



SAINT PATRICK'S DAY 5K RUN

By MCSN Maria Llanos
Navy Public Affairs Support Element East

NORFOLK

The Naval Station Norfolk Morale, Welfare, and Recreation (MWR) team hosted its annual St. Patrick's Day 5K Run March 15.

Over 340 service members and their families gathered at the N-24 Gymnasium, many wearing green hats, shamrock face stickers, kilts and tutus anticipating the whistle blow marking the beginning of the fun run.

The St. Patrick's Day 5K Run brings people together to promote physical health and is the first fitness event of the calendar year used to kick off future runs, competitions, games and the MWR Olympics.

"The purpose is to get our Sailors and their families to come out and have a good time while cultivating a healthy lifestyle," said Anthony Benning, MWR fitness director for Norfolk. "Hopefully commands will

bring groups out to build camaraderie by doing something outside the ordinary."

This year MWR incorporated the Recovery Zone as the latest addition equipped with massage guns, lacrosse balls and exercise bands used to warm up before the run and to recover after.

"The Recovery Zone is going to be an outreach to show people what we offer," said Antonio .S. Leary, the MWR fitness coordinator for Norfolk. "We just want the Navy to have the best equipment and techniques that are up to date. That's the goal here at Naval Station Norfolk."

The St. Patrick's Day 5K Run, sponsored by the Navy Exchange and the USAA, has been an annual event for over 15 years uniting service members and their families.

For more information on future MWR events visit your regional MWR webpage for dates, times and registration.

» See **MORE PHOTOS | A7**

Service members and their families cross the finish line in a Morale, Welfare, and Recreation St. Patrick's Day 5K Run at Naval Station Norfolk. The St. Patrick's Day 5K Run has been an annual event for over 15 years that unites service members and their families.



U.S. Navy photo illustration

An artist rendering of the future Arleigh Burke-class guided-missile destroyer USS William Charette (DDG 131).

SECNAV names future destroyer in honor of US Navy Medal of Honor recipient

From Secretary of the Navy Public Affairs

WASHINGTON

Secretary of the Navy Richard V. Spencer has named a future Arleigh Burke-class guided-missile destroyer, DDG 130, in honor of Medal of Honor recipient, Hospital Corpsman Master Chief William Charette.

Charette, a native of Ludington, Michigan, joined the Navy in 1951 and served in the Korean War in the Fleet Marine Force (FMF) as a hospital corpsman attached to Company F, Third Platoon, 2nd Battalion, 7th Marine Regiment, 1st Marine Division.

"The actions of Hospital Corpsman

William Charette will neither be forgotten or diminished," Spencer said. "Charette put himself at extreme risk during intense combat to render aid to Marines in need. His efforts saved lives and I am honored that his legacy will live on in the future USS William Charette (DDG 130)."

Charette was presented the Medal of Honor for his actions on March 27, 1953, when Chinese soldiers in North Korea attacked and overran two of three Marine hill outposts. During a counterattack, an enemy grenade landed near Charette who was providing aid to a wounded Marine. Charette placed himself on top of the Marine to shield him from the explosion.

» See **DESTROYER | A7**



U.S. Navy photo

Naval Information Warfare Center (NIWC) Atlantic's Fleet Command, Control, Communications, Computers, and Intelligence (C4I) and Readiness Director Charlie Adams; NIWC Atlantic Position, Navigation and Timing (PNT) Engineering team lead Robert Greer; Major Program Manager, Program Executive Office Information Warfare Systems (PEO IWS) 6 Capt. Jonathan Garcia; NIWC Atlantic Commanding Officer Capt. Wesley Sanders; and NIWC Atlantic Executive Director Chris Miller cut the ribbon to officially open NIWC Atlantic's Maritime Positioning, Navigation and Timing (M-PNT) Laboratory March 14 on board Joint Expeditionary Base Little Creek, Virginia. The lab is the Navy's new home for research, development, test, evaluation, integration and certification for both surface and submarine PNT systems.

NIWC Atlantic opens Maritime Positioning, Navigation and Timing Laboratory

By Jerry Sekerak

Naval Information Warfare Center Atlantic Public Affairs

NORFOLK

Naval Information Warfare Center (NIWC) Atlantic officially opened the Maritime Positioning, Navigation and Timing (M-PNT) Laboratory March 14 onboard Joint Expeditionary Base Little Creek, Virginia.

The lab is the Navy's new home for research, development, test, evaluation, integration and certification for both surface

and submarine PNT systems.

The M-PNT laboratory will primarily support new technologies being developed and introduced into the fleet for operating in a Global Positioning System (GPS) or sensor denied environment. These technologies include enhancements to the inertial navigation systems, and alternative positioning system technologies to GPS, which are primarily in support of the Program Executive Office — Integrated

» See **NIWC | A7**

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NATO alliance marking 70 years, looks to counter threats

Secretary General Jens Stoltenberg said the alliance may have changed many times, but it has not compromised its foundational principle: the commitment of its member nations to protect and defend one another.

» See **A5**



NECC digs into Exercise Pacific Blitz 2019

PacBlitz19 is an opportunity for U.S. forces to increase maritime readiness to be prepared for real-world crisis situations.

» See **B1**

9th Annual Tattoo festival in Hampton this weekend

Get some ink, or just look at the art, this weekend at the Hampton Convention Center.

» See **C1**

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#PeopleMatter: “Yeomanettes” paved the way for women of all ratings today

By YN1 Silvia Raya and YN2 Waltiesa Crudup
Chief of Naval Personnel

To fill severe clerical shortages caused by World War I, the U.S. Navy approved the enlistment of women in 1917. The Naval Reserve Act of 1916 made no specific gender requirements for yeomen, enlisted personnel who fulfill administrative and clerical duties.

So either by deliberate omission or accident, the act opened the opportunity to enlist women 102 years ago. One of the first through the door on March 17, 1917 was Loretta Perfectus Walsh, who became the first active-duty female in the Navy who wasn’t a nurse. Four days later, March 21, 1917, she was the first female to be named a chief petty officer. On April 6, 1917, Congress approved President Woodrow Wilson’s request to declare war against Germany.

The newly-enlisted Sailors were given the rating Yeoman (F), with the “F” designating female. More popularly referred to as “yeomanettes,” the majority worked in clerical positions, but they also served as translators, draftsmen, fingerprint experts, ship camouflage designers and recruiting agents.

Military and civilian personnel

in a Navy Department office in the Main Navy or Munitions Buildings, in 1918 or early 1919 in Washington, D.C. Many of the women present are Navy Yeomen (F). There are two male Chief Yeomen at the first two rows of desks and typewriters on most desks. NHH Collection

Military and civilian personnel in a Navy Department office in the Main Navy or Munitions Buildings, in 1918 or early 1919 in Washington, D.C.

Many of the women present are Navy Yeomen (F). There are two male Chief Yeomen at the first two rows of desks and typewriters on most desks.

NHH Collection

Nearly 600 Yeomen (F) were on duty by the end of April 1917, a number that had grown to more than 11,000 by December 1918, shortly after the Armistice.

After the war, many “yeomanettes” continued in their positions during the post-war naval reductions. By the end of July 1919, there were just under 4,000 left in service, and all were released from active duty to return to their more traditional roles before the war.

Yeomen (F) continued on inactive



NHH Collection
In this photo taken May 8, 1919, ‘Yeomanettes’ stationed in Washington, D.C. assisted in Navy recruiting and in putting the Victory Loan drive ‘over the top’ in New York City.

reserve status, receiving modest retainer pay, until the end of their 4-year enlistments, at which point all women except Navy Nurses disappeared from the uniformed Navy until 1942.

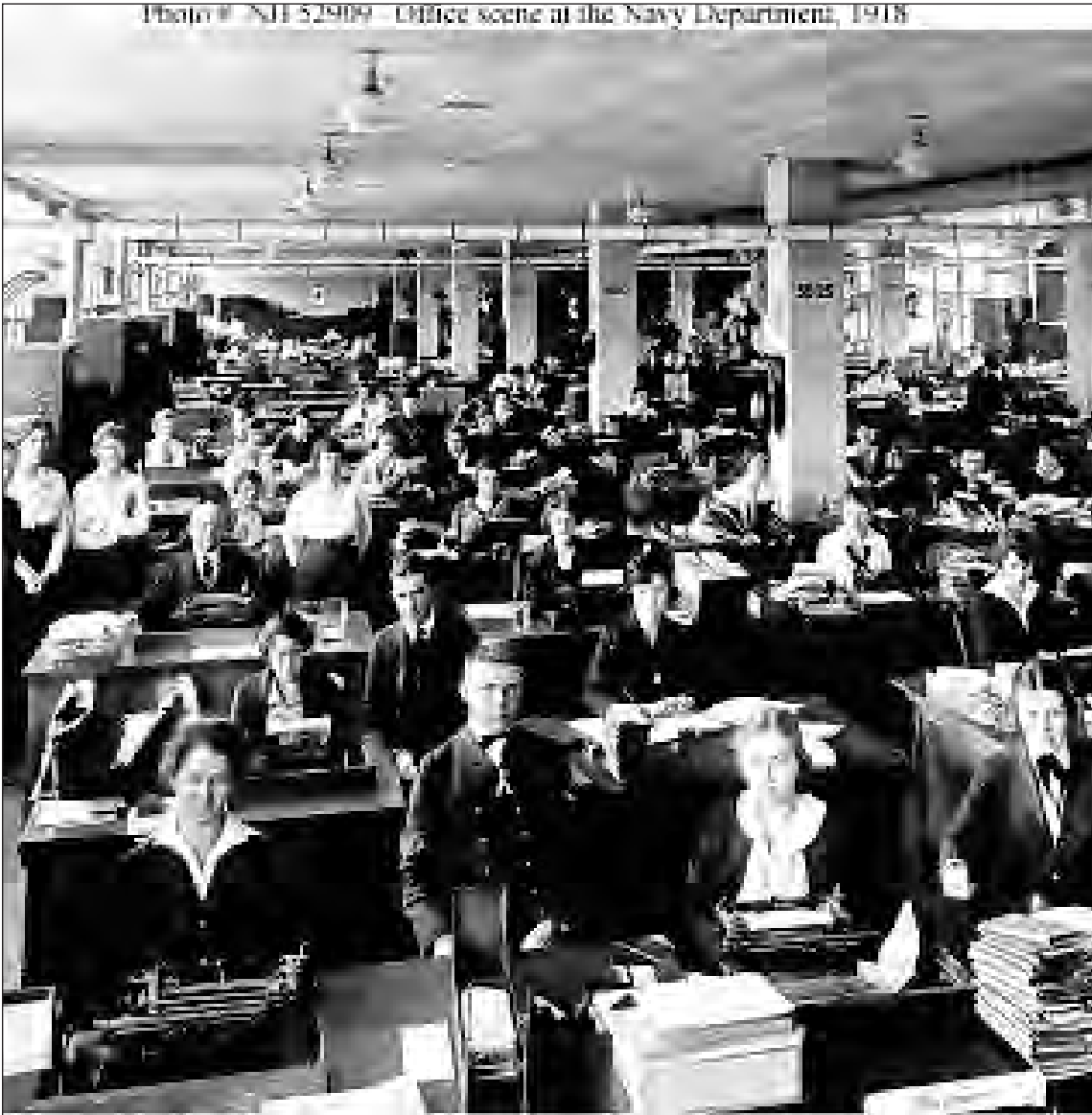
Many honorably discharged Yeomen (F) were appointed to Civil Service positions in the same

navy yards and stations where they had served in wartime. Entitled to veterans’ preference for government employment, they provided a strong female presence in the Navy’s civilian staff through the decades after World War I.

Chief Walsh served all four years of her enlistment, getting out in 1919. After contracting the flu in 1918, she developed tuberculosis. Walsh died six years after leaving the Navy, Aug. 6, 1925, at the age of 29.

Today, nearly a century later, there are 4,644 yeomen, of whom

1,602 are women. We have faced similar experiences when it comes to balancing family and work, as did our predecessors nearly 100 years ago, but we are proud to be among the Navy’s first rating opened to women. Female yeomen today are no longer trivialized with the term “yeomanettes” or designated specifically as females. Thanks to the groundwork of those in 1917, women today are accepted in nearly every rate within the service.



NHH Collection
Military and civilian personnel in a Navy Department office in the Main Navy or Munitions Buildings, in 1918 or early 1919 in Washington, D.C. Many of the women present are Navy Yeomen (F). There are two male Chief Yeomen at the first two rows of desks and typewriters on most desks.



NHH Collection
Rear Adm. Victor Blue (left center), Chief of the Bureau of Navigation, inspects Yeomen (F) on the Washington Monument grounds, Washington, D.C., in 1918.

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NEWS FROM NAS OCEANA

Swiss Air Force, Boeing representatives tour CNATTU Oceana

By ATC Nathaniel Thomas Payne
Center for Naval Aviation Technical Training Unit Oceana Public Affairs

VIRGINIA BEACH, VA.

Representatives of the Swiss Air Force (SAF) and the Boeing Company visited the Center for Naval Aviation Technical Training Unit (CNATTU) Oceana Feb. 18th and 19th for a familiarization tour.

The SAF and Boeing Company representatives, examining training methods for a potential next-generation fighter/attack aircraft, were welcomed by Cmdr. David Moore, CNATTU Oceana’s commanding officer.

“The alignment of our nations objectives plays a huge role in the future success of not just the United States but all our NATO nations,” Moore said. “I’m proud to know that CNATTU Oceana has the opportunity to play a part in the future success in support of freedom around the globe.”

Boeing Company and SAF members visited CNATTU Oceana’s Aviation Electronics Technician electronic classroom, during which CNATTU instructor Aviation Electronics Technician 1st Class Camilla Copeland demonstrated the instructor’s interface with the SMART Board, a device which allows the instructor to project a topic of discussion and uses markers and indicators to make notes and has

the capability to play technical videos without having to set up additional equipment.

“The time saved by the SMART Board system allows the instructor to spend more time with the students,” Copeland said.

Tour group personnel also viewed a presentation on the F/A-18E/F landing gear and arresting hook systems through one of CNATTU Oceana’s Maintenance Training Suites (MTS), a training device capable of providing real world scenarios and displaying the timing and rigging of more than 100 components working simultaneously.

Aviation Electronics Technician 1st Class Devin Toton, a CNATTU Oceana instructor, additionally provided SAF and Boeing Company visitors a look at CNATTU Oceana’s F/A-18 E/F Integrated Visual Environmental Maintenance Trainer (IVEMT), a device which provides an accurate

visual and sound simulation of both internal and external aircraft operations. Flight station displays are identical to those installed in actual aircraft, providing Navy and Marine Corps service members maintaining the aircraft a sense of walking to the aircraft, opening panels, re-



U.S. Navy photo

moving components and performing simulated maintenance operations.

Using the IVEMT, Aviation Structural Mechanic (Safety Equipment) 1st Class John Thomas, a CNATTU Oceana instructor, provided a demonstration of an F/A-18 E/F Environmental Control System using a series of flow chart schematics displayed on one of the trainer’s two 80-inch monitors.

The visitors were given the opportunity to operate the touch screens and perform a common aviation electronics troubleshooting procedure.

“[The IVEMT] allows students to get a visual on what they might have otherwise not understood through reading,” said Thomas. “The IVEMT labs are where instructions become clearer. Leaving the school-

house, each student has a stronger sense of procedural safety, component location and common functions they will encounter once they arrive at their duty station.”

Moore said the tour of CNATTU Oceana’s facilities showcased not only the technical skills Sailors and Marines will learn during their course of instruction, but the innovative method in which material is relayed in the classroom.

“It’s an honor to provide tours of the training facility, and a privilege to display the Navy’s capabilities in delivering quality training to the Fleet,” he said. “We’re using some of the latest and most innovative technology in existence to educate, and watching CNATTU Sailors and Marines deliver such technical presentations is not only impres-

sive but reassuring that we are sending the highest quality aviation maintenance professionals to the Fleet.”

CNATTU Oceana provides specialized technical training to aviation maintenance professionals for F/A-18 Hornets and automated test equipment in direct support of genuine and emerging Fleet requirements.

CNATTU Oceana is part of the Center for Naval Aviation Technical Training, which provides single site management for Navy and Marine Corps aviation technical training

agent for the Naval Aviation Enterprise, an organization designed to advance and sustain naval aviation warfighting capabilities at an affordable cost under Naval Education and Training Command.



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NATO alliance marking 70 years, looks to counter threats

By **Jim Garamone**
Defense.gov

WASHINGTON

As NATO prepares to mark its 70th anniversary, Secretary General Jens Stoltenberg said the alliance may have changed many times, but it has not compromised its foundational principle: the commitment of its member nations to protect and defend one another.

Stoltenberg spoke on the future of NATO enlargement at an event hosted by the German Marshall Fund think tank today in Brussels.

On April 4, NATO will mark 70 years since the signing of the North Atlantic Treaty. Other allies are marking significant anniversaries as well, the secretary general said. The Czech Republic, Hungary and Poland joined NATO 20 years ago. Bulgaria, Estonia, Latvia, Lithuania, Romania, Slovakia and Slovenia became members 15 years ago. Albania and Croatia joined 10 years ago. And NATO's newest member, North Macedonia, will complete the accession process later this year or early next year.

Need for An Alliance

NATO grew out of the experiences of the early 20th century. The First and Second World Wars were born out of conflicts that had been nearly constant on the continent for hundreds of years. "For most of Europe's history, conflict was our constant companion," Stoltenberg said. "The last 70 years have been the exception. And we should not take peace for granted."

The alliance was also a response to aggression from the Soviet Union. It banded together like-minded nations in a defensive alliance, with Article 5 being the heart of the treaty: an attack on one member nation was the same as an attack on all.

Twelve countries signed the North Atlantic Treaty in 1949, but NATO was always open to more joining.

"NATO enlargement is not a provocation," Stoltenberg said. "We respect the right of every sovereign nation to decide their own destiny, without force and without interference, whether they decide to join NATO or not. We believe in a world without spheres of influence."

European Transformation

The secretary general called 1989 the year when Europe transformed. The Berlin Wall fell, the Soviet Union started to dissolve and the ideals of democracy and free markets taking hold.

"NATO's open door and the

enlargement of the European Union have helped spread freedom, democracy and human rights, and we must continue to work hard every day to uphold those values," he said.

"Open door" refers to Article 10 of the North Atlantic Treaty, which states that NATO membership is open to any "European state in a position to further the principles of this Treaty and to contribute to the security of the North Atlantic area."

"Let us remember that alliances do not stand in the way of strong and independent nations," the secretary general said. "NATO exists precisely to ensure the freedom and prosperity in which sovereign countries and peoples can thrive."

The new member nations are full players in the alliance, Stoltenberg said. Their troops are deployed to Afghanistan and Iraq and are helping to ensure peace in the Balkans.

"Many of you lead by example when it comes to burden sharing within our alliance, already investing 2 percent of your [gross domestic product] in defense," he said. "NATO's open door policy serves both our values and interests. It's a positive driver for reform. It extends our shared area of peace and stability. And it enriches our alliance with new voices, new experiences, and new capabilities."

NATO Growth

Since the end of the Cold War, NATO has nearly doubled its membership — from 16 member nations in 1989, to 30 when North Macedonia becomes a full member. "NATO's door remains open," the secretary general said. "We continue to work with the

three aspirant countries — Bosnia and Herzegovina, Georgia and Ukraine — to bring them closer.

"At the same time we cannot be complacent," he continued. "We cannot squander the hard-won gains of those who came before us. They knew that history does not just happen. But that it takes courage and conviction to shape our world and defend our values."

NATO is changing yet again, Stoltenberg said, and is facing a more complex and unpredictable world.

"This is what has made us the most successful alliance in history," he said. "Faced with the greatest security challenges in a generation, we are increasing the readiness of our forces, investing more in our collective defense and modernizing our alliance. NATO remains both an anchor of stability and a beacon of hope."



Left to right: Gavin Williamson (UK Secretary of State for Defence) with Patrick M. Shanahan (Acting US Secretary of Defense) and Minister Radmila Sekerinska, sit for a meeting during a two-day NATO defense ministerial in Brussels, Feb. 13, 2019. NATO photo



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MC3 Maxwell Higgins
Tug boats ferry the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) from Naval Station Norfolk following a three-month availability period used to upgrade systems, conduct maintenance, and provide targeted training.

Truman gets back to sea

By MC3 Adelola Tinubu
USS Harry S. Truman (CVN 75) Public Affairs

ATLANTIC OCEAN

The Nimitz Class aircraft carrier USS Harry S. Truman (CVN 75) departed Naval Station Norfolk, March 16, following a three-month availability period used to upgrade systems, conduct maintenance, and provide targeted training.

“Our team is excited to do what we do best — conduct operations at sea,” said Harry S. Truman Commanding Officer, Capt. Nick Dienna. “Routine training evolutions like this help us build on the success of our last deployment, strengthening our fundamentals and improving our technical expertise.”

Harry S. Truman returned to its homeport in Norfolk Dec. 16 following an eight-

month deployment — the first ship to exercise the Navy’s Dynamic Force Employment strategy. Following this successful deployment and a year of sustained excellence, Harry S. Truman was recognized as the East Coast’s CY2018 Aircraft Carrier Battle Effectiveness (Battle “E”) Award winner.

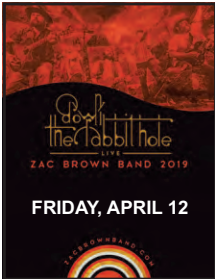
Harry S. Truman is currently underway conducting an independent streaming exercise. During this underway period, the crew will execute several ship-based training evolutions and drills to maintain proficiency, and will also conduct carrier qualifications for Norfolk-based C2 Greyhound aircraft.

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



MC3 Sam Jenkins
The Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) departs Naval Station Norfolk after a three-month in-port period to conduct maintenance, deck restoration and training

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From DARPA

DARPA's Director outlines the agency's future programs

By Terri Moon Cronk
Defense.gov

WASHINGTON

The work at the Defense Advanced Research Projects Agency is about the future, based on a mission of breakthrough technologies and capabilities for national security, the DARPA director said March 14.

Speaking at the McAleese and Associates and Credit Suisse 10th annual Defense Programs Conference on maximizing value and minimizing risk, Steven H. Walker gave examples of DARPA's newest initiatives.

He began his remarks with DARPA's four imperatives:

- Defending the nation against existential threats;
- Deter and prevail against near-peer adversaries;
- Even though the world is moving toward great-power competition, DARPA has spent 20-plus years working on counter insurgency and counterterrorism; and
- Continue to do what DARPA has always done well: Build a foundational technology that allows all of those missions to be completed and win the technology races the U.S. has to win in the 21st century.

Key DARPA Programs

Walker outlined a few of the more than 250 ongoing programs at DARPA, including cyber deterrence, which he said is a key capability for defending the nation. “Many people have had personal information stolen; our cyber physical systems — ships, tanks, networks and airplanes — are also at risk,” he said.

Another key capability in defending the U.S. from existential threats is countering hypersonic weapons in development in China, Russia and elsewhere, Walker said.

“It’s been widely reported in the press that our adversaries and peer competitors — China and Russia and others — are developing capabilities, so what we’re doing at DARPA is hypersonics weapon programs with the Air Force Research Laboratory to develop a glider that can be air-launched from several different Air Force platforms,” he explained, “It has long-range capability. We hope to fly the first one by the end of this calendar year.”

The tactical-boost guide program also is providing a front-end capability for a joint

program DARPA stood up with the Army, which is looking at a land-based hypersonics long standoff precision fighter capability, Walker said.

“That will fly in a couple more years, but TBG is supplying the front end for that vehicle,” he added. DARPA also is working with the Army to develop new boosters for more controllability, and for the Army to have the capability to pursue hypersonics.

Artificial Intelligence

“We’re also planning to bring AI into the game and have this constellation be able to focus based on passing data from one satellite to the next on various missions and we’ll see if it works,” Walker said. “It’s a demonstration. And that’s what DARPA is in the business to do.”

And how does DARPA become better with counterterrorism and counterinsurgency operations?

“One capability we’re interested in is countering gray warfare — and gray warfare, even from peer states, or nation states — is becoming a bigger issue,” he said, referring to nontraditional conflicts that involve aggressive acts with ambiguous objectives, sometimes unknown aggressors and unclear violations of norms. The role of the military to defend nations from these acts is often uncertain.

“How do we as a free society counter these gray war activities, as we saw in the Ukraine, and in some other regions of the world?” Walker asked.

AI Next

The final big initiative Walker discussed was DARPA’s “AI Next” campaign, announced in September.

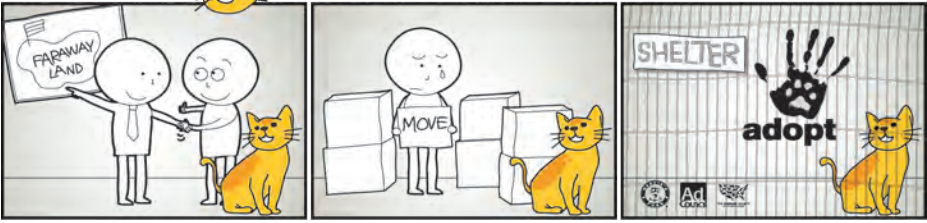
“DARPA’s been funding AI for 56 of its 61 years,” he said. “We have done the early investments that developed rules-based AI, the early investments that wound up in self-driving cars, second-generation machine learning, and the stuff the commercial world is using now, [such as] language translation.”

DARPA is heading toward what Walker called third-wave AI — determining how to get machines more contextual reasoning ability and the ability to work with a human as a partner.

He explained it as a program that’s looking at how a machine explains to a human how it came up with an answer. “That’s going to be really important for warfighters using AI in the field,” Walker said.

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Stepping the mast on USS George Washington

By Lt. Cmdr. Stephanie Turo
USS George Washington Public Affairs

NEWPORT NEWS, VA.

USS George Washington (CVN 73) reached a major milestone during its refueling complex overhaul (RCOH) with the installment of a new main mast.

The new addition was celebrated with a mast stepping ceremony held on the flight deck, March 15.

“Mast stepping is a way to link the past with the future,” said Capt. Glenn Jamison, commanding officer of George Washington. “It is a way to honor the heritage of this ship and our namesake. George Washington once said ‘that without a decisive naval force we can do nothing definitive, and with it, everything honorable and glorious.’ Now with this new mast signifying the progress we’re making during RCOH, USS George Washington is ready to carry on the mantle of representing the Navy as only General George Washington could have imagined and wanted.”

The practice of placing coins at the base of the mast originated with the ancient Greeks and Romans, when placing coins in the mouths of men killed in battle was viewed as a way to pay for safe passage into the afterlife. The coins were intended to pay Charon, the mythical ferryman, for transporting the dead across the River Styx. Another theory was that the coins placed under the mast represented a sacrifice to the gods as a request for divine protection as they sailed dangerous seas.

Sailors placed various memorabilia in a time capsule that will be welded inside the mast. The items, among other mementos, included a command challenge coin, RCOH project coin, Chiefs Mess coin, quarters minted in 1992 and 2019 signifying the years of the ship’s commissioning and today’s ceremony, a piece of engraved steel from the ship’s second mast, and a miniature flag representing the United States flag that the 97,000 ton warship will fly for all the world to see.

The shipyard landed the 34-foot upper mast section of the ship’s new main mast, raising the ship’s profile 123 feet above the flight deck where the mast stepping ceremony was held.

George Washington is undergoing RCOH at Newport News Shipyard. RCOH is a nearly four-year project performed only once during a carrier’s 50-year service life that includes refueling of the ship’s two nuclear reactors, as well as significant repair, upgrades and modernization.

MORE PHOTOS | St. Patrick’s Day 5K run

Continued from A1



MCSN Maria Llanos

Kaylynn Wachs and her two children, Kristopher and Kandace, race to the finish line in a Morale, Welfare, and Recreation St. Patrick’s Day 5K Run at Naval Station Norfolk. The St. Patrick’s Day 5K Run has been an annual event for over 15 years that unites service members and their families.



MC3 Katie Cox

Thomas Hicks, a volunteer, crosses the finish line in a Morale, Welfare, and Recreation St. Patrick’s Day 5K Run at Naval Station Norfolk.



MCSN Maria Llanos

Preston D. Norvell, a volunteer, assists Valeria Jessup with a massage gun as part of the Recovery Zone during a Morale, Welfare, and Recreation St. Patrick’s Day 5K Run at Naval Station Norfolk.



MC3 Katie Cox

Service members and their families participate in a Morale, Welfare, and Recreation St. Patrick’s Day 5K Run at Naval Station Norfolk. The St. Patrick’s Day 5K Run has been an annual event for over 15 years that unites service members and their families.

NIWC | M-PNT lab opens

Continued from A1

Warfare Systems - 6 (PEO IWS 6).

“Today we at NIWC Atlantic are the forefront of our Navy’s information warfare efforts, and this laboratory enables us to expand our Sailors’ advantage at sea,” said Capt. Wesley Sanders, NIWC Atlantic commanding officer. “It was a team effort by many that has brought us to this moment, allowing us to leverage our technical expertise and capabilities.”

The laboratory will also facilitate research, development, test, and evaluation (RDT&E) efforts for other Navy and Department of Defense customers, including the National Geospatial-Intelligence Agency in support of maritime geospatial intelligence technical standards, and exploitation by the fleet.

“The work done in this laboratory helps ensure the safety of navigation and the safety of our warfighters at sea,” said Sanders. “Accurate PNT is vital to our information warfare mission at NIWC Atlantic, and it is critical to the fleet’s ability to get to and fight the battle.”

Construction on the approximately \$3 million laboratory began last May and is still in progress. Although the lab structure is complete, some minor work remains before the lab attains a fully functional status. A separate, but related project includes the construction of a fenced-in secure storage area for the mobile test lab outside the current laboratory.

“I am glad we are nearing completion. The team that works in the lab has been most patient and accommodating for the construction period so far,” said Robert

Greer, PNT Engineering team lead. “We are all excited for some new projects that are starting this fiscal year in GPS denied navigation, and we are happy the lab will be able to support these RDT&E efforts.”

The laboratory also supports the navigation suite certification process being developed for the fleet, which tests the design, integration and interoperability of the entire PNT system of systems (architecture) in both surface ships and submarines. Initially the lab will support guided missile destroyer-class and Virginia-class architectures, then grow to be reconfigurable to support all fleet PNT system of systems architectures.

In-Service Engineering Agent support will be provided by the M-PNT Laboratory for the Navigation Sensor System Interface and GPS-based PNT Service systems sponsored by the Navy’s Communications and GPS Navigation Program

Office.

“This new facility, the investment, the skills of the workforce, the technical knowledge of the workforce and the location are all important,” said Sanders. “We take great pride in this opening of the M-PNT Lab as another step to providing more information to protect our warfighters.”

As a part of Space and Naval Warfare Systems Command, NIWC Atlantic provides systems engineering and acquisition to deliver information warfare capabilities to the naval, joint and national warfighter through the acquisition, development, integration, production, test, deployment, and sustainment of interoperable C4ISR, cyber and information technology capabilities.

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

DESTROYER | USS William Charette named

Continued from A1

The blast rendered Charette unconscious but when he awoke he continued to aid Marines, including using torn parts of his uniform in order to dress battle wounds, his own battle vest to shield a wounded Marine, and exposing himself to incoming rounds in order to carry wounded

Marines to safety.

All five enlisted Sailors who received the Medal of Honor for actions during the Korean War were Navy hospital corpsmen attached to the Marine Corps. Charette was the only living recipient. Charette passed on March 18, 2012, due to complications from heart surgery.

Arleigh-Burke class destroyers con-

duct a variety of operations from peacetime presence and crisis response to sea control and power projection. The future USS William Charette (DDG 130) will be a Flight III destroyer, capable of fighting air, surface and subsurface battles simultaneously, and will contain a combination of offensive and defensive weapon systems designed to support maritime warfare, including integrated air and missile defense and vertical launch capabilities.

The ship will be constructed at Bath Iron Works, a division of General Dynamics in Bath, Maine. The ship will be 509 feet long, have a beam length of 59 feet and be capable of operating at speeds in excess of 30 knots.

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/.



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USS Gonzalez deploys

The guided-missile destroyer USS Gonzalez (DDG 66) departed Naval Station Norfolk, March 15, on a regularly-scheduled deployment to conduct ballistic missile defense and theater security cooperation.

»See B6



NECC DIGS INTO EXERCISE PACIFIC BLITZ 2019

MC3 Jack D. Aistrup

Utilitiesman Constructionman John Manhart, assigned to Naval Mobile Construction Battalion (NMCB) 5, uses pliers to cut barbed wire on Marine Corps Base Camp Pendleton, California as part of Exercise Pacific Blitz (PacBlitz19). NMCB-5 provides support to 1st Marine Logistics Group in the establishment and maintenance of advanced naval bases. PacBlitz19 provides relevant training that replicates a realistic maritime threat environment designed to improve naval amphibious core competencies necessary for effective, global crisis response expected of the Navy and Marine Corps.

From Navy Expeditionary Combat Command Public Affairs

CAMP PENDLETON, CALIF.

Navy Expeditionary Combat Command (NECC) forces began participation in the joint Exercise Pacific Blitz 2019 (PacBlitz19), March 12. PacBlitz19 is an opportunity for U.S. forces to increase maritime readiness to be prepared for real-world crisis situations. The exercise provides realistic, relevant

training necessary for effective global crisis response expected of the Navy and Marine Corps. The Navy expeditionary forces (NEF) of NECC support the Marine Expeditionary Forces and the fleet by establishing theater logistics through the development of advanced naval bases (ANB). These forces are uniquely capable of coming from the sea, and operating effectively in underdeveloped conditions ashore. During PacBlitz19, the NEF are distributed throughout installations in and off the

coast of Southern California, to include Port Hueneme, Naval Air Station Point Mugu, Vandenberg Air Force Base, and Marine Corps Base Camp Pendleton. During the exercise, NECC forces are divided into two task elements; the first task element is led by a Naval Mobile Construction Battalion (NMCB) 5 detachment and provides direct support to 1st Marine Logistics Group in a simulated ANB on Naval Air Station Point Mugu and Port Hueneme. Task element one is composed of Underwater Construction Team 2,

Construction Battalion Maintenance Unit 303 (CBMU-303), U.S. Coast Guard Port Security Unit 312, and an Explosive Ordnance Disposal Mobile Unit 11 platoon. Task element two is led by Coastal Riverine Group 1 (CRG-1) and provides direct support to 1st Marine Logistics Group in a simulated ANB on Marine Corps Base Camp Pendleton. It is composed of Coastal Riverine Squadrons 1, 3 and 11, NMCB-5, CBMU-303 and Navy

» See NECC | B7



MC1 Nathan Carpenter

Lt. Sharon Hoff listens to a patient's heartbeat as Philippine Army Capt. Glorife Saura from the Armed Forces of the Philippines Medical Corps records patient vital signs.

Pacific Partnership 2019 participates in community health engagement in Tacloban

From Pacific Partnership 2019 Public Affairs
TACLOBAN, PHILIPPINES

U.S. servicemembers, Philippine servicemembers and Tacloban city health care professionals working collaboratively as part of Pacific Partnership 2019 hosted a community health engagement at Tigbao Diit Elementary School to provide medical services and education to the local community, March 15. The exchange of knowledge and unity of effort is a critical aspect of Pacific Partnership, which has transitioned its primary focus away from the provision of direct care and toward collective capacity building with the purpose of sharing knowledge and skillsets that will last well after the mission is over. "The U.S. provider and the Filipino provider sit side-by-side and they work together," said, Lt. Cmdr. Phontip Eadens, a clinical nurse specialist in critical care. "Sometimes the [brand of] medication that they prescribe is different. But the treatment is still the same." Rooms across the school campus were used as examination rooms, allowing patients to seek pediatric, family medicine, optometry, veterinary and dental services. While more than 400 patients received care, many providers were able to benefit from

exchange of knowledge and experience. "We're basically building our capability together," said Cdmr. Adolfo Granados, the medical lead for the team, "By doing this, we increase our interoperability between the Philippines and the United States." Pacific Partnership 2019 exchanges create lasting bonds of friendship and trust that enable the mission to return to countries for greater cooperation between the United States, mission partners, and host nations. Strong relationships like these are critical to an effective response to disaster emergencies. "We can rely on them and they can rely on us," said Granados, "Once we get to the location [of a disaster], it is going to be chaotic. But once we've built this relationship and we build this partnership, we know how to work together and that's why this is so important." 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 stability and security in the region, and foster new and enduring friendships in the Indo-Pacific. For more news from Commander, Task Force 73, visit www.navy.mil/local/ctf73/.



U.S. Navy photo

USS Bonhomme Richard with AV-8, Harriers, on deck.

BHR earns Golden Anchor Award

By MCSN Zachary Bender
USS Bonhomme Richard Public Affairs

SAN DIEGO

The amphibious assault ship USS Bonhomme Richard (LHD 6) earned the fiscal year 2018 Retention Excellence Award (REA) for demonstrating superior accomplishment in executing programs and policies which best enable Sailors to succeed in their careers. The REA is a reward for outstanding retention of Sailors. The command is put through an inspection called the Command Information Program Review (CIPR). CIPR looks at all command programs that can affect retention and evaluates if certain benchmarks were met, including command career counselor programs, career development boards, reenlistment percentages and attrition percentages. "For our first term Sailors, the Bonhomme Richard might be the only thing they know about the Navy other than boot camp and A-school," said Senior Chief Navy Counselor Troy Beard, Bonhomme Richard's career counselor. "Our enlistment percentages show that our command is doing

something right. We're able to maintain 75 percent of our Zone-A Sailors." A "Zone-A Sailor" is a Sailor that has been in the Navy for less than six years. In order to qualify for the REA, a command must achieve 35 percent reenlistment; Bonhomme Richard achieved 75 percent. In addition, a command must have overall 95 percent career development board completion, cannot fail to submit any career waypoints throughout the year, and must have an attrition percentage of less than 5 percent. Bonhomme Richard surpassed each checkpoint, landing in the 95th percentile overall. "I believe for the Sailors who reenlisted, a big factor is our work environment; our command climate," said Beard. "The numbers that we had speak for themselves. They were among the highest, and I believe a lot of that is because the Sailors love what they're doing, they like where they're at, and they want to continue to do it." Once a command has received the REA, they are authorized to paint their anchors

» See AWARD | B7

MyCAA and other Military Spouse Scholarships

By Kaitlyn Crandall

Over the course of multiple moves and deployments in a Service member’s career many military spouses may want to pursue additional education, licensure or certification for the sake of their own career. There are several opportunities to assist military spouses to fund those endeavors.

For eligible spouses there is the My Career Advancement Account (MyCAA) Scholarship Program. This workforce development program will provide up to \$4000 of financial assistance to military spouses pursuing approved portable career fields or occupations. To be eligible applicants must be spouses of service members on Active Duty, under Title 10 orders. The service members must be in pay grades of E1 through E-5, W1 through W-2, or O-1 through O-2. The funds can be used for anything from completing an Associate’s Degree to covering the cost of obtaining a professional license in a new state. Visit <https://mycaa.militaryonesource.mil/> for more information. The application process involves working with Department of Defense Spouse Education & Career Opportunities (SECO) Program to create an Education and Training Plan before applying for financial assistance.

Many organizations offer other scholarships for military spouses. The SECO Program has a Scholarship Finder for military spouses and family members. You can

filter the results to find scholarship options that meet your needs. SECO also links to additional scholarship search engines. To view the Scholarship Finder and other links visit <https://myseco.militaryonesource.mil/portal/content/general/295>.

Other non-profit organizations such as the National Military Family Association (NMFA) and Navy Marine Corps Relief Society (NMCRS) also provide funding options for military spouses. NMFA offers scholarships to military spouses to assist in paying for education, career development, or entrepreneurship. Most scholarships range from \$500-\$1000. To learn more about the application process visit <https://www.militaryfamily.org/>. NMCRS has an Education Assistance Program allowing eligible spouses or dependents to apply for interest-free loans and grants of \$500-\$3000 per academic year. The funding can be used for undergraduate or post-secondary education. To learn more visit <http://www.nmcrrs.org/pages/education-loans-and-scholarships>.

Read the eligibility requirements of any scholarship carefully. Some scholarships are only open to dependents of sponsors in certain rates. For example, the Anchor Scholarship Foundation offers options for dependents of Surface Warfare qualified sponsors (<http://www.anchor scholarship.com/>). Dependents of sponsors serving on submarines should look into the Dolphin Scholarship Foundation (<http://www.dolphin scholarship.org/>), while for the Aviation

community there is the Wings Over America Scholarship Foundation (<https://wingsover-america.us/>). There are also scholarships only open to dependents of certain ranks, such as the Chief Petty Officer Scholarship Foundation open to spouses and dependents of Chiefs, Senior Chiefs or Master Chief Petty Officers (<https://www.cposf.org/>). Spouses and dependents of Marine Corps League members can apply for a scholarship while pursuing an undergraduate degree (<https://www.mclnational.org/>), and eligible spouses of Coast Guard members can apply for financial assistance for education through the Coast Guard Foundation and Coast Guard Mutual Assistance. Visit <https://coastguardfoundation.org/scholarships> and <http://www.cgmahq.org/programs/education/educationGeneral.html> for more information. Moreover, many Military Spouse clubs offer scholarships to their local members.

Finally, don’t forget that in certain situations, remaining Post 9/11 GI Bill benefits can be transferred to military spouses or dependents. Additionally, any spouses pursuing college education should fill out the Free Application for Federal Student Aid (FAFSA), to ensure they learn about their federal financial aid options.

There is a vast range of scholarship options available to military spouses. Military spouses looking for scholarships should carefully research their options, and understand the eligibility criteria and requirements before applying. Please visit your local Fleet and Family Support Center for assistance searching for scholarships, career planning, or determining what additional education, licensure, or certification to pursue.

Transferring your professional license: What's involved?

From militaryonesource.mil

Moving across the country — or around the world — can be a great adventure. Here’s some help for making sure your licenses and certifications pack up and travel with you for your next move.

The good news: The Department of Defense’s Defense-State Liaison Office and Education Opportunities office have worked to streamline state licensing procedures to make it easier for military spouses to find a job.

About state-sponsored reciprocal agreements

This map shows you which individual states support transfer of licenses, what options the state has in place for licensing and permits, and links to government boards and agencies.

Depending on your work, state-sponsored reciprocal agreements can help reduce or eliminate the relicensing process in your new state. If the process turns out to be lengthy or costly, you may be eligible for unemployment compensation. Your state’s employment office can offer more details.

Transferring your teaching license

Licensing requirements for teachers vary by state, but some states will issue a provisional license if you have a license from another state.

The National Association of State Directors of Teacher Education and Certification administers an agreement that helps teachers transfer their credentials within member states. Visit its Interstate Agreement page for details.

Department of Defense schools overseas accept teaching licenses from any state or territory as long as the teaching categories are marked on the license.

Health care professions

Nursing: All states require licensing for reg-

istered nurses and licensed practical nurses. Many participate in the Nurse Licensure Compact, which allows nurses to practice with a multistate license. See the National Council of State Boards of Nursing.

Nurse practitioner: Although licensing requirements vary by state, there is a national certification offered by the American Academy of Nurse Practitioners.

Physical therapist: All states require licensing. Some expedite licensing for military spouses moving into their state. Visit the American Physical Therapy Association.

Medical transcriptionist: Most states don’t require licensing or certification. Visit the Association for Healthcare Documentation Integrity for information about voluntary credentials.

Physician assistant: All states require a license, but rules vary. See the National Commission on Certification of Physician’s Assistants.

Emergency medical technician and paramedic: All states require some type of license or certification. Check with the National Registry of Emergency Medical Technicians for national certifications.

Other occupations

Attorney: The Military Spouse JD Network advocates for licensing accommodations for military spouses in each state.

Child care worker: Many employers prefer to hire workers who have earned a nationally recognized designation. See the National Child Care Association.

Cosmetologist: (includes hair stylists, barbers, nail technicians and skin care specialists): While states have varying licensing requirements, the National-Interstate Council of State Boards of Cosmetology offers a national testing program.

Massage therapist: Many states require some type of credential. Visit the American Massage Therapy Association and the Federation of State Massage Therapy Boards.

Paralegal: Credentials are not required in most states, although a nationally recognized certification through the National Association of Legal Assistants may offer an advantage when looking for a new job.

Real estate agent: Licenses are required in every state. The National Association of Realtors has a listing of state and local real estate boards, with details on state licensing requirements and reciprocity agreements.

Social worker: All states require some type of license or registration, but requirements vary. Nationally recognized agencies offer credentials that may transfer between states. See the Association of Social Work Boards for more.

Licensing overseas

In some occupations, your state-issued license — no matter where it’s from — is valid for government and contracting jobs. To learn more about transferring certifications overseas, check with that installation’s hiring authority.

More tips for transferring certifications

The Department of Defense is committed to making it easier for military spouses to find and follow a meaningful career.

Find information about the progress of licensing issues that affect military spouses in your state on the Defense-State Liaison Office’s website, Military State Policy Source. DSLO partners with state policymakers and leaders to help reduce or eliminate licensing barriers for military spouses as they move with the military.

Connect with other military spouses on the Blue Star Networks to share professional information and get the scoop on state licensing requirements.

Identify occupations with good job portability. Connect with a career coach through the Spouse Education and Career Opportunities Career Portal.



Q. Who should I contact if I have issues with privatized housing, government-owned housing or community housing?

A. If you have issues with privatized housing, government-owned housing or community housing you can contact Navy Housing Headquarters at NavyHousingHQ.navy.mil.

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- Relocation Assistance
- Parenting Programs
- Stress and Anger Management
- Command Support
- Crisis Support
- Suicide Prevention
- SAPR Support

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Obangame Express 2019 begins

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

LAGOS, NIGERIA

Exercise Obangame Express 2019, a U.S. Africa Command (AFRICOM) exercise in its ninth year, has begun to provide collaborative opportunities among African forces and international partners to address maritime security concerns.

“Obangame Express has grown in scope from a communications exercise to become what it is now — a comprehensive maritime security event that exercises the full spectrum of activities from command and control, to maritime force responses, and ultimately the handing and transfer of evidence to bring criminals to justice,” said Rear Adm. Heidi Berg. “Today, we face serious challenges at sea such as illegal fishing, trafficking of weapons, narcotics, people, and the ongoing threat of piracy. This illicit activity undermines rule of law, food security, and economic development. Our efforts here will help make the region a safer place for maritime commerce and help increase prosperity throughout the region.”

Exercise Obangame Express 2019, a part of a comprehensive strategy by the U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet (CNE-CNA/C6F) and AFRICOM, has been designed to improve regional co-operation, maritime domain awareness, information-sharing practices, and tactical interdiction expertise to enhance the

collective capabilities of Gulf of Guinea and West African nations to counter sea-based illicit activity.

Obangame Express 2019 will be conducted in multiple areas at sea and ashore. At-sea operations will be throughout the Gulf of Guinea. The largest footprint ashore will be in Lagos, Nigeria. Numerous Maritime Operation Centers (MOCs) will be participating from ashore across the Gulf of Guinea and West Africa along with several international organization MOCs. Opening and closing exercise ceremonies will be in Lagos, Nigeria.

Specific skill sets exercised for Obangame Express 2019 include boarding techniques, search and rescue operations, medical casualty response, radio communication, and information management techniques. The U.S. will provide multiple training teams and controllers operating in African partner nations and aboard partner vessels.

The 33 nations scheduled to participate include Angola, Belgium, Benin, Brazil, Cabo Verde, Cameroon, Canada, Cote d’Ivoire, Democratic Republic of Congo, Denmark, Equatorial Guinea, France, Gabon, Gambia, Germany, Ghana, Guinea, Guinea-Bissau, Liberia, Morocco, Namibia, Netherlands, Nigeria, Portugal, Republic of Congo, Sao Tome & Principe, Senegal, Sierra Leone, Spain, Togo, Turkey and the United States, as well as the Economic Community of West African States and the Economic Community of Central African States.



MC2 Tamara Vaughn
U.S. Coast Guard Maritime Enforcement Specialist 3rd Class Raven Perry works with a sailor from the Gambian navy to treat a simulated wound while conducting a simulated drug smuggling and human trafficking scenario during Exercise Obangame Express 2019 in Banjul, Gambia, March 16, 2019.



MC2 Tamara Vaughn
U.S. Coast Guard Maritime Enforcement Specialist 3rd Class Raven Perry inspects tactical equipment of members of the Gambian navy before conducting a simulated drug smuggling and human trafficking scenario during Exercise Obangame Express 2019 in Banjul, Gambia, March 16, 2019. Exercise Obangame Express, sponsored by U.S. Africa Command (AFRICOM), is designed to improve regional cooperation, maritime domain awareness, information-sharing practices, and tactical interdiction expertise to enhance the collective capabilities of Gulf of Guinea and West African nations to counter sea-based illicit activity.

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Fire aboard Devastator; no injuries

From U.S. 5th Fleet Public Affairs

NSA BAHRAIN

A fire broke out aboard the mine counter-measures ship USS Devastator (MCM 6) while the ship was pierside at Naval Support Activity (NSA) Bahrain at approximately 8 p.m. local, March 14.

There were no personnel injuries. The extent of the damage is being assessed, and the cause of the fire is under investigation.

Sailors aboard Devastator, USS Sentry (MCM 3), USS Gladiator (MCM 11), USS Dextrous (MCM 13), and USS Whirlwind (PC 11), as well as the NSA Bahrain Fire Department, responded to the fire. The ship declared the fire out at approximately 9 p.m. local, and Sailors continued to cool hot spots to prevent a reflash.

Devastator is one of 21 forward-deployed ships to the U.S. 5th Fleet. 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 <http://www.navy.mil/local/cusnc/>.



The mine countermeasure (MCM) ship USS Devastator (MCM 6) transits through the Arabian Gulf, Nov. 11. Devastator is participating in U.K.-U.S. Mine Countermeasures Exercise 17-1. The bilateral exercise serves to enhance cooperation, mutual MCM capabilities and interoperability between the U.S. and U.K. Naval forces in ensuring free flow of commerce, freedom of navigation and long-term regional security. Commander, Task Group 56.1 conducts mine countermeasures, explosive ordnance disposal, salvage diving, and force protection operations throughout the U.S. 5th Fleet area of operations.

U.S. Navy photo

NETC announces FY-20 Advanced Education Voucher Program for senior enlisted

From Naval Education and Training Command Public Affairs

PENSACOLA, FLA.

The Naval Education and Training Command (NETC) announced March 15 the FY-20 Advanced Education Voucher (AEV) program.

The AEV program provides financial assistance to selected senior enlisted personnel (E7-E9) to complete post-secondary, Navy-relevant degrees through off-duty education.

“The AEV program supports the continued educational development of senior enlisted leaders to support the Navy our Nation needs,” said Senior Chief Machinists Mate Joshua Rice, NETC AEV program manager. “The program provides the Navy’s chief, senior chief and master chief petty officers a platform to pursue higher education that makes them more effective leaders along with enhancing their technical competencies in our ever-changing operational environments.”

Who is eligible?

Applicants must be top performing active-duty senior enlisted personnel (E7-E9) who are transferring to, or currently on shore duty with sufficient time ashore to

complete a baccalaureate or master’s degree program. Applicants on sea duty may apply provided they submit an education plan that shows the ability to complete the degree program as specified above.

How many quotas are available?

The AEV program has 10 quotas -- five bachelor degrees and five master degrees -- available for FY-20.

What Navy-relevant degrees will be considered for the AEV program?

For the Baccalaureate program, degrees considered include:

- Strategic Foreign Languages
 - Construction Management
 - Emergency and Disaster Management
 - Human Resources
 - Paralegal, Leadership and management
 - Engineering
 - Information Technology
 - Nursing
 - Business Administration
 - Electrical and Electronic Technology
- For the Master’s program, degrees considered include:
- Emergency and Disaster Management
 - Human Resources
 - Project Management
 - Engineering and Technology
 - Systems Analysis

Information Technology
Homeland Defense and Security
Leadership and management
Business Administration
Education and Training Management

Degree programs other than those listed above must be validated as a Navy-relevant degree by the NETC AEV program manager.

How much funding is provided?

Participants in the AEV Program will be provided funds for tuition, books, and related fees for completion of their advanced degrees within the following limits:

Baccalaureate degree: Funding limits are a maximum of \$6,700 per fiscal year for up to 36 months from the date of signing a letter of acceptance, not to exceed \$20,000 total program cost.

Master’s degree: Funding limits are a maximum of \$20,000 per fiscal year for up to 24 months from the date of signing a letter of acceptance, not to exceed \$40,000 total program cost.

When does the program begin?

Applicants should be available to commence their studies in the 2019 fall term (after Oct. 1, 2019).

Is there a service obligation?

Participants shall agree to remain on ac-



U.S. Navy graphic

tive-duty for a period equal to three times the number of months of education completed or three years, whichever is less.

What is the submission deadline?

Deadline for applying for the FY-20 AEV program is May 24, 2019. Applications should be sent to Naval Education and Training Command (N523), 250 Dallas Street, Pensacola, FL, 32508-5220.

Where can I get additional information on the program?

Additional information about the AEV program can be found at <http://www.navy-college.navy.mil/resources/aev.htm> or by contacting Senior Chief Machinists Mate Joshua Rice, NETC N523, at (850) 452-7268/DSN 459-7268, or via e-mail at joshua.c.rice@navy.mil.

For more news from Naval Education and Training Command, visit www.navy.mil/local/cnet/.

The Joint Tactical Networking Center hosts Industry Day to showcase the tactical communications marketplace

From Joint Tactical Networking Center Public Affairs

SAN DIEGO

The Joint Tactical Networking Center (JTNC), in collaboration with Department of Defense (DoD) Service Labs and test agencies, hosted an Industry Day in Aberdeen, Maryland, March 6 to demonstrate the capabilities and functionality of the Tactical Communications Marketplace (TCM) application and Capability Characterization initiative.

The JTNC is currently developing an online, vetted, marketplace for commercial vendors and defense industry to showcase their tactical communications products to inform Service acquisition authorities of potential capabilities, technical feasibility, and maturity of products.

“The TCM is intended to serve as a source for market research of available Commercial off the Shelf (COTS) and Non-Devel-

opmental Item (NDI) communications product information and a place for industry to update the Government of new products and technologies,” said Jeff Mercer, director JTNC. “The TCM application will also serve as a tool to notify and collaborate with industry on new emerging needs, facilitating streamlined procurement decisions and faster delivery of capabilities to the warfighter.”

The Industry Day hosted 37 companies and more than 70 participants from industry that offer current innovative tactical radio, waveform, and other tactical communication product offerings in support of the DoD.

Service acquisition authorities, as well as the user communities, will have the ability to filter and search innovative tactical communications products based on desired capability characteristics or attributes. Selected products will undergo a JTNC characterization designed to provide insight on the product’s innovative capa-

bilities. The Capability Characterization Initiative is a process to evaluate communication products across multiple and critical domain elements. Industry products will be characterized by using a consistent, repeatable methodology based on industry-provided information across five categories: User Services, System Services, Cybersecurity, Electronic Warfare, and Operational & Spectral Environment. Partnering with Service-level laboratories, the JTNC characterization is intended to capture the extent to which particular techniques and technologies support the designated capability attributes, functions, or characteristics of the product.

Full Operational Capability (FOC) of the TCM is scheduled for the fourth quarter, fiscal year 2019. At FOC, registered DoD and Government users will be able to review candidate communications products. The JTNC will be working with industry to



JTNC Photo

Director of the Joint Tactical Networking Center (JTNC), Mr. Jeff Mercer, speaks to defense industry attendees during an Industry Day in Aberdeen, Maryland.

execute characterizations of candidate products which can be further analyzed and vetted to potentially meet the needs of the respective Services.

ABOUT THE JTNC

As part of the DoD, and under executive management of the Army’s Program Executive Office, Command, Control, Communications-Tactical (PEO C3T), the JTNC ensures interoperable, secure, and cost efficient waveform and wireless communications in support of Service, Multi-Service, and Coalition forces.

Headquartered in San Diego, California, the JTNC executes its mission by developing standards in collaboration with government and industry partners, conducting compliance and certification analyses in accordance with DoD policies, and maintaining a DoD Information Repository (IR).

For more news from <https://www.public.navy.mil/jtnc> or follow us on Twitter at: <https://twitter.com/DODJTNC>

For more news from Joint Tactical Networking Center, visit www.navy.mil/local/JTNC/.



MC1 Rufus Hucks

The Arleigh Burke-class guided-missile destroyer USS Milius (DDG 69) fires its mark 45 5-inch gun during a live-fire gunnery exercise with other U.S. Navy warships. U.S. Navy warships train together to increase the tactical proficiency, lethality and interoperability of participating units in an Era of Great Power Competition.

Surface Force Pacific Commander charges Fleet to continue push to lethality, mission command, culture of excellence

From Commander, Naval Surface Force, U.S. Pacific Fleet Public Affairs

SAN DIEGO

Commodores, commanders, and surface fleet leaders need to prepare for the high-end fight to meet the challenge of renewed great power competition. That was the message from Vice Adm. Richard Brown, Commander, Naval Surface Force, U.S. Pacific Fleet (CNSP), during the Commander’s Training Symposium (CTS), March 14.

Reiterating key themes from his

Surface Navy Association (SNA) address, Brown, along with representatives from various commands — including U.S. Pacific Fleet, Naval Surface and Mine Warfighting Development Center, and Undersea Warfighting Development Center — urged leaders to prepare to transition readiness into lethality, reinvigorate mission command, and drive toward a culture of excellence.

“Driving to a culture of excellence is not a top-down management effort. We’ve set the conditions to empower you to bring up issues so my staff and I can effect

change. If you run into operational or maintenance roadblocks, let us know and we’ll get after them,” Brown told the group of nearly 100 unit commanders, commodores, and senior leaders.

CTS covered a wide breadth of surface warfare initiatives and updates, including:

- Recent revisions to the Surface Force Training and Readiness Manual (SFTRM), which now permit ships’ crews to certify early when they demonstrate full proficiency during Certification Events (CEs);
- Recent oneyear update on the Readiness Reform Oversight

Committee’s (RROC) work to make our Navy a safer and more combat-effective force;

- Integrated training and tactical vignettes;
- Intelligence and geopolitical updates.

CTS is a culmination of a week’s worth of events that emphasized building and sustaining fleetwide readiness. During the week, Adm. John C. Aquilino, commander of U.S. Pacific Fleet, delivered a series of discussions with waterfront leaders in San Diego, March 11-13.

“We are driving to provide fleet commanders with combat-ready ships and battle-minded crews who will go, fight and win. Continuing the discussion on how we are going to own the fight is the most important element to a synchronized and able-bodied Sur-

face Fleet,” Brown said. “My staff and I are here to advocate for your needs and to set you up for success.”

During CTS, Brown reminded the attendees that 2018 was a year devoted to raising standards, improving training, tightening qualifications, re-emphasizing certifications, and re-asserting the primacy of command. Whereas, 2019 is devoted to turning that readiness into lethality through an unrelenting pursuit of excellence over compliance.

“2018 is behind us. Continue to focus forward,” Brown said. “My staff and I are here to advocate for your needs and to set you up for success. When you need support, tell us!”

CNSP will schedule another CTS this summer to continue this important dialogue.



MC1 Mark Meredith

Chief Navy Diver Eric Real from Mobile Diving Salvage Unit 1 Company 1-5 trains Republic Of Korea military service members in hot tap procedures during a training exercise.

US-Korean Navies work together during SALVEX Korea 2019

By MC1 Greg Johnson
Commander, Logistics Group Western Pacific Public Affairs

SINGAPORE

U.S. Navy divers assigned to Mobile Diving and Salvage Unit (MDSU) 1 and Republic of Korea (ROK) Navy diving and salvage experts began Salvage Exercise (SALVEX) Korea 2019.

The bilateral exchange is focused on combined diving and salvage operations and subject matter expert exchanges. In addition, divers from both navies participated in full-mission profile salvage operations, including the use of side-scan sonar and remote operated vehicles.

“Exchanges like this one are extremely valuable to both navies in terms of our ability to operate together,” said Master Chief Joshua Dumke, Master Diver for Commander, Task Force 73, and lead SALVEX planner. “Becoming more familiar with each other’s equipment and capabilities makes it much easier for us to work together if a real-world operation were to happen.”

This year marks the 35th iteration of SALVEX, which dates back to 1985. According to Lt. Cmdr. Tim Emge, diving and salvage officer for Commander, Task Force 73, the U.S. 7th Fleet has a unique relationship with its Korean partners.

“We have a waiver to dive with ROK Navy

systems,” said Emge. “This has a significant impact on our operational capabilities because we can deploy divers with limited gear and seamlessly conduct interoperable dive operations.”

Emge said the complexity and the tangible value of the training scenarios get better each year due to the planning, teamwork and innovation of Sailors from both nations.

“SALVEX is an important opportunity for both navies to enhance our diving and salvage capabilities,” said Emge. “For more than three decades now, we have had a valuable, successful relationship and we continue to build on that relationship, as well as our interoperable capabilities.”

MDSU-1 provides combat-ready, expeditionary, rapidly deployable mobile, diving and salvage capabilities to conduct harbor clearance, salvage, underwater search and recovery, and underwater emergency repairs in any environment.

Commander, Logistics Group Western Pacific/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/.

Center for Information Warfare Training Det. Goodfellow Sailors volunteer at local soup kitchen

From CIWT Det. Goodfellow Public Affairs

SAN ANGELO, TEXAS

Sailors assigned to the Center for Information Warfare Training (CIWT) Det. Goodfellow Air Force Base recently helped the Daily Bread Soup Kitchen prepare meals for local residents.

One Saturday a month, staff and students dedicate six hours to preparing and serving meals at the soup kitchen run by the Trinity United Methodist Church in San Angelo, Texas. The Sailors typically prepare and serve nearly 200 meals to San Angelo residents during each visit. The preparation and cook time is usually from 8 a.m. until 10:45 a.m., depending on what meal is being prepared. Sailors also assist the kitchen with preparing desserts for the meals.

During their latest visit, the Sailors prepared and served lunch to more than 130 residents.

“The city of San Angelo is extraordinarily welcoming and supportive of mili-

tary personnel,” said Master Chief Cryptologic Technician (Collection) Joseph Reynolds, CIWT Det. Goodfellow’s senior enlisted advisor. “It’s fantastic to have Sailors who are so dedicated to giving back to such a supportive community. I am humbled by their efforts and proud to see them lead others supporting local organizations.”

With four schoolhouse commands, two detachments and training sites throughout the United States and Japan, CIWT is recognized as Naval Education and Training Command’s top learning center for the past three years. Training over 21,000 students every year, CIWT delivers trained information warfare professionals to the Navy and joint services. CIWT also offers more than 200 courses for cryptologic technicians, intelligence specialists, information systems technicians, electronics technicians and officers in the information warfare community.

For more news from Center for Information Warfare Training, visit www.navy.mil/local/cid/.



CTR1 Ryan Marriott

Sailors assigned to the Center for Information Warfare Training Detachment Goodfellow Air Force Base prepare meals at the Daily Bread Soup Kitchen during a community service event. Staff and students volunteer to support the soup kitchen one Saturday each month.



The guided-missile destroyer USS Gonzalez (DDG 66) prepares to depart Naval Station Norfolk. Gonzalez deployed to conduct ballistic missile defense and theater security cooperation efforts. MC2 Justin Wolpert

USS Gonzalez deploys

By USS Gonzalez Public Affairs

NORFOLK

The guided-missile destroyer USS Gonzalez (DDG 66) departed Naval Station Norfolk, March 15, on a regularly-scheduled deployment to conduct ballistic missile defense and theater security cooperation.

The ship and its roughly 300 Sailors, are trained and ready to conduct a wide range of missions.

“Team Gonzalez has worked tirelessly through the phases of training approaching this deployment,” said Cmdr. Christopher J. Schwarz, Gonzalez’s commanding officer. “With our outstanding crew and dedication to building a culture of excellence, we have succeeded in every preparation for deployment. We are ready to execute our mission and go ‘beyond the call.’”

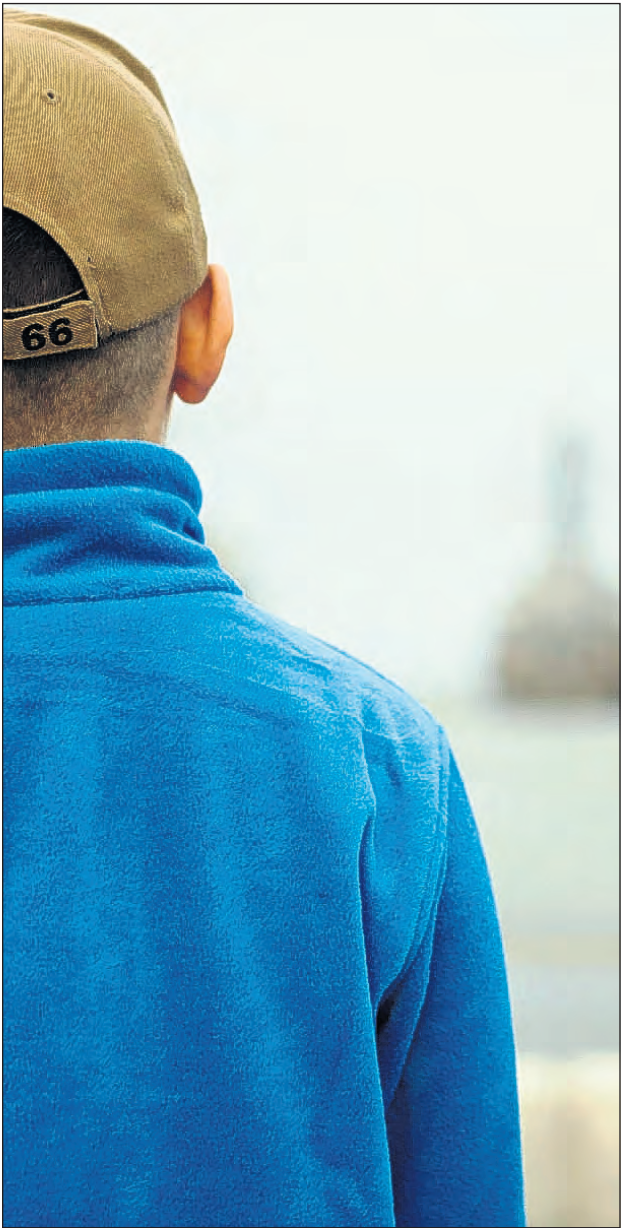
The ship recently returned from Composite Unit Training Exercise (COMPTUEX) with the Abraham Lincoln Carrier Strike Group.

Commissioned in 1996, Gonzalez is named for Marine Corps Sgt. Alfredo “Freddy” Gonzalez. “Fighting Freddy” received the Medal of Honor for his leadership in the Battle of Hue City, where he was killed protecting the members of his platoon.

“Our sailors are dedicated, strong, and prepared,” said Command Master Chief Samira Carney. “Gonzalez is proud to represent the fighting spirit of Sgt. Freddy Gonzalez.”



MC2 Justin Wolpert
Cmdr. Christopher Schwarz, commanding officer of the guided-missile destroyer USS Gonzalez (DDG 66) is interviewed by local media before deploying from Naval Station Norfolk. Gonzalez deployed to conduct ballistic missile defense and theater security cooperation efforts.



MC2 Justin Wolpert
A loved one watches as the guided-missile destroyer USS Gonzalez (DDG 66) departs Naval Station Norfolk. Gonzalez deployed to conduct ballistic missile defense and theater security cooperation efforts.



MC2 Justin Wolpert
A loved one watches as the guided-missile destroyer USS Gonzalez (DDG 66) departs Naval Station Norfolk. Gonzalez deployed to conduct ballistic missile defense and theater security cooperation efforts.

AWARD | *Golden Anchor presented*

Continued from B1

gold and fly the retention excellence award pennant. Captain Rich Le-Bron, the commanding officer, Capt. Scott Thoroman, the executive officer, and Command Master Chief Joe Hernandez, the command master chief of Bonhomme Richard applied the first coat of paint to the anchor.

“Seeing our anchors go from haze grey to gold, for me personally, is a very proud moment,” said Hernandez. “I take pride in that because it isn’t just a single Sailor reenlisting, it’s a team effort, and I’m hoping the command climate that we’re setting plays a big part in that.”

Beard reiterated the importance of morale.

“Effort for this type of an award is command-wide,” said Beard. “All the way down to Sailors actually raising their right hand and reenlisting in the Navy; it’s not any one person that qualified us for the REA, it is an all-encompassing, command level, crew deserved type of award.”

USS Bonhomme Richard (LHD 6) is currently at its homeport in San Diego.

For more information about Bonhomme Richard, visit our Facebook page at www.facebook.com/ussbhr and on Twitter at <https://twitter.com/LHD6BHR>

NAVSUP FLC San Diego civil service employee accepted into Naval Postgraduate School

By Candice Villarreal
NAVSUP Fleet Logistics Center San Diego Public Affairs

SAN DIEGO

A NAVSUP Fleet Logistics Center (FLC) San Diego employee has been accepted into the prestigious Naval Postgraduate School (NPS), where she will pursue a master’s degree beginning March 25.

Management Analyst Jennie Sargent of the command’s Business Department was selected for the NPS Executive Master of Business Administration Program following her application to the institution in November of 2018.

“I am really fortunate to have been selected for such a rare opportunity to continue my education while working for the Navy,” said Sargent. “I’ve always wanted to go back and get my master’s, so when applications for the program were advertised in a workforce email, it seemed like an awesome opportunity. I couldn’t pass it up.”

The two-year program will be completed fully online, with the exception of a weeklong in-person attendance requirement each year. The online flexibility, Sargent said, will allow her to meet her academic goals concurrently while working in her current capacity and raising her children.

“If you are willing to step outside of your comfort zone, the Navy truly offers so many opportunities to grow and learn in their careers,” said Sargent. “I realize these kinds of opportunities probably wouldn’t be available to me elsewhere, and so I’m going to make sure I do well and get the Navy its money’s worth.”

The Navy will fully fund Sargent’s program-related travel, tuition and books, in addition to granting her the ability to complete coursework one day per week on official time.

“I know this is a very competitive process and the class size is very small, so I am very excited and very happy to have been given this opportunity,” said Sargent. “Our command leadership offered its full support and endorsement as part of my application package, so I feel very lucky to work somewhere where someone’s personal development is important to more than just the individual employee.”

All program applicants were required to submit transcripts, letters of recommendation, a letter of command endorsement and a completed application in order to be considered.

Sargent joined the Navy’s civil service team in 2011, entering the workforce as an intern on NAV-

SUP FLC San Diego’s Continuous Process Improvement (CPI) team. Since her hire, she has advanced five General Schedule grades at the command.

She currently holds a bachelor of science degree in psychology from the University of California, San Diego and is a Naval Supply Systems Command- and American Society for Quality-Certified Lean Six Sigma Black Belt. A San Diego area native, she graduated from Granite Hills High School in nearby El Cajon, California.

“I’m very excited for Jennie’s new adventure and this well-deserved opportunity,” said Business Services Division Director Denisse Guerrero, Sargent’s immediate supervisor. “Her determination and motivation have been the keys to her success, and I’m sure this is just one of many more achievements to come.”

Previously, Sargent was selected for and attended the Naval Supply Systems Command (NAVSUP) Corporate Management Development Program in 2016. She will also be attending the Advanced Management Program this May, in hopes that she will be promoted into a supervisory position within the NAVSUP Enterprise in the near future.

“I like the people who make up NAVSUP,” said Sargent. “I like my coworkers, we’ve got a great

mission in support of the warfighter, and I provide behind-the-scenes support while working alongside them. We see them every day; we see the ships, the Navy in its real working environment. And who wouldn’t want an all-expenses paid master’s degree? How often do you get that? I just can’t imagine any other workplace that could be better, and it feels great to be a good role model for my kids.”

The Naval Postgraduate School is a public graduate university operated by the United States Navy and located in Monterey, California. The institution offers master’s and doctoral degrees and certificates in more than 70 fields of study to the U.S. Armed Forces, Department of Defense civilians and international partners.

NAVSUP FLC San Diego is one of eight FLCs under Commander, Naval Supply Systems Command. Headquartered in Mechanicsburg, Pennsylvania, and employing a diverse, worldwide workforce of more than 22,500 military and civilian personnel, NAVSUP’s mission is to provide supplies, services, and quality-of-life support to the Navy and joint warfighter.

Learn more at www.navsup.navy.mil, www.facebook.com/navsup and <https://twitter.com/navsupsyscom>.

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

NECC | *Exercise Pacific Blitz 2019*

Continued from B1

Cargo Handling Battalion 1.

“Planning over the phone with Construction Battalion Mobile Unit 303 and Coastal Riverine Group 1, and then getting out here and seeing their full capability, is definitely opening my eyes to the fact that NECC has a few more toys than what the Marine Corps has,” said 1st Lt. Joshua C. Geidel, Combat Logistics Regiment 1, Combat Operations Center watch officer. “Their mission set is definitely applicable for this type of environment and will be relied upon as we continue to go forward.”

Setup for the exercise in Camp Pendleton was not without difficulty as rain showers combined with overly saturated ground proved difficult for heavy equipment and machinery to traverse.

“When we come out and do exercises like this, we don’t always know what to expect when we hit the ground, so one thing I’m very impressed with about my Sailors is their level of ingenuity and flexibility when they’re faced with different problems,” said Chief Engineering Aide Zachary A. Cunningham, CBMU-303 officer in charge. “They start thinking outside the box and find a way to get the job done.”

PacBlitz19 is comprised of Sailors, Marines and Coastguardsmen who come together as a team to complete the mission.

“We’ve got a lot of different rates and a lot of different ideas but we all have the same goal,” said CBMU-303 Builder 2nd Class Ian R. Masters. “We’re integrating our standard operating

procedures and building that cohesion for NECC.”

Masters also added that training in adversity will prepare them for working in any conditions as the adverse weather has forced the different commands to overcome unexpected obstacles just as they might find in a real warfighting environment.

“I think this is a great opportunity because it’ll be more of a learning exercise than it is an exercise of things we know how to do,” said Geidel. “There are definitely going to be mistakes, but any steps backward will ultimately advance us forward in concept development.”

The NEF will be conducting field training exercises which include military base construction and maintenance, expeditionary medical facility construction and maintenance, port security, expeditionary rapid airfield damage repair, port damage assessment and repair, support to undersea warfare, and expeditionary ordnance reload.

“We have a mission laid out in front of us and we exhaust all efforts in getting that done,” said Cunningham. “Seabees have a motto and that’s ‘can do,’ so we don’t say we ‘can’t’ do anything.”

The exercise will conclude March 26.

For more information on Exercise Pacific Blitz 2019, visit <https://www.dvidshub.net/feature/PacificBlitz2019>.

For more information on NECC, visit <https://www.facebook.com/NavyExpeditionaryCombatCommand/>

For more news from Navy Expeditionary Combat Command, visit www.navy.mil/local/necce/.



Steelworker 2nd Class Morgan Klaus, left, from Weston, Florida assigned to Naval Mobile Construction Battalion (NMCB) 5, removes old support beams during a bridge reconstruction project on Marine Corps Base Camp Pendleton, California. The new bridge will connect the I Marine Expeditionary Force and NMCB-5 camps giving them the ability to conduct military base construction and maintenance in a joint environment in support of Pacific Blitz 2019 (PB19). Working hand-in-hand, the Navy expeditionary force and Marine Logistics Group capabilities complement each other in the building of advanced naval bases. PB19 provides realistic, relevant training necessary for an effective global U.S Navy and Marine Corps.



Sailors assigned to Construction Battalion Maintenance Unit 303 (CMBU-303) and Expeditionary Medical Force Alpha offload tarps to be used in the emergency medical facility on Marine Corps Base Camp Pendleton, California as part of Exercise Pacific Blitz 2019 (PacBlitz19).



Equipment Operator 3rd Class Nathan Robinson, from Fresno, California, assigned to Naval Mobile Construction Battalion (NMCB) 5, guides a five-ton dump truck during a road construction project on Marine Corps Base Camp Pendleton.



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Gold Star sister, wife & mother shares finding life after brother’s death

Renee Nickell lost her older brother, Major Samuel Griffith, USMC, 10 years ago, causing her to dig deep into discovering how one can live abundant life beyond loss. Nickell shares her story in her book, “Always My Hero: The Road to Hope & Healing Following My Brother’s Death in Afghanistan.”

» See **C2**

SECTION C | FLAGSHIPNEWS.COM | 3.21.2019



TATTOO TIME?

Hampton Roads Convention Center Welcomes the Return of the Ninth Annual Hampton Roads Tattoo Arts Festival March 22-24

iStock image

From Hampton CVB

HAMPTON, VA

In less than a week, March 22-24, the Hampton Roads Convention Center welcomes the return of the Ninth annual Hampton Roads Tattoo Arts Festival. Presented by Folk City Tattoo and Twisted Ink magazine, this highly anticipated event will celebrate all aspects of the tattooing industry and welcome talented artists from across the country. This year the festival will once again take up two exhibit halls!

“It’s our 9th year in Hampton and this show is always our biggest and our best,” said festival organizer John Cann. “The Enigma is returning and this time, he’ll be giving a limited number of tattoos, something he’s never done before at this show.”

During the event, interested attendees

have the option of speaking with tattoo artists from across the country and having the work performed on-site at the convention center. The cost of each tattoo is in addition to the entrance fee and is negotiated between customer and artist. Please note that many artists book fast and the best way to secure a tattoo at the festival is to set appointments with artists before the event.

“This year we have roughly 300 tattoo artists,” said Cann. “If you want to meet many great custom tattoo artists all under one roof, this is the festival to attend.”

The festival will feature several new and returning contests and activities, including the Seventh annual Kids Temporary Tattoo Contest and Best Booth. The Kids Temporary Tattoo Contest (ages 12 and under) will take place on Sunday, March 24 with up to 30 participants receiving a ribbon. First,

Second, and Third place winners will receive trophies.

Another big highlight of this year’s festival is the Eighth annual Miss Hampton Roads Pin-Up Girl Contest, taking place Saturday, March 23. Twenty pre-selected finalists will show in their pin-up inspired garb of the 50’s, 60’s, and 70’s to compete for top prize (\$2500 in total prizes, including \$1000 cash).

Other highlights of this year’s festival include daily categorized tattoo contests, art vendors, tattoo supply vendors, BMX Stunt Team, live mural painting, and more. Returning for their second year in a row is Tragedy, an all-metal tribute band to the Bee Gees. Team TDH will also be on-site, testing the limitations of the human body through suspension.

“The purpose of the Hampton Roads Tat-

too Arts Festival is to provide a festive environment and entertainment for tattoo enthusiasts and those just curious about tattoos,” said Cann. “It is an opportunity to bring our colorful community together under one roof for a weekend of fun and camaraderie.”

COST	
\$25 + fees	Daily
\$45 + fees	Weekend Pass (includes all three days)
\$35 + fees	Military Weekend Pass
12 and under	free
HOURS	
Friday, March 22	Noon until 11 p.m.
Saturday, March 23	11 a.m. until 11 p.m.
Sunday, March 24	Noon until 8 p.m.

Norfolk native/retired Navy Seal competes in new TV show

From PMK/BMC

DENVER

Outdoor Channel announced the cast of its new original series The Brigade: Race to the Hudson, which debuts on the outdoor lifestyle network on Monday, April 22 at 8 p.m. ET. The 10-member cast is comprised of participants from the United States and Canada. This season, the cast includes Norfolk native and retired Navy Seal, Don Mann.

The show follows the group’s trek across the rugged Canadian wilderness in an epic 750-mile adventure.

The Brigade retraces parts of a legendary and historic fur trade route from the Pacific Coast to the icy shores of Hudson Bay. Originally called “The York Factory

Express,” the adventure-filled expedition is a dangerous paddling odyssey unlike any other. The 10-member “brigade” must work together to navigate fierce white-water, hike and portage over mountains, as well as fish and hunt for sustenance without fuel or GPS. There are no eliminations. Instead, the competition relies on the collective strengths of its cast to rely on each other against all odds to reach their destination in only 28 days for their chance to share in a prize of \$500,000.

The participants taking part in The Brigade are:

- Austin Metheny – Landscaper and Hunting/Fishing Guide (Hurst, Texas)
- Carley Julien – Registered Nurse (Port Hardy, British Columbia)

- Don Mann – Retired Navy Seal and Author (Cape Charles, Virginia)
- Dylan Applebaum – Accounting Student and Consultant (Montreal, Quebec)
- Kaleb Summers – Self-Employed Subcontractor (Claremore, Oklahoma)
- Leroy Fontaine – Firefighter/Paramedic and Underwater Helicopter Crash Rescue Instructor (Hammonds Plains, Nova Scotia)
- Matthew Aird – Paramedic/Whitewater Rafting Guide (Rossland, British Columbia)
- Traci Kroupa – Retired Military Veteran and Outdoor Education Instructor (Yorkville, Illinois)
- Tracyn Thayer – Festival Manager at Spartan Race (Mason Township, Maine)
- Vincent Coulombe – General Contractor and Canoe Guide (Langley, British Columbia)

“The Brigade is a gut-wrenching, adventure-filled original show that we believe viewers will dive into,” Liberatoro said. “The participants in the show come from various walks of life and are all ages. The goal is to work together to achieve the desired outcome of conquering the wilderness while retracing history along the way.”

“Audiences will be inspired by how the cast works together to handle the extreme physical and



Michael Homer

Norfolk native and retired Navy Seal Don Mann.



Courtesy Outdoor Channel

mental pressures of the journey,” Executive Producer, Robert Cohen said. “Each of them bring different skills, experiences and personalities as they race to reach York Factory on Hudson Bay.”

About The Brigade: With \$500,000 at stake, 10 strangers must work together to conquer a grueling, cross-country wilderness expedition that pushes bodies and minds to the extreme. The Brigade is the next evolution of the

survival genre. It’s a cooperative competition series that forces participants to work together as they travel more than 750 miles across parts of the York Factory Express – an historic fur trade route legendary for its danger, isolation and beauty. The participants must paddle, portage and hike through major river systems and mountain ranges, with only 28 days to complete their journey.

CalendarCommunity

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



Courtesy photo
Don't miss Gary Sinise and The Lt. Dan Band in concert at JEB Little Creek's Gator Theater 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 5 p.m. Show starts at 7 p.m. 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.

2019 Mid-Atlantic Home and Outdoor Living Show

- March 23, 10 a.m.- 6 p.m. March 24, 10 a.m.-5 p.m.
- Virginia Beach Convention Center, 1000 19th St., Virginia Beach
- www.midatlantichomeshow.com

Join the Tidewater Builders Association and Eagle Bay Hardscape Products as we take over the Virginia Beach Convention Center to present the 34th Annual Mid-Atlantic Home & Outdoor Living Show! For 34 years the Mid-Atlantic Home & Outdoor Living Show has paved the way in bringing you the latest in style, technology and décor to refresh and renew your home, garden and outdoor living spaces. Connect with over 200 local professionals and exhibitors ready to assist you in building or renovating the indoor or outdoor space you so desire!

9th Annual Hampton Roads Tattoo Festival

- March 22, 12-11 p.m. March 23, 11 a.m. - 11 p.m. March 24, 12-8 p.m. \$25/day, \$45 3-Day, \$35/ 3-Day Military Discount
- Hampton Roads Convention Center, 1610 Coliseum Dr., Hampton
- www.thehrcc.com

Over 250 Artists
Tons of Local Vendors
9th Annual Miss Hampton Roads Pin-Up Contest
Tattoo Contests All Weekend
Sideshow acts
Food & Drinks
Live Music & More!

The Jungle Book at The American Theatre

- March 23, 11 a.m. \$10
- American Theatre, 125 E. Mellen St., Hampton
- www.hampton.gov

Rudyard Kipling's beloved jungle story comes to life in a vivid, theatrical staging filled with wonderment and adventure. Follow orphan Mowgli as his adoptive family of wolves, panthers and bears teach him about friendship. Jungle dangers abound as he encounters the hungry python Kaa and Bengal tiger Shere Khan, but with the help of his loving protectors, Mowgli remains safe and happy. A Virginia Rep on Tour Production.

20th Annual Country for Kids Concert featuring Scotty McCreery

- March 23, 5:30 - 8 p.m. \$25
- Hampton Roads Convention Center, 1610 Coliseum Dr., Hampton
- www.thehrcc.com

Join us at Country for Kids 2019 for an awesome night of country music all to support the programs and services of the Center for Child & Family Services. 100% of net proceeds benefit the Center for Child & Family Services, and Housing Development Corporation of Hampton Roads (HDCofHR) is joining CCFS as a community partner for this event. This will be our 20th year of Country for Kids and we have featured some of the best country music stars, artists such as; Sara Evans, Keith Urban, Little Big Town, Gary Allan, Rodney Atkins, Phil Vassar, Jo Dee Messina, Craig Morgan are just a few.

Chris Botti in concert at The Sandler Center for the Performing Arts

- April 3, 7:30 p.m., \$35-\$128
- Sandler Center, 201 Market St., Virginia Beach
- 757-385-ARTS

Chris Botti has sold more than four million albums. In 2013, Botti won the Grammy for Best Pop Instrumental Album for Impressions. Yet, he remains humble saying, "The biggest reward from that record was the enthusiasm everyone had to sing on it. The Grammy nominations and the chart positions are great, but ultimately the way you interact with musicians is the most important thing to me." This attitude is what allows him to push the boundaries of contemporary jazz music, making his music attractive to the masses.

■ 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/

Bikeshare is back just in time for spring!

From Norfolk.gov

NORFOLK

Ready to ride? Pace bikes are rolling out on Friday, March 15th for quick commutes around the city. The public is invited to participate in a group ride from City Hall's Civic Plaza at noon to celebrate the re-launch. Participants can register for the launch ride here.

During hibernation over the winter months, Norfolk's fleet of Pace bikes were overhauled, and the program has been updated to include new features this year! New pricing options will allow riders to unlock the value of Pace bikes so

it's even easier to ride more.
Pace bikeshare is an integral part of the city's transportation network. Last year, 11,904 members took over 45,952 trips on Pace bikes and rode for a total of 17, 295 hours to destinations throughout Norfolk.
Our fleet has grown to 200 bikes and 39 stations. We're excited to have our six sponsors on board again this year, with the addition of Allstate Insurance who will be begin their sponsorship on April 1, 2019.
Wanna ride? Please download the Pace app at www.ride-pace/norfolk.

Navy Lodge perfect for families on PCS orders

From NEXCOM

Navy Lodge is the official government lodging for military members on permanent change of station orders. Navy Lodges offer room rates at an average of 45 percent below comparable civilian hotels.
"Navy Lodges are a comfortable and safe place to stay for families on PCS orders," said Paige Gillespie, General Manager. "Once a family initiates their household goods move, contact the Navy Lodge at your PCS destination and we will do everything we can to accommodate you for as long as you need."
Authorized Navy Lodge guests on PCS orders can take advantage of a scratch-off card offering a 10, 15 or 25 percent discount or a free stay up to 20 nights. The discount is valid at all Navy Lodges in the continental United States until Feb. 29, 2020. Guests may use only one discount per stay. Scratch-off cards are available on base at PSD, the

housing office, household goods, the personal property office, the NEX Customer Service desk or by calling the Navy Lodge Reservation Center at 800-628-9466.
Navy Lodges feature oversized guest rooms and family suites along with a lobby that promotes a fun and social atmosphere that fits the busy lifestyle of today's service members and their families. On site amenities include vending machines, laundry area and workout room as well as children's outside play area at many locations. Navy Lodges also offer guests free Wi-Fi, breakfast and weekly manager's reception. Every Navy Lodge is accessible. As an added convenience, cats and dogs up to 70 pounds in weight can stay at most Navy Lodges when traveling with its owner. Guests need to contact the specific Navy Lodge regarding its pet policies.
For reservations, call 800-628-9466 or go on line at www.navy-lodge.com or www.dodlodging.com.



Courtesy photo

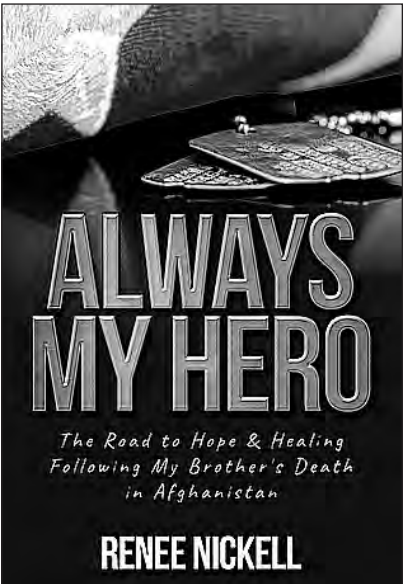
Gold Star sister, wife & mother shares finding life after brother's death

From A. Larry Ross Communications

DALLAS

Gold Star Sibling Renee Nickell lost her older brother, Major Samuel Griffith, USMC, in Afghanistan nearly 10 years ago, causing her to dig deep into discovering how one can live abundant life beyond loss. In an effort to help others experiencing similar situations, Nickell shares her personal story and lessons learned in her book, "Always My Hero: The Road to Hope & Healing Following My Brother's Death in Afghanistan."
An updated version of the book, with a foreword from Lieutenant Colonel Allen B. West (USA, Ret.) and an updated cover and endorsements, will re-release on June 14, 2019, her brother's birthday.
The ensuing hardships of grieving her brother while experiencing a loss of her own identity as a sister were challenged in unparalleled ways after the loss of her brother.
"I learned a lot about what forgiveness is, and even more so, I learned what forgiveness is not," said Nickell. "I lost who I was without Sam. I was never just Renee, and I didn't know how to navigate my life or my identity without him."
"For those facing a loss – of a loved one, a job or a relationship – you don't just go on the same way you did before," Nickell added. "You must learn a whole new way of living. That's what I had to do and that's what I want to help others learn to do through this book."
In "Always My Hero," Nickell gives readers the privilege of "meet-

ing" her big brother Sam by sharing stories and photographs of their carefree childhood. Their strong sibling bond lasted throughout college and afterward, even during his military training and first deployment. Always proud of her best friend, Nickell recounts life's sweetest tales of the charming, daring Sam who remained just as lovable when PTSD affected the stability of that charismatic spirit.
When she received the dreaded news in 2011 that Sam had been killed in Afghanistan, Nickell's whole life seemed to turn to ashes as well. Absent from her children and angry at God, relationships with her husband and mother reached a near breaking point.
In addition to relaying honestly about her grieving process and the unexpected ways daily life suffered due to her brother's death, Nickell's book provides hope for Gold Star family members and those with loved ones in the military.
After Sam's death, Nickell's children lived with an emotionally-absent mother for a while, but their relationship during the healing process proved to be stronger and sweeter than ever, even better than during life with Sam.
"You can heal from the death of a sibling. You can find a new normal and a new place within the family, even if it is much different than before," said Nickell. "You can be proud of your sibling, still grieve, and have your own special identity. It doesn't have to be one or the other. You can have it both ways. I am a



Courtesy image

proud Gold Star sibling. My brother died in war. I am not the same person I was before he died. I am healed, but like a missing limb, I still experience pain. I still grieve but have found joy and happiness and meaning. I am also – me."
Nickell's book, "Always My Hero" reminds readers to cherish their loved ones, work through grief and expect happiness after pain. While nothing can reverse the loss known by a Gold Star sibling, Nickell's journey confirms that there is life to be lived even after the saddest of deaths.
"Always My Hero" releases June 14, 2019 from LifeWise Books. For more information, visit <https://reeneenickell.com>.

3rd annual Sit 2 Hit sitting volleyball tournament serves up fun at Fort Monroe April 6

From Hampton CVB

HAMPTON, VA

The Third Annual East Coast Sitting Volleyball Tournament (Sit 2 Hit) is coming to the Fort Monroe Community Center at 100 Stillwell Road on Fort Monroe, April 6. The tournament honors wounded military and veterans, with all money raised going to support military wounded warriors.

The first match of the tournament begins at 8 a.m., with two courts operating. There will be

five teams per court playing in a round robin format. Playoffs will include the top two teams from each court. An awards ceremony and pictures will immediately follow playoffs. Participants are invited to attend a Military Night event featuring a live band at the Oozlefinch Craft Brewery, 81 Patch Road on Fort Monroe, beginning at 6:30 p.m.

Individuals and teams can now register for the event at GetSet4All.org/index.php/sit2hit. Student registration is \$20 per per-

son, while individual registration is \$30 per person.

Team registration is \$300. Military warriors and veterans play for free. Registered teams include Army teams, a mixed service team from Texas, a Semper Fi team, a Danish team and local service members. Around 60 wounded warriors have already registered. Sponsors are also needed for the tournament and can sign-up to sponsor at GetSet4All.org .

Sit 2 Hit is organized by non-profit Get Set 4 All, Inc., whose



Courtesy Hampton CVB

mission is to provide opportunities for any youth, adults and the military wounded warriors to be able to experience the fun and joy of adapted sports while building relationships that can last a lifetime. Get Set 4 All, Inc. was established in 2016 after Warrior

Games and USA Volleyball Coach, Linda Gomez, determined the wounded military and veterans needed a program for adapted sports. The need for an adapted sports program has branched out to disabled youth and adults as well.



Courtesy Hampton CVB

Local youth from Youth Volunteers Corps o Hampton Roads participating in sitting volleyball with our military warriors as well as some of our disabled athletes



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WWE Superstar Dolph Ziggler and Sarah Tiana will perform at the Virginia Beach and Richmond FunnyBone

By Yiorgo

Pro wrestling fans and comedy fans alike rejoice. The place to be Thursday March 28th is at the Virginia Beach FunnyBone when international WWE superstar Dolph Ziggler and his Roast Battle nemesis Sarah Tiana will bring their form of entertainment for a night of stand up comedy and audience interaction.

We recently spoke separately by phone to Dolph and Sarah. Here is Part I of our interview.

Yiorgo: What should people expect to see and hear at the show? Why should they come?

Dolph Ziggler: Our shows are fun, clean and for the whole family. Sarah is a headliner all over the country. She and I work creatively on the show. We have a meet and greet before the show. Once the show starts, we know each other very well and we will feel the fans out. What kind of an audience do we have, wrestling fans, a mixture? Sarah will greet the crowd gets them really excited. She will do 15-20 minutes, I'll do 20-25 minutes then the two of us go back out for about a 45 minute live Q and A with the crowd. It's joke answers, real answers and the interaction is pretty cool. They write their questions on a card during Sarah's segment, she collects them, and when we are both on the stage she reads the questions and of course we roast each other the entire time. I remember the saying from the time I was 15 years old, "Never work blue or you'll never go on Carson." And with WWE, we are a publicly traded company and we reach out to kids so that has gotten me to perfect my joke writing, make it smarter for everyone to have a chance of hearing them.

Y: You know Dolph, Norfolk, Virginia Beach and Richmond are Ric Flair Country. How did your friendship developed with

Ric and can you share a cool Ric Flair story?

DZ: Our friendship developed because of our mutual love of wrestling and Ric being in WWE at the time. I would go to him and several other Hall of Famers just to hear their stories and if they were at RAW or Smackdown I would go to them for feedback as well. It got around that I was into old school. As a kid growing up, no joke, I wanted to be Ric Flair because you can talk people into the building and it didn't matter who your opponent was that was going to be the main event of the evening. That was a goal I had set for myself even before I met Ric. We bonded over the love of the business with me wanting to be an old school guy, along with today's entertainment value. We got closer and closer. Anytime he was at RAW he would push for me to do bigger and better things. One time we did a segment on the show where he was giving me a pep talk to go fight Miz, and I remember thinking to myself, "Well I did that, I had a segment with Ric Flair, that's pretty great I got the nod from Ric." And it just got better and better from there. It was pretty cool. A couple of nights afterwards we would hang out. Those are stories that I probably can't tell but those are my favorite stories, just hanging out with Ric after the shows.

Y: You were at Ric's 70th birthday party. And what I think is so incredible is when Ric married Wendy a few months ago you walked Wendy down the aisle. That is such a great honor. How did that happen?

DZ: The party was amazing. As far as the wedding goes, after all these years of bonding, a tradition we would have is when Ric would go into the WWE Hall of Fame or presenting at the Hall of Fame, Wendy needed someone to escort her down the Red Carpet and into her seat. So since we



Courtesy photo

were all hanging out I said, "I'll do it." It happened two years in a row so it like became our thing. And Wendy would say, "See you at WrestleMania". We would hang out, I would either get dinner or drinks for those guys. So first of all, Wendy thought it would be a good surprise for Ric so we did not say anything. I assumed Wendy told Ric and I remember we are walking down the aisle and Ric is saying, "What the h*** are you doing?" It was so great because I became so close with these two. They are family. When ever we get a chance to hang out we do. We love wrestling, having a good time, everything just works out.

Y: What comedians influenced you to the point that now you made it a reality and are actually doing Stand up comedy?

DZ: When I was a kid my dad worked second shift, I was maybe six years old, Johnny Carson was still on the air, my mom would get up to see dad go to work, I would be up and I would see Don Rickles go on Johnny Carson, everybody laughing, having a good time and I got into it really young. Also, Nick at Nite on Nickelodeon late at night would show the original season of Saturday Night Live and I got into that as a really young kid. I did not always understand the jokes but entertainment is what I wanted to do. So I got into wrestling and comedy. The great

combination was Andy Kaufman. He was on Saturday Night Live, doing some wrestling things, and blurring the lines of reality, making it seem more real and getting under peoples skin. So I go there is a way you can manipulate this, have it be awesome entertaining and really make people mad. So Andy Kaufman was already a stand up comedian and a performer so I get to be him and later in life I really got into Don Rickles for a long time. I wanted to somehow emulate him so backstage I would be pretty quick with giving zingers to people if they said something to me I give them back pretty quick. I live for that big joke with Cesaro and people like that backstage we watch the old roasts from the 70's. But now I'm a big fan of Brian Regan, Chris Rock is awesome. I'm a huge fan of a bunch of old school comedians, Carlin, Richard Pryor. All those people, at night I put one of them on my phone and listen to them every night before I go to sleep.

Y: Sarah, How long have the two of you known each other, how did this tour happened and any funny anecdotes between you and Dolph during your recent tour?

ST: We have known each other for eight years now. Given his love for comedy, it was instant friendship. We have the same sense of humor. And he says after wrestling is over all he wants to

do is stand up comedy. I always perform in Phoenix, Arizona a lot and that's where he lives, so a few years ago I was like why don't you open for me when I am there so you can get to try it and see what it's like night after night to get to those jokes. The only way to practice comedy is in front of a crowd. He agreed to do it, and had a great time. He has a lot of respect for comedy and did not want to headline a show yet without a lot of time or material so I said why don't we go together, split the time and use the remainder of the time for a Q and A. He is very funny of his feet, he can improvise very well. He always does radio and TV interviews for WWE. He is like the face for them because he is so good on the microphone. We are having a great time and having such a great time with the type of questions people ask and the fans that come out have a great time as well. After all, laughter is the best medicine and we have a perfect blend of young and old when it comes to wrestling or comedy. They are going to enjoy themselves because there is something for everybody. It's not your typical night out. It's a much more elevated experience.

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.

Hampton Roads native returns home with the national tour of The King and I

By Yiorgo

Rodgers & Hammerstein's The King and I is coming to the Ferguson Center for the Arts this Monday March 25th at 7:30pm. It is based on the critically acclaimed Lincoln Center Theater production that was the winner of four 2015 Tony Awards® including Best Revival of a Musical. The score features such beloved classics as "Getting To Know You," "I Whistle a Happy Tune," "Hello Young Lovers," "Shall We Dance" and "Something Wonderful."

Set in 1860's Bangkok, the musical tells the story between the King of Siam and Anna Leonowens, a British school-teacher whom the King brings to Siam to teach his many wives and children.

One of Hampton Roads own, Raymond Dimaano is making his National debut with The King and I and he sat down with us for an interview.

Yiorgo: Tell us about your early life. Where were you born and your love for musical theatre.

Raymond Dimaato: I was born in Manila, Philippines and came to the US when I was three years old. I grew up in Norfolk, VA and I can't wait to come back home even for one night. Growing up, I always loved singing and dancing. I remember singing 'I will always love you' when I was six years old and a lot of Mariah Carey and Celine Dion. As I got older I fell in love with dancing. I would watch Michael Jackson, Brittany Spears, NSYNC, and Backstreet Boys. They would do all these dance routines and I would try to mimic and copy them. And then at Maury high school a friend of mine made me audition for the high school musical Guys and Dolls and I got

to work together and perform with my friend Connie Pantas now Moody. That was so much fun, that I think that's when I got bit by the theatre bug because after that I did not want to stop doing it. Then I met Hugh Copeland who is the director and founder of the Hurrah Players in Norfolk and I have been with them for such a long time that they are like my family.

Y: How did you hear about the Hurrah Players?

RD: Sharon Davidson Cook, who became my stage momma, and was an English teacher at Maury High School as well as the director of Guys and Dolls had invited Hugh Copeland to come see the play. I remember as if it was yesterday that after the show, Hugh approached me saying how much he loved the show and my performance. I had no clue who he was. He said, "I'm Hugh Copeland and I'm with the Hurrah Players." And I was like what's that? And he said, "You don't know Hurrah?" He explained that they are Virginia's leading family theatre company and to come audition for them and I did. My first show I did with Hurrah was Disney's High School Musical back in 2008-09 and I have been with them until 2015. I have taught for them: acting classes, hip hop classes, summer classes. Theatre was definitely my saving place.

Y: You also did some Virginia Musical Theatre (VMT) productions.

RD: Indeed, Executive Director Mark Hudgins was very welcoming and very encouraging. He approached me after watching me in Disney's Tarzan with Hurrah, and asked me if I wanted to be in the show and he loved my performance. So my very first show for VMT was Joseph and the Amaz-

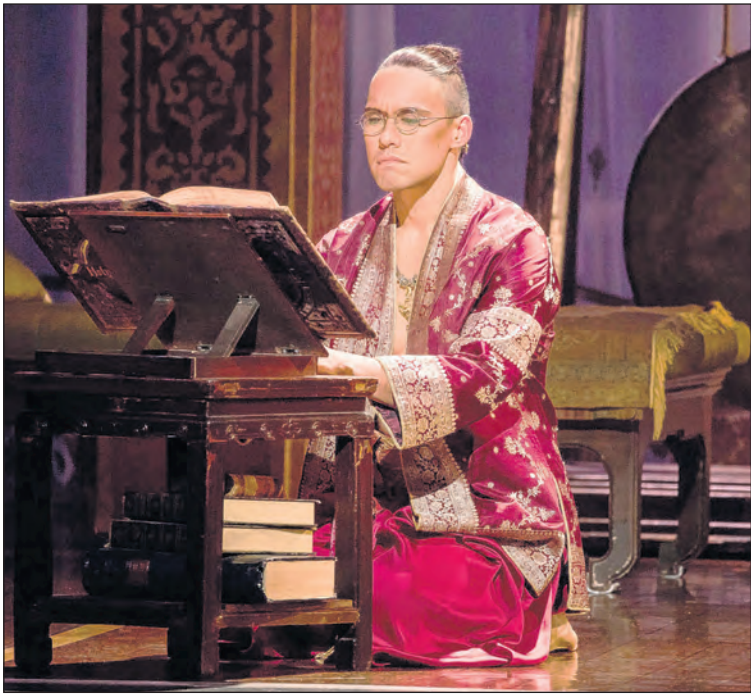
ing Technicolor Dreamcoat. I did Beauty and the Beast and I make-up designed for them too for that production. I was also in Mame, Mama Mia, Hello Dolly and did the makeup for Hello Dolly as well.

Y: What were some of your first gigs after you moved to NYC?

RD: I auditioned for three plays. Miss Saigon First National Tour, I got called back to do a couple of dances and sing, that was fun. I auditioned for the USO Show Troup to support our military because I grew up in Norfolk and it was something I wanted to do to support our military and I got in and I'm with them now. I will go back after this tour is over. My best friend from Hurrah, Brandon Riddle is in it, he told me about it so I auditioned and got it. We go to a lot of bases and we perform for a lot of military events. The third audition was for The King and I National Tour and I got that as well.

Y: What was that audition process like for The King and I?

RD: A friend of mine sent me the post to audition for The King and I. It was an open call. I sang a song and the casting director wanted me to read for a character. I read for Kralahome, the King's right hand man, the King's Prime Minister, who I understudy in the show now. I had three callbacks for him. In front of the casting director twice and then the creative team and the director. I also sent in a video singing songs from The King and I. And then I got the call from the casting director one morning saying they were going to cast me. And now I am also Prince Chulalongkorn understudy, the number one son. In the show I am ensemble, but something cool happened actually. My ensemble



Courtesy The King And I

role does not dance on stage but I love to dance so there is a 16-minute long ballet number in the play and I learned it because I wanted to have fun. One of our characters got sick and the swing had to go on but we were missing one, it was uneven so I told the swing captain that I knew the dance and she put me in the dance. Now I swing in the ballet whenever they need someone. Also when we were teching the show in North Carolina the makeup designer kind of used me as a model and told everyone if you have any questions go to Raymond, he is so good at makeup. So on this tour I am the "makeup assistant" and when people have a question about makeup, I am the go to guy. Here is a funny little story in this show. In the beginning, there is a scene where the King chooses certain wives who are in royal favor. It's improvised in the sense that the King picks different ones each show so I do this thing where every show I will choose one wife and do their makeup and wait to see if he chooses her and most of the time he does.

Y: Why should people see this play?

RD: This King and I is based on the Lincoln Center Theater Production and it's more updated from the original. To me the story is beautiful. You see this king who is trying real hard to keep the balance between the traditional lifestyle of Siam and bringing in this woman who is bringing in this new modern flavor to Siam and trying to find a balance because he wants his country to grow. And that is just so powerful for me. The play also has such strong women as role models. Anna, Lady Thiang, and Tuptim are the strong women in the show and they all represent different parts. That is so powerful to me.

For tickets go to http://fergusoncenter.org/ailec_event/the-king-and-i-2/?in-stance_id=13425

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.



Robert Pattinson stars in the sci-fi thriller “High Life.”

Courtesy ZDF

coming to theaters

HIGH LIFE

Deep space outside the solar system. Monte and his daughter Willow live together aboard a spacecraft, in complete isolation. A man whose strict self-discipline is a shield against desire, Monte fathered her against his will. His sperm was used to inseminate the young woman who gave birth to her. They were members of a crew of prisoners - death row inmates. Guinea pigs sent on a mission. Now only Monte and Willow remain. Through his daughter, he experiences the birth of an all-powerful love. Together, father and daughter approach their destination - the black hole in which time and space cease to exist.

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.

5 FEET APART

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

PET SEMATARY

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

GODZILLA: KING OF THE MONSTERS

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

base theaters

\$3 Movies

JEB Little Creek, Gator Theater – 462-7534

Friday, March 22

6 p.m. How To Train Your Dragon: The Hidden World (PG)

Saturday, March 23

1 p.m. How To Train Your Dragon: The Hidden World (PG)

4 p.m. Alita: Battle Angel (3-D) (PG-13)

7 p.m. Happy Death Day 2 U (PG-13)

Sunday, March 24

1 p.m. The Lego Movie 2: The Second Part (PG)

4 p.m. How To Train Your Dragon: The Hidden World (PG)

7 p.m. Happy Death Day 2 U (PG-13)

NAS Oceana, Aero Theater – 433-2495

Friday, March 22

6 p.m. How To Train Your Dragon: The Hidden World (PG)

9 p.m. Happy Death Day 2 U (PG-13)

Saturday, March 23

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

3 p.m. How To Train Your Dragon: The Hidden World (PG)

Sunday, March 24

12 p.m. How To Train Your Dragon: The Hidden World (PG)

3 p.m. Isn't It Romantic (PG-13)

6 p.m. The Prodigy (R)

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

Sneaky ways to get your kids eating healthier

From Brandpoint

Every parent knows it can be a challenge to get kids to eat healthy foods. Serving piles of vegetables, whole grains and lean proteins might be our goal, but it might not guarantee that children will actually eat them.

Registered dietitian Dawn Jackson Blatner offers tips for upping the nutrients in family meals without your kids suspecting a thing.

Pack the meatloaf with vegetables. If meatloaf is a family favorite, you're in luck. It's easy to add finely grated vegetables like carrots into your meatloaf mix without anyone being the wiser. Carrots are loaded with nutrients such as fiber, potassium and beta-carotene. Or try adding minced celery, green peppers or spinach to meatloaf (or meatballs!) for a nutrition boost. You can also combine cooked lentils with your ground beef for a leaner meatloaf without sacrificing flavor.

Italian favorites with added veggies. When cooking Italian dishes like lasagna, adding chopped broccoli or spinach to one of your layers is an easy way to increase its nutritional value. Boost nutrition of jarred pasta sauce for any Italian dish by pureeing in your favorite cooked veggies like broccoli, carrots, squash or peppers without anyone noticing. This powered-up sauce is great for making homemade superfood pizza, too.

Asian stir fry at home. Instead of relying on Asian takeout meals, make stir fry at home. It's quick and easy, and you can buy pre-cut chicken or beef to speed up your prep time. Get fresh or frozen veggies like sugar snap peas, grated carrots, broccoli florets and pep-

pers and stir fry with soy sauce and a bit of ginger and garlic powder. It's a high-veggie, craveable meal loaded with vitamins and fiber. Serve with brown rice instead of white for even more nutrition.

Use the best ingredients. Choosing your ingredients with care makes a huge difference in nutritional value. Blatner says that using Eggland's Best eggs makes any recipe more nutritious, as they contain more than double the vitamin B12 when compared with ordinary eggs. "Vitamin B12 transforms food to energy that kids need to play and grow," says Blatner. They also contain more vitamin D, which helps a child's body

absorb calcium, a mineral that bones need to stay strong and grow properly, according to the National Institutes of Health. Compared to ordinary eggs, they have 25 percent less saturated fat, plus contain more than double the omega-3s and 10 times more vitamin E.

To celebrate National Nutrition Month this March, Eggland's Best and Life Time 60day are challenging families across America to Plus It Up when it comes to their overall nutrition and wellness routine. For the chance to win prizes such as free product coupons, gift cards, fitness trackers, cooking equipment and more, enter the

Eggland's Best "Plus It Up" Instant Win Sweepstakes at EBPlusItUpSweepstakes.com.

One grand prize winner will receive \$5,000 to plus up their family's fitness routine!

Try this family favorite recipe:

Baked Chicken Nuggets

■ **Prep Time:** 10 minutes

■ **Cook Time:** 15 minutes

■ **Yield:** 6 servings

Recipe by: TerminiNator Family Kitchen

Ingredients

■ 3 boneless, skinless chicken breasts (roughly 1 pound total), cut into 1-inch pieces

■ 1 cup breadcrumbs (Panko works too!)*

■ 1/3 cup grated Parmesan cheese

■ Salt and pepper

■ 1 tablespoon Italian seasoning

■ 1 tablespoon garlic powder

■ 1/4 teaspoon crushed red pepper

■ 1 tablespoon vegetable oil

■ 1/2 cup all-purpose flour*

■ 3 Eggland's Best eggs (large)

■ **Cooking spray**

Preparation

Preheat oven to 450 F.

In a shallow bowl, whisk together breadcrumbs, Parmesan cheese, salt, pepper and seasonings.

In two separate bowls, add the flour in one and whisk the eggs in the other.

Set a wire rack on a rimmed baking sheet and lightly coat rack with cooking spray.

In batches, coat the chicken in the flour, shaking off excess, then in the egg wash, then in the bread crumb mixture, pressing to adhere.

Place on rack.

Bake until chicken is fully cooked, about 12-15 minutes, flipping halfway through.

*Dawn's Healthy Swap: Use whole grain instead of regular bread crumbs and all-purpose flour!



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THE FIRST HALF

- ACROSS**
- 1 Spanish sailing ships
9 Regrets
13 Disney's Ariel, e.g.
20 Classic Italian song
21 About
22 Powell of "Rosalie"
23 Agitates
24 Ticket for a suitcase at an airport
26 Model Banks
27 "Let me think ..."
29 1836 Texas siege setting
30 Farm baby
34 "Cleopatra" director
41 Health insurance invoice
45 Off the clock for a while at work
46 "Law & Order: ..." (TV spinoff)
47 Libertine
48 Fore-and-aft rig section
51 Actress Capshaw
52 Alabama march city
54 Suffix with ranch
56 Lighten up
- 57 Trait sources
58 Randy Quaid thriller about a menacing car
62 Cherry, e.g.
63 Biblical wife of Isaac
64 "Showdown" rock gp.
65 "Aha!"
67 "Westworld" ailer
70 Those, to Juan
71 Lisa, vis-à-vis the Simpson kids
75 Anjou, e.g.
76 Pigs' hangout
77 Towed-away car, maybe
78 Route
79 "Yep, sounds about right"
81 Star of Earth
82 Pic on a web page, say
86 Start to use
89 La — Tar Pits
90 Dallas-to-NYC dir.
91 Circular gasket
93 Paella need
94 "Ay, —!" (cry from Bart Simpson)
- 97 Ride ordered via app
99 — Nabisco (old corp.)
100 "Conga" singer Gloria
102 Shameless untruth
105 Branch of knowledge
108 — Hashana
109 Ungiving sort
110 Western tribe
112 First lessons
116 Like the god Anubis
122 Anchor in a forest
126 Brother of Wilbur Wright
127 Watch datum
128 Electronic device's evaluation state
129 "Sure, hon"
130 Tater
131 This puzzle's nine longest answers use only the first half of it
- DOWN**
- 1 Price
2 Pale grayish
3 Mimic a lion
4 Lye, e.g.
5 Neckline type
6 Type widths
7 Actress Lucy
8 Jr.-to-be
9 Flesh on a rack
10 A, in Iberia
11 Work unit
12 George of "King Rat"
13 Tons of a vitamin, say
14 Oxygen, e.g.
15 Do one's part again?
16 — jongg
17 Prop-ender
18 Summer Games gp.
19 Dwight Gooden's nickname
25 Eur. nation
28 Nero's 1,150
31 Just slightly
32 — Zedong
33 Highest-quality
35 AFL-
36 Urge along
37 Annoyed
38 Be on a slant
39 Not punctual
40 Barely gets, with "out"
41 Orig. texts
42 "Nurse Jackie" actress
43 All-work-and-no-play Jack, per an adage
44 Michael of "Juno"
49 Goat's bleat
50 PC character format
53 West and Busch
55 Took way too much, in brief
57 "Shucks!"
59 Dean who invented the Segway
60 Laid up
61 Lerner's partner
62 — wip (dessert topping)
63 In medias —
66 Control on a sound mixer
67 1971 Donny Osmond hit
68 Non-barking hunting dog
69 Italian gold
72 Red Sox Hall of Famer Bobby
73 Ill-bred guy
74 Jekyll and —
75 Jack of old talk TV
77 Tire snagger
80 Goopy camp snacks
81 Haste
83 "Give — call"
84 Disney deer
85 Ample, to L'il Abner
86 With 114-Down, phone number part
87 Part of DVD
88 Bir- x four
89 One exiling
92 Univ. senior's test
94 Prince Charles' wife
95 Sweetie, in modern lingo
96 Referred
98 Green: Prefix
101 Doe or sow
103 Pesticide banned in '72
104 — & Greg" (old sitcom)
106 So-so grade
107 Greek Week groups
111 "— Kett"
113 — tube (TV)
114 See 86-Down
115 "Let it stand"
116 Great delight
117 Plural "is"
118 Rite Aid competitor
119 Farm baby
120 Fast swim
121 Vary big bird
123 Priest's study: Abbr.
124 Sci-fi ability
125 Suffix of ordinals

Sudoku

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

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: Y equals T

VOBEK YOK GQUBK GBWOY OSUK
NDLYOKL CDZCKIDKAY UKLCBQAC,
YOBC VBEE ZK YOK NBLCY SGQAW
CKIDKEC.

Last week's CryptoQuip answer

In order to keep folks from getting seasick, we were all told to drink an ocean motion potion.

last week's answers

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

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

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)



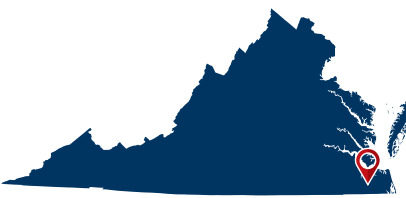
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AT THE 2019 MILITARY SPOUSE AWARDS



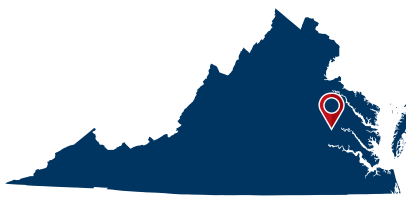
NORTHERN
VIRGINIA

04.16.19
TUESDAY



HAMPTON
ROADS

05.02.19
THURSDAY



CENTRAL
VIRGINIA

05.16.19
THURSDAY

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