPT&E) Transformation efforts to change the way the Navy delivers human resources (HR) - personnel, pay and training - services to the fleet.

U.S. Navy Graphic



U.S. Navy photo

Navy’s Surgeon General, Vice Adm. Forrest Faison, visits Naval Medical Center Portsmouth’s Branch Health Clinic Norfolk.

Navy surgeon general visits Portsmouth, discusses readiness and Navy Medicine's transformation

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

FALLS CHURCH, VA.

Navy Surgeon General and chief, U.S. Navy Bureau of Medicine and Surgery, Vice Adm. Forrest Faison emphasized readiness as Navy medicine’s future focus during visits March 4-6 in the Portsmouth, Virginia area.

“Military medicine, including Navy medicine, is undergoing some of the most significant changes we have seen in decades,” Faison wrote in a recent blog. “From changes mandated by Congress, to Department of Defense-directed reforms, we have an op-

portunity to successfully navigate these changes and create an improved Navy medicine to support our Navy and Marine Corps.”

Traveling with Master Chief Charles Hickey, deputy director of the hospital corps, Faison discussed the scope of Navy medicine’s transformation with internal and external stakeholders including the deputy commander of U.S. Fleet Forces Command, Vice Adm. Bruce Lindsey, during an office call March 5.

During the trip, Faison outlined Navy medicine’s future organization and focus on readiness with personnel at the U.S. Naval Special Warfare Development Group, Branch Health Clinic Norfolk, and

Naval Medical Center Portsmouth.

For almost 18 years, warfighting has occurred largely on land, where the United States has had significant control over the battlefield and access to massive logistics support. In military medicine, that has translated to rapid evacuation of injured personnel during the so-called Golden Hour, when trauma patients are stabilized and airlifted to the next level of care. This system directly resulted in unprecedented survival rates.

Future conflicts may look very different, starting with the possibility of battle at sea.

As a result, Navy medicine is altering its structure to ensure a

ready medical force – uniformed medical personnel who have the skills necessary to save lives in operational environments – and a medically ready force – the health of Sailors and Marines.

Currently, the Bureau of Medicine and Surgery – Navy Medicine’s headquarters – and its subsidiary regional commands are structured to manage the Navy’s Military Treatment Facilities (MTFs) around the globe.

These MTFs and the health care they provide are transitioning to the management and administration of the Defense Health Agency (DHA) in phases. This process started Oct. 1, 2018, with Naval Hospital Jacksonville. Navy Medicine is committed to working hand in hand with the DHA to execute a successful transition and minimize the impact to delivery of

care.

Simultaneously, Navy Medicine is standing up Navy Medicine Readiness Training Commands (NMRTCs), co-located with MTFs. At a local level, these NMRTCs will execute Navy medicine’s responsibility to assure capable medical personnel, and healthy, deployment-ready Sailors and Marines.

“We are developing the command structure to maintain operationally relevant skills and abilities, and ultimately meet our readiness mission,” Faison said to personnel at Naval Medical Center Portsmouth. “There is great benefit when we do this transformation right.”

For more news from Navy Medicine, visit www.navy.mil/local/mednews/.

VCNO visits Norfolk surface warfare commands

From Vice Chief of Naval Operations Public Affairs

NORFOLK

Vice Chief of Naval Operations (VCNO) Adm. Bill Moran conducted a series of Fleet engagements at Naval Station Norfolk, March 7.

VCNO met with Sailors from various Surface Warfare commands in order to see firsthand, the status of the readiness reforms being implemented across the fleet and to gather feedback directly from Sailors on the waterfront.

“This trip to Norfolk is a great opportunity to see the Fleet’s readiness status firsthand, and to hear from our Sailors on the waterfront. Their feedback is critical to our decision-making process and enables us to ensure that our Sailors get the training they need to accomplish the mission,” said Vice Chief of Naval Operations (VCNO) Adm. Bill Moran.

"A ready fleet, one that sets and sustains high standards, always seeks improvement; reassessing where we are headed, listening to feedback, reinforcing what works and learning from what isn't working. Fleet visits like this are important contribution to reminding all of us of the work needed by the hard work of Sailors are doing daily to keep the Fleet ready.”

RROC Quick Facts:

The recently released one-year report on the Readiness Reform Oversight Committee’s (RROC) work to make our Navy a safer and more combat-effective force focused on actions that require an institutional effort to ensure effective naval operations over a sustained period of time. These include:

- Removing Optimized Fleet Response Plan (OFRP) inefficiencies. Leveraging industry best practices, we optimized processes, eliminated inefficiencies, and incorporated sophisticated human factors analyses, resulting in 63 fewer Inspections and Certification and Assist Visits

(ICAVs). These well-received reforms return our most precious commodity after people – time – back to Commanding Officers for effective training and maintenance without reducing the rigor of the inspection program.

- Optimizing Navigation System Currency, Redundancy and Standardization. NAVSEA has awarded contracts for Commercial Off-the-Shelf radar systems for all surface ships (fleet delivery beginning April 2019), purchased a second Automated Identification System (AIS) laptop for all surface ships (March 2019, \$2.5M), and accelerated the Next Generation Surface Search Radar (\$71M in FY18-19) one year ahead of schedule, as well as the Electronic Chart Display and Information System upgrades

(\$19M) for all surface ships. Additionally, SURFOR/NAVSEA collaboration is underway to improve management of Bridge/Combat Information Center (CIC) systems for the life-cycle of each ship class.

- Fleet-wide Officer of the Deck Competency Checks. Surface Warfare Officer School conducted comprehensive, no-notice Officer of the Deck (OOD) competency checks on 164 officers across the fleet. While 91% of those tested passed the written test, the assessment revealed deficiencies in practical applications of the Maritime Rules of the Road. The results of this competency test informed the development of two new Junior Officer of the Deck (JOOD) courses, as well as incorporation of more rigorous simula-

tor scenarios for individual and team training. Surface Warfare Officer School (SWOS) is gearing up and is fully resourced to kick off their course by 1 June 2019.

Examples of ongoing efforts toward strengthening our culture of operational excellence:

- Armor Up (SWOS Toughness Initiative): Beginning in July 2019, SWOS is adding an additional two weeks to the Surface Commander Course focusing on stress inoculation, coping skills, and significant additional simulator time.
- Updated Manning Models: An Afloat Work Week study found 4% fewer productive hours available than expected on ships conducting operations at sea, resulting in a requirement for an additional 1,400 billets across the fleet. A follow up study currently underway, including Condition V watch requirements and in port work requirements, is expected to yield similar results.
- Human Factors Expertise: Human Factors Engineers have

been incorporated into TYCOM staffs in support of optimizing training/assessment processes and enhancing operational safety analysis. The presence of Embedded Mental Health (EMH) professionals is being enhanced across all Fleet Concentration Areas; to date, 33 additional EMH billets (17 officer, 9 enlisted, and 7 civilian) have been validated by the Bureau of Naval Medicine (BUMED) and funded across the FYDP.

- Integrated Industry Lessons in Support of Team Effectiveness: A new Learning Culture Steering Group, led by a Navy Reserve three-star admiral who is also a Fortune 500 executive, conducted comparative analysis spanning 30 companies, 15 Navy commands, and the feedback of 25 culture experts in order to spearhead progress toward a learning culture that maximizes individual and team performance. This analysis will inform future RROC initiatives supporting a growing culture of excellence.



MC2 Justin Wolpert

Vice Chief of Naval Operations (VCNO) Adm. Bill Moran addresses Sailors in the Chiefs Mess aboard the guided-missile destroyer USS Truxtun (DDG 103) during a routine visit to Naval Station Norfolk, March 7, 2019. Moran visited the area to observe and receive feedback from the waterfront on readiness reforms being implemented.

Four things you need to know about strengthening the culture of operational excellence

From U.S. Navylive Blog

Recently, we released our one-year update on the Readiness Reform Oversight Committee’s work to make our Navy a safer and more combat-effective force that places the safety, readiness and training of our people first. The update covered a lot of ground, so we’re sharing the four things that you need to know about strengthening the culture of operational excellence:

Empower transparent, data-driven decision-making at every echelon of command as foundational for achieving sustainable readiness. Safety and combat readiness are never mutually exclusive – rather, they are synonymous in the unforgiving medium of the sea.

Invigorate and continually reinforce our culture of mission command, preserving the

commanding officer’s ability to execute with initiative, creativity and clarity, while inspiring the best ideas from every rate and rank.

Continue to improve and modernize naval talent management, maintenance and all training systems – both digital and hands-on – towards their maximum potential.

Place our Sailors and our Navy families at the forefront of our efforts to create a dominant naval force that produces outstanding leaders and teams, armed with the best equipment and continually able to learn and adapt faster than our rivals.

Here are examples of our ongoing efforts: Armor Up (Surface Warfare Officers School Toughness Initiative): Beginning in July 2019, SWOS is adding an additional two weeks to the Surface Commander



MC3 Lasheba James

Quartermaster Seaman Apprentice Jacob Overturf, from Las Vegas, Nev., stands watch in the bridge of the Arleigh Burke-class guided-missile destroyer USS Mason (DDG 87).

Course focusing on stress inoculation, coping skills and significant additional simulator time.

Updated Manning Models: An Afloat Work Week study found 4 percent fewer productive hours available than expected on ships conducting operations at sea, resulting in a requirement for an additional 1,400 billets across the fleet. A follow-up study currently underway, including Condition V watch requirements and in port work requirements, is expected to yield similar results.

Human Factors Expertise: Human Factors Engineers have been incorporated into TYCOM staffs in support of optimizing training/assessment processes and enhancing operational safety analysis. The presence of Embedded Mental Health (EMH) professionals is being enhanced across all fleet concentration areas; to date, 33 additional EMH billets (17 officer, nine enlisted and seven civilian) have been validated by the Bureau of Naval Medicine (BUMED) and funded across the Future Years Defense Program.

Integrated Industry Lessons in Support of Team Effectiveness: A new learning culture steering group, led by a Navy Reserve

three-star admiral who is also a Fortune 500 executive, conducted comparative analysis spanning 30 companies, 15 Navy commands and the feedback of 25 culture experts in order to spearhead progress toward a learning culture that maximizes individual and team performance. This analysis will inform future RROC initiatives supporting a growing culture of excellence.

One year in, it would be naïve to believe we are close to completing RROC’s work. However, due to the efforts of many professionals around the fleet, we are currently safe to operate and a more effective Navy than we were a year ago. But the hard work has only just begun. We can influence behavior in the short term through policy; we can only change the culture with sustained commitment to integrity, transparency and excellence in all that we do, at every level. This will remain, in every way, a team effort.

We owe our best to our shipmates, both the ones who we lost and the ones we serve alongside every day, around the world, in the unforgiving business of our nation’s defense.



MC2 Jacob Milham

Sailors aboard the Arleigh Burke-class guided-missile destroyer USS Mitscher (DDG 57) observe as the ship pulls alongside the Lewis and Clark-class dry cargo and ammunition ship USNS Alan Shepard (T-AKE 3) before a replenishment-at-sea.



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Navy strengthens North African ties

Adm. James G. Foggo III met with Algerian Maj. Gen. Mohamed Larbi Haouli, commander, Algerian Naval Forces, and Algerian Secretary General of the Ministry of Foreign Affairs Nouredine Ayadi to discuss the importance of continuing to expand security and military partnerships.

» See **B3**

SECTION B | FLAGSHIPNEWS.COM | 3.14.2019



PACIFIC PARTNERSHIP 2019 BEGINS IN PHILIPPINES

Command Master Chief Ryan Resurreccion serves as master of ceremonies during the Pacific Partnership 2019 Opening Ceremony. Pacific Partnership, now in its 14th iteration, is the largest annual multinational humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Pacific. Each year the mission team works collectively with host and partner nations to enhance regional interoperability and disaster response capabilities, increase security and stability in the region, and foster new and enduring friendships in the Indo-Pacific.

From Pacific Partnership 2019 Public Affairs
TACLOBAN, PHILIPPINES

Senior mission leadership, host nation and partner nation personnel attended the opening ceremony of the second Pacific Partnership mission stop in Tacloban, Philippines, March 11.
“We could not be happier to welcome the

Pacific Partnership mission and its team to Tacloban,” said Undersecretary Ricardo B. Jalad, Administrator of the Office of Civil Defense. “This mission has fostered friendship and cooperation between the Philippines and our partner nations for many years and I know it will do the same this year.”
U.S., partner nation military members and non-governmental organization volun-

teers are scheduled to take part in a variety of projects while in Tacloban to include first aid training, preventative medicine training, various healthcare symposiums, veterinary services, engineering projects, disaster response seminars, and a variety of community outreach engagements with the overall goal of improving humanitarian and disaster preparedness in the Philippines.
“This is Pacific Partnership’s eighth visit

to the Philippines,” said Capt. Randy Van Rossum, commodore, Destroyer Squadron 1, the mission commander for Pacific Partnership 2019. “Each visit is a testament to our enduring partnership and collaborative commitment to improving humanitarian assistance and disaster response in the region.”

» See **PARTNERSHIP | B7**



Capt. Steve Moses, commander, Naval Chaplaincy School and Center (NCSC), right, welcomes Professional Naval Chaplaincy Basic Leadership course students to their first day of class. NCSC, one of 12 learning centers under Naval Education and Training Command, returned to Naval Station Newport after 10 years at Fort Jackson, South Carolina.

NCSC reopens its doors at Naval Station Newport

From Naval Education and Training Command Public Affairs
NEWPORT, R.I.

The Navy command responsible for developing and delivering religious ministry training returned to Naval Station Newport, Rhode Island, March 11.
Naval Chaplaincy School and Center (NCSC), one of 12 learning centers under Naval Education and Training Command (NETC), moved to Fort Jackson, South Carolina in 2009 as part of the 2005 Base Realignment and Closure Commission when the school was known as the Naval Chaplains School and only trained officers.
“Returning to Newport enhances our ability to provide a more thorough Sail- orization to our chaplain community,” said Capt. Steve Moses, NCSC commander.

“In Newport, our command has the opportunity to engage in dialogue, training opportunities, and mutual cooperation with the Naval Leadership and Ethics Center, the Naval War College, Officer Training Command and the Senior Enlisted Academy. Leveraging these important relationships will strengthen our training courses and offer our instructors opportunities to make contributions to the training of officers from other communities.”
NCSC and Newport welcomed 49 chaplain corps students, who are attending the Professional Naval Chaplaincy Intermediate and Basic Leadership courses and the Religious Program Specialist (RP) Manager’s course.
RP “A” School, or initial skills training following boot camp, returned to Naval Air Station Meridian, Mississippi through

» See **NCSC | B7**

Rewarding a culture of excellence, ships' crews can now earn certification early

From Naval Surface Force Pacific Public Affairs
SAN DIEGO

Recent revisions to the Surface Force Training and Readiness Manual (SFTRM) now permit ships’ crews to certify early when they demonstrate full proficiency during Certification Events (CEs).
Three surface ships have satisfied certification requirements under these changes, which increase commanding officer’s (COs) discretionary crew training time. The changes also underscore the determined effort to foster a culture of excellence in the surface force.
The crew of the dock landing ship USS Harpers Ferry (LSD 49) completed their Basic Phase certification seven weeks early.
The guided-missile destroyer USS Pinckney (DDG 91) certified all Mobility-Engineering (MOB-E) CE requirements three weeks ahead of schedule during her first underway training/certification visit conducted by Engineering Assessments Pacific (EAP) and Afloat Training Group San Diego (ATG SD). The MOB-E certification ensures Sailors have the necessary skills to operate the engineering plant and respond to potential shipboard casualties.
USS Charleston (LCS 18) completed her New Construction Light Off Assessment (LOA) in three and a half days, half the time allotted for the visit. The ship accomplished more than 70 percent of her material checks in the two weeks leading up to the LOA, which greatly facilitated that early completion.
LOA is an assessment which ensures the ship is able to safely light-off and operate its engineering plant both in port and at sea. The assessment was performed by EAP/ATG SD as well.

Satisfactorily completing certification events early is a key focus area of the revised SFTRM, which was published on Nov. 1, 2018. It accomplishes two important goals. First, it puts a big “t” (Training) and little “a” (assessment) into Afloat Training Groups (ATG), ensuring that ship’s leadership focuses first on training Sailors. This underpins the Surface Force’s rededication to command at sea and an insistence that crews work hard to not just meet standards but strive for operational excellence.
Secondly, while meeting the same required standards, the SFTRM changes the delivery strategy of Basic Phase Training. ATG-led training and drills will first certify the ship’s watch teams. Once the crew’s watch teams have demonstrated proficiency, ATG will then focus on the ship’s training team certification. This crew-based training teams ensures that the ships are able to continuously train during the Optimized Fleet Response Plan (OFRP) cycle.
Importantly, ships that are able to demonstrate proficiency and meet standards during certification events will certify when they meet those standards. Under the previous approach, an unnecessarily artificial time-based, lock-step compliance method handcuffed crews both ready and capable of accelerated readiness certification. Ship COs who build a culture of excellence within their crews and earn certification earlier will get the remaining Basic Phase time back to further build upon their culture of excellence and warfighting ethos.
Vice Adm. Rich Brown, commander, Naval Surface Forces, emphasized this message to ship COs during his State of the Surface address at the 2019 Surface Navy

» See **EXCELLENCE | B7**

The doodies of dog ownership, on and off base

By Lisa Smith Molinari

There’s nothing that fights winter melancholy quite like a brisk dog walk on a brilliant, crisp, blue day. A bit of fresh air and sun does wonders for my soul during these long, chilly months. Moby trots happily a leash length ahead of me, with his tongue wagging from his stout English Lab frame. I sip my travel mug of coffee, communing with nature and my trusty canine companion.

Life is good.

However, our mutual bliss is inevitably interrupted by one goal of our outing — getting Moby to do his business. While he does his best kangaroo impression on someone’s front lawn, I set my travel mug on the curb, then reach into my pocket. Every coat I own is stuffed with dog waste bags, so I invert one onto my gloved hand, and close my nasal passages in preparation for the loathsome task.

Even with my fingers fully ensconced in protective plastic, picking up dog feces is a revolting experience. I grab the pile quickly, then tie a knot in the top of the bag without breathing. My job is done. I am proud to be a rule-follower, a model citizen, a conscientious neighbor.

But how can I continue my soul-cleansing journey while carrying this disgusting bag of foulness? Having a bag of dog poo swinging from one’s hand puts a significant damper on communing with nature and enjoying one’s coffee. Do I find the nearest trash receptacle — usually a garbage can on the curb in front of a house or a dumpster at a construction site — and toss in the noxious bundle? Or, do I lug Moby’s steamy business all the way home, ruining my daily sojourn?

With almost 90 million pet dogs in the United States, about 30,000 tons of dog poo is deposited on lawns, parks and sidewalks every day. Dog waste is not a natural fertilizer like cow dung; due to dogs’ carnivorous diet, dog feces is full of acid, toxic bacteria, and parasites. Studies indicate that about 90% of fecal coliform bacteria, which is used as a measure of water health and quality, is mostly from abandoned canine feces. Two or three days worth of abandoned feces from 100 dogs can increase bacteria levels in water enough to warrant closing waterways to swimming and



iStock image

shell fishing.

So, it’s no surprise that many municipalities, homeowner’s associations, landlords and military base housing authorities have issued ordinances and policies requiring pet owners to pick up waste. Nowadays, most municipalities post signs, and provide biodegradable bag dispensers and waste receptacles in public spaces. But ironically, as the biodegradable dog waste bag industry booms, scientists warn that dog feces biodegrading in landfills will eventually release methane gas and contribute to global warming.

Who knew the pooper scooper issue was this complex?

Despite it all, only about 59% of dog owners pick up their dogs’ feces. That’s more than 8 billion pounds of abandoned dog poo per year. One study attempted to profile dog walkers, finding five typologies: 1. Those “proud to pick up” and carry dog poo, 2. Those who “do the right thing” by picking up, but seek to

dispose of the waste as soon as possible, 3. Those who feel they’ve “done their job” by bagging the poo but leave the bag for others to deal with, 4. Those who only pick up in the presence of others, and 5. Those who are so “disengaged” they won’t pick up at all.

My sister-in-law, who carries a dog waste bag filled with two clementines to give the appearance of being a pooper scooper, but never actually picks up her boxer’s business, is a four and a half. The last time we lived on a military base, there was an unidentified number five in our neighborhood that caused much drama and finger-pointing. And with a tiny pang of guilt, I admit that I am a number two. Since my daily dog walks serve the dual purpose of both cleansing Moby’s bowels and cleansing my soul, I commit the minor infraction of throwing my dog’s bagged poo into other people’s trash cans.

I ask for leniency, because besides my dog Moby, nobody’s perfect.

Take command: Urgent care now easier to access

From Tricare

As of Jan. 1, 2018, most TRICARE Prime enrollees no longer need a referral for urgent care visits and point-of-service charges no longer apply for urgent care claims. This change replaces the previous policy, which waived referrals for the first two urgent care visits per year. Active duty service members (ADSMs) should continue to visit military hospitals and clinics for care. ADSMs enrolled in TRICARE Prime Remote who don’t live near a military hospital or clinic don’t need a referral when seeking an urgent care visit.

“We wanted our service members’ families and others to have easier access to urgent care,” said Ken Canestrini, acting director, TRICARE Health Plan within the Defense Health Agency. “Beneficiaries can go visit an urgent care center right away anytime they have a need.”

If you use TRICARE Select or any other TRICARE plan, you may visit any TRICARE-authorized providerClick to closeAn authorized provider is any individual, institution/organization, or supplier that is licensed by a state, accredited by national organization, or meets other standards of the medical community, and is certified to provide benefits under TRICARE. There are two types of TRICARE-authorized providers: Network and Non-Network., network or non-network, for urgent care.

Urgent care is care you need for a non-emergency illness or injury requiring treatment within 24 hours. Examples of urgent care conditions include a sprain, rising temperature or sore throat. It isn’t an emergency and doesn’t threaten life, limb or eyesight.

If you’re unsure whether to seek urgent care, call the 24/7 Nurse Advice Line at 1-800-TRICARE (874-2273)—Option 1. You can speak with a registered nurse who can answer your questions and give advice. The nurse can also assist you with finding a provider and scheduling an appointment.

If you need care after hours, while traveling, or if your primary care manager is unavailable, urgent care is a great option. Contact your regional contractor to help you find an appropriate urgent care facility or provider. You may also use the TRICARE provider search tool.

Any TRICARE Overseas Program Prime enrollees requiring urgent care while on temporary duty or on leave status in the 50 United States and the District of Columbia, may access urgent care without a referral or an authorization. However, the ADSMs must follow up with their primary care manager in accordance with applicable DoD and Service regulations concerning ADSM care outside military hospitals and clinics.

This is your benefit. Learn more about TRICARE changes and take command of your health.

“ We wanted our service members’ families and others to have easier access to urgent care. Beneficiaries can go visit an urgent care center right away anytime they have a need.”

Ken Canestrini, acting director, TRICARE Health Plan within the Defense Health Agency.



Q: How does the RECP program work?

A: The Resident Energy Conservation Program (RECP) establishes Like-Type Groups (LTG) of housing and measures the average usage for each like type group every month. A 10% buffer is then added above and below the average to create a Normal Usage Band. Residents will receive monthly statements on how their usage compares to the Normal Usage Band. Those using more than the Normal Usage Band pay for the excess and those using less than the Normal Usage Band will receive a rebate or credit.

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Senior naval leader visits historical city in North Africa, strengthening ties

From U.S. Naval Forces Europe-Africa Public Affairs

ALGIERS, ALGERIA

Adm. James G. Foggo III, commander, U.S. Naval Forces Europe-Africa (CNE-A) and commander, Allied Joint Force Command Naples, Italy, departed Algiers, Algeria, March 7 after completing two days of scheduled engagements with senior Algerian officials.

The visit, in conjunction with a visit to the capital city by an Arleigh Burke-class guided-missile destroyer, was held as a way to enhance military-to-military relations between the two countries. The meetings underscore the importance of the longstanding Algero-American relationship and demonstrate cooperation on mutual security interests.

Like the United States, Algeria is a maritime nation with much of its population centered in coastal cities. A safe and secure Mediterranean is a mutual interest; working together on issues such as search and rescue, countering illicit trafficking, and maritime domain awareness to ensure maritime security and stability is a priority.

“Algeria and the United States have an enduring and multifaceted partnership,” said Foggo during a reception held aboard the Arleigh Burke-class destroyer USS Donald Cook (DDG 75). “Today, the longstanding friendship between our two countries is on display.”

Donald Cook conducted a regularly scheduled port visit to Algiers to strengthen the enduring partnership between the United States and Algeria, and allow Sailors the opportunity to experience the culture of Algeria.

“The one thing that is constant in the relationship that we have with our partners and allies is the military-to-military brotherhood and sisterhood that we establish with our friends,” said Foggo.

Foggo met with Algerian Maj. Gen. Mohamed Larbi Haouli, commander, Algerian Naval Forces, and Algerian Secretary General of the Ministry of Foreign Affairs Noureddine Ayadi to discuss the importance of continuing to expand security and military

partnerships.

Foggo and Haouli met last year at the International Seapower Symposium (ISS) hosted in Newport, Rhode Island. While at ISS, Foggo invited Haouli to send a naval officer to participate in the Africa Commanders Maritime Force Component Commander Course hosted by U.S. Naval Forces Africa in Naples. Algeria sent a senior naval officer to attend the course.

“Our efforts with the armed

forces of Algeria demonstrate that we stand shoulder-to-shoulder on matters of shared security interests,” said Foggo. “Furthermore, U.S. Navy presence in the port of Algiers and my visit demonstrates our commitment to regional stability and maritime security in this vital region of the world.”

As Foggo departed Algiers, Donald Cook conducted at sea maritime exercise with the Adhafer-class corvette ANS El Faith (921). This was the second U.S. Navy port visit to Algiers and bilateral navy exercise in less than two years. The exercise highlights the strategic significance the maritime domain is to both the U.S. and Algeria, as well as North Africa and Mediterranean allies and partners.

“Going forward, we will work to find more opportunities to train together and increase our interop-

erability, just like the maritime exercise Donald Cook will conduct today with El Faith,” said Foggo. “Our countries have a rich bond and a sustained friendship, and we look forward to finding more ways to strengthen our relationship.”

CNE-A continues to work with our allies and partners to support the collective progress of African coastal countries in building their security and law enforcement institutions. CNE-A, headquartered in Naples, oversees joint and naval operations, often in concert with allied and interagency partners, to enable enduring relationships and increase vigilance and resilience 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/



MC2 Ford Williams

U.S. Ambassador for the People's Democratic Republic of Algeria John Desrocher delivers remarks during a reception aboard the Arleigh Burke-class guided-missile destroyer USS Donald Cook (DDG 75) while the ship is in Algiers, Algeria, March 6, 2019. Donald Cook, forward-deployed to Rota, Spain, is on its eighth patrol in the U.S. 6th Fleet area of operations in support of U.S. national security interests in Europe and Africa.

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Olmsted Scholar Program seeks FY-21 scholars

By Katrina Gergely
Naval Education and Training Professional Development Center
Public Affairs

PENSACOLA, FLA.

The Olmsted Scholar Program is now accepting applications for fiscal year 2021 (FY-21) for career-driven officers interested in serving as senior leaders and in developing their global affairs capabilities, as announced in NAVADMIN 061/19, Mar. 11.

The program is a unique opportunity leading to a graduate degree from an overseas university, while perfecting foreign language skills and providing new cultural and travel opportunities.

Candidates must possess the qualities of dedicated career officers while also aspiring to command assignments. Traditionally, Olmsted scholars promote to senior leadership positions.

“My participation in the Olmsted

Scholar Program has only brought tangible benefits to my career,” said Olmsted Scholar Program graduate, Capt. David Sauve, who serves as a point of contact for interested applicants. “The most apparent benefit was earning a master’s degree, but another direct benefit was studying defense issues including strategy, diplomacy and the economics of defense.”

Strong leadership qualities and superior scholastic abilities are needed along with sustained superior performance to qualify for the Olmsted Program.

“The Olmsted Scholar Program is unique since it approximates the skills required for maneuvering in uncertain environments,” said Sauve. “It’s about managing the nuances of human interactions and relationships in unknown environments, an experience that can’t be learned elsewhere in the military. The skills learned are directly applicable to leading operational units.”

The Naval Education and Training Professional Development Center (NETPDC) is accepting applications from active-duty officers from eligible designators as outlined in the NAVADMIN. Applicants must submit a command-endorsed nomination package to NETPDC, Code N221B, Officer Special Education Program-Olmsted, no later than Aug. 23, 2019.

Most unrestricted and restricted line officers must have three years of commissioned service, but not more than 11 years of total active military service, as of April 1, 2020 to apply. The designators 1310 and 1320 have an expanded service eligibility of 13 years and six months.

Applicants should be available to start language training in the summer/fall 2020. A foreign language background is not a prerequisite for selection. Two years of study at a foreign university follow, beginning in 2021, with program completion in 2023.

For questions concerning application procedures, applicants can contact Elise McGuire using the contact information published in the NAVADMIN. All applications will be reviewed in November 2019 by a Navy selection board, and up to

12 finalists will be chosen and submitted to the Olmsted Foundation for consideration for acceptance into the program.

A comprehensive personal interview will follow, where foundation staff will examine nominees’ academic and professional background, choice of foreign university, proposed course of study, language aptitude and career goals. The interview panel will make its recommendations to the board for final decisions to be announced in March 2020 for the FY-21 Olmsted Scholar class.

Program information and submission guidance for military applicants is available at <https://www.mnp.navy.mil/group/training-education-qualifications>, then click “Navy Olmsted Scholarship Program” in the “Looking For?” section.

Applicants selected for the Olmsted Scholarship Program will be contacted via email and a list of selectees will be posted at <https://www.mnp.navy.mil/group/training-education-qualifications>.

Get the latest educational opportunity information by following Navy Voluntary Education on Facebook at <http://www.facebook.com/NavyVoluntaryEducation/>.

National Nutrition Month provides food for thought at Naval Hospital Bremerton

By Douglas H Stutz
Naval Hospital Bremerton Public Affairs

BREMERTON, WASH.

Here’s some food for thought; deciding what entrée is healthier than another has never been easier.

With March designated as National Nutrition Month, Naval Hospital Bremerton’s (NHB) Combined Food Operations and Nutrition Management team is using the Go for Green (G4G) 2.0 program to make eating enhanced and enriched, as well as easy.

NHB’s Terrace Dining Room has added updated, nutrient information - carbohydrate, fat, protein, saturated fat, sodium and fiber - to displayed G4G 2.0 information cards, a simplified stop-light color-coded system that helps galley patrons make quick and healthy decisions, with green for high performance fuel, yellow for moderate performance fuel and red for low performance fuel.

An example of what’s considered green include selecting an entrée and sandwich less than 500 calories and 480 mg of sodium. These are whole foods and high in fiber. Yellow denotes choosing an entrée or sandwich between 500 and 700 calories and 480-700 mg of sodium. These have some processing and added sugars. Red indicates to limit intake of any entrée or sandwich over 700 calories or sodium greater than 700 mg. These are mostly processed, have excess fat, trans fat or are fried foods.

“The cards are featured on the main line, soup and dessert bar. Later in the month we will also showcase nutritionals for the speed line and salad bar. We hope that this helps when looking for nutrient dense options,” said Lt.

Mari M. Moffitt, Registered Dietitian Nutritionist, NHB Combined Food Operations/Nutrition Management head, citing that per the Human Performance Resource Center, the original G4G was created from the Soldier Fueling Initiative in 2008. It was rebranded to G4G 2.0 in 2014 - 2016.

According to Moffitt, the benefit of the color coded cards is that patrons can see for themselves what is a better choice, and added details such as how many carbs and how much sodium is contained in a serving. Red means ‘eat rarely,’ yellow means to ‘eat occasionally’ and green signifies to ‘eat often.’

“We offer a variety of food in the galley but certain foods are better for performance and mental wellness based on the nutrient profile compared to others. We want to provide our patrons with options and we also want them to be aware of food items that should be consumed more often to promote health, wellness and performance,” Moffitt said.

The G4G program adheres to what the Navy Marine Corps Public Health Center refers to as performance nutrition, the premise that food is fuel for the body. For anyone to perform at their peak whether it’s on the job or participating in a sporting event, it’s considered essential to provide fuel that has high nutritional value. Eating habits based on green high performance fuel more than red low performance fuel allow a person to maintain a healthy body weight and body fat percentage.

For those like Master Chief Hospital Corpsman Dennis Moore, Clinical Support Service Directorate Leading Chief Petty Officer, who bypass the grill and

entrée lines, the soup and salad offerings have long provided a staple variety of green high performance fuel options.

“It’s salad and soup for me every day. It’s not just good for my heart, but it’s good, period. We have a great selection here and it’s all fresh,” Moore said.

Another unique feature added to the G4G cards is listing food allergies – from egg, milk, wheat, peanuts, tree nuts, shell fish, fish and soy – which might be associated with any menu item being served that day.

“If a patron wants to know if an item contains an ingredient outside of these eight, my staff would be more than happy to assist them,” added Moffitt.

The National Nutrition Month theme is also allowing NHB to highlight a ‘Grain of the Week.’

“The cooks have been working their culinary magic and created delicious salads and sides using amaranth, millet, bulgur and farro,” said Moffitt

This week presents farro, an ancient strain of wheat and one of the initial cereals domesticated in the Fertile Crescent of the Middle East that eventually became a daily standard ration back in the days of the Roman Legion.

“Throughout the month of March try uncommon whole grains in the NHB Galley. For breakfast try farro grain in a hot coconut and mango farro dish or for lunch try zesty millet, bulgur cheese bake or a California amaranth salad,” advised Kayla Kangiser, NHB Registered Dietitian Nutritionist, and certified diabetes educator.

Kangiser attests that there are a host of nutritional benefits by including grain in any meal.

“Whole grains provide all components of the grain. This includes the bran, the outer layer of the grain, packed with antioxidants, b vitamins and fiber; the germ, the part of the grain filled with additional b vitamins, minerals, small amount of protein and heart healthy fat,” said Kangiser, noting that increasing whole grain intake and removing refined grains can improve gut health and assist in potential weight loss.

As with most foods, there are good and not-as-good options to consume, and grains are no different.

“Refined grains have had the bran and germ removed, leaving the least nutrient rich portion of

the grain for consumption. Refined grains give a quick source of energy and potentially lead to weight gain and elevated triglyceride levels,” Kangiser said, stressing even more food for thought.

“Switching from refined grains to whole grains will increase your vitamin, mineral, fiber and antioxidant intake,” continued Kangiser. “There are so many whole grains to choose. Go to your favorite grocery store and choose a whole grain you’ve never tried before, or come to the NHB galley to try out a variety of whole grains throughout the month of March.”

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



Douglas H. Stutz

Food for Thought, one serving at a time... Master Chief Hospital Corpsman Dennis Moore, Clinical Support Service Directorate Leading Chief Petty Officer, takes advantage of Naval Hospital Bremerton’s (NHB) daily soup and salad offerings for a staple variety of green high performance fuel options.

U.S. Indo-Pacific Commander visits Singapore

By MC1 Greg Johnson
Commander, Task Force 73 Public Affairs

SINGAPORE

Adm. Phil Davidson, commander, U.S. Indo-Pacific Command (USINDOPACOM) visited Singapore, March 5-7.

Davidson visited Singapore to meet with leaders and counterparts in the region, during which he spent time at Changi Naval Base, and met with Rear Adm. Joey Tynch, commander, Logistics Group Western Pacific/CTF 73.

Davidson and Tynch discussed COMLOG WESTPAC’s critical role in maintaining a free and open Indo-Pacific.

“The role of COMLOG WESTPAC is vitally important to the Navy’s ability to

operate in the region,” said Davidson. “Without the exceptional logistics support from our Sailors and civilians here, we simply would not be able to sustain operations or continue to build on our partnerships in the Indo-Pacific.”

“This is an area we are willing to invest in due to its geographical significance, mutual interests and common values,” said Davidson. “These steps forward in the region enable us to strengthen our enduring relationships and build new partnerships.”

Tynch used the visit to showcase COMLOG WESTPAC’s focus on working together with friends, partners and allies, in the local community and throughout Southeast Asia.

“This was a valuable visit,” said Tynch. “It is great for the staff to hear from the USINDOPACOM Commander how everything from daily replenishments-at-sea, to our 25th year of CARAT [Cooperation Afloat Readiness and Training], contribute to the vision for a free and open Indo-Pacific.”

COMLOG WESTPAC/CTF 73 provides combat-ready logistics to the U.S. 7th Fleet and is the executive agent for more than 20 bilateral and multilateral security cooperation exercises with partner nations throughout the Indo-Pacific region.

For more news from Commander, Task Force 73, visit www.navy.mil/local/ctf73/.

“ Without the exceptional logistics support from our Sailors and civilians here, we simply would not be able to sustain operations or continue to build on our partnerships in the Indo-Pacific.”

Adm. Phil Davidson, commander, U.S. Indo-Pacific Command

CMF Commander hosts Semi-Annual Maritime Security Conference in Bahrain

From U.S. Naval Forces Central Command Public Affairs

MANAMA, BAHRAIN

More than 150 multi-national military leaders representing 33 partner nations were onboard Naval Support Activity Bahrain to attend the Combined Maritime Forces (CMF) annual Maritime Security Conference, March 7.

Vice Adm. Jim Malloy, commander of U.S. Naval Forces Central Command/U.S. 5th Fleet/Combined Maritime Forces hosted the partner-nation representatives to discuss the importance of teamwork and alliances in combatting and deterring poten-

tial threats in the U.S. 5th Fleet area of operations.

“Collaboration is key to accomplishing our shared goals of maritime security and stability in the region,” said Malloy. “A forum such as this conference allows Navy leaders from across the region and the globe to gather and share perspectives - identify common threats and shared opportunities, and then coordinate activities which will optimize our collective strength and maximize our effectiveness as we operate at sea in the Middle East.”

The objective of this year’s con-



MC1 Neal Blair

ference was for multi-national leaders to actively communicate about challenges, solutions and ultimately, the way forward in maritime strategy. The members were dispersed into working groups, which assisted in streamlining the discussion topics.

“Collectively we operate in one

of the most challenging and complex maritime environments in the world. Ships that operate here face threats in the Red Sea, the Arabian Sea, the Arabian Gulf and the Indian Ocean,” said Malloy at the beginning of the conference. “The CMF is the vehicle we use to promote legitimate commerce, deter conflict and maintain regional stability.”

Royal Navy Commodore Steve Dainton, deputy commander of the CMF, was also in attendance and echoed the sentiments conveyed by Malloy.

“As a community, we all need to be in this together and building a network of like-minded people will be essential to future success,” said Dainton. “Your individual contributions undoubtedly provide legitimacy to the organization.”

CMF is comprised of three Combined Task Forces (CTFs), CTF 150, which is responsible for maritime security and counter terrorism operations, CTF 151, responsible for counter piracy operations and CTF 152, responsible for maritime security and counter terrorism with the Gulf and build-

ing cooperation between Gulf Cooperation Council nations.

CMF is a unique multi-national collective of 33 like-minded nations, dedicated to promoting security and free flow of commerce across 3.2 million square miles of international waters in the Red Sea, Gulf of Aden, Somali Basin, the Indian Ocean and the Gulf. CMF’s main focus areas are disrupting terrorism, preventing piracy, reducing illegal activities, and promoting a safe maritime environment for all.

U.S. 5th Fleet area of operations encompasses about 2.5 million square miles of water area and includes the Arabian Gulf, Gulf of Oman, Red Sea and parts of the Indian Ocean. The expanse is comprised of 20 countries and includes three critical choke points at the Strait of Hormuz, the Suez Canal and the Strait of Bab al Mandeb at the southern tip of Yemen.

For more news from Commander, U.S. Naval Forces Central Command/5th Fleet, visit www.navy.mil/local/cusnc/.



MC1 Neal Blair

U.S. 6th Fleet Commander visits naval partners in Turkey

From U.S. Naval Forces Europe-Africa/U.S. 6th Fleet Public Affairs

ANKARA, TURKEY

Vice Adm. Lisa Franchetti, commander, U.S. 6th Fleet, traveled to Ankara and Gölcük, Turkey March 4-6 to meet with the Deputy Chief of the Turkish General Staff Lt. Gen. Metin Gürak, Commander of the Turkish Fleet Vice Adm. Ercüment Tatlıoğlu, and other key Turkish Navy leadership to discuss opportunities for U.S. and Turkish Navy cooperation to ensure regional stability and security through combined maritime exercises and operations.

“The Turkish Navy is a strong partner of the U.S. Navy, and they also bring significant capability to the NATO Alliance, operating across the full spectrum of Maritime Warfare,” said Franchetti. “The success of our exercises and operations demonstrates our shared commitment to regional stability and maritime security.”

While in Ankara, Franchetti met with the embassy’s U.S. Marine Corps Security Detachment and laid a wreath at Anitkabir, the mausoleum of Mustafa Kemal Atatürk, the founder and first President of the Republic of Turkey.

U.S. and Turkish maritime forces have a long history of cooperation in multinational exercises such as BALTOPS and Sea Breeze, as well as combined operations in the

Standing NATO Maritime Groups and Combined Task Force 151.

Additionally, U.S., Alliance, and partner forces regularly participate in Turkish-hosted exercises such as Mavi Balina and Dogu Akdeniz, anti-submarine warfare exercises in the Eastern Mediterranean Sea. These exercises improve combined warfighting capability, increase operational capacity, and strengthen relationships among exercise participants.

Turkey also regularly provides expanded logistics support to U.S. assets working in the Black Sea and Eastern Mediterranean.

“Turkish logistics support, particularly from their replenishment assets in the Black Sea, is invaluable,” Franchetti added. “They directly enhance and enable our ability to operate forward in this critical region. I look forward to operating alongside them in the years ahead.”

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/.



MC2 Ford Williams

A Rafale multirole fighter takes off from the French aircraft carrier FS Charles De Galle (R 91) during exercise FANAL 2019, Feb. 8, 2019. FANAL 19 is a French exercise designed to enhance the operational capability of the French Carrier Strike Group, Charles de Gaulle while providing realistic training to both the French and participating nations while strengthening interoperability and relationships.

Sixth Fleet Commander visits French Aircraft Carrier FS Charles de Gaulle

From U.S. Naval Forces Europe-Africa/U.S. 6th Fleet Public Affairs

MEDITERRANEAN SEA

The U.S. 6th Fleet commander, Vice Adm. Lisa Franchetti, at the invitation the operational commander for the Mediterranean, Vice Adm. Charles-Henri du Ché, visited the French aircraft carrier FS Charles de Gaulle March 7 as the ship and its carrier strike group (CSG) began its long-planned deployment.

While on board, Franchetti toured the ship, observed flight operations, and received a presentation on the integration of U.S. and partner forces with the French CSG during the Charles de Gaulle’s major naval deployment.

“I greatly appreciate Vice Adm. du Ché’s invitation to fly out to the Charles de Gaulle,” said Franchetti. “It was a tremendous privilege to see Rear Adm. Lebas and his strike group operating together at sea. This deployment provides an excellent

opportunity for the US and other NATO allies to work together and strengthen our combined high-end warfighting capabilities.”

Franchetti also had the opportunity to meet with U.S. Navy and Air Force officers participating in the Personnel Exchange Program, along with a liaison officer from the U.S. Army, serving aboard the French aircraft carrier. Participating in exchange programs with countries like France improves U.S. 6th Fleet’s interoperability with partner navies and services.

“Our relationship with France is strong and deeply-rooted in a shared commitment to ensuring the maritime domain remains free, supporting security and prosperity throughout the region,” said Franchetti.

U.S. 6th Fleet assets routinely exercise and operate with our French counterparts in exercises throughout the European region.

Most recently, the Arleigh Burke-class guided missile destroyer USS Donald Cook (DDG 75) and two P-8A Poseidon maritime patrol aircraft participated in the French exercise FANAL, the multinational advanced training period for the CSG, its units and staff to enhance training and combat readiness as a collective group.

Continuing to integrate in training, exercises, and real world operations with the French navy, a long-standing ally, will remain a top priority for Franchetti and the U.S. 6th Fleet.

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/.



AN Olivia Manley
Personnel Specialist Seaman Jordan A. Young, from Red Oak, Texas, assigned to USS Constitution, shows students at Kate Shepard Elementary School in Mobile, Alabama, the food an "Old Ironsides" sailor would eat in 1812 during Mobile Alabama Navy Week. Mobile is one of the select cities to host a 2019 Navy Week, a week dedicated to raising U.S. Navy awareness through local outreach, community service and exhibitions.

Constitution Sailors kick-off Navy's community outreach campaign with Mobile Navy Week

By AN Olivia K. Manley
USS Constitution Public Affairs

BOSTON

Sailors assigned to USS Constitution participated in a Navy Office of Community Outreach Navy Week in Mobile, Ala. Feb. 27 – March 5.

The primary purpose of the Navy Week program is to increase the public’s awareness of the Navy by presenting the Navy to Americans who live in cities that normally do not have a significant naval presence. Mobile Navy Week showcased the mission, capabilities and achievements of the U.S. Navy and provided residents the opportunity to meet with active duty Sail-

ors firsthand. Constitution Sailors kicked off their participation with a historical discussion of ‘Old Ironsides’ at Gulf Quest Maritime Museum Navy Day, multiple branches of the Boys and Girls Clubs, Kate Shepard Elementary, and Boys and Girls Club – Gillard Elementary Branch. Additionally, Sailors presented the colors during the Arleigh Burke-class guided-missile destroyer USS James E. Williams (DDG 95) arrival ceremony, Saraland Mardi Gras Parade, Joe Cain Parade and Order of Doves parade. Later in the week, Constitution Sailors spent time interacting with Mobile’s children at the USA Children’s

& Women’s Hospital. “I find it important to go on Navy Weeks because they inform the public, especially young adults, about all the military does and what it has to offer,” said Master-at-Arms 1st Class Rex Boblett, assigned to USS Constitution. “Interacting with the kids at the Boys and Girls Clubs was the most rewarding experience because we got to experience Mobile and its community on a more personal level.” This was the first of 13 Navy Weeks Constitution Sailors will participate in this year. 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 on Constitution, visit www.history.navy.mil/ussconstitution or www.facebook.com/ussconstitutionofficial. For more news from USS Constitution, visit www.navy.mil/local/constitution. For more news from USS Constitution, visit www.navy.mil/local/constitution/.

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NAVSUP WSS employees with the Strategic Acquisition and PBL Center of Excellence discuss an acquisition strategy at an impromptu meeting in Philadelphia. Pictured from left to right: Lt. Cmdr. Matt Clute, Larry Garvey, Susan Stein, Mike Forgione, Kristen McFadden, Steve Van Note.

Accelerating performance based logistics acquisition excellence

By Lt. Cmdr. Matt Clute
Naval Supply Systems Command Weapon Systems Support Public Affairs

PHILADELPHIA

Naval Supply Systems Command Weapon Systems Support (NAVSUP WSS) established the Strategic Acquisition and Performance Based Logistics (PBL) Center of Excellence (CoE) in Philadelphia to synergize an experienced civilian and military contracting and supply chain management team responsible for the most complex and highly visible sustainment contracting requirements of the organization.

“The Center of Excellence provides increased attention and command focus to these efforts,” said Capt. Cody Hodges, NAVSUP WSS director of contracts. “It takes advantage of accelerated learning by providing our contracting teams and their customers a shared space to innovate and collaborate.”

Now in its third year, the CoE approaches the Naval Aviation Enterprise (NAE) and Surface Warfare Enterprise (SWE) sustainment requirements from a holistic logistics life cycle methodology that addresses the total platform. The team’s primary goal is the development and execution of acquisition strategies that best fit the requirement while supporting the growth of performance-based solutions.

The CoE Team
Envisioned by Hodges and NAVSUP WSS deputy director of contracts, Barbara Johnson, and endorsed by the command’s executive leadership, the CoE was respon-

sible for 19 percent (\$1.3 billion) of the overall \$6.9 billion in obligations made by NAVSUP WSS in fiscal year 2018.

The team is led by Mike Forgione along with Supply Officer Lt. Cmdr. Matt Clute, principle deputy, and Larry Garvey. The office is staffed by 24 full-time employees who have between 15 and 35 years of experience.

Working in concert with other stakeholders in aviation and maritime operations, engineering, the comptroller’s office, the Office of General Counsel, the Price Fighters, the Defense Contract Management and Audit Agencies, Navy systems commands and Deputy Assistant Secretary of the Navy leadership, the CoE is responsible for the portfolio of acquisitions that has won 20 of 43 Department of Defense (DoD) PBL Awards since Fiscal Year 2005.

Creating Synergy
The CoE is focused on increasing affordable readiness for the warfighter by enhancing communication and lessons learned across the NAVSUP Enterprise. The CoE flattens a previously stove-piped organizational structure and has created a centralized repository for sharing acquisition and contracting documents.

A centralized, open workspace encourages collaboration between and among NAVSUP WSS employees and stakeholders, which has led to faster turnaround times and less rework in required approvals. The sharing and development of various ideas and strategies in the CoE environ-

ment has also led to better contracting solutions since experienced peers are available to teach, refine ideas and provide new approaches.

Getting to a Strategic Contract or PBL
The transition to a strategic contract or PBL is the culmination of continuous relationship building with a contractor for a particular program. In the early stages of any of these relationships, individual contracts and stand-alone purchase orders are typical.

Once performance and price history are established, moving to a Basic Ordering Agreement (BOA) or Long-Term Contract (LTC) is a logical progression. These contract vehicles are a much more efficient and effective method of executing a large volume of business with a contractor.

Speed to delivery is improved through the use of BOAs since order terms and conditions (Ts&Cs) are already agreed to in advance. Orders placed under BOAs do not need to have Ts&Cs negotiated each time as they would in an individual contract or stand-alone purchase order.

LTCs, which are considered strategic contracts, increase the speed to delivery by incorporating pricing, quantities and/or other details that allow transactions to occur very rapidly during the period of time specified in the contract -- often up to five years.

The final step, the transition to a PBL, moves the sustainment of a weapon system largely into the hands of the contractor. PBLs delineate readiness level benchmarks

that the contractor is incentivized to meet. These contracts define the desired outcome without specifying how to execute the outcome, thereby fostering an environment where the contractor can innovate and create efficiencies given the parameters outlined within the PBL.

In this way, the CoE is able to influence outcomes through strategic industry partnerships. While PBLs take more effort to establish up front since many things need to be considered and incorporated into the contract (obsolescence management, reliability, demand projections, etc.), the effort is more than worth the results achieved.

While not every weapon system or contractor is a perfect fit for a PBL, successful PBLs have oftentimes led to great leaps forward in the readiness levels of the weapon systems they are designed to support.

Conclusion
The CoE has been recognized as the Naval Supply System Command’s nominee for the 2018 DoN Acquisition Excellence Innovative Team of the Year Award and also as a “best practice” following the 2017 NAVSUP WSS Procurement Performance Management Assessment Program (PPMAP).

It will continue to make strides in improving warfighter readiness through contracting and acquisition excellence, providing improved supply support at a lower cost.

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

EXCELLENCE | Crews can earn certification early

Continued from B1

Association (SNA) symposium.

“I am your biggest advocate with your operational chain of command for giv-

ing time back to you and the ship. We’ve set the conditions for our COs to be more confident in taking risks by restoring firebreaks between maintenance, training, and operations and

we improved training and assessments. So, we need COs to seize the initiative, and to be confident, sensible risk-takers because winning in combat demands it,” Brown said.

Winning in this era of a Great Power Competition demands embracing the concept of mission command.

“I’ve said this many, many times: As the CO goes, so goes the ship. We’ve been making

changes to the Surface Force for nearly a year now. 2018 was a year devoted to raising standards, improving training, tightening up qualifications, re-emphasizing certifications, and re-asserting the primacy of command. 2018 was about

being the best. It was a year of building readiness, but we don’t build readiness for readiness’ sake. We must turn that readiness into lethality. And we do that through an unrelenting pursuit of excellence over compliance,” Brown said.

PARTNERSHIP | 2019 Philippine initiative begins

Continued from B1

Pacific Partnership began in response to one of the world’s most catastrophic natural disasters, the December 2004 tsunami that devastated parts of South and Southeast Asia. The mission has evolved over the years from emphasis on direct care to an operation focused on enhancing part-

nerships through host nation subject matter expert and civil-military exchanges.

Working at the invitation of each host nation, Pacific Partnership is joined by partner nations that include Australia, Canada, Japan, Malaysia, Peru, the Philippines, South Korea, Thailand, and the United Kingdom to strengthen disaster response pre-

paredness around the Indo-Pacific region.

The Philippines is one of several host nations for Pacific Partnership 2019. The Pacific Partnership mission teams will also make stops in the Federated States of Micronesia, Malaysia, the Republic of the Marshall Islands, Thailand, Timor-Leste, and Vietnam. Experts in the fields of engineer-

ing, medicine and disaster response will partner with each host nation to conduct civic-action projects, community health exchanges, medical symposiums, and disaster response training activities.

Pacific Partnership’s mission is to work collectively with host and partner nations to enhance regional interoperability and disaster response capabilities, increase stability and security in the region,

and foster new and enduring friendships across the Indo-Pacific region. Pacific Partnership, now in its 14th iteration, is the largest annual multinational humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Pacific region.

For more news from Commander, Task Force 73, visit www.navy.mil/local/ctf73/.

NCSC | School returns to Naval Station Newport

Continued from B1

a NCSC learning site in February 2019.

“At Meridian, our RPs will have opportunities to develop closer ties with the administration ratings and our connections to Naval Technical Training Center will offer us an opportunity to build stronger programs by learning from our counterparts in the other communities,” said Moses. “We believe these relocations are a win-win for us and the

rest of the Navy.”

NCSC today has evolved into a headquarters that trains U.S. Navy’s chaplains and enlisted religious program specialists (RP) both in traditional classrooms and at 13 locations through mobile training teams, spanning initial to more advanced courses.

“Chaplains and religious program specialists deliver essential components of fleet readiness by fostering high morale, developing and strengthening moral and spiritual well-being, and en-

suring that every member of the command has the maximum opportunity for exercising their first amendment right to the free exercise of religion,” said Moses. “Commanders who leverage the full potential of their RMTs [religious ministry teams] can expect warfighters that are better prepared for combat as well as the day-to-day stressors of peace time.”

Almost 200 chaplains and 200 RPs graduate from NCSC residence courses each year to pre-

pare them to deliver professional religious ministry to the U.S. Navy, U.S. Marine Corps, U.S. Coast Guard, and U.S. Merchant Marine. Another 600 chaplains and 300 RPs receive professional development training annually through mobile training teams.

Chaplains and RPs play a critical role in helping the Department of the Navy achieve and maintain a ready force. Religious ministry and compassionate pastoral care are characterized by cooperation, tolerance, mutual respect, and respect for diversity, as well as an emphasis on under-

standing the pluralistic military environment. Chaplains and RPs are embedded within commands operating at sea and ashore to ensure 24/7 availability for service members and their families.

For more information on NCSC, visit <https://www.public.navy.mil/netc/centers/chaplain/Default.aspx>.

For more information about NETC, visit the command’s website at <https://www.public.navy.mil/netc> or www.navy.mil/local/cnet/ and follow us on Facebook at <http://www.facebook.com/netcpao>.



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New electric vehicle charging stations in Norfolk

Norfolk has new electric charging stations for your electric car. Learn where you can get your charge on, in Norfolk.

» See **C2**



iStock image

From Brandpoint

With popular obstacle- and ninja-style shows taking over TV, you might be curious what it takes to become a part of the competition. A desire is the first step, and one expert ninja says this can springboard you quickly to the next level.

“I want to try it.’ This is the first thing I said before exploring training,” says John Wilmas, best known as the stair ninja (@stair_ninja on Instagram). He participates in competitive stair climbing with a passion for charity climbs. He also has competed on American Ninja Warrior.

“Most people enter this sport with a simple desire to give it a try and have fun,” he says. “If that is you, I encourage you to give it a go. From there, you can take additional steps to develop your skills and hone your focus.”

Wilmas recommends five tips when beginning to train for any obstacle-style event:

1. Find a local training gym or park
2. Use your body weight as a training tool
3. Work on speed, balance and agility
4. Find friends and build camaraderie
5. Explore mental training

As the popularity of the shows has grown, so too has the desire for more obstacle-style training facilities. Research what is available in your area. Indoor gyms and outdoor obstacle parks featuring FitCore Extreme fitness equipment by Landscape Structures Inc. offers multiple fitness options available for children ages 5 to 12 and teens/adults ages 13 and over, so the whole family can participate. Learn more at www.playlsi.com. This equipment promotes whole-body fitness and agility with options for varied fitness and skill levels.

If you can’t find training opportunities within 30 minutes of your home, focus on body-weight training and calisthenics - the type of training gymnasts do - to build your skills. Keep in mind that even if you can bench a lot of weight, it’s not the same as holding your own body weight. Train by using your own body weight as resistance because that is what will be tested on many of the obstacles.

Being agile and having good balance can help you conquer some of the toughest obstacles. Competitors that only focus on upper body strength will slip up on seemingly easier parts of the course simply because they don’t have good balance or speed. The faster you can go, the less energy you’ll expend, which means you can go further without getting tired. Speed can also be an alternative to balance. If you can go through some obstacles quickly, you’ll not have to rely on stellar balance skills.

What makes obstacle- and ninja-style competitions unique is everyone supports each other. It’s a competition, but competitors have strong bonds and encourage the success of each participant. When you start

training and decide you enjoy the sport, try joining some local groups so you can build your own camaraderie. The support you’ll feel is incredible. You can start by researching local meetups on the Facebook group American Ninja Warrior Comrades.

A big part of succeeding at this style sport is mental strength. Believe in yourself and envision yourself successfully completing a challenge. A mental block is always the hardest obstacle, so if you make a mistake, don’t dwell on it. Repetition helps you gain confidence so your mind trusts your body. Then you can just go without overthinking it. The mind is your biggest asset if you use it to your advantage, but can also be your biggest crutch if you let worries overtake your abilities.

Hurrah Players present Disney’s Frozen Jr. at the Sandler Center this weekend

By Yiorgo

For all of us who want to build that snowman, the Hurrah Players, Virginia’s Leading Family Theatre Company, is proud to announce that they are the first theatre group in the country granted the rights to put on Disney’s Frozen the Jr. edition. We are indeed fortunate to of this unique arrangement for now we will be seeing it first in all its glory. With us is Ben Branigan who plays Prince Haas.

Yiorgo: What is the difference between Disney’s Frozen Jr. and Disney’s Frozen?

BB: Disney’s Frozen originally started as just an animated movie, but it instantly became a hit with the public. Therefore, plans were made to get Frozen to Broadway

as a new musical. Right now, Frozen the Musical is on Broadway. Frozen Jr. is an adaptation of the Broadway version of the show for local theater companies and schools. The Jr. version still contains many of the great songs found in both the movie and the musical, along with the story and characters that everyone knows and loves.

Y: Where were you born, how old are you, where are you living now and what are the names of the schools you attended?

Ben Branigan: I was born in Monterey, California. My Dad was in the Marine Corps, so we moved around a lot when I was a kid. After moving to Chesapeake, Virginia, he retired from the Marine Corps after 21 years, so I have been living in Chesapeake ever

since. I am an 18-year-old senior in the Science and Medicine Academy at Deep Creek High School.

Y: How did you fall in love with musical theatre, who influenced you at an early age, what lit the fire inside of you that now it’s your passion?

BB: As a child, I definitely bounced around from activity to activity, not really finding satisfaction with the traditional activities and sports that kids usually partake in. From a young age, my Dad has given me a love for music, as he is a musician himself, but I had never really thought about doing music for myself. However, after attending the Hurrah Players’ Summer Camp in 2009, I be-

» See **FROZEN** | C3



Courtesy Ben Branigan

CalendarCommunity

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

Disney's Frozen Jr. presented by Hurrah Players

- March 15, 7 p.m. March 16, 10 a.m., 2 p.m., & 7 p.m. Tickets: \$25/adults, \$20/under 18, students, active military and retired, and seniors 60+.
- Sandler Center for the Arts, 201 Market St., Virginia Beach
- www.hurrahplayers.com

The enchanting modern classic from Disney is ready for your Broadway Junior stars! Frozen Jr. is based on the 2018 Broadway musical, and brings Elsa, Anna, and the magical land of Arendelle to life, onstage. The show features all of the memorable songs from the animated film, with music and lyrics by Kristen Anderson-Lopez and Robert Lopez, plus five new songs written for the Broadway production.

A story of true love and acceptance between sisters, Frozen Jr. expands upon the emotional relationship and journey between Princesses Anna and Elsa. When faced with danger, the two discover their hidden potential and the powerful bond of sisterhood. With a cast of beloved characters and loaded with magic, adventure, and plenty of humor, Frozen Jr. is sure to thaw even the coldest heart!

Yuengling Shamrock Marathon Weekend & Fitness Expo

- Fitness Expo: March 15, 12-9 p.m. & March 16, 12-5 p.m. Yuengling Shamrock Marathon and Anthem Shamrock Half Marathon: March 17, 7:30 a.m., 42nd St. & Atlantic.
- Virginia Beach Convention Center, 1000 19th St., Virginia Beach
- www.shamrockmarathon.com

The annual Yuengling Shamrock Marathon Weekend, first held in 1973, has expanded to become a St. Paddy's Day tradition in Coastal Virginia. Our three-day event includes a sports and fitness expo, race distances and challenges to accommodate all ages and skill levels, and a huge finish line celebration on the beach. With six events, there is a distance for everyone to choose from: the Yuengling Shamrock Marathon, Shamrock Marathon Relay, Anthem Shamrock Half Marathon, TowneBank Shamrock 8K, Operation Smile Shamrock Final Mile and Leprechaun Dash.

The Shamrock Sports and Fitness Expo is one of the largest on the East Coast! This two-day event will be celebrating St. Patrick's Day with runners, walkers and sports enthusiasts of all types. The vendors at the Expo will offer a wide variety of equipment, apparel, footwear and accessories for the whole family. Our Expo has a great reputation for having an extensive selection of merchandise at great prices as well as official Yuengling Shamrock Marathon Weekend gear. The Shamrock Sports and Fitness Expo is FREE and open to everyone.

Southeastern Guns & Knives Show

- March 16 & 17. 9 a.m. - 5 p.m. \$12
- Hampton Roads Convention Center
- www.thehrcc.com

Southeastern Guns and Knives is an organized and legal gun show event that promotes understanding of the shooting sports, appreciation of American history, and an opportunity to view historic and contemporary weapons. A variety of people, from professionals to blue-collar workers, attend gun shows. Gun show patrons attend the shows as collectors, hobbyists, sportsmen, and hunters; many also attend because they are interested in home defense. Children 14 and under free with adult 21 years or older

NSA HR Headquarters St. Patrick's Day Golf Tournament

- March 17, 11 a.m. \$50 registration fee
- Sewell's Point Golf Course, 660 Ruthven Rd., Norfolk
- 757-444-5572

Sewells Point Golf Course presents the 2019 St. Patrick's Day Golf Tournament Sunday, March 17 at 11 a.m. 10 a.m. Irish lunch, 11 a.m. shotgun start, dinner buffet after play, team prizes and longest drive & closest to the pin prizes. The Twist: Each player must play one of the par 3's with the green ball (provided) and add that score to the other three players scramble score on that hole for your total score on that hole. \$50 per player. Cost includes green fees, cart, and range balls.



Don't miss Gary Sinise's Lt. Dan Band on March 29.

Gary Sinise & The Lt. Dan Band in concert

- March 29. 5 p.m. (doors) 7 p.m. (show) Free - limited to 1500 people
- JEB Little Creek - Gator Theater
- www.hrcv.uso.org/events

Doors open at 5pm. Show starts at 7pm. Concessions will be available for purchase. The concert is FREE and open to all DOD ID cardholders and their guests. No large bags, backpacks, outside food or beverages are allowed. No baby strollers or carrying seats are allowed. A stroller parking area will be available outside.

■ Submit YOUR events, news and photos

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

New electric car charging stations installed in 4 downtown garages

From norfolk.gov

NORFOLK

Are you ready to get charged up? Then head to downtown Norfolk, where the first batch of electric vehicle chargers donated to the City of Norfolk by electric car maker Tesla have been installed in Waterside, MacArthur Center, Bank Street and Town Point garages.

These charging stations will expand the number of car charging options already available in Norfolk and reflect the city's commitment to providing environmentally-friendly transportation options. This increase in the availability of charging stations boosts Norfolk's status as one of the most progressive cities on the east coast and a vibrant destination for drivers of electric vehicles.

The chargers are both universal and Tesla-specific. They are avail-



Courtesy Norfolk.gov

able for charging electric cars to those who park in city garages. Users will be charged only the regular garage parking rate -- there will be no additional cost for charging the vehicle -- it's FREE to the public. Installation of the chargers will continue in other city garages in coming months.

We want to know: How will you get charged up? Do you charge at MacArthur Center and head in for a

little shopping and some lunch? Or will you plug in at Town Point Garage while you head to the park for a festival or a concert? What about Waterside garage, where you can eat, drink and be merry while you charge for free?

Post a selfie on Facebook, Twitter or Instagram with #ChargedUp! And #NorfolkVA to let us know what you'll do while extending your range!

Live Nation becomes top ticket donor to the military and veteran community giving over 1 million tickets through Vet Tix partnership

From Live Nation

LOS ANGELES

Live Nation, the world's leading live entertainment company, announced it has donated over one million tickets to veterans since the kickoff of its partnership with the Veteran Tickets Foundation, also known as Vet Tix. Vet Tix is the number one nonprofit working to provide free tickets to currently serving military and veterans of all eras, and Live Nation is proud to have long been the organization's top donor. Since 2014, Live Nation has gifted VetTix over \$75 million in tickets, making Live Nation the top ticket donor to the veteran community at large.

"Live Nation is incredibly proud to be a partner of Vet Tix, and we're honored to have helped over one million service members and their families create life-long memories together at our concerts and events," said Michael Rapino, CEO and President, Live Nation Entertainment. "We know how powerful live music can be, and will continue doing everything we can to share those experiences with our veterans who have given so much."

Live Nation and Ticketmaster, a subsidiary of Live Nation and the global market leader in ticketing, regularly donate tickets to country, pop, rock and hip-hop tours, sports and family entertainment, Broadway shows and more. As a part of Live Nation's growing commitment to this initiative, Ticketmaster created custom ticketing software to improve Vet Tix's platform. Launched in 2018, the new system simplifies the ticket donation process for artists, venues, theatres and clubs while also making it easier for vets, service members, and their families to see ticket availability in real time. The updated platform also made it easier than ever for other promoters and event owners to make tickets available to Vet Tix. Promoters and event owners interested in contributing tickets to the program should reach out to Brandi Shannon at bshannon@vet-tix.org.

"The support and passion for the Vet Tix mission by the Live Nation and Ticketmaster teams has been vital to our

success," said Mike Focareto, CEO and Founder, Vet Tix. "The one million tickets donated by Live Nation translates into endless smiles and memories for VetTixers. In many cases, their support also assists veterans, service members and first responders in coping with their post-traumatic stress challenges which leads to positive experiences by attending concerts with family and friends. We can't thank them enough."

Vet Tix is a national non-profit, founded in 2008, whose mission is to secure and distribute tickets to sporting events, concerts, performing arts, educational and family activities across the nation to military and veteran families. Their goal is to help reduce stress, make events affordable, minimize post-traumatic stress, strengthen family bonds and encourage VetTixers to re-engage with local communities and American life. To date, Vet Tix has given out over 6 million tickets in all 50 states and Washington, D.C.

To receive tickets, military personnel and veterans apply and are verified by a third party. Members can then set their event interests and are notified when tickets to an event meeting their criteria are available. Members then request tickets and Vet Tix distributes tickets at times using a lottery.

In addition to ticket donations, Live Nation strives to support veterans in a number of ways. Since 2017 the company has been an official partner of the veterans' hiring organization Got Your 6, whose mission is to bridge the civilian-military divide by spreading awareness and fostering understanding about the contributions of our nation's veterans. As a part of the partnership, Live Nation helped spearhead a fellowship program designed to help military alums build careers in the entertainment industry. Additionally, Live Nation recently launched Hero Nation, an internal program for veteran employees. This employee resource group is dedicated to fostering a supportive and progressive environment for the company's U.S. military veteran employees and their families by focusing on education, networking, and career development opportunities.

First Fridays season 7 premieres April 5 in downtown Norfolk

From Cindy Mackey

NORFOLK

– (March 2019) – The 7th Annual First Fridays street parties kick off Friday, April 5 on Granby Street. First Fridays run from 5–8:30 p.m. with live music, food, drinks, friends and fun. All events are free and open to the public.

"This is such a popular event for Downtown Norfolk, and each year we want to bring a little more energy and activity," said Downtown Norfolk Council Marketing Director Jessica Kliner. "This year, we're featuring many new bands to the region in addition to featuring some of our strong bank of local talent. We think there's something for everyone to enjoy."

First Fridays is produced by Downtown Norfolk Council and sponsored by S.L. Nusbaum Realty Co. and Wells Fargo Center. Local vendors have an assortment of food items available for sale including local craft beer and wine. The after party continues in

Downtown with an assortment of restaurants and venues to explore within easy walking distance.

2019 Season Entertainment and Locations

- Friday, April 5
Where: 300 Block of Granby Street
Headliner: Levitation Room – This L.A. quartet delivers psychedelic rock reminiscent of the 60s
Opener: Ladada - Sun-drenched songs inspired by early Motown and 60s garage rock
Friday, May 3
Where: 300 Block of Granby Street
Headliner: Kat Wright – Plenty of soul in this gritty and emotive rock and roll performer who is described as "Bonnie Raitt meets Amy Winehouse."
Opener: Del Florida – A D.C. band featuring amorphic dream pop that has opened for Montreal.
Friday, June 7
Where: The Plot, 776 Granby Street, NEON District
Headliner: Special Local Headliner

To Be Announced

Opener: Illiterate Light – Rock with gritty guitar melodies, honest lyrics and a thundering bass

Friday, August 2
Where: 300 Block of Granby Street
Headliner: Yarn – Hailing from N.C., this band melds bluegrass-influenced music, a gentle spirit and a rock and roll heart.

Opener: South Hill Banks – Jam-infused bluegrass from Richmond
Friday, September 6
Where: 300 Block of Granby Street
Headliner: Liz Cooper and The Stampede - Dream-folk psychedelic rock blending Liz's unique vocal texture with a picking and playing style from acoustic to electric rock

Opener: Blush Face – From Richmond, this four-member band brings 'lectic lullaby pop rocks to town
Friday, October 4
Where: 300 Block of Granby Street
Headliner: Greyhounds: Brings the Austin, Texas music scene to Downtown with a unique sound that mixes R&B, soul and funk
Opener: To Be Announced

Sports

Admirals acquire Horn and Eiserman

From Norfolk Admirals

NORFOLK

The Norfolk Admirals, ECHL affiliate of the Arizona Coyotes, announced today that the team has acquired forwards Christian Horn and Shane Eiserman from the South Carolina Stingrays in exchange for defenseman Chase Harrison.

Horn, 25, joins the Admirals for a second stint after posting 20 points (7g, 13a) with South Carolina this season. The Plymouth, Minnesota winger previously played with the Admirals during the 2017-18 Season where he totaled 30 points (14g, 16a) in 44 games.

Eiserman, 23, joins the Admirals after earning 17 points (7g, 10a) with the South Carolina Stingrays this season. The 201-lbs forward also appeared in four games with the Atlanta Gladiators where he earned three points (1g, 2a) in four games. The Newburyport, Massachusetts born forward also had a short stint with the Adirondack Thunder where he posted three points (1g, 2a) in two games earlier this season.

Harrison will join the Stingrays after posting 13 points (1g, 12a) in 51 games played with Norfolk this season.

The trade took place after Norfolk's 3-1 road loss at Maine last night. The Admirals return to action on Saturday (Mar. 9) at Worcester.

UPCOMING HOME GAMES & PROMOTIONS

Wednesday, March 20, vs. Jacksonville, 7 p.m.

Friday, March 22, vs. Jacksonville, 7 p.m.

Saturday, March 23 vs. Jacksonville, 7 p.m. St. Hatrick's, Mental Health Awareness Night, Postgame Skate

FROZEN | Chesapeake's Brian Branigan stars

Continued from C1

came intrigued with this idea of going on stage and telling a story to an audience. I auditioned for Joseph and the Amazing Technicolor Dreamcoat in August 2009 and was cast in the show. As I started doing more and more shows with Hurrah, I found a new passion for not only performing on stage, but also for the amazing people I got to work with each show. As I performed in each new show, I found a drive to keep improving my abilities with this art form.

Y: Talk about Hurrah Players. How did you originally get involved and why should other people join?

BB: The Hurrah Players have truly made me who I am today. I entered as a self-conscious, anxious 8 year-old. However, the more time I spent with the Hurrah Players, I really learned to come out of my shell and be myself. Mentors such as Hugh Copeland, Lisa Wallace, Caroline Turco, Katie Stone, and Laura Lavan have instilled in me values and lessons that I will treasure for the rest of my life. Hurrah is such a welcoming, open atmosphere that encourages every person to live out his or her dreams and be the best that they can be. These missions of Hurrah truly have remarkable impacts on youth and adults alike, and I am so grateful to have received so much love and support from them over the years. If anyone were interested in joining the Hurrah Players, I would highly recommend looking into it. The Hurrah Players not only train their students very well in the art of theater, but they also offer so much support and encouragement in whatever endeavor students may pursue.

Y: What other shows have you done with the Hurrah Players?

BB: Frozen Jr. is currently my 32nd show with the Hurrah Players. I started in 2009 with Joseph and the Amazing Technicolor Dreamcoat. Some of my favorite shows that I have performed



Yiorgo

Hurrah Players' case of Frozen Jr. performs at MacArthur Mall.

in include 13 the Musical (Evan), Grease (Danny), All Shook Up (Dean Hyde), James and the Giant Peach (Grasshopper), Annie (Rooster), Honk! (Ugly), The Little Mermaid (Flounder), and Willy Wonka and the Chocolate Factory (Charlie Bucket).

Y: What other work have you done outside Hurrah? Virginia Musical Theatre, local or regional theatre, etc.

BB: I have performed in a few shows with other regional companies a few years ago. I was apart of the children's choir in Joseph and the Amazing Technicolor Dreamcoat with Virginia Musical Theater. Also, I was Louis in The King and I with Lyric Opera Virginia.

Y: Why should people come see this show, what will they get out of it?

BB: I believe that Frozen Jr. is an amazing show for all audiences. The music by Robert Lopez and Kristen Anderson-Lopez is fantastic and will

definitely stick in your head, even after leaving the show! The show also has such an empowering, heartwarming message. However, one of the most amazing things about this show is the talent of the cast; every single performer has so much talent, and it is so cool to watch them bring their characters to life every night. From sets to costumes, so much work has been put into this production, and I am so excited to see it all come together. I definitely feel as though audiences are going to leave the show feeling touched by Frozen's message and in awe from the Disney magic of it all!

For tickets and more info go to <https://www.hurrahplayers.com/buy-tickets>

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

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5 tips to avoid email scams this tax season

From Brandpoint

Email phishing scams and attempts to steal your information are on the rise as the April 15 tax filing deadline nears, so how can you avoid falling victim to one of these schemes? Phishing attempts have become much more sophisticated in recent years, so it's even more important to be vigilant in order to protect your personal financial information. In the month of February, Microsoft security experts saw an average of 300,000 phishing encounter attempts across its browser platforms - every single day. These attempted scams will only increase as tax day approaches.

Here are a few simple tips to avoid falling prey to phishing scams.

1. Watch for suspicious emails. Be suspicious of any unexpected emails, and avoid clicking on links or attachments, especially

when the email seems "off" to you, or unexpected, like an email from a tax preparation service, your credit card company or a financial institution. Although the email may appear to be genuine on the surface, if it is not part of your regular interactions with the company, it's worth further scrutiny. You're always safer using the direct URL of the company and accessing your account from there to process any transactions or to check your account, not by accessing from a link inside an email. Also, any emails claiming to be from the I.R.S. are most likely bogus, as the Internal Revenue Service does not initiate interactions via email, phone, social media or text, and uses the U.S. Postal Service for nearly all communications with taxpayers.

2. Carefully inspect URLs. You can simply hover over links within the suspicious email with your cursor (without clicking it)

to view the URL. See if it actually goes to the website where it claims to direct you. URL shorteners provide convenience, but they can sometimes make the inspection difficult. When in doubt, use your search engine to find the correct company URL and go from there. You can also hover over the email sender's email address to see if it matches the sender you're expecting.

3. Be wary of all attachments. If you haven't just made a purchase for tax processing software or used a tax preparation service, don't be fooled by getting an email containing an invoice from a tax preparation service or software company. Sending fake invoices for services or products is one of the top methods that attackers use to trick people into opening a malicious attachment that could automatically execute malware on your computer. Malicious attachments could also contain links that download and execute malicious programs if you click on them. PDF attachments that contain innocuous-looking links can lead to users accidentally downloading malicious software designed to steal their credentials.

4. Don't rely on passwords alone. Whenever possible, opt to use multi-factor

authentication like the Microsoft Authenticator app for managing your "manage service account" logins and Windows Hello for easy and secure sign-in to your Windows 10 device. They enable biometric authentications such as your face or your fingerprint to quickly and safely log in across devices, apps and browsers without you having to remember passwords. With a Microsoft account, you can also securely and automatically sign in to other cloud-based applications including Bing, MSN, Cortana, Outlook.com and Xbox Live (PC only).

5. Keep your software current. Run a modern, up-to-date operating system, such as Windows 10, and make sure to stay current with the latest security and feature updates, in conjunction with using built-in anti-virus protection like Windows Defender Antivirus.

Don't fall victim to sophisticated phishing attempts via email. Protect your personal information by informing yourself about the latest scams. With just a little extra care and vigilance, you should be able to steer clear of "phishy" emails and other scamming attempts this tax season.

Real estate financing: The 3 main factors lenders consider

From Brandpoint

Sponsored ad content from Vanderbilt Mortgage and Finance, Inc.

Buying a new home is an exciting milestone. While finding the right home is essential, the most important step toward homeownership is making sure you're ready to apply for a home loan.

Applying for a mortgage is not something people do every day, so it's natural to have questions. There are several factors that help determine a loan decision, along with strategies you can follow to help position yourself for the best loan at the best rates.

Angela Patterson, Vanderbilt Mortgage director of Credit and Credit Services, explains the three factors that have the biggest influence on any loan decision.

Credit

Your credit is a critical factor for lenders making a loan decision. They will learn more about your credit history and credit score by pulling a credit report.

A credit report shows how well an applicant has repaid any loan or credit obligation. Usually lenders look at the most recent pay history and look for debts with a high balance. While score is important and will most likely have an impact on the interest rate offered, the detailed pay history plays a significant role in whether an applicant is approved or declined.

Does this mean if you have a past blemish on your credit you will be denied a home loan? Not necessarily. There are many factors lenders consider.

"It is very important to our team

to call every applicant," says Patterson. "Our customers are more than just a credit score. We want to understand their journey and provide the financing program that best fits their situation."

Income and debts

Determining your ability to repay the debt on time each month is important to a lender when making a loan decision. A debt-to-income ratio, or DTI, is one of the tools lenders use to determine your ability to pay. Two things need to be calculated to know this

percent: monthly income and the existing credit obligations that are paid monthly.

Lenders typically use verified gross monthly income, your pay before taxes, when determining an ability to repay. Gross monthly income includes a paycheck from an employer, plus any money you may receive in government aid, child support or pensions.

After totaling gross income, the lender will need to determine the amount of debt the applicant pays toward each month. Typically,

lenders use a credit report to identify the applicant's debts. Some examples include car payments, student loans and credit card balances.

Employment

Employment is another important factor that goes into a loan decision. Lenders will look at the type and length of employment. If a person is self-employed, the applicant will need to prove steady income over a two-year period.

Consistent and non-temporary employment are seen favorably by most lenders. This means being regularly employed for two or more years. Consistent employment shows a lender stability in an applicant's source of income, which is an indicator of their ability to repay the loan.

How does the lender learn about your employment history? Typically, they will request a Verification of Employment from your employer and will consider the information provided in the loan decision.

Next steps

Understanding these three factors and knowing where your personal finances fit within them is important when applying for a home loan. While there are other things lenders consider, making sure you are financially fit in these three areas is a great start to getting ready to buy a home.

About Vanderbilt Mortgage and Finance, Inc.

Vanderbilt Mortgage and Finance, Inc. is a national housing lender that specializes in financing manufactured homes. In business for more than 40 years, the company currently services more than 200,000 home loans and works hard to tailor loans to each family's needs. Vanderbilt has an A+ grade from the Better Business Bureau and is a Berkshire Hathaway company. For more information, visit VMFHomeLoan.com.

NMLS Disclosure



Brandpoint image



Jesse Usher as John "JJ" Shaft, Samuel Jackson as John Shaft and Richard Roundtree as John Shaft, Sr. in New Line Cinema's action comedy "Shaft," a Warner Bros. Pictures release.

coming to theaters

THE CURSE OF LA LLORONA

Ignoring the eerie warning of a troubled mother suspected of child endangerment, a social worker and her own small kids are soon drawn into a frightening supernatural realm. Their only hope to survive La Llorona's deadly wrath may be a disillusioned priest and the mysticism he practices to keep evil at bay, on the fringes where fear and faith collide.

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

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4 p.m. Isn't It Romantic (PG-13)
7 p.m. Alita: Battle Angel (PG-13)

Sunday, March 17
1 p.m. Miss Bala (PG-13)
4 p.m. Alita: Battle Angel (PG-13)
7 p.m. Isn't It Romantic (PG-13)

NAS Oceana, Aero Theater – 433-2495

Friday, March 15
6 p.m. Isn't It Romantic (PG-13)
9 p.m. Alita: Battle Angel (PG-13)

Saturday, March 16
12 p.m. The Lego Movie 2: The Second Part (PG)
3 p.m. Alita: Battle Angel (3-D) (PG-13)
6 p.m. Isn't It Romantic (PG-13)

Sunday, March 17
12 p.m. The Lego Movie 2 : The Second Part (PG)
3 p.m. Miss Bala (PG-13)
6 p.m. Happy Death Day 2U (PG-13)

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

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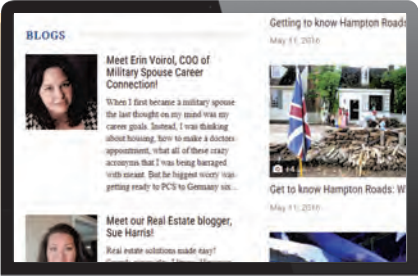
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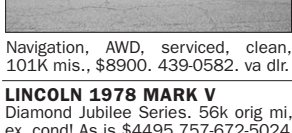
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MERCURY 2004 GRAND MARQUIS
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MINI 2018 COOPER
7K original mis., factory warranty, excel cond, loaded, original cost \$26,000, auto, \$19,900. Call for details 675-0288. Va. Dir.

MITSUBISHI 2003 ECLIPSE

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

NISSAN 2008 ALTIMA
S. 83,000 miles. Loaded, sunroof, new inspection. \$4,800 OBO Call: (757) 228-6656

NISSAN 2009 ALTIMA
2.5 SL 89k, loaded, new inspection, leather, sunroof, push start. \$4,950 OBO (757) 228-6656

NISSAN 2012 ALTIMA
S 2.5 115k, new inspection, push start, sunroof, loaded, \$5,350 OBO (757) 228-6656

PONTIAC 1984 GRAND PRIZ
New battery, new alternator, new tires, water pump and thermostat, runs good! \$1,500 OBO. 757-329-6009

SUBARU 2008 FORESTER

Dick MIE!
AWD, auto, air, loaded, runs perfect, great condition, inspected. 3 to choose \$2990 757-439-8017 Va. Dir. 757-481-7777. Process Fee \$375

VOLKSWAGEN 2008 PASSAT



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

Trucks and SUVs

CADILLAC 2005 ESCALADE

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

CHEVROLET 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 2004 TAHOE
all power, a/c, very gd cond. 139k mi. \$5,500. 757-497-4740 before 8pm

CHEVROLET 2006 1500



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

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

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

FORD 2003 ESCAPE



XLS 96,000 orig mi. - LOW MILES! Excellent cond, auto, air, loaded, inspected \$3850 757-439-8017 Va. Dir. 757-481-7777. Process Fee \$375

FORD 2005 F-150

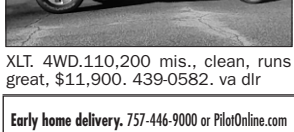
look at this
Super Crew Cab, excellent condition, auto, air, loaded, inspected \$4990 757-439-8017 Va. Dir. 757-481-7777. Process Fee \$375

FORD 2007 ESCAPE



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

FORD 2007 F150



XLt. 4WD, 110,200 mis., clean, runs great, \$11,900. 439-0582. va dir

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

Trucks and SUVs

FORD 2011 F150



XLt. Navigation, serviced, clean, 78K mis., \$15,900. 439-0582. va dir.

HONDA 2003 CR-V

MUST SEE
Excellent condition, auto, air, inspected, loaded, 2 to choose! \$3450 757-439-8017 Va. Dir. 757-481-7777. Process Fee \$375

HONDA 2009 ODYSSEY

Check It Out!
Touring. Beautiful burgundy finish, lthr, sunroof, loaded, power sliders, nav, insp. \$6990 757-439-8017 Va. Dir. 757-481-7777. Process Fee \$375

JEEP 1997 CHEROKEE

LOOK
4x4, 4.0 Liter, absolutely no rust! Auto, air, great condition. 3 to choose! \$3650 757-439-8017 Va. Dir. 757-481-7777. Process Fee \$375

JEEP 2004

NEW
2004 Jeep Grand Cherokee, 4.7L V8, automatic, 4WD, ABS, AC, cruise, power windows & door locks, power steering, tilt wheel, AM/FM/CD, dual air bags, dual leather power seats, moon roof, roof rack, and alloy wheels. 110,400 miles. \$4,500 OBO. 407-9530.

LEXUS 2013 RX 350



AWD, serviced, clean, warr, 40,500 mis., \$22,900. 439-0582. va dir

NISSAN 2004 XTERRA

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

TOYOTA 2004 HIGHLANDER

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LTD 4WD, V6, mint cond, auto, air, leather, sunroof, loaded, inspected, \$5990 757-439-8017 Va. Dir. 757-481-7777. Process Fee \$375

TOYOTA 2015 4RUNNER
4WD, SR5, navigation, 1 owner, also serviced with new inspection, running boards, 47K mis., runs & looks great. \$26,900. Call for details 675-0288. Va. Dir.

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Thunderbird Blue, original with rolling storage rack and Thandle that locks top in place. \$1,200. 757-588-3638

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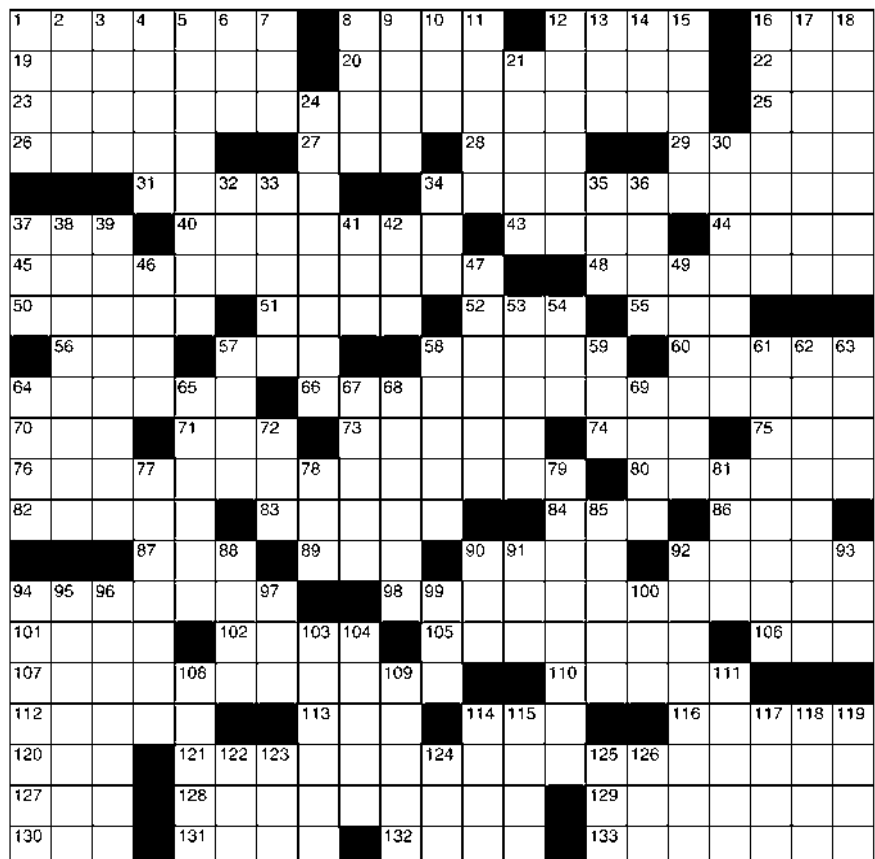


Fun and Games

Super Crossword

SMALL FRUIT STARTERS

- ACROSS**
- 1 Templing type
8 1930s boxing champ Max
12 Fruit discard
16 Bit of fiction
19 Neighbor of Djibouti
20 Backward
22 Love of Lennon
23 Polar bear's long sleep
25 Rival of JVC and LG
26 Desert region of Israel
27 Fruit discard
28 IRS worker: Abbr.
29 "Shakedown" singer Bob
31 Stair feature
34 Gem colored by trace amounts of boron
37 List-limiting abbr.
40 Dietary unit
43 Actor Bana of "Troy"
44 Sit for a photo
45 Cold person's bumps
48 Chose (to)
50 Bestows
- 51 Thinnest coin
52 Beddy-bye garb
55 Palme — (Cannes prize)
56 Author Daighton
57 "You bet!"
58 Joyous hymn
60 Camera since 1924
64 Big — (large German gun)
66 Eminent senior member
70 LAX guess
71 Dog sound
73 Pig sounds
74 — Tac
75 Author Levin
76 It might be next to a napkin holder
80 Hurls
82 Tropical fish
83 "Around — parts ..."
84 Prefix with hazard
86 N.Y.-to-L.A. dir.
87 Part of USMA: Abbr.
89 Exhaust
90 Watchful person
- 92 Marshy inlet
94 Thrills, informally
98 Flight hub in East Boston
101 Otten-twisted treat
102 TT carmaker
105 Bucharest's land
106 A, in Spain
107 Thanksgiving follower
110 Individual
112 Sri —
113 — Poke (candy)
114 Mineo of film
116 Author Ephron
120 Individual
121 Pun on a phrase meaning "square one" that hints at this puzzle's theme
127 NFL 6-pointers
128 Best Actress of 2016
129 Ordinary
130 Topping type
131 "FYI" part
132 Flew through, as a test
133 Reduced
- 2 Great Lakes tribe
3 Little dent
4 Verbalize
5 Fissures
6 Always, to a poet
7 Sideline cry
8 Actress Besch or Andersson
9 Working without —
10 Be fallible
11 Relating to kidneys
12 Big bird dog
13 Prefix with linear
14 "— Beso"
15 High-IQ club
16 Definitively
17 Holy smoke?
18 Got on, as a bus
21 Indefinite
24 "Cross my heart"
30 Kingdoms
32 Exhaust
33 Skip over, as a sound
34 Cell buzzer
35 Carried out
36 Like coated cupcakes
37 Yolk holder
38 Eau de — (cologne)
39 Design on an album, say
41 LP speed
42 Bit of land in le Rhône
46 Dispatched
47 Gleams
49 Old name in video game consoles
53 Actor Eisenberg
54 Formed a lap
57 Unit of length
58 Cylindrical pasta
59 Cable TV's — Geo Wild
61 Words to an absent lover
62 Fatigued by worry
63 Santa — (some hot winds)
64 Finest
65 Oahu locale
67 Easy gaits
68 Flg fuel
69 Mambo great Puente
72 In shape
77 Wrestler's restraining move
78 Mu — pork
79 Make operational again
81 Exchange
85 Origami bird
88 Bit of foliage
90 Roman "I"
91 Thanksgiving tuber
92 Just issued
93 Hagen of Broadway
94 Groups of odds and ends for sale
95 Florida city near Epcot
96 Least fatty
97 South, in Mexico
99 Suffix with direct
100 Roman "3"
103 Ban from law practice
104 Does nothing
108 Actress Sagal
109 Vital blood line
111 Pop or jazz
114 January 1 song word
115 Laid up, say
117 Truth bender
118 "Bus Stop" writer William
119 Up in years
122 Med. plan
123 Aussie bird
124 Fabled bird
125 "My — Sal"
126 Nobel-winning poet Andric



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last week's answers

OPUS CROON DIAPER IOS
RUSE AORTA ORNATE NUT
BEHAR MONTH SIGMA FIF
RELAPSE CESSPI TZONE
MIR CUT BAA ETAL ORCS
SLIME SSIERAS COMES
GENOME FELON CAVE
TESTS OMAHAMILLION
PLOT FROM YIPPS ANDI
REMORSE ATONER HEIDEN
ENEFER CUBANNING ESE
FOLDER OPTIMA SUGGEST
AREA IGOR SSEE ADAY
BETROTH KOALA HESSE
LEIS RUSSO WALLES A
MEWED LIGHTWAINS COT
EXAM AVEO EYE TINT SNO
SCRUFFALOES MODESTO
SUM ATLAST MIDDLEMARK
USE NEUTER BSIDE ESAL
PER GREENE AMISS WYNN

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

Sudoku

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

CryptoQuip

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

Clue: H equals E

KB TSAHS JT FHHL ITEFV ISTP

CHJJKBC VHYVKUF, MH MSHH

YEE JTEA JT ASKBF YB TUHYB

PTJKT B LTJKT B.

Last week's CryptoQuip answer

Unable to decide what to do with the tree trunk he had just processed, the lumberjack was stumped.

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)



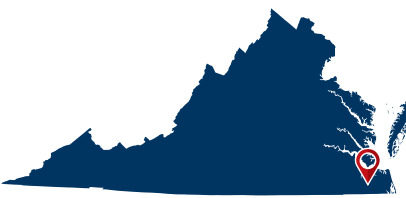
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ROADS

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THURSDAY



CENTRAL
VIRGINIA

05.16.19
THURSDAY

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