



OSPREYS SIGHTED AT NAVAL WEAPON STATION YORKTOWN

MV-22B Ospreys conducted training exercises at Naval Weapon Station Yorktown on March 22. See our photos.

»See **A6**

HOMETOWN POST OFFICE DEDICATED TO USS FITZGERALD SAILOR



MC2 Cameron M. Stoner

Parents of Gunner's Mate Seaman Dakota Kyle Rigsby, Shawn and Wayne Rigsby, unveil a plaque in their son's honor alongside deputy chief, tailored access operations, National Security Agency, Rear Adm. Frank D. Whitworth, during the naming dedication for the town's post office in honor of Seaman Rigsby, March 23, 2019.

By **MC2 Cameron Stoner**
Navy Public Affairs Support Element East

PALMYRA, VA.

A dedication ceremony was held at the post office in the small town of Palmyra, Virginia, March 23, to honor one of the seven U.S. Navy Sailors who lost their lives aboard the Arleigh Burke-class guided missile destroyer USS Fitzgerald (DDG 62) in the waters of Sagami Bay near the approaches to Tokyo Bay.

Families, friends and citizens of Palmyra gathered outside of the city's post office as it

was renamed in tribute to Gunner's Mate Seaman Dakota Kyle Rigsby, a Palmyra native.

Born Sept. 12, 1997, in Fort Polk, Louisiana, Rigsby grew up alongside his older brother, Trey Rigsby, his mother, Shawn Rigsby, and his father, Wayne Rigsby. In 1999, Rigsby moved to Palmyra, Virginia, where he attended the Fluvanna County High School.

"Growing up, Rigsby was fearless, caring and kindhearted," said Wayne Rigsby, Dakota's father. "He cared for everyone, even people he didn't know. He really looked out

for the little guys growing up."

When Rigsby was not busy with high school classes or his favorite hobbies of sports, video games, and Pokémon, he could be found spending his free time volunteering at the Lake Monticello Volunteer Fire Department.

"Dakota joined our fire department when he was 16 years old as a junior member," said Rich Constantino, fire chief of the Lake Monticello Fire Department. "Two years later when he was 18, he became a senior member. During his time volunteering, he helped with anything we had to do. He was a

respectable young man who was able to learn quickly and always did as he was asked without any complaints."

After graduating high school, Rigsby enlisted in the Navy as a Gunner's Mate and left for basic training at Great Lakes Naval Station in February 2016. Shortly after, Rigsby reported to 'A school' and then to his first ship, the Arleigh Burke-class guided-missile destroyer USS Fitzgerald (DDG 62), in Yokosuka, Japan.

"He had told me he always wanted to go

» See **DEDICATION** | **A7**



Bill Mesta

Military Sealift Command Total Force Management Director Mike Morris (left center) and Col. Stephen Riley, Assistant Commandant U.S. Army Transportation School (right center) officiate the ribbon cutting ceremony for the new Military Sealift Command Center for Excellence, March 25. The Military Sealift Command Center for Excellence provides civil service mariners with MSC-centric, basic training required to serve in its fleet.

Military Sealift Command opens new center for excellence

NEWPORT NEWS, VA.

Military Sealift Command hosted a ribbon cutting ceremony to signify the opening of its new Center for Excellence located on Joint Base Langley-Eustis, March 25.

The Military Sealift Command Center for Excellence provides MSC-centric basic training for newly employed civil

service mariners (CIVMAR).

"Ultimately, the new Military Sealift Command Center for Excellence is replacing the MSC training center in Earl, New Jersey," said Military Sealift Command Total Force Management Director Mike Morris, who co-officiated the ribbon cutting ceremony. "Over the next

» See **SEALIFT** | **A7**

Navy uniform policy update announced

From Chief of Naval Personnel Public Affairs

WASHINGTON

The Navy announced updates to uniform policy, grooming standards, uniform item availability and mandatory possession dates for new uniform items in NAVADMIN 075/19, released March 25.

Highlights include:

A command/unit logo shoulder patch is now an option for wear on the left shoulder pocket of the Navy Working Uniform (NWU) Type II and III in place of the Don't Tread On Me shoulder patch.

Black leather and non-leather gloves can be worn with the black NWU parka fleece liner.

NWU Type III O-6 rank insignia will be available for purchase and optional wear in silver thread starting June 1, 2019 for easier visual recognition and distinction from the E-4 insignia.

Effective June 1, 2019 all enlisted Sailors with 12 years of cumulative service in active or drilling reserve time in the Navy or Marine Corps may wear gold rating badges and gold serv-

ice stripes on dress uniforms in lieu of red rating badges and stripes.

Women have the option to wear smooth or synthetic leather flat shoes (flats) in service and service dress uniforms.

Nursing T-shirts may be worn with service uniforms, NWU Type I, II and III and flight suits.

The message provides clarification on the definition and manner of wear for ponytail hairstyles.

Effective immediately, Sailors who are assigned to Joint/Unified Commands are authorized to wear the command's identification badge only during the period of assignment.

Navy Exchange (NEXCOM) uniform stores will provide a free replacement collar if needed to improve the fit of the officer and chief petty officer (CPO) service dress white coat (choker) effective March 1, 2019.

The NAVADMIN announces the completion of the testing and evaluation of the improved female officer and CPO slacks and skirts.

It also provides the schedule for

» See **UNIFORM** | **A7**



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C-ARTS brings high-tech training to the waterfront for USS Gerald R. Ford

The Navy is using a new, high-tech approach to train Sailors on USS Gerald R. Ford's advanced, first-of-class systems--right on the waterfront.

»See **A5**



Naval Air Station North Island hosts DOD Wounded Warrior Game trials

Athletes will qualify in 11 adaptive sports: rowing, cycling, wheelchair basketball, golf, swimming, wheelchair rugby, powerlifting, shooting, archery, track and field.

»See **B1**

Peter Pan arrives in Norfolk

Don't miss 'Finding Neverland' at Chrysler Hall this weekend in Norfolk.

»See **C1**

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The first WAVES

By Naval History and Heritage Command Communication and Outreach Division

On July 30, 1942 President Roosevelt signed into law the establishment of the WAVES (Women Accepted for Volunteer Emergency Service). Establishing the WAVES was a lengthy effort. Inter-war changes in the Naval Reserve legislation specifically limited service to men, so new legislation was essential. The next few months saw the commissioning of Mildred McAfee, and several other prominent female educators and professionals, to guide the new organization. Just one year later in July 1943, 27,000 women wore the WAVES uniform.

The WAVES performed jobs in fields such as aviation, clerical, medical, communication, legal, intelligence, and science and technology. The wartime Navy's demand for them was intense as it struggled to defeat Hitler and Mussolini in Europe and the Japanese in the Pacific. At the end of the conflict, there were well over 8,000 female officers and some ten times that many enlisted WAVES, about 2 ½ percent of the Navy's total strength. In some places WAVES constituted a majority of the uniformed naval personnel and many remained in uniform to help get the Navy through, the post-war era. On June 12, 1948, President Harry Truman signed Public Law 625, the "Women's Armed Services Integration Act", which approved regular and Reserve component status for women in the military and disbanded the WAVES.

Women are an essential part of our nation's military tradition. Throughout the U.S. Navy's over 240 years' of history, its female Sailors have steadily integrated into jobs that were once opened only to males. Women make up about 15 percent, of the U.S. military's 1.4 million active-duty personnel. Over the past decade, more than 280,000 women have deployed in support of operations in Iraq and Afghanistan. Today is a great day to celebrate the accomplishments of Women through our

nation's history. Answering the Call

1862

In 1862, Sisters of the Holy Cross served aboard USS *Red Rover*, the Navy's first hospital ship, joining a crew of 12 officers, 35 enlisted, and others supporting medical care. *Red Rover* remained the only hospital ship in the Navy until the Spanish-American War.

1908

Congress established the Navy Nurse Corps on 13 May 1908. The Surgeon General selected Esther Voorhees Hasson as the Superintendent because of her extensive experience as an Army contract nurse aboard hospital ship USS-*Relief* during the Spanish-American War.

1917–1918

Secretary of the Navy Josephus Daniels announced that the Navy will enlist females on 17 March 1917. Most of the 11,000 female yeomen worked in the nation's capital filling a variety of jobs including draftsman, interpreters, couriers, and translators. Late in the war, the Navy enlisted 24 African-American women who worked in the Navy Department building. Three hundred-seven women enlisted in the Marine Corps during World War I. Like the Yeomen (F), they were limited to the enlisted ranks; the majority of them served in Washington, D.C., as accountants, paymasters, recruiters, and stenographers. Fifty-seven Yeomen (F) and two female Marines died from the 1918 Influenza. Navy nurses treated patients in hospitals within the United States, overseas, and on hospital ships during World War I.

1941–1945

Over 11,000 Navy nurses served at naval shore commands, on hospital ships, at field hospitals, in airplanes, and on 12 hospital ships. Lieutenant Ann Bernatitus, Navy Nurse Corps, escapes from the Philippines just before the Japanese invaded; she later becomes

the first recipient of the Legion of Merit award. Eleven Navy Nurses were prisoners of war in the Philippines from 1941 to 1945; they received the Bronze Star for their heroism. President Franklin D. Roosevelt signed Public Law 689 creating the Navy's women reserve program on 30 July 1942. Lieutenant (j.g.) Harriet Ida Pickens and Ensign Frances Wills were commissioned as the first African-American WAVES officers in December 1944. They were members of the final graduating class of the Naval Reserve Midshipmen's School (WR) at Northampton, Massachusetts. Also in 1944, Public Law 238 granted full military rank to members of the Navy Nurse Corps. Sue Dauser, the Director of the Navy Nurse Corps, received a full commission in the rank of Captain, thereby becoming the first female in that rank.

New Opportunities, New Achievements Postwar Years to 1990s

1948–1949

The Women's Armed Forces Integration Act of July 30, 1948, allowed women to serve in the peacetime military with some restrictions. Edna Young became the first black enlisted female to serve in the regular Navy in 1948; she later retired as a Chief. Annie Neal Graham became the first black female to enlist in the United States Marine Corps on September 8, 1949.

1961

In 1961 Lieutenant Charlene T. Suneson, USNR, reported for duty to the Officer of the Day, Lieutenant (j.g.) J. A. Bishop, USN, on board USS *General W. A. Mann* (AP-112). She became the first line WAVES officer to be ordered to shipboard duty.

1972

Captain Arlene Duerk, a World War II and Korean War veteran, served as Chief of Nursing Service, Naval Hospital Great Lakes until 1970, when she was promoted to Director, Navy Nurse Corps. Two years later she became the Navy's first female admiral. On August 7, 1972, Chief of Naval Operations Elmo Zumwalt Jr. issued Z-Gram 116 which expanded opportunities for Navy women. Also in 1972, the first Navy team of women trained at the Fire Fighting School, Naval Station, Treasure Island, San Francisco, California. Hospitalman Elena J. Peckenpauh was part of the team and, after training, was assigned to the hospital ship USS *Sanctuary* (AH-17), the first ship with a mixed male-female crew.

1974

Lieutenant (j.g.) Barbara Allen Rainey became the first Navy female aviator, earning her wings on February 22, 1974.

1976

Public Law 94-106 required the service academies to admit women by 1976. In the fall of 1976, women entered the Army, Air Force, Coast Guard and Naval Academies. There were 81 women in the class of 1980 at the Naval Academy; 55 of them graduated.

1978

Navy Nurse Joan C. Bynum became the first black female promoted to the rank of captain. The Navy expanded the types of ships on which women could be stationed to include tenders, oilers,



From NHHC

and other types of auxiliary ships. Previously, only hospital ships had women permanently stationed on board.

1980

Beginning in the 1980s, female helicopter pilots got the opportunity to land on aircraft carriers, one of the most challenging maneuvers that a pilot could ever tackle.

2001

Captain Vernice Armour, USMC, earned her wings in 2001. The Department of Defense acknowledged her as the first female African American combat pilot in the military during Operation Iraqi Freedom; she completed two tours in the Persian Gulf.

2006

Angela Salina became the first Hispanic woman Brigadier General in the Marine Corps on August 2, 2006.



From NHHC

1990

In 1990, then a Captain Marsha J. Evans assumed command of Naval Station, Treasure Island, San Francisco, California, thereby becoming the first woman to command a naval station. Lieutenant Commander Darlene Iskra became the first Navy woman to command a ship.

1993

In 1993, Congress repealed the Combat Exclusion Law, thereby allowing women to serve on combatant ships. Rear Admiral Louise C. Wilmot became the first woman to command a naval base; she assumed command of Naval Base Philadelphia on July 7, 1993. As the naval base commander, Rear Admiral Wilmot was responsible for all naval stations and facilities in the Philadelphia area.

1996

Carol Mutter became the first female three star officer in the military; Patricia Tracey became the second a few months later.

1998

Lillian Fishburne became the first black female promoted to flag rank in February 1998. On 10 June 1998, Commander Maureen A. Farren became the first woman to command a combatant ship when she took command of USS *Mount Vernon* (LSD-39), an amphibious dock landing ship.

Leadership in the Modern Navy 21st Century

2008

Captain Barbara A. Sisson retired in 2008 after a pioneering 28 year career in the Navy's Civil Engineer Corps. She distinguished herself as the first female instructor at the Civil Engineer Corps Officer School and the first female regimental commodore of a CD regiment, the 3rd Naval Construction Regiment. Zenaida Colon, a native of Puerto Rico and the Navy's only female master chief aviation support equipment technician (Aviation and Surface Warfare qualified), joined the crew of USS *Bataan* (LHD-5).

2010

Secretary of the Navy Ray Mabus announced on January 9, 2010, that women would be assigned to Ohio-class submarines. Commander Sara Joyner, who was selected for promotion to captain, is the first women selected to head a Carrier Air Wing.

2012

Vice Admiral Nanette DeRenzi became the 42nd Judge Advocate General of the Navy. Female Navy medical personnel were assigned to Marine Corps combat battalions after those positions were opened to women in May 2012.

2014

Michelle Howard became the first woman promoted to four-star admiral. Rear Admiral Margaret Kibben became the first female chief of Navy Chaplains.



From NHHC

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NEWS FROM NAS OCEANA

6 NAS Oceana Sailors promoted through MAP

By MC3 Mark Thomas Mahmood

VIRGINIA BEACH, VA.

As the Navy evolves, it continues to look for ways to recognize and reward exceptional Sailors. One of these ways is through the Meritorious Advancement Program, which provides commanding officers greater authority in promoting highly motivated Sailors who exhibit superior performance.

Six Sailors assigned to Naval Air Station Oceana were promoted March 18 through the Meritorious Advancement Program:

Aviation Boatswain's Mate (Handling) 2nd Class Timothy Williams, Culinary Specialist 3rd Class Yarumi Leon, Culinary Specialist 1st Class Tawny Rector, Master-at-Arms 3rd Class Joseph Reyes Cedeno, Master-at-Arms 3rd Class Michael Wilder, Master-at-Arms 2nd Class Jesse Culbertson.

MAP is part of the Navy's on-going talent management initiatives used to empower the command triad to advance their top performing Sailors. MAP provides commands the opportunity to recognize their best Sailors, advancing them when they are ready for the next level of responsibility.

"The goal of the Meritorious Advancement Program is to award the best of the best immediately, without waiting until after the advancement exams," said NAS Oceana Command Master Chief Lee Salas.

The various departments throughout NAS Oceana nominated Sailors who were screened through multiple levels. When considering who to advance, board members evaluated Sailors who participated in community relations events, furthered their education or did things expected of someone at a higher pay grade.

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

The move to two seasons, which overlap the Navy-wide advancement exam cycles, is designed to incentivize selection of the most deserving Sailors – without regard for how they might fare on the exam.

"The two-cycle MAP program aligning with our advancement exams allows us to decide who we want to promote without risking them not filling



MC3 Mark Thomas Mahmood

Aviation Boatswain's Mate (Handling) 2nd Class Timothy Williams receives his new rank from Chief Aviation Boatswain's Mate (Equipment) Victor Paulino on board Naval Air Station Oceana. Williams was selected for advancement through the Meritorious Advancement Program.

that quota because of the exam," said Salas.

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

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

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

Following feedback from the deckplates and command leadership teams, MAP will account for approximately 20 percent of all E-4 through E-6 advancements for 2019.

To surprise each of the newly advanced Sailors, Salas and Capt. Chad Vincelette, NAS Oceana's commanding officer, visited each of the departments, pointing out a few Sailors who were "out of uniform" (not wearing their new, higher rank).

The advanced Sailors were then presented with their new ranks in front of their departments.

"I wasn't really expecting [to be advanced]," said Wilder. "I was very surprised to see this happen today. Being recognized for the things I've done makes me feel like my work doesn't go unnoticed."

Rector, who has taken the E-6 advancement exam six times, says it's unbelievable to finally wear the rank of petty officer 1st class.

"It's very rewarding," said Rector. "I can't wait to pay it forward to my junior personnel by teaching them the things I was taught that put me where I am today."

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Preventing pollution from car, lawn and pool maintenance

By Amy Hardy
PWD NSA Hampton Roads Water Program Manager

This article serves as part two in a four article-series on everyday habits that residents can adopt to prevent pollution from stormwater runoff and to protect our local waterways. Following parts of this series will be presented in future issues of The Flagship.

Stormwater pollution results when precipitation (rain or snowmelt) runs over surfaces picking up pollutants (pesticides, fertilizers, construction site sediments, pet waste, litter, etc). These pollutants can significantly degrade water quality and threaten aquatic, wildlife, and human health. In addition, stormwater pollution impacts our drinking water supplies and use of waterways for recreational activities such as swimming, fishing, and boating.

Runoff from our lawns, rooftops and driveways drain directly into the stormwater system. This system discharges water directly to nearby streams, lakes, or bays without treating the water first to remove contaminants. Because of this, it is important for us to prevent pollutants from being washed into these storm drains from our car, lawn, and pool maintenance activities. The facts related to pollution can be staggering:

- A single quart of oil can pollute 250,000 gallons of drinking water (NDRC, 1994).

- Recycling just one gallon of used oil can generate enough electricity to run the average household for almost 24 hours (Philadelphia Water Department, A Homeowner’s Guide to Stormwater Management, January 2006).

- Pesticides are toxic to the fish and the organisms living in our waterways and are harmful to our drinking water supplies.

- Excessive nutrients from fertilizers result in an overgrowth of algae and plants which depletes the necessary oxygen for fish.

- Back wash residues, algaecides, and acid washes from routine swimming pool and spa maintenance can be very harmful if discharged into our waterways.

Below are tips we can all adopt to help keep our local waterways healthy!

Vehicle Maintenance:

Using the following tips for proper car and truck maintenance can prevent pollutants such as oil, heavy metals, and toxic materials from entering the storm drain:

- Frequently check your vehicle for leaks by examining the pavement in your driveway or garage and use drip pans to capture the leaky substances until you are able to completely repair the leak.
- Properly dispose of or recycle used or unwanted oil, transmission fluid, antifreeze, and batteries. Never dump or allow these materials to leak onto paved surfaces that connect to the storm drain system.

- Carefully store vehicle maintenance supplies in tightly sealed containers to prevent spills. Cracked batteries should be stored in secondary containers until properly disposed or recycled.

In the case of a spill, use an absorbent material to contain the potential pollutant, clean it up immediately once absorbed, and properly dispose of the spill and cleanup materials.

Special tip: Empty liquid detergent bottles are excellent for storing vehicle maintenance fluids because the lids seal tightly.

Lawn Maintenance:

Using the following tips for proper lawn care and maintenance can prevent pollutants such as pesticides, fertilizers, lawn clippings and leaves from entering the storm drain:

- Use pesticides and fertilizers sparingly and never before it rains. If you believe that your soil needs nutrients, have your soil tested first so that you know the best way to solve the problem without causing pollution.
- Composting and/or using organic fertilizers are highly recommended to prevent pollution.
- Do not use a leaf blower or sweep your leaves and grass clippings into the storm drains around your home. This clogs storm drains which can cause flooding issues and adds excessive nutrients to our waterways. Grass clippings hold the fertilizers or pesticides that are applied to your

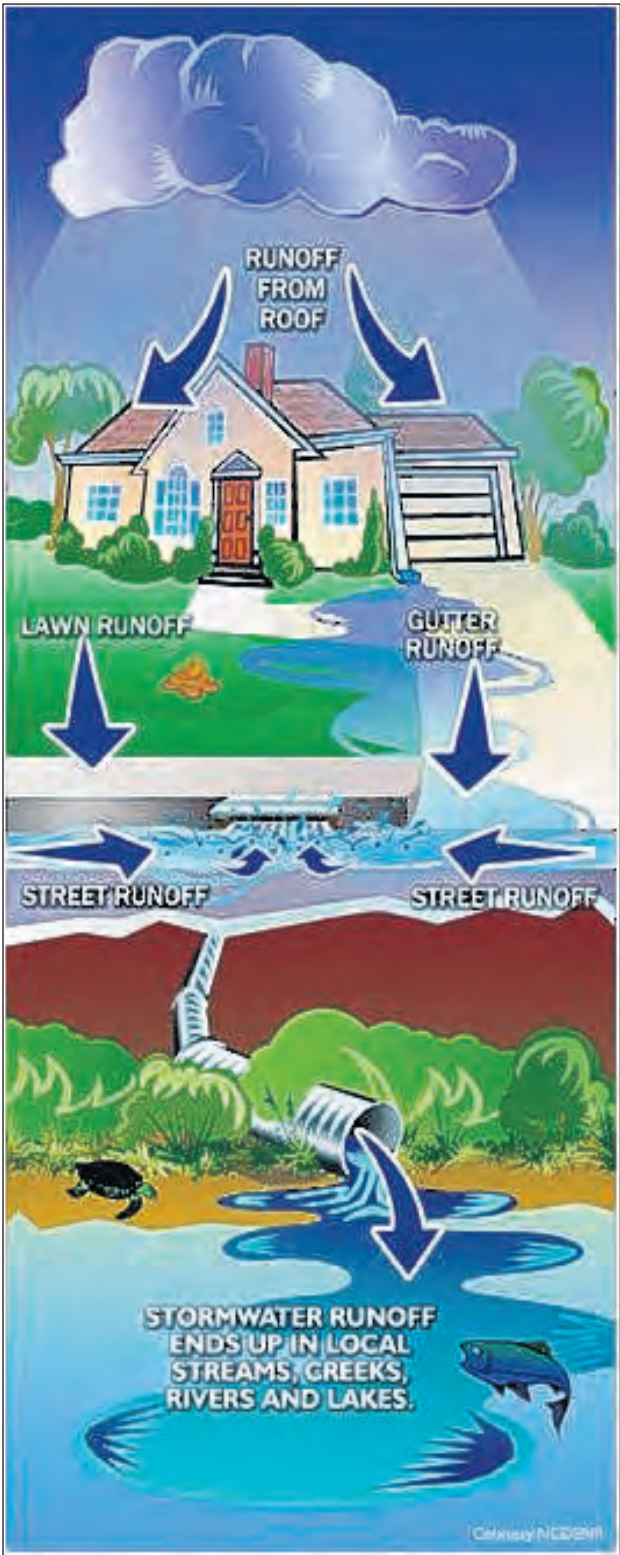
lawn, and if blown into the nearby storm drains will carry these pollutants into the downstream waterways.

Special tip: Instead of bagging your lawn clippings and leaves, use your lawn mower to mulch the lawn waste and allow it to spread over your lawn which will act as a natural fertilizer. This will also help you save money because you will not have to pay for fertilizers and will help get that nice green lawn!

Pool Maintenance:

Using the following tips for proper pool maintenance can prevent chlorine from entering the storm drain:

- Drain your pool waters to the sanitary system if possible and allow by local ordinance. The sanitary system provides treatment before discharge to local waterways.
- If draining your pool water to the stormwater system, only drain your pool when a test kit demonstrates that the chlorine levels have dissipated and are no longer detected. The pH should be between 6.5 and 8.5 before discharging.
- Never clean or rinse a pool or spa filter over a paved area that leads to a storm drain. Only rinse in a sink that is connected to the sanitary system or over a lawn that will absorb and infiltrate the runoff.
- Carefully store your pool chemicals in a covered area and in tightly sealed containment to prevent spills and/or exposure to precipitation.
- Prevent algae buildup and the need for additional chemicals with regular cleanings and maintaining consistent chlorine levels.



From NAVFAC

- Avoid the use of the more toxic copper-based algaecides by using an alternative such as sodium bromide.

Thanks for reading this article and hopefully you can incorporate some of these pollution prevention techniques into your daily

habits to help protect our local waterways. Be sure to pick up a future issue of The Flagship and read article 3 in this series which will discuss pollution that results from pet waste and what we can do to prevent it.

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MC3 Brett Walker

The Carrier-Advanced Reconfigurable Training System (C-ARTS) is used by Sailors assigned to the aircraft carrier USS Gerald R. Ford (CVN 78) to increase their knowledge and understanding of vital equipment and systems for the first-in-class carrier. Gerald R. Ford is undergoing its post-shakedown availability at Huntington Ingalls Industries-Newport News Shipbuilding.

C-ARTS brings high-tech training to the waterfront for USS Gerald R. Ford

From PEO Aircraft Carriers Public Affairs

WASHINGTON

The Navy’s aircraft carriers program office is using a new, high-tech approach to train Sailors on USS Gerald R. Ford’s (CVN 78) advanced, first-of-class systems -- right on the waterfront.

The Carrier-Advanced Reconfigurable Training System (C-ARTS), in operation since December 2018, is currently housed pier-side in a customized mobile training facility. C-ARTS can be quickly reconfigured to deliver the desired training, blending traditional classroom training, virtual reality, augmented reality and “mixed reality” training, followed by hands-on training on board the ship.

“The Ford class is built with

some of the most technically advanced systems ever installed and requires a robust training program to support them,” said Rear Adm. Brian Antonio, program executive officer for Aircraft Carriers. “Our team realized early-on the need to quickly bring exceptional training to our Ford Sailors, but also in a way that would be aligned to the Navy’s Sailor 2025 training concepts.”

The first 11 Gerald R. Ford Sailors to use C-ARTS trained as fiber optic cable repair technicians. Ford is the first carrier in the fleet outfitted with over five miles of fiber, so the course allowed Sailors the opportunity to gain new skill sets on this advanced shipboard technology.

“C-ARTS is definitely a great way for Sailors to learn; it’s convenient that it’s located close to the ship and it helps better us for

the ship,” said Electrician’s Mate 2nd Class (AW/SW) Logan Baron, who was among the first group trained. “When we go back to the ship, I know that we will be more knowledgeable about fiber optics and can help better the ship by working to fix any problems that might occur.”

Subsequent C-ARTS training groups have covered high-voltage electrical safety and air conditioning maintenance. An additional 72 crew members are scheduled to attend six C-ARTS courses by the end of March 2019.

“Approximately 104 different courses are currently being modified or developed to be delivered within the C-ARTS delivery methodology, incorporating over 1,500 contact hours of training,” said Capt. Ron Rutan, program manager for the CVN 78-Class Program Office (PMS 378). “Training

content supports future demand signal changes as the learning process matures.”

Although two C-ARTS trainers are currently located pier-side at Huntington Ingalls Industries-Newport News Shipbuilding, Newport News, Virginia, while Gerald R. Ford undergoes a post-shakedown maintenance availability, by summer 2019 the trainers will be moved to a semi-permanent C-ARTS training site located 1,200 feet from the ship’s pier at Naval Station Norfolk, Virginia.

PEO Aircraft Carriers is responsible for the development and delivery of cost-effective, ready, relevant training covering a wide range of new and technologically-advanced systems to thousands of Sailors and support personnel over the next decade, and C-ARTS will allow 21st-century Sailors to train on Ford’s 21st-century technology.

“Traditionally, Sailors are required to travel to the location where the training is being con-

ducted. Funding this type of approach, which includes training facility updates and maintenance, as well as the personnel required to run the facility, are becoming too expensive, said Antonio. “Cost and schedule factors are increasingly prohibitive for the Sailors, as well. Logistical costs such as travel, lodging and meals, coupled with costs associated with increased time away from work and decreased productivity, impact the mission. And the challenge that traditional training poses to Sailors’ work/life balance cannot be ignored.”

PMS 378 has worked closely with the Office of Naval Research to bring this new technology to enhance Ford-class training. As C-ARTS continues to deliver tangible benefits to carrier Sailors, there may be opportunities to leverage this technology throughout the Navy in the future.

For more news from Naval Sea Systems Command, visit www.navy.mil/local/navseal/.

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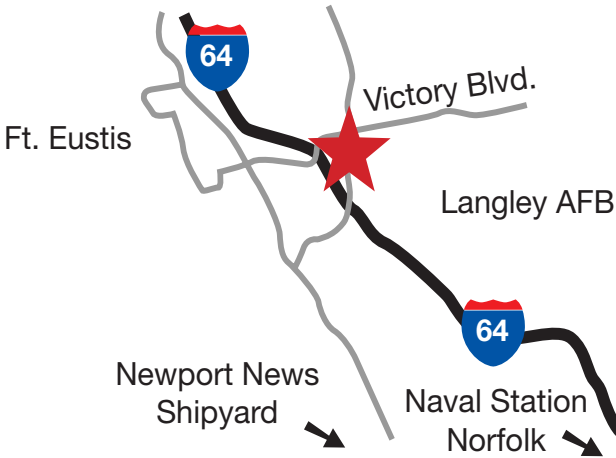
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MARMC volunteers vital to Fitzgerald availability

By **Hendrick Dickson**
Mid-Atlantic Regional Maintenance Center (MARMC)

NORFOLK

Members from Mid-Atlantic Regional Maintenance Center (MARMC) Waterfront Operations Department have had a continuous presence aboard USS Fitzgerald (DDG 62) since it began repairs at Huntington Ingalls (HII) in Pascagoula, Mississippi, last year to ensure the ship is returned to the fleet mission-ready.

In June 2017, the Arleigh Burke-class guided missile destroyer collided with the Philippine-flagged ACX Crystal, leaving extensive damage to the starboard side above and below the waterline. The ship began an Extended Dry-Docking Selected Restricted Availability (EDSRA), which included restoration, modification and modernization. The availability has been a total team effort with the three major regional maintenance centers (RMC) playing a role in planning and execution.

“We have project managers (PM) and shipbuilding specialists (SBS) from all

three Regional Maintenance Centers (RMCs), Southeast Regional Maintenance Center (SERMC), Southwest Regional Maintenance Center (SWRMC) ,and MARMC taking lead in the availability,” said MARMC Project Manager (PM) Kenneth Millington.

Millington is one of several MARMC members who has volunteered to go to Mississippi and help lead the EDSRA, which includes more than 400 work items along with the collision repairs. Due to fiscal constraints, the volunteers can only serve in Pascagoula on a six-month assignment, making up a diverse, continuously rotating maintenance team.

“Being a project manager is like being in a brother and sisterhood,” said MARMC Project Manager Brian Campbell, who was assigned to Fitzgerald from February to August. “It’s a vocation, and all the tools that we use are the same across the board. We come from the same gene pool. We all speak the same language, so it makes the turnover process more fluent.”



MC2 William McCann
The Arleigh Burke-class guided-missile destroyer USS Fitzgerald (DDG 62) is loaded onto the heavy lift transport MV Transshelf. Transshelf will transport Fitzgerald to Pascagoula, Mississippi to complete repairs.

“The first six months, every day was about learning,” said Campbell.

Fitzgerald is scheduled to end its availability in February 2020. Even after some members have returned to respective jobs, they are still paying attention to the progress in case they have to go back to help complete the mission.

“The job is not done. If I put my name on something, I don’t want it 50 percent, I want it through 100 percent and deliver the Navy a finished product so when she sails, she is ready and capable of meeting all her operational commitments,” said Millington.



David L. Stoltz
The guided-missile destroyer USS Fitzgerald (DDG 62) arrives at the port of Pascagoula, Miss., Friday, Jan. 19, 2018 aboard the heavy lift transport vessel MV Transshelf. Fitzgerald will begin restoration and modernization work at Huntington Ingalls' Industries shipyard in Pascagoula.

Ospreys sighted at Naval Weapon Station Yorktown



Travis J. Kuykendall
An MV-22B Osprey assigned to Marine Medium Tiltrotor Training Squadron 204, based out of Cherry Point, N.C., takes off from Naval Weapons Station Yorktown during a training exercise, Mar. 22.



Travis J. Kuykendall
An MV-22B Osprey assigned to Marine Medium Tiltrotor Training Squadron 204, based out of Cherry Point, N.C., prepares to land at Naval Weapons Station Yorktown during a training exercise, Mar. 22.



Travis J. Kuykendall
Capt. Matthew Kosnar, commanding officer of Naval Weapons Station Yorktown, and Sailors and Marines board an MV-22B Osprey assigned to Marine Medium Tiltrotor Training Squadron 204, based out of Cherry Point, N.C., during a training exercise, Mar. 22.



Travis J. Kuykendall
Sailors and Marines don flight gear as they prepare to board an MV-22B Osprey assigned to Marine Medium Tiltrotor Training Squadron 204, based out of Cherry Point, N.C., at Naval Weapons Station Yorktown during a training exercise, Mar. 22.

DEDICATION | *Post Office named after USS Fitzgerald sailor*

Continued from A1

see the world and the Navy was the best way for him to do that,” said Shawn Rigsby, Dakota’s mother. “He was my outgoing and energetic son who was always outspoken and never let anyone bully him or let anything get him down.”

As families and friends gathered under a national ensign hoisted up by a Lake Monticello Fire Department fire truck, they began to share their favorite memories of their time with him.

“I remember when we went to the Mayhem Festival and saw Avenged Sevenfold,” said step-mother Nikki Rigsby. “Avenged Sevenfold was my favorite band and it was his too, so it was just a very happy day for the both of us.”

His brother Trey also shared memories of time spent together.

“My favorite memory with him was being able to walk out with him for senior night for football,” said Trey. “I will never forget how cold it was when I walked out onto the field with him in my letterman jacket.”

The idea to dedicate Rigsby’s hometown post office in his honor came from Virginia Congressman

Thomas A. Garrett Jr., who submitted Public Law 115–209 to Congress. The act was meant “to designate the facility of the United States Postal Service located at 13683 James Madison Highway in Palmyra, Virginia, as the ‘U.S. Navy Seaman Dakota Kyle Rigsby Post Office.’ ”

Rear Adm. Frank D. Whitworth III, National Security Agency, expressed the importance of the ceremony as he delivered remarks during the dedication.

“While driving the roads of Virginia today and in this wonderful town of Palmyra, and while witnessing Scouts, police, firefighters, and citizen leaders demonstrate this community’s pure ethos of service, it became clear that Seaman Rigsby’s legacy enters a new phase with this post office dedication - the legacy of inspiration,” said Whitworth. “There is no doubt that generations of young people will enter this building, see the plaque that bears Seaman Rigsby’s name, learn about his life of service, and then be inspired to serve others, as well. What a fitting and lasting tribute to an American hero.”



MC2 Cameron M. Stoner

Family and friends of Gunner’s Mate Seaman Kyle Dakota Rigsby, a Palmyra, Virginia native, pose for a photo in front of his hometown post office dedicated in his honor. Seaman Rigsby was one of seven U.S. Navy Sailors who lost their lives aboard the Arleigh Burke-class guided-missile destroyer USS Fitzgerald (DDG 62), when it collided with the Motor Vessel ACX Crystal on 17 June 2017, in the waters of Sagami Bay near the approaches to Tokyo Bay.

NAVFAC Atlantic Commander highlights importance of engagement with industry in address to small business conference

From NAVFAC Atlantic Public Affairs

NORFOLK

Commander, Naval Facilities Command (NAVFAC) Atlantic Rear Adm. Darius Banaji stressed the importance of close co-operation between the Navy and private sector businesses to 470 men and women representing 250 different organizations during the 2019 Hampton Roads Post of the Society of American Military Engineers’ (SAME) Small Business Outreach and Industry Day on March 19th in Norfolk, Va.

Banaji presented an overview of the NAVFAC mission in support of the National Defense Strategy, outlining the command’s role in sustaining the warfighter. He emphasized the vital role played by private businesses who support the Department of Defense, and encouraged them to consider “NAVFAC first.”

“NAVFAC’s mission, actually, our role together, in this grand strategy,” asserted Banaji, “is to provide the infrastructure and support facilities here in the U.S. and

abroad necessary to train, project and regenerate these highly lethal forces. Supporting the warfighter is why NAVFAC exists and it’s why we are here today. You and I are partners in this grand effort.”

NAVFAC manages the planning, design, construction, contingency engineering, real estate, environmental and public works support for U.S. Navy shore facilities around the world. Each year NAVFAC conducts an annual volume of business in excess of \$11 billion, providing the U.S. Navy forces with the operating, expeditionary, support and training bases they need to meet their global mission. Last year NAVFAC Atlantic awarded nearly 14,500 contracts worth \$3.4 billion to support U.S. Navy forces throughout the NAVFAC Atlantic area of operations. Banaji emphasized that a significant portion of contracts being awarded this year are going to small businesses.

“To date this year, we’ve already awarded nearly 3,000 contracts worth \$600 million,” said Banaji. “We look to award much more in the next six and one-half months.”

Banaji’s remarks supported the frame-

work of NAVFAC’s recently released Strategic Design 2.0, which describes the three lines of effort central to the systems command’s (SYSCOM) contributions to maintaining the maritime superiority of the United States. The lines of efforts include 1) enabling warfighter lethality, 2) maximizing naval shore readiness and 3) strengthening the SYSCOM team. In support of these lines of effort, the SYSCOM is focusing on two primary themes: the development of a work force ready to meet new challenges, and the timely delivery of needed products and services.

“Delivery is about better performance, affordability, and achieving results on a relevant timeline,” Banaji emphasized. “We must build and maintain bases with greater quality, speed, and agility.”

Banaji appealed to private sector businesses who support the NAVFAC mission for closer cooperation in maximizing naval shore readiness.

“We need earlier and more frequent engagements with you to hear industry input as we strive for the right acquisition strategy

and technical solutions.”

Founded in 1920, SAME’s mission is to unite public and private sector individuals and organizations from across the architecture, engineering, construction, environmental, facility management, contracting and acquisition fields and related disciplines in support of the United States’ national security. SAME Hampton Roads’ Small Business Outreach and Industry Day facilitates collaboration between government agencies and both large and small businesses, allowing businesses to actually meet the Government representatives that are generating contract requirements. Many of these small businesses would not have opportunities to meet with Government representatives if not for events like this conference.

Naval Facilities Engineering Command: The Facilities and Expeditionary Combat Systems Command

NAVFAC is the Systems Command that delivers and maintains quality, sustainable facilities, acquires and manages capabilities for the Navy’s expeditionary combat forces, provides contingency engineering response, and enables energy security and environmental stewardship. Additional updates and information about NAVFAC can be found on social media sites Facebook and Twitter. Become a Fan at www.facebook.com/navfac and follow us at www.twitter.com/navfac.

SEALIFT | *MSC opens new center for excellence*

Continued from A1

year all of the newly hired MSC civil service mariner training is transitioning from Earl to Joint Base Langley-Eustis.

“Shifting our basic training to our new facility will mean that our new CIV-MARs won’t have to be transported to the old training facility thus saving money while being more convenient and less stressful for our new teammates,” Morris added.

All newly hired civil service mariners must complete the MSC-centric, basic training curriculum to be qualified to sail in MSC’s fleet.

“The new training facility is ultimately going to be MSC’s ‘boot camp.’ This is where all of our new CIV-MARs will receive the required basic training to be able to sail with MSC,” said Bill Kordyjak, Military Sealift Command’s Afloat Training Team Director.

“Right now the facility is providing in-seat training such as trip hazard aboard ships and first aid. In the near future, we will provide hands-on laboratory training simulators to meet the practical requirements of MSC’s training pipe-line,” added

Kordyjak. “Also in the near future, current CIVMARs will be able to return to the new training facility to obtain required re-qualifications and re-certifications.”

In the near future, all laboratory training requirements such as firefighting and damage control simulators will be located at the MSC Center for Excellence.

Newly hired Civil Service Mariner and student in Military Sealift Command Center of Excellence’s first class Kiandra Wilson said, “So far the training at the new facility is going really well and she is excited about her opportunities as a CIV-MAR.”

Military Sealift Command is responsible for the safe and efficient operation of 125 civilian-crewed ships that provide underway replenishment-at-sea for U.S. Navy and allies ships, conduct specialized missions, preposition combat cargo at sea around the world, provide a variety of support services and move military equipment and supplies to deployed U.S. Forces.

For more news from Military Sealift Command, visit www.navy.mil/local/MSCL/.

UNIFORM | *Policy update announced*

Continued from A1

when the NEXCOM Customer Contact Center and Uniform Centers will have slacks and skirts, the Improved Safety Boot (I-Boot 4) and the optional physical training uniform available for purchase.

The dates for when Sailors must possess new uniforms and uniform components are listed in the NAVADMIN.

Sailors can ask questions and provide feedback and recommendations on Navy uniforms via the “Ask the Chiefs” email, on the Navy Uniform Matters Office (UMO) website, through MyNavy Portal at <https://www.mnp.navy.mil/>. Select Professional Resources,

U.S. Navy Uniforms and “Ask the Chiefs”. Sailors can also contact UMO via the Navy Uniform App that can be downloaded at the Navy App Locker <https://www.applocker.navy.mil/> and the Apple iTunes and Google Play stores.

Read NAVADMIN 075/19 in its entirety for details and complete information on all of the announced uniform changes, updates and guidelines at www.npc.navy.mil

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

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U.S. 7th Fleet units complete advanced training
Three guided missile destroyers, a guided missile cruiser, and two amphibious ships of the FDNF completed Surface Warfare Advanced Tactical Training March 18, while operating in the Philippine Sea.

»See **B4**



NAVAL AIR STATION NORTH ISLAND HOSTS DOD WOUNDED WARRIOR GAME TRIALS

Information Systems Technician 1st Class Ruth Freeman, from Durham, N.C., participates in the 2019 Navy cycling trials at Naval Air Station North Island, Calif., March 17, 2019. The 2019 Navy Trials is an opportunity to compete for a spot on Team Navy that will go head-to-head with other military services at the 2019 Department of Defense Warrior Games. Navy Wounded Warrior-Safe Harbor and NAS North Island are hosting the Navy Trials, in which athletes will qualify in 11 adaptive sports: rowing, cycling, wheelchair basketball, golf, swimming, wheelchair rugby, powerlifting, shooting, archery, track and field.

By MC2 Adam Brock
Naval Air Station North Island Public Affairs

NAVAL AIR STATION NORTH ISLAND, CALIF.

Much of the nation may be focused on the NCAA Final Four basketball playoffs that kicked off this week, but there is another group of motivated athletes who are also competing for pride and glory - veterans from the U.S. Navy and U.S Coast Guard competing for a chance to participate in the

2019 DOD Wounded Warrior Games later this year. Fifty-five athletes contested in 11 events including rowing, cycling, wheelchair basketball, golf, swimming, wheelchair rugby, powerlifting, shooting, archery, track and field. It's the first time that Naval Air Station North Island has hosted the trials, which were held March 13-22. The games are part of the Navy Wounded Warrior-Safe Harbor (NWW) program, which provides individually-tailored assist-

ance designed to optimize the success of the wounded warriors' recovery, rehabilitation and reintegration activities. NWW is solely responsible for coordinating the non-medical care of seriously wounded, ill and injured Sailors and Coast Guardsmen, including introducing service members to adaptive sports, as well as providing resources and support to their families and caregivers. Ron Downs, director of the Navy Wounded Warrior program said returning athletes play a major role in the devel-

opment of the team. "Watching the athletes that have been to the games or previous camps take in the new athletes and mentor them has been an incredible experience in these past eight days," said Downs. "The power of the adaptive sports program is the relationships they build while they are here and spending time with people who understand their injury or illness and what they are going through.

» See **GAMES | B7**

USS Zumwalt visits Alaska during 3rd Fleet operations

By MC2 Natalie M. Byers
U.S. 3rd Fleet, U.S. 3rd Fleet Public Affairs

KETCHIKAN, ALASKA

The lead ship of the U.S. Navy's newest class of guided-missile destroyers, USS Zumwalt (DDG 1000), arrived in Ketchikan, March 23. "My crew is excited for this outstanding opportunity to visit Ketchikan," said Capt. Andrew Carlson, Zumwalt's commanding officer. "Alaska is a strategic location when it comes to maintaining peace and stability in the Indo-Pacific region, and we value Alaskan communities like Ketchikan for their consistent support of our nation's military." The visit marks an opportunity for the crew to experience the hospitality of the Alaskan port, as well as showcase the U.S. Navy's newest class of destroyers. "I speak for Zumwalt's entire crew when I say that we are grateful to the citizens of Ketchikan for the warm welcome; we are excited to get out in town, and we are honored to connect this community with its Navy," Carlson said. During the scheduled port visit, Carlson met with Lew Williams III, mayor of the city of Ketchikan, David Landis, mayor of Ketchikan Gateway Borough, and local tribal communities.

Zumwalt is making the stop in Ketchikan after completing a visit to the Naval Surface Warfare Center, Caderock Division's Southeast Alaska Acoustic Measurement Facility (SEAFAC). SEAFAC is part of the Naval Surface Warfare Center community providing engineering exper-

tise and technical assessment for the Navy's operational units. "The facilities and technical expertise of the SEAFAC and Naval Surface Warfare Center personnel are critical components for the continued maturation and ultimately the delivery of Zumwalt capabilities to the fleet commander," said Carlson. "SEAFAC absolutely has a significant role in the ship's development, as do the Alaskan communities of Ketchikan and Saxman that are simultaneously neighbors and hosts for the U.S. Navy. Our country's global Navy is a success because of local partnerships like this." The Zumwalt-class destroyer is designed and built to execute multiple maritime missions including deterrence and power projection. The ships' stealth and ability to operate in both the open ocean and near-shore environments creates a new level of battlespace complexity for potential adversaries. Zumwalt is 100 feet longer and 13 feet wider than the Arleigh Burke-class destroyer at 610 feet long, providing the space required to execute a wider array of surface, undersea, and aviation missions. Zumwalt is under operational control of U.S. 3rd Fleet. Third Fleet leads naval forces in the Pacific and provides the realistic, relevant training necessary for an effective global Navy. Third Fleet coordinates with U.S. 7th Fleet to plan and execute missions based on their complementary strengths to promote ongoing peace, security, and stability throughout the entire Pacific theater of operations.



U.S. Navy photo illustration
An artist rendering of the future Arleigh Burke-class guided-missile destroyer USS George M. Neal (DDG 131).

SECNAV names destroyer in honor of US Navy, Korean War veteran

From Secretary of the Navy Public Affairs

WASHINGTON

Secretary of the Navy Richard V. Spencer named a future Arleigh Burke-class guided-missile destroyer, DDG 131, in honor of Korean War veteran, and Navy Cross Recipient, Aviation Machinist's Mate 3rd Class George M. Neal. Neal, a native of Springfield, Ohio, served with Helicopter Utility Squadron ONE (HU-1), a Navy Helicopter rescue unit embarked from Australian light cruiser HMAS Sydney during the Korean War. "At significant risk to his personal safety, Petty Officer Neal distinguished himself by volunteering to go into harm's way into North Korea to rescue a fellow service member," said

Spencer. "He was a hero, and I am proud his legacy will live on in the future USS George M. Neal (DDG 131)." Neal was awarded the Navy Cross for his actions on July 3, 1951, when, while serving with Helicopter Utility Squadron ONE, he and pilot Lt. j.g. John Koelsch attempted to rescue Marine Corps Captain James Wilkins. Wilkins crashed near Yondong in North Korea after his Corsair took anti-aircraft fire. Koelsch and Neal located Wilkins and under increased enemy fire lowered the rescue sling, however the helicopter was soon disabled and crashed. For nine days, Neal assisted Koelsch and Wilkins in evading enemy forces before being captured and held as a Prisoner of War. Koelsch died during captivity but Wilkins and

» See **NEAL | B7**

College admissions scam aside, kids should feel good enough

By Lisa Smith Molinari

Back in 1983, I showed up for my SAT test with two number two pencils and a pack of gum. The night before, I talked to my best friend on the phone for two hours, but never cracked a book. I don’t think there were test prep books back in those days. Besides, we figured SATs were aptitude tests. You were either smart, or you weren’t. Not much you could do about it.

When my score came back, I hadn’t broken a thousand, so I took the test again. That time, I got a 1070, and thought, “Well, I guess that’s it then.”

I picked schools from one of those three-inch-thick catalogues listing all the colleges and universities, sent off application packets, and got accepted to Miami University in Oxford, Ohio. Miami cost my parents \$12,000 per year, a small fortune for them.

When it came time for each of my three children to go through the college application process, I learned quick that times have drastically changed. With my SAT score, mediocre grades, and no recruitable skills, I would have never been accepted to Miami of Ohio today.

Not to mention the staggering cost of college in the 21st Century, which has nearly quadrupled since the 1980s. And

then, there’s the application process, which is now like entering a College Admissions Thunderdome. Every applicant for themselves, in a cut throat, competitive rat race. Featherweight kids are thrown into the ring, wide-eyed and naïve. Their parents act as cornermen, urging them to fight and applying adrenaline to stop the bleeding.

Rather than allow their high school students to shoot hoops with friends after school, parents sign them up for admissions test prep courses starting in 10th grade. Piles of thick test prep books adorn students’ bedroom floors. The least expensive online courses cost several hundred dollars, but many parents shell out big bucks for one-on-one tutoring to the tune of hundreds of dollars per hour.

Kids are told that they won’t stand a chance if their college applications don’t show evidence of leadership, advanced academics and community service, so they found obscure clubs, suffer through AP courses, and stage lame fundraisers.

If their kids have the slightest glimmer of athletic ability, parents sign them up for teams, camps, lessons, tournaments and showcases, in hopes that college coaches will take notice. They dip into their thinning wallets to pay sports video companies to create recruitment films of their kids running on soccer fields and returning

groundstrokes to jazzy music.

College interviews are scheduled, and parents help prepare their kids in the car on the way, firing questions at them and zhuzhing their hair.

Students begin writing college essays a year in advance. Original drafts are funneled through teachers, tutors, parents, and counselors who offer “editing advice.” The end product is unrecognizable, but everyone hopes the essay is improved enough to get the student into college, or earn him the Pulitzer Prize.

Applications are sent in, but that’s only Round One. Blood, sweat, and tears are shed as parents and students brace themselves for the painful uppercuts of rejection. Having been through the College Application Thunderdome with my own children, I fully understand the agony of waiting for that final bell to ring. Hoping you did all you could. Hoping your kid will get what they want.

And as if this hellish process wasn’t competitive enough, we find out that some wealthy parents have been using bribery to get their kids accepted. While the rest of us are feeling guilty that we helped our kids change a few words in their college essays, rich lawyers, wealthy CEOs, hollywood actresses, famous fashion designers, and other elites are paying upwards of one million dollars to bribe college coaches and admissions test proctors to cheat the system.

But the real losers in this process aren’t kids who got rejected from their favorite schools or necessarily the scammers facing 20 years in prison, it’s any parent – criminal or not – who makes their kid feel not good enough to get into college on his own merit.

That’s the real sucker punch.

CNIC works to build more ready, resilient Navy families

By Tim McGough
Fleet and Family Support Program Public Affairs

Commander, Navy Installations Command (CNIC) is making strides to help forge Navy families into being more ready and resilient than ever before.

As the central advocate for Navy families, CNIC is committed to fulfilling requirements laid out by the Chief of Naval Operations’ Navy Family Framework, which describes the role Navy families play in mission success, the responsibilities that the Navy has for families, and outlines organizational goals to enhance the mutual support between the Navy and its families.

“When the Navy family’s needs are taken care of, the Sailor can focus on the mission,” said Shauna Turner, director of CNIC’s Navy Family Support Program. “The Family Support Program portfolio collectively provide programs that ensure Sailors and families are mission ready and resilient, which increases the deployability, assignability and lethality of the force.”

One of the first steps CNIC’s Fleet and Family Support Program has taken in response to the priorities outlined by the CNO is a spouse engagement study, which asked for feedback from Navy spouses and leadership and CNIC headquarters staff regarding programs and services administered through Fleet and Family Support Centers at Navy installations.

“We conducted an online survey, held face-to-face focus groups, and finally we completed our study with online focus groups,” said Turner. “This study gave us the insight on what we needed to do to improve our program and to better connect with and inform our Navy families.”

As a result of feedback received through the study and in response to the CNO’s Navy Family Framework, CNIC also established a governance board with other Navy commands and non-federal agencies to seek out opportunities for program improvements. The primary working group members include Dana Richardson, spouse of Chief of Naval Operations; Dr. Barbara Burke, Navy ombudsman-at-large; Master Chief Petty Officer of the Navy Russell Smith; with Vice Adm. Mary Jackson, commander, Navy Installations Command and chair of the board.

Three sub-working groups were established within the board to focus on the key issues identified from the spouse study -- awareness, perception, accessibility, and training.

In regards to awareness, the study revealed that a number of Navy spouses are uninformed of Fleet and Family Support Program services. Turner explained that through continued communication, Navy spouses will become more aware, engaged, and hopefully the stigma associated with seeking help can be eliminated.

“Many Navy spouses as well as commands

who are aware of our programs and services view them as primarily reactive, rather than proactive,” said Turner. “We want them to know that the Fleet and Family Support Center should be their first choice, not their last resort.”

Turner continued that the Fleet and Family Support Center personnel throughout the Navy are “plugged in” to their communities. “Our program managers and analysts are at the ‘tip of the spear,’ so to speak, with our Sailors and their commands,” she said. “We are engaging with leadership, providing guidance and ensuring they are aware of legislative and policy requirements that have to do with Navy families.”

The CNO’s mandate also includes improving training and expanding the education network for Navy spouses and to engage with Navy leadership. “Based on our survey, we have already increased access to our programs,” said Turner. “We’ve developed electronic handbooks and commander’s guides. Also the MWR Digital Library offers Navy families access to e-books, reference material, and online learning that is available.”

The remaining key issues are increase access to programs and services and training for spouses and Fleet and Family Support Center personnel. Part of addressing the key issues is access to Fleet and Family Support Program services is through the Internet.

“Our aim is to deliver accessible, ready, and relevant learning at our centers but also through today’s technology,” said Crystal Griffen, deputy director of CNIC’ Navy Family Support Program. “There are Navy families without access to our centers who can get the training and information they need through their personal computers. So, we are transforming our programs, optimizing opportunities, and examining them. All of our policies, programs, practices, and processes are aligned to the CNO’s Family Framework and strengthen a sense of mission in our families.”

The Fleet and Family Support Program has also developed commander’s guidebooks, toolkits, and strategic communication plans to increase outreach and program awareness. Program managers conduct regular briefings to senior leadership and are active participants in town hall meetings and public forums that support installation leadership.

The final goal in the CNO’s Navy Family Framework is to reinforce Navy families’ connection to the Navy and to the core values of honor, courage, and commitment. With the CNIC team identifying the key issues that spouses are concerned with they are moving toward smart solutions to improve the quality of life for Navy families while they serve. Turner stated, that this is not a quick fix but an ongoing process.

“We put in the man-hours to get to the root

“ When the Navy family’s needs are taken care of, the Sailor can focus on the mission,” said . “The Family Support Program portfolio collectively provide programs that ensure Sailors and families are mission ready and resilient, which increases the deployability, assignability and lethality of the force.”

Shauna Turner, director of CNIC’s Navy Family Support Program

of what Navy spouses want,” she said. “So now we continue putting in the man hours to make sure we give them what they asked for because we are responsible for the delivery of programs and services that increase family readiness and resiliency.”

Turner also said, that keeping the Navy spouse informed, educated, and empowered is a direct line to the health and lethality of our Navy as a whole. “That’s what we do.”

CNIC’s Fleet and Family Support Programs are offered at 81 locations worldwide, with 58 of those Fleet and Family Support Centers offering a full selection of programs and services.

Find your local FFSC go to: https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/FFSC.html

For more information on the Chief of Naval Operations’ Navy Family Framework go to: https://www.cnic.navy.mil/ffr/family_readiness/chief-of-naval-operations--navy-family-framework.html

Follow Fleet and Family Support Program on Facebook and Twitter.

For more news from Commander, Navy Installations Command, visit www.navy.mil/local/cni/.



Q: What if I need to contact a Navy Housing Service Center Outside the Hampton Roads area?

A: You can visit the CNIC website at <https://www.cnic.navy.mil/ffr/housing/contact-housing.html> or email navyhousinghq@navy.mil

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Preserving Midway

By MC3 Cosmo Walrath
USS Bonhomme Richard Public Affairs

SAN DIEGO

Sailors assigned to the amphibious assault ship USS Bonhomme Richard (LHD 6) participated in a community relations (COMREL) event on the USS Midway Museum March 21.

Sailors volunteered their time to preserve the museum by renovating parts of the ship.

“The purpose of this COMREL is to get more engaged with the community,” said Religious Program Specialist 2nd Class Luis Castro. “Our commanding officer encourages us to get out there and be more involved and show how much we care about our new home [San Diego]. This COMREL is a little different as we’re working to preserve some of our history as Sailors and I think this is a great opportunity to get out to the public.”

The USS Midway Museum is a former U.S. Navy aircraft carrier that was operational from 1945 until 1992 and now serves as a museum in downtown San Diego.

“Our crew is about 280 paid staff and 800 volunteers,” said Daniel Buscemi, a retired U.S. Navy Master Chief and the senior ship repair and maintenance supervisor of the USS Midway Museum. “Eight hundred volunteers that make this thing work. I say it’s a dead carrier but it’s really a live carrier; it’s just that its mission has changed. You walk through the hangar bay and your still ducking aircraft and

there are people everywhere. If you don’t look outside it still has the feel of a functioning carrier.”

Bonhomme Richard Sailors like Airman Recruit Leopoldo Lopez Hernandez, from Houston, Texas, spent time cleaning up some of the more neglected parts of the ship in an effort to keep the museum up to standards.

“It’s a piece of our history and we have to preserve it,” said Lopez Hernandez. “The same way we preserve our ship to keep us ready, we should try and preserve this one and keep this ship ready for the people who come here to see our history.”

“The volunteers, from Bonhomme Richard for example, come over and give their time to help us preserve this ship and its mission,” said Buscemi. “The volunteers make this place work, without them we could not be successful. The volunteers create the Midway magic that people love about this place. You guys are what help us keep this place clean and functioning and we couldn’t function without people like you.”

Bonhomme Richard is in its homeport of 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>

For more news from USS Bonhomme Richard (LHD 6), visit www.navy.mil/local/lhd6/.



MC3 Cosmo Walrath

Aviation Boatswain's Mate (Handling) 1st Class Wei Zhou, from New York City, wipes down a paint locker on the flight deck of the USS Midway Museum. Sailors assigned to the amphibious assault ship USS Bonhomme Richard helped preserve the USS Midway Museum as part of a community relations event. Bonhomme Richard is in its homeport of San Diego.



MC3 Cosmo Walrath

Airman Recruit Leopoldo Lopez Hernandez, from Houston, Texas, scrapes grime off of a deck in a compartment aboard the USS Midway Museum. Sailors assigned to the amphibious assault ship USS Bonhomme Richard helped preserve the USS Midway Museum as part of a community relations event. Bonhomme Richard is in its homeport of San Diego.

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DoD, USDA team up to rid Guam of brown tree snakes

From Joint Region Marianas Public Affairs

ASAN, GUAM

As part of a Department of Defense-funded project associated with the Marine Corps realignment, Joint Region Marianas and the U.S. Department of Agriculture-Wildlife Services made three Brown Tree snake aerial bait applications March 11-15 to the Habitat Management Unit at Andersen Air Force Base.

The Aerial Delivery System is part of an ongoing, cooperative effort to suppress Brown Tree snakes to levels that support the reintroduction of Guam’s native birds such as the Sihek (Guam Micronesian Kingfisher) and Ko’ko’ (Guam Rail).

“The introduction of the Aerial (Delivery) System into this new phase enhances landscape level conservation efforts on Guam in our ongoing battle against the Brown Tree snake,” said Robert “Goose” Gosnell, USDA WS state director.

Continuous improvement is key according to John Salas, JRM regional environmental director.

“As we increase the effectiveness of

Guam’s snake control technology we also increase the chances that we can bring back our native seed dispersers like the sali (starling) and fanihi (fruit bat) to heal our forests.”

The aerial bait applications have provided an opportunity to invite federal and government of Guam resource agencies to review plans, observe and provide necessary input. The strategy calls for more drops mid-year and the interagency team looks forward to more opportunities for collaborative planning and participation from all Guam stakeholders.

Naval Facilities Engineering Command Marianas, University of Guam Center for Island Sustainability, USDA-Animal and Plant Health Inspection Service, Wildlife Services, and National Wildlife Research Center, and U.S. Geological Survey - Fort Collins Science Center, Guam Division of Aquatic and Wildlife Resources, U.S. Fish and Wildlife Service are all part of this coordinated, interagency conservation project.

For more news from U.S. Naval Forces, Marianas, visit www.navy.mil/local/guam/.



From USDA.gov

U.S. 7th Fleet units complete advanced training

By MC3 Codie L. Soule
Commander Task Force 70 Public Affairs

YOKOSUKA, JAPAN

For more than 45 years, the U.S. 7th Fleet’s Forward Deployed Naval Force (FDNF) in Japan has included the most advanced warships in the U.S. Navy. This month, for the first time, those FDNF ships received the most advanced tactical training to prepare to win in blue water combat.

Three guided missile destroyers, a guided missile cruiser, and two amphibious ships of the FDNF completed Surface Warfare Advanced Tactical Training March 18, while operating in the Philippine Sea.

“This advanced tactical training is the most demanding we’ve had to date for the 7th Fleet Amphibious Force,” said Rear Adm. Brad Cooper, commander, Amphibious Force 7th Fleet. “We are a more-

ready force because of this training and more importantly, we are a more lethal force as a result of this successful exercise.”

The Naval Surface and Mine Warfighting Development Center facilitated the advanced level training to increase the tactical proficiency, lethality, and interoperability of cruisers, destroyers and amphibious ships assigned to the U.S. 7th Fleet.

The warships conducted several training exercises, including anti-submarine warfare, surface warfare, air defense and amphibious warfare. Complex live-fire events included missile exercises, torpedo exercises and gunnery exercises.

“As we engaged in multi-ship advanced warfighting training against complex threats, it’s been impressive to witness how our crew’s proficiency and teamwork has evolved,” said Cmdr. Jonathan



MC1 Rufus Hucks

The Arleigh Burke-class guided-missile destroyer USS Milius (DDG 69) fires its mark 45 5 inch gun during training 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.

Hopkins, USS Milius (DDG 69) commanding officer. “Not only am I leaving this event more confident in Milius’ ability to fight at the high-end of the spectrum, but I am also extremely confident in our Navy team’s ability to fight and win.”

Units included in the training were the guided-missile destroyers Milius, USS Curtis Wilbur (DDG 54), USS McCampbell (DDG 85), the guided-missile cruiser USS Chancellorsville (CG 62), the Whidbey Island-class amphibious dock landing ship USS Ashland (LSD 41) and the San Antonio-class amphibious trans-

port dock ship USS Green Bay (LPD 20).

U.S. 7th Fleet units are forward-deployed to provide security and stability throughout a free and open Indo-Pacific.

For more news from Commander Task Force 70, visit www.navy.mil/local/ctf70/



FC2 Triston Smith

The Ticonderoga-class guided-missile cruiser USS Chancellorsville (CG 62) launched a Standard Missile (SM) 2 during a missile exercise (MSLEX) in the Philippine Sea, March 16, 2019. MSLEXs are designed to increase the tactical proficiency, lethality, and interoperability of participating units in an era of great power competition.



MC2 Jeremy Graham

A rolling airframe missile is launched from the amphibious transport dock ship USS Green Bay (LPD 20) during a missile exercise (MSLEX). MSLEXs are designed to increase the tactical proficiency, lethality, and interoperability of participating units in an Era of Great Power Competition.

SPAWAR stresses value of speed of delivering technology to the fleet at Seaport Next Generation Industry Day

By Elisha Gamboa
Space and Naval Warfare Systems Command Public Affairs

SAN DIEGO

Space and Naval Warfare Systems Command (SPAWAR) leaders and contracting experts participated in the National Defense Industry Association (NDIA) Seaport Next Generation (NxG) Industry Day, engaging with more than 300 industry representatives March 20 at the Handlery Hotel in San Diego, Calif.

SeaPort NxG is an indefinite-delivery, indefinite-quantity (IDIQ), multiple-award contract vehicle providing a wide range of engineering and program management support services and solutions for Department of Defense activities. It allows users to provide support in 23 functional areas to all Navy systems commands as well as Military Sealift Command, Strategic Systems Programs, Office of Naval Research and the United States Marine Corps.

SPAWAR Executive Director Pat Sullivan kicked off the event, emphasizing the importance of government and industry working together in today's increasingly competitive environment to efficiently and effectively deliver warfighting technologies now and into the future.

"Today we find ourselves in an era of great power competition, and now more than ever, we are looking to industry to help us increase the speed in which we get advanced capabilities into the hands of our warfighters," said Sullivan. "Seaport focuses on streamlining processes, allowing us to innovate and adapt technology faster than our adversaries, so that we can fight and win today and in the coming decades."

Also at the event, SPAWAR

Director of Contracts Nancy Gunderson and Naval Information Warfare Center (NIWC) Pacific Contracts Support Branch Head Lee Anderson briefed industry attendees on the inner workings of SPAWAR's contracts department and updated them on SeaPort contracting actions across the SPAWAR claimency.

"This industry day, with NDIA, Naval Sea Systems Com-

mand (NAVSEA), and SPAWAR coming together to share information about SeaPort-NxG and the support requirements we are currently pursuing through headquarters and NIWC Pacific, is an excellent example of the benefits that constructive and open dialogue can have on government and industry partnerships," said Gunderson.

Gunderson and Anderson also stressed the value industry part-

ners bring to SPAWAR, and the integral support they provide in achieving the command's information warfare mission.

"It's important to engage with industry frequently in order to cultivate a mutually beneficial relationship," said Anderson.

After the event, SPAWAR hosted a Seaport NxG government only session at its headquarters facility where Seaport subject matter experts provided

details on the mechanics of the system, concluding with an open discussion where government personnel asked questions and provided feedback on SeaPort NxG.

SPAWAR identifies, develops, delivers and sustains information warfighting capabilities supporting naval, joint, coalition and other national missions. SPAWAR consists of more than 10,000 active duty military and civil service professionals located around the world and close to the fleet to keep SPAWAR at the forefront of research, engineering and acquisition to provide and sustain information warfare capabilities to the fleet.

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



SPAWAR Director of Contracts Nancy Gunderson participates in the National Defense Industry Association (NDIA) Seaport Next Generation (NxG) Industry Day, engaging with more than 300 industry representatives March 20 at the Handlery Hotel in San Diego, Calif. U.S. Navy photo

Top Navy and Marine Corps leadership visit exercise Pacific Blitz 2019

From Expeditionary Strike Group THREE Public Affairs

CAMP PENDLETON

Chief of Naval Operations Adm. John Richardson and Commandant of the Marine Corps Gen. Robert Neller visited Sailors and Marines participating in exercise Pacific Blitz (PACBLITZ) 2019 throughout the southern California operating area.

PACBLITZ is a scenario-driven, amphibious exercise designed to train and integrate the staffs of I Marine Expeditionary Force (I MEF), Commander, U.S. 3rd Fleet (C3F), and major subordinate commands to include Expeditionary Strike Group Three (ESG 3). The U.S. Navy and Marine Corps team is an integral component to ensure a free and open Indo-Pacific region.

During the visit March 19, Richardson and Neller met with multiple PACBLITZ participants and were able to observe various exercise operations.

"From the Revolutionary War to today, Sailors and Marines have fought side-by-side in every clime and place, projecting power on and from the sea," said Richardson.

"Great power competition demands that the Navy and Marine Corps continue to commit to the proven power of our warfighting team."

One of the important ways the services contribute to this effort is through a joint maritime campaign that maintains a ready and lethal force capable of conducting expeditionary operations across the globe.

"Use of the sea as maneuver space remains as vital today as any time in our history," said Neller. "The amphibious fleet allows the naval force to do three basic things: each day assure our friends and deter adversaries around the world, execute a global cost imposition strategy if we have to fight, and project and sustain the force in

a contested environment."

The training environment for PACBLITZ is dispersed across the coast of southern California, including Naval Base San Diego, Marine Corps Base Camp Pendleton, Marine Corps Air Station Miramar, Port Hueneme and Naval Air Station (NAS) Point Mugu. The exercise involves command and control of simultaneous amphibious and maritime prepositioning forces, distributed maneuver, fires, intelligence and logistics support.

Richardson and Neller met with I MEF leadership at Camp Pendleton before paying a visit aboard USS Somerset (LPD 25)

to discuss well deck, flight deck, and command center operations. They also made stops at San Clemente Island and NAS Point Mugu to observe forward deployed air base and expeditionary advanced base logistics.

"This exercise represents an opportunity to assess our ability to conduct littoral operations in a contested environment," said Rear Adm. Cedric Pringle, ESG 3 commander, who accompanied Richardson and Neller during the visit and operates as deputy commander for the exercise. "As a Littoral Combat Force, our primary role is to provide decentralized command and control of both maritime and ashore assets in support of a wide range of military operations."

PACBLITZ is designed to improve naval amphibious core competencies necessary for global crisis response. Leadership highlighted the importance of lessons learned from the exercise and how they will impact the Navy and Marine Corps moving forward.

"Our joint force will complete this exercise with increased proficiency in expeditionary operations," said Vice Adm. John D. Alexander, commander, U.S. 3rd Fleet. "Our Navy and Marine Corps team is focused on employing all available assets that assist in littoral operations. What we take away from this experience will significantly enhance our readiness, our partnerships, and our lethality for the future."

Third Fleet leads naval forces in the Pacific and develops applicable training that is needed for an effective global Navy. Third Fleet coordinates with U.S. 7th Fleet to plan and execute missions based on their complementary strengths to promote ongoing peace, security, and stability throughout the entire Pacific theater of operations.

For more information on U.S. Third Fleet visit <https://www.c3f.navy.mil/>.

For more news from Expeditionary Strike Group 3, visit <http://www.navy.mil/esg3/>.



Chief of Naval Operations (CNO) Adm. John Richardson (center) and Commandant of the Marine Corps Gen. Robert B. Neller and speak to Marines during Pacific Blitz 2019. Pacific Blitz 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. MC1 Sarah Villegas



MC1 Nathan Carpenter

Members of the Armed Forces of the Philippines Disaster Response Unit cut a hole in a concrete slab during a field training exercise at the Tacloban North Public Market that simulated a response to a notional 8.5-magnitude earthquake. This exercise is the capstone humanitarian assistance and disaster response event of the PP19 visit to the Philippines. Pacific Partnership, now in its 14th iteration, is the largest annual multinational humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Pacific. Each year the mission team works collectively with host and partner nations to enhance regional interoperability and disaster response capabilities, increase security and stability in the region, and foster new and enduring friendships in the Indo-Pacific.

Pacific Partnership 2019 conducts field training exercise in Philippines

From Pacific Partnership 2019 Public Affairs

TACLOBAN, PHILIPPINES

Humanitarian assistance and disaster relief planners, medical personnel and engineers from Pacific Partnership 2019 (PP19) came together with Philippine servicemembers, local medical professionals, police, firefighters and community volunteers at the Tacloban City Market for a field training exercise (FTX) where participants responded to a simulated 8.5-magnitude earthquake, March 21.

The FTX is the capstone event after two

weeks of intensive training designed to enhance local and multilateral capabilities to respond to disasters and to facilitate co-operation between forces from participating partner nations.

“Learning how to integrate and really bolster the local community’s capability allows us to build not only a partnership, but a lasting effort for the community, improving our ability to respond to disasters both individually and collectively,” said Lt. Cmdr. Eric Hardy, Navy liaison and representative at the Joint Enroute Care Schoolhouse.

While the earthquake was simulated, it allowed participants to practice several key

techniques to use in the event of a future disaster, including search and rescue, triage, logistics, shoring of damaged buildings, and disaster planning and management.

“This is a scenario with a high probability of happening in this region, considering that we have a lot of earthquake generators – part of this province lies along the Philippine fault zone, and we are also facing the Philippine trench,” said Ray Gozon, regional director of the Office of Civil Defense.

In addition to professional agencies, 150 local volunteers participated in the event as role players, serving as disaster victims to enhance the realistic nature of the scenario and the effectiveness of the training.

“This is one of the biggest events that I have ever seen in the 16 years of my career,” said Master Sgt. Ging Yeung, one of the

planners for the exercise. “There is a tremendous amount of coordination between civilian and military units that allows them to better understand the big picture and their role in facing a disaster.”

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/.

VETERANS UNITED HOME LOANS.
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GAMES | North Island hosts Wounded Warriors

Continued from B1

They truly are a family.”

Information Systems Technician 1st Class Ruth Freeman, an active duty U.S. Navy Sailor assigned to Naval Network Warfare Command, was diagnosed with very aggressive papillary thyroid cancer in 2016. Multiple surgeries were required to remove 197 lymph nodes and her thyroid.

She attributes a portion of her positive recovery to adaptive sports.

“Being here has helped me a lot,” Freeman said. “I haven’t been very active the past three years because I have been going through treatments and surgeries but being able to participate here allows me to be more active and I can see major improvements in my recovery.”

Being involved in this competition offered Freeman more than a quest for a gold medal.

“One of my goals is to compete in the Warrior Games but that is not my biggest goal,” Freeman said. “My biggest goal is to keep active and healthy, meet more people and maintain my ability to compete locally. Just being here is a really great opportunity.”

The trials offered service members and

civilians the opportunity to assist with events.

“It’s motivating to be able to come out and see people who have been through what they have, and still be upbeat and be able to compete,” said Gas Turbine Systems Technician (Mechanical) 2nd Class Lorenzo Hicks. “They still represent their branch of service despite what they have been through. They could have easily let their injuries or situations bring them down.”

At the conclusion of the trials, coaches will meet with the Wounded Warrior staff members to determine who is selected for the U.S. Navy team.

“We look at several factors when making selections, not just athletic ability,” said Downs. “We look at how they work as a team, how their recovery care plan is going, medical appointments that might conflict with schedules. We don’t want to do anything that might interrupt that process.”

The 2019 DOD Wounded Warrior Games will be held in Tampa, Florida June 21-30.

For more information on the DOD Wounded Warrior games visit www.dod-warriorgames.com

For more news from Commander, Navy Installations Command, visit www.navy.mil/local/cni/.



MC2 Adam Brock
Naval Aircrewman (Operator) 1st Class Todd Prather, from Oak Harbor, Wash., loads an air rifle during the 2019 Navy shooting trials at Naval Air Station North Island, Calif., March 21, 2019. Navy Wounded Warrior-Safe Harbor and NAS North Island are hosting the Navy Trials, in which athletes will qualify in 11 adaptive sports: rowing, cycling, wheelchair basketball, golf, swimming, wheelchair rugby, powerlifting, shooting, archery, track and field.

NEAL | Destroyer named

Continued from B1

Neal were released and returned to the United States with more than 320 fellow POWs in 1952.

Arleigh Burke-class destroyers conduct a variety of operations from peacetime presence and crisis response to sea control and power projection. The future USS George M. Neal (DDG 131) 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, in-

cluding integrated air and missile defense and vertical launch capabilities.

The ship will be constructed at Huntington Ingalls in Pascagoula, Mississippi. 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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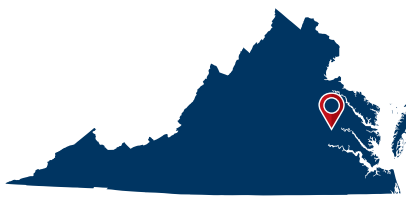
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Former First Lady, Laura Bush to speak in Norfolk

The Norfolk Forum will welcome former First Lady Laura Bush to a sold-out audience on Thursday, April 4th at downtown Norfolk's Chrysler Hall (7:30pm). Mrs. Bush will be the final speaker of The Norfolk Forum's 86th consecutive season.

» See **C2**



Jeremy Daniel (www.jeremydanielphoto.com)

BROADWAY’S FINDING NEVERLAND COMES TO CHRYSLER HALL THIS WEEKEND

By Yiorgo

If you ever wondered, how Peter Pan ever came to life, wonder no more. Finding Neverland, the winner of Broadway.com’s Audience Choice Award for Best Musical is coming to Chrysler Hall this weekend. Peter Pan, Hook, Tinker Bell, Tiger Lilly will all come to life before your very eyes. Vogue hails it as, “A must-see you’ll remember for years to come!” NPR says, “It is far and away the best musical of the year!” And NYTheatreGuide.com proclaimed it, “Full of magic, excitement, and imagination. Overall this is a show that cannot be missed!”

Based on the Academy Award®-winning film of the same name, Finding Neverland tells the amazing story behind one of the world’s most beloved characters: Peter Pan. As playwright J.M. Barrie struggles to become the writer and the man he hopes to be, he finds inspiration with the make-believe adventures of four young brothers: Jack, George, Michael and Peter and their beautiful widowed mother Sylvia.

Playing the part of Sylvia is North Carolina’s own, Ruby Gibbs.

Yiorgo: Tell us about your early life and how you got involved with musical theatre.

Ruby Gibbs: I am the youngest of three girls from Raleigh North Carolina raised by a single mother who worked extremely hard to make all of our dreams come true.

She is our hero. I started tap dancing when I was three and fell in love with it. Both of my sisters Rikki and Ruth were in all of their plays in all of their schools and I was always backstage helping out with what I could as a little sister. I kind of grew up backstage at the theatre and when it was my turn, I started in third grade joining the elective that would allow me to do musicals. I had a singing role in third grade, and again in fourth grade only singing, no lines what so ever. In fifth grade I remember asking my teacher, “What would it take for me to get just one line in this show?” She said, “You have a great singing voice, you need to work on your monologue for your audition.” I worked so hard on that monologue that I can still say it verbatim today.

When I finished presenting it, my teacher said, “Now we can put on a show.” I got the lead in fifth grade and that’s when the bug hit me and I never looked back ever sense. I continued with it in middle school, high school and Elon University in North Carolina. I knew that the only thing in the entire world that can make me happy every single day was to be telling stories and to be performing, sharing these beautiful stories with wherever I go. I Loved Elon, it was where I met my 18 best friends, my class that I graduated with. We are all incredibly close. I graduated in 2017 with my BFA in

» See **NEVERLAND | C4**

WWE Superstar Dolph Ziggler, Sarah Tiana at the Virginia Beach FunnyBone this Thursday

By Yiorgo

Part II of our interview with Dolph and Sarah.

Yiorgo: Dolph, you wanted to become a wrestler from a very young age, tell us the who, what, and where. Also who did you idolize, as a kid?

Dolph Ziggler: No joke, when I was five years old, a young for my age first greader, my dad took me to a WWF show at the time. We sat in the nosebleeds seats far away. There were no big screens back then just a ring far away that looked so small, and I remember saying, “I want to do this”. My dad said ok and he got me a singlet, shoes, I had my gear. I remember he took me to a wrestling tournament that year and at five years old I remember saying to him, “Dad there is no ring and no ropes”. That genuinely happened, and he said, “It’s different but you start here”. And I busted my butt from that point on to get better.

Y: Sarah, you have a passion for the military, having done over 12 tours of comedy for the troops including Germany, Singapore, Afghanistan, Guam, Okinawa, and several Wounded Warrior Facilities. Where does that passion come from?

Sarah Tiana: I grew up in Calhoun, Ga. I have a strong love and appreciation for the military. My uncle is a two star General. Recruiters would come to our lunchroom at school and many of my friends would join. When the Iraq war started, I had a lot of questions, I had many friends there and I was desperate to go see them if possible. I was doing stand up so I reached out to a guy that was running the tours, I kept bugging him for a long time and finally in 2005 I got to go to Iraq and Saddam Hussein was still alive. From then on, they liked me. I kept writing material for the military and kept going to more locations. It helped me to understand from a more close up perspective. It’s very impressive and I continue to work with the military as much as I can. I’m trying to develop a special about the soldiers. It’s still my passion. I will continue to work for them the rest of my life.

Y: Dolph, tell us some wow, pinch me type moments in wrestling.

DZ: I have a couple of those. Even the little battles backstage that I’ve overcome, where I’ve been told you will never have a tee shirt or when I was told I would never be World’s Champion. And I was like, I can deal with that, trying to change their minds for the next few years and I became World Champion. I mean there is a very clear moment where I cashed in my Money In The Bank contract, I had the crowd behind me, it was a crazy moment. For me becoming world champion was an unreal thing because I was told to my face this will never happen and I made it happen. It was above and beyond very cool for me.

Y: Was that told to you by Vince McMahon?

DZ: Sometimes it was second hand by other people but not in a condescending way. ‘Hey man Vince doesn’t see it in you. A few times it was pretty close to the top. ‘Hey man we just don’t see it. It just doesn’t work for you.’ Everyday it was like I can take it but if I can get just get 30 seconds let me try to prove them wrong. So for the next couple of years something would happen, somebody would get hurt, they would put me in that spot, and I would go out and if they could put me into that spot a little more, after that if I could just win a few times and after that maybe I could just retain. So it was baby steps, little goals all the way through. Some-

how the timing worked out and sometimes it happens.

I’ve been around WWE for a long time, so I learned to never believe anything until you see it or do it. So even after being told I was going to cash in and become champion, I didn’t believe it until it happened. I never had so many texts in my life afterwards. It was so real because as a group, the fans and myself made it happen in spite of being told it would never happen. Sadly, immediately after

» See **WWE | C4**



Courtesy WWE

Calendar Community

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

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.

Möstley Crüe- The Ultimate Mötley Crüe Experience

- March 30, 8 p.m. \$13, \$16/day of show
- The Norva, 317 Monticello Ave., Norfolk
- www.thenorva.com

Möstley Crüe is the ultimate tribute to one of the 80's most notorious and legendary hard rock acts, straight from the Sunset Strip, the original Bad Boys and the L.A. Kings of Debauchery and Sleaze - the one and only Mötley Crüe .

Möstley Crüe was formed in Raleigh, NC, in 2007 and quickly rose in popularity with local and regional hard rock fans still longing for a taste of the 80's. The band is fronted by Gabriel Pettit, who is praised by fans for his outstanding and uncanny ability to duplicate Crüe vocalist Vince Neil's range, tone and stage presence. Along with searing raw energy and powerful delivery of the music, the band incorporates the look and style of past and present Mötley Crüe with Darius Rose as Tommy Lee, Scott Koempel as Mick Mars and Steven Seagle as Nikki Sixx. Möstley Crüe takes you back in time to when guitars ripped, drums thundered and bass boomed. Paying homage to the Crüe as only they can, with a show that will leave you wanting more and more.

The Big Flea Antiques Market Show

- March 30 & 31, 9 a.m.-6 p.m.
- Hampton Roads Convention Center, 1610 Coliseum Dr., Hampton
- www.thebigfleamarket.com/hampton-va-show

The Antiques are still vintage but the building is modern. Announcing the Big Flea's return to Hampton Roads on March 30th-31st. Our new location is the fabulous new Hampton Convention Center, directly across the street from the old Coliseum.

For 20 years the Hampton Big Flea was extremely successful. Drawing from over 3 million people including Richmond, Williamsburg, Norfolk, Chesapeake, and Virginia Beach. Come join us in this lucrative market.

American Cheer & Dance Tidewater Beach Championship

- March 31 Adult/\$16, Child/\$10
- Ted Constant Center, ODU, 4320 Hampton Blvd., Norfolk
- www.myvarsity.com

Come see the best of the best cheer and dance squads perform under one roof. Attend the ACDA Beach Blast for a beachy, good time that will make you feel like you're at the sunny beach during the heart of winter!

Hot Wheels Monster Trucks LIVE!

- March 29 7:30 p.m., March 30, 1:30 p.m. and 7:30 p.m. \$25-\$33.
- Norfolk Scope Arena, 201 E. Brambleton Ave., Norfolk
- www.sevenvenues.com

Hot Wheels Monster Trucks Live brings everyone's favorite Hot Wheels monster trucks to life, combining Hot Wheels' iconic jumps and stunts with epic crashing and smashing to deliver an exhilarating family entertainment experience for kids of all ages.

In addition to the Trucks, each show will feature specialty acts like the superstars of freestyle motocross, world record attempts and Megasaurus – the car-eating, fire-breathing prehistoric robot as it makes its Hot Wheels Monster Trucks Live debut. The whole family will experience the exhilaration and the thrills that only Hot Wheels Monster Trucks Live can deliver. Go Big! Go Hot Wheels!

Finding Neverland at Chrysler Hall

- March 29, 8 p.m. March 30, 2 & 8 p.m. March 31 1 p.m. \$44-\$79
- Chrysler Hall, 215 St. Paul Blvd., Norfolk
- www.sevenvenues.com

The winner of Broadway.com's Audience Choice Award for Best Musical, this breathtaking smash "captures the kid-at-heart," says Time Magazine. Vogue cheers, "It's a must-see you'll remember for years to come!" Directed by visionary Tony@-winner Diane Paulus and based on the critically-acclaimed Academy Award® winning film, 'Finding Neverland' tells the incredible story behind one of the world's most beloved characters: Peter Pan. Playwright J.M. Barrie struggles to find inspiration until he meets four young brothers and their beautiful widowed mother. Spellbound by the boys' enchanting make-believe adventures, he sets out to write a play that will astound London theatergoers. With a little bit of pixie dust and a lot of faith, Barrie takes this monumental leap, leaving his old world behind for Neverland, where nothing is impossible and the wonder of childhood lasts forever. The magic of Barrie's classic tale springs spectacularly to life in this heart-warming theatrical event. 'Finding Neverland' is "far and away the best musical of the year!" (NPR).

■ 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/

TCC's Literary Festival to be a celebration of written and spoken words

From TCC

Tidewater Community College's 18th annual Literary Festival reflects the theme "A Celebration of Written and Spoken Words" with keynote speaker Zelda Lockhart, author, expressive arts therapist and teacher.

The week-long festival from April 1-4 features Lockhart on April 4 at 12:30 p.m. at the Portsmouth Campus Student Center.

Events are free and open to the public. Lockhart, a former English instructor at the college's Portsmouth Campus, is a registered expressive arts consultant and educator. Her latest book, "The Soul of the Full-Length Manuscript," invites you to take the "stuff" that makes a mess of your life and use it productively.

Lockhart is director of Her Story Garden Studios, which inspires black women to self-define, heal and liberate through the literary arts.

Luisa Igloria
April 1 at 12:30 p.m., Black Box Theater, Chesapeake Academic Building
The professor of creative writing and English at Old Dominion University is the author of 14 books of poetry and four chapbooks. Igloria has received various national and international literary awards, and her work has appeared in numerous anthologies and journals including New England Review; The North American Review; PRISM International (Canada); and The Asian Pacific American Journal.
Jon Pineda

The Norfolk Forum Will Host Laura Bush, First Lady of the United States (2001-2009), as final speaker for the 2018-19 season

From The Norfolk Forum

The Norfolk Forum will welcome former First Lady Laura Bush to a sold-out audience on Thursday, April 4th at downtown Norfolk's Chrysler Hall (7:30pm). Mrs. Bush will be the final speaker of The Norfolk Forum's 86th consecutive season.

Mrs. Bush caps off The Forum's 2018-19 slate of speakers that included former director of the FBI James Comey, best-selling author Michael Lewis, and former White House CIO and cybersecurity expert Theresa Payton.

One of the most beloved and admired American First Ladies, for decades Mrs. Bush has championed key issues in the fields of education, healthcare, and human rights. She has traveled to more than seventy-six countries, including two historic solo trips to Afghanistan, and has launched groundbreaking education and healthcare programs in the U.S. and abroad.

The author of the bestselling memoir, Spoken from the Heart, and co-author of the bestselling children's book, Our Great Big Backyard, Mrs. Bush also founded both the Texas Book Festival and the National Book Festival in Washington D.C. Today, as the Chair of the Woman's Initiative at the George W. Bush Institute, Mrs. Bush continues her work on global healthcare innovations, empowering women in emerging democracies, education reform, and supporting the men and women who have served in America's military.
Born in Midland, Texas to Jenna and Harold Welch, Mrs.

April 2 at 12:30 p.m. at the Virginia Beach Campus, Joint-Use Library, 2nd Floor

The poet, memoirist and novelist won the Crab Orchard Award Series in Poetry Open Competition for his first book, "Birthmark." His other collections include "The Translator's Diary," winner of the Green Rose Prize, and "Little Anodynes," winner of the 2016 Library of Virginia Literary Award for poetry.

Pineda's honors and awards include a Virginia Commission for the Arts Individual Artist Fellowship. Currently, he teaches creative writing at the College of William and Mary.

Jesse Saperstein
April 3 at 12:30 p.m. - Norfolk Campus Student Center, 5th Floor

Jesse Saperstein is the author of the best-selling memoir "Atypical: Life with Asperger's in 20 1/3 Chapters," published in 2010. Saperstein strives to put a face on Asperger's syndrome to make his readers laugh, empathize and better understand what it means to see the world through the prism of autism.

Diagnosed with the mild form of autism at 14, Saperstein struggled with many of the hallmark challenges of the condition, from social awkwardness and self-doubt to extreme difficulty in dealing with change and managing emotions. Saperstein shares his unique perspective on topics such as overcoming bullying, finding purpose and strength, coping with compulsions and making peace with ritualistic obsessions.

Bush holds a degree in education and a master's degree in library science. She taught in public schools in Dallas, Houston, and Austin, and worked as a public school librarian. In 1977, she married George W. Bush. President and Mrs. Bush are the parents of twin daughters: Barbara, married to Craig Coyne, and Jenna, married to Henry Hager. The Bushes also are the proud grandparents of Margaret Laura "Mila" and Poppy Louise Hager. The Bush family also includes two cats, Bob and Bernadette, as well as Freddy the dog.

During her presentation at The Norfolk Forum, Mrs. Bush will discuss her time as First Lady of the United States, her passion for education, and her current initiatives at the George W. Bush Institute. There will be a Q&A session after her lecture moderated by Cathy Lewis, host of WHRV's HearSay with Cathy Lewis.

Founded in 1933, The Norfolk Forum is the oldest publicly-subscribed speakers' forum in the country. Each season, the Forum presents four thought-provoking public figures who, in different ways, help shape American thought and opinion. For more information on The Norfolk Forum, please visit our website, www.thenorfolkforum.org.

While tickets for Mrs. Bush's appearance are currently sold-out, The Norfolk Forum has created a Wait List and is accepting names, via email only, at contact@thenorfolkforum.org.

Muscular Dystrophy Association and International Association of Fire Fighters celebrate 65 years of Fill the Boot partnership

From MDA

RICHMOND, VA

For 65 years, the International Association of Fire Fighters (IAFF) have helped raised critical funds for the Muscular Dystrophy Association (MDA) – one dollar at a time in their boots – to transform the lives of kids and adults with muscular dystrophy, ALS and related muscle-debilitating diseases.

This March, two Virginia fire fighters – Fire Medic, Joe Jarman and Lt. Travis Saunders with the Suffolk Fire and Rescue Department and Local #2801, are taking Fill the Boot on the road for the "March for MDA," as they hike 130 miles to raise awareness of the partnership to save lives, as well as promote newborn screening for neuromuscular conditions.

The March for MDA continues the honored IAFF tradition of Fill the Boot, after more than 65 years of providing constant ambition and loyalty to help give individuals the strength to live longer and grow stronger. The IAFF and MDA are collaborating on a campaign to encourage states to expand newborn screening programs by adding tests for specific neuromuscular disorders so that all newborns with these conditions can have the best possible chance at receiving the care and support services they need as early as possible.

"With MDA, the IAFF's support is not going to come to an end until the need for MDA doesn't exist," said Harold A. Schaitberger, IAFF General President. "The marriage between the devotion of fire fighters with the cause of MDA has emerged as one of the strongest examples of selflessness in the history of charity, and we remain committed to elevating this

tradition to even higher levels in our 65th Anniversary year of partnership."

Joe and Travis will kick off the March for MDA on March 24 in Virginia Beach, VA and will culminate on March 29 in Richmond, VA where they are inviting individuals impacted by neuromuscular disease, as well as other IAFF fire fighters from across the state, to join them in their final MDA mile.

"IAFF members display an unwavering support for MDA year after year, raising critical funds to help our families get the strength and resources they need," said MDA CEO and President, Lynn O'Connor Vos. "We are so thankful to all of the fire fighters who participate in Fill the Boot, especially Joe and Travis for their passion and commitment to go above and beyond to support MDA community."

Funds raised through Fill the Boot events in 2019 will help the MDA save lives and lift those up in need, by providing the MDA with vital resources to advance their mission of driving innovations in science and care for the neuromuscular community. Contributions have helped fund groundbreaking research and life-enhancing programs such as state-of-the-art support groups and a network of over 150 MDA Care Centers at top medical institutions across the country. The locals MDA Care Centers this will support are VCU Adult Neuromuscular & ALS Care Center in Richmond, Children's Hospital of Richmond (CHoR) Pediatric Care Center, University of Virginia ALS, Adult Neuromuscular Care Center and Children's Hospital Pediatric Care Center, Children's Hospital of the King's Daughters Pediatric Clinic, Roanoke MDA Adult and ALS Care Center at Carilion.

You're not alone: How to recognize and support kids with anxiety and ADHD

From Brandpoint

Does your child seem anxious about school? Is it something beyond typical stress? A big challenge for parents is figuring out where to turn for support and information when their kids are struggling.

Parents often wonder whether it's anxiety or some other issue making school difficult. For instance, some symptoms of ADHD can look like anxiety. According to the CDC, it's not unusual for a child to have both: 1 in 3 kids who have ADHD also have anxiety.

Find support

It's easy to feel alone when your child has anxiety or ADHD - or when you're starting to suspect that your child is struggling with something like this. Many parents crave connection with others who understand what they're going through.

Today, families can find community through resources like Understood's new podcast, "In It." In each episode, families and experts provide insights about the joys and challenges of raising the 1 in 5 kids in the U.S. with learning and attention issues, anxiety and related concerns.

"We want families and educators to feel like they're not alone," says Amanda Morin, co-host of the podcast. "This journey has enough challenges as it is, so we wanted to create a space for further support and understanding."

Know the signs of anxiety

If you're worried your child may have anxiety, it's important to be familiar with signs of anxiety in kids. This includes behaviors like:

- * Saying "what if" a lot and

worrying about the future

- * Being unable to relax or concentrate

- * Getting angry without any clear reason

- * Frequently complaining of headaches and stomachaches

Keep an eye on when and why your child gets anxious and look for patterns. What was happening right before your child got anxious? Was he trying to organize

his backpack? Was she nervous about starting an assignment and saying things like, "What if I pick the wrong topic?" While everyone experiences anxiety sometimes, excessive worry that is difficult to control may rise to the level of an anxiety disorder.

Keeping track of what you're seeing will help you understand your child's struggles. It can also help you frame your concerns for

your child's doctor or mental health specialist.

Is anxiety a sign of something else?

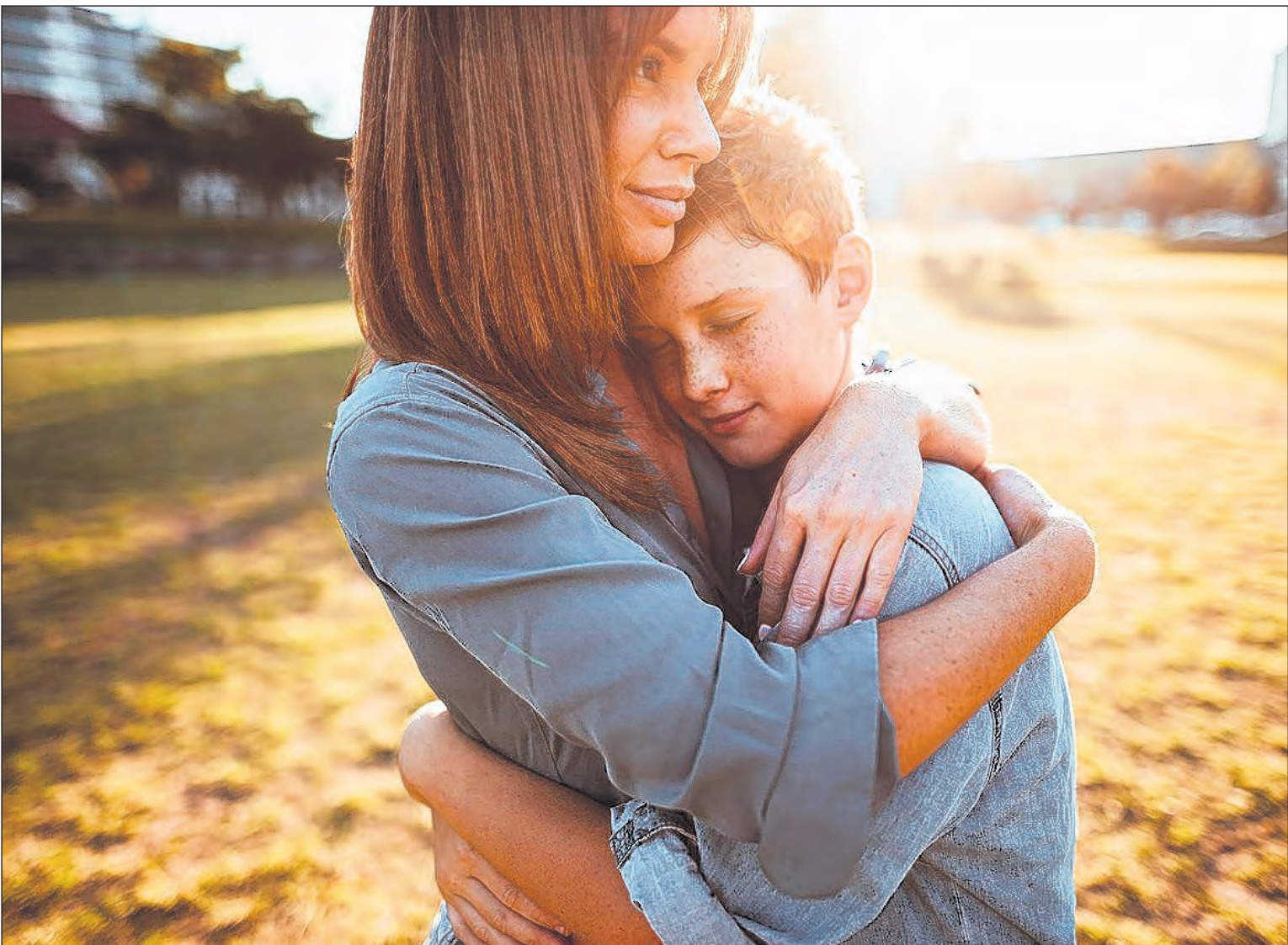
Without a formal evaluation, it can be hard to tell if anxiety is the root of your child's struggles, or if the anxiety points to something else - like a learning or attention issue. If anxiety is the root of your child's struggles, knowing this can help you understand other ways your child may be struggling.

That's what happened for comedian Dena Blizzard. On a recent episode, Blizzard shared how she realized her daughter's anxiety might be an indicator of other issues. "We had finally gotten her anxiety under control, but I started to notice her difficulty with comprehension. Even though no one

agreed with me, I trusted my instinct and had her evaluated for learning disabilities." Her daughter was found to have auditory processing issues, a learning disability, specifically with problems with comprehension and working memory, and ADHD.

Not all kids with anxiety have learning and attention issues like ADHD. These are different conditions and they're addressed in different ways - even if they exist together. Parents can look for patterns and consult with teachers, doctors and mental health professionals to determine whether their child has a learning and attention issue, anxiety or both.

To learn more, find the podcast wherever you listen to podcasts. Visit www.understood.org for more information.



Brandpoint image

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* The Rate and Annual Percentage Rate (APR) are current as of 3/25/19 and may change without notice. The Rate applies to Veterans Administration guaranteed home loan (VA Loan) for the purchase or refinance of single family, first lien owner occupied residential transaction for loan amounts up to \$484,350 with a maximum loan-to-value of 100% and the property securing the loan in Dollar Bank's Virginia market area. Rate assumes a 0% down payment. The APR displayed estimates charges based on a typical transaction and assumes a loan amount of \$250,000, 0% down, 30 days prepaid interest, prepaid finance charges of \$86 and an initial Up-front 2.15% Veteran Administration (VA) Funding Fee. These charges may vary. You will incur additional closing costs. 360 monthly payments of \$4.49 per \$1,000 amount borrowed. The payment does not include amounts for taxes and insurance and the actual monthly obligation will be greater. Property insurance is required, flood insurance may be required. An escrow for taxes, insurance and other property related charges is required. Approval subject to VA and Dollar Bank eligibility and underwriting guidelines. Call 1-877-261-2820 for details on estimated charges and the lock-in process. Other terms available. MOR292_19



SEVTC
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Southeastern Virginia Training Center is an Intermediate Care Facility which provides highly structured habilitation services including life in a residential neighborhood, care support/training, and learning opportunities in areas such as employment, communication, language, self-care, independent living, socialization, recreation, leisure, music, academic skills and motor development for individuals with intellectual and developmental disabilities.

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Search for Agency 723,
Southeastern Virginia Training Center

NEVERLAND | Peter Pan arrives in Norfolk this weekend at Chrysler Hall

Continued from C1

musical theatre, moved to New York City two months later and nine months later I had booked the lead in the Finding Neverland National Tour. I am the luckiest girl in the world.

Y: What was the audition process like for Finding Neverland?

RG: My agent called me saying; “Hey we got an appointment for you for the female lead in the national tour of Finding Neverland.” I had heard of it of course but I was not familiar with the characters so that set me off on an exciting journey of discovery to delve more into Sylvia, the female lead, and the history about the real people that this show is based about. I got ready for the audition. I had some acting sides, as well as the big solo song to sing for the casting director. By this point I had gotten the hang of it in auditioning in the city of just going in, having a good time and not worrying about the repo cautions, to use the 10 minutes to do your absolute best and then let it go regardless of what happens. I focused on the joy of the audition to share the song and that story. I walked out feeling very proud, having no clue what would happen with that. I got a phone call for a call back, this time with the casting director and the entire creative team. It was such a FUN audition! I had a smile on my face the entire time. The creative team and I were

laughing so hard, so many things were silly and enjoyable, and there was a lot of love in the room. About three weeks later I got another callback with the same people. It was very quick, I sang my song, I did my sides and six days later I got the phone call that I had booked the role. I recently heard from my director and a couple of people who were in the room that they loved what I did from the start and that’s always very exciting to hear.

Y: Tell us about Sylvia.

RG: Sylvia is strong, very powerful, graceful, loving and one of the most complex and dimensional women in musical theatre that I know off. I find so much inspiration in her. She is going through the toughest of times. She has experienced loss and is having to come to terms with her own mortality while having these four incredibly vital young boys that she loves so much. Finding the joy and beauty in the darkest of times is the bravest thing anyone can do. Every night I get to love these little boys and just be brave. I find a lot of strength in that. One of my favorite things is that I see a lot of my mother in my portrayal of Sylvia. On the opening night of the show I saw so many mannerisms of how my mom would interact and play with me. That is how I play with these boys on stage and that makes me really happy to share that piece of my mom every single time.

Y: Can you share any anecdotes regarding the play?

RG: Two months ago, we were in Madison, Wisconsin it was our very last show and there is a number at the beginning of the show that has a lot of these huge red balloons that the little boys carry around. In a crazy mishap, one of my sons has the balloons on the bench and when he jumps of the bench I’m being tugged for some reason because the balloons had gotten attached to my wig. I grabbed the balloons out of his hands and finished the number with the balloons in my hair and unfortunately right after the song there is a scene where I have to divulge to J.M. Barrie that my husband had died and it’s been very difficult for my family and me. I do the scene with the balloons bouncing around my head. It was really embarrassing and funny and so laughable. The audience was constantly giggling. Jeff Sullivan who plays J.M. Barrie tried to get them off but he had to give up. Everybody was waiting with baited breath to see if these balloons would fly off with my wig. I walked off the stage keeping the straightest of faces. I never once broke. I was in the moment. I was very proud of that, but I can’t say the same about everyone else on the stage.

Y: How about a wow moment or two.

RG: Being able to talk to the people weather they come to the stage door, on Instagram or meeting out in public and being recognized is so humbling. Two nights ago, after the show I was at



Jeremy Daniel (www.jeremydanielphoto.com)

a restaurant and this whole family had come to see the show. They said to me how they were inspired and for the kids it was their first show and now they want to pursue a career in theatre. Also I’ve talked to a lot of mothers who say that Sylvia reminds them of themselves. That their husbands had died and they took the kids to see the show and what a moving and powerful portrayal the loss and the joy that I’m able to give and that means the world to me. That I’ve been able to tell a story and touch people’s hearts is honestly all I could hope for.

Y: Why should people see this play?

RG: The most important thing is that this is appropriate for all ages and everyone will have a smile on his or her faces. If we do our jobs right we will touch your soul. There are so many elements of magic in the show if you look close enough. I hope it’s a two-hour respite for the soul of just joy and light.

For more info go to <https://www.sevenvenues.com/events/detail/finding-neverland>

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.

WWE | Dolph Ziggler at Funny Bone

Continued from C1

I was told, I was more of a placeholder for 2 months. I said, “Well I guess that means I have two months to change your mind”.

Y: Besides wining the WWE World title, what three-four moments would you put on your personal highlight reel?

DZ: Getting my first action figure and having a young fan come up and ask me to sign it. Being told I would never be world champion and becoming champion. The match I had against Del Rio when I lost the title on my first defense where we changed roles throughout the match and told an amazing story. And getting a pink tee shirt at a time when everyone else had black

ones and I was told it would never sell. It was my highest selling shirt ever. Always stand out and stick to your guns.

Y: What has been the hardest part of stand-up comedy to overcome and how did you overcome it?

DZ: It’s scary doing standup and hoping to not disappoint the fans, as well as having them walk in knowing how hard I work at wrestling and how good I have become. Now I get a crazy shot of adrenaline and I pace for an hour before the show frantically going over notes and rewriting. Man it is scary and fun as hell.

Y: Sarah, what advise have you given Dolph that he has taken to heart?

ST: I’ve told him to not be afraid to do

the same bits at every show. When you first start your friends come to see you and you feel like “I can’t do the same stuff, they’ve already seen it.” But that’s the only way you get better. You have to do the same bits over and over again. They seem the same to everyone else but for you, you might add a word here or a hand gesture there. These add up. It’s the only way to perfect a bit. As comics we don’t have the luxury of practicing anywhere else but on a stage in front of fans. Our process is different. You have to be ok with that process before you even begin to get better.

Y: What have been your three top favorite moments during your tour with Dolph?

ST: Watching him grow, as a comic is by far the coolest thing. He has it so much

tougher than I did. No one EVER expected me to be good. No one knew who I was. If I bombed only the people in the room cared, no one else. So watching him get better and better has been a true joy.

Also watching his face light up every time we drive by Hooters is pretty fun (he loves their food). I also love keeping the questions from the Q&A at the end of the show. He and I still laugh about a lot of the questions and we keep them as souvenirs.

Tickets info for the show as well as the meet and greet go to <http://vb.funnybone.com>.

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.



Brandpoint image

5 top tips for low-maintenance landscaping

From Brandpoint

A lush lawn and garden boosts your home’s curb appeal, but it also takes a lot of your free time. You want to spend that time enjoying the space, not taking care of it. The solution? A few low-maintenance strategies to keep your yard looking great while maximizing your relaxation time.

1. Install an automatic irrigation system

With an automatic irrigation system, you don’t even need to be home to water your lawn and garden. You can spend all that extra time kicked back on your front porch enjoying the view of a luscious green lawn.

Automatic irrigation systems are also cost-effective - providing water to your lawn exactly where and when it’s needed. Random dry patches or wet sidewalks and driveways will be a thing of the past.

2. Use high-quality equipment

When purchasing your next riding or walk-behind lawn mower, take time to make an informed decision. The engine is the most important part of the mower. Keep in mind, KOHLER engines are built to last, with many models having commercial-grade components. Additional features will help your mower to maintain engine speed in tough conditions and eliminate the need

to prime or choke the engine so you can just turn the key and go.

3. Choose perennials

Flower beds are the perfect complement to a lush, green lawn. Plants like coneflowers, black-eyed Susans and Russian sage come back year after year and don’t need to be replanted.

4. Strategically placed mulch

Mulch is one of the best investments you can make in your yard. When it breaks down over time, mulch fertilizes your plants and can prevent weeds. It adds a pleasant aroma to your outdoor spaces and doesn’t require watering.

5. Follow lawn care best practices

Save yourself the extra hassle by following basic lawn care best practices. For example, keep your grass-cutting blades sharp, avoid cutting the grass too short and mow when the grass is dry. Additionally, grasscycling - leaving grass clippings on the lawn after cutting - helps fertilize the lawn and creates less work for you.

There may be no such thing as a maintenance-free lawn, but choosing the right tools and techniques can make your life a lot easier. Follow these tips and learn more at KohlerEngines.com.



Courtesy of Warner Bros. Pictures
Detective Pikachu (Ryan Reynolds) in Legendary Pictures', Warner Bros. Pictures' and The Pokémon Company's comedy ad-venture "Pokémon Detective Pikachu," a Warner Bros. Pictures release.

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.

POKEMON: DETECTIVE PIKACHU

The story begins when ace detective Harry Goodman goes mysteriously missing, prompting his 21-year-old son Tim to find out what happened. Aiding in the investigation is Harry's former Pokémon partner, Detective Pikachu: a hilariously wise-cracking, adorable super-sleuth who is a puzzlement even to himself. Finding that they are uniquely equipped to work together, as Tim is the only human who can talk with Pikachu, they join forces on a thrilling adventure to unravel the tangled mystery. Chasing clues together through the neon-lit streets of Ryme City—a sprawling, modern metropolis where humans and Pokémon live side

by side in a hyper-realistic live-action world—they encounter a diverse cast of Pokémon characters and uncover a shocking plot that could destroy this peaceful co-existence and threaten the whole Pokémon universe.

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.

THE HIGHWAYMEN

The outlaws made headlines. The lawmen made history. From director John Lee Hancock (The Blind Side), THE HIGHWAYMEN follows the untold story of the legendary detectives who brought down Bonnie and Clyde. When the full force of the FBI and the latest forensic technology aren't enough to capture the nation's most notorious criminals, two former Texas Rangers (Kevin Costner and Woody Harrelson) must rely on their gut instincts and old school skills to get the job done.

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.

base theaters

\$3 Movies

JEB Little Creek, Gator Theater – 462-7534

Friday, March 29

7 p.m. LT. Dan Band USO presents LT. Dan band at Gator Theater. Doors open at 5 P.M. and show starts at 7 p.m. The concert is free and seating is limited to the first 1500 people.

Saturday, March 30

7 p.m. Advance Screening: Shazam! (PG-13)

Sunday March 31

1 p.m. Isn't It Romantic (PG-13)
4 p.m. Fighting With My Family (PG-13)
7 p.m. Alita: Battle Angel (PG-13)

NAS Oceana, Aero Theater – 433-2495

Friday, March 29

6 p.m. Tyler Perry's A Madea Family Funeral (PG-13)
9 p.m. Fighting With My Family (PG-13)

Saturday, March 30

12 p.m. How To Train Your Dragon: The Hidden World (PG)
3 p.m. Alita: Battle Angel (PG-13)
6 p.m. Tyler Perry's A Madea Family Funeral (PG-13)

Sunday, March 31

12 p.m. Isn't It Romantic (PG-13)
3 p.m. How To Train Your Dragon: The Hidden World (PG)
6 p.m. Fighting With My Family (PG-13)

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

Adam Corolla: Enjoying the benefits of living life on the edge

From Brandpoint

It's a simple question that's difficult to answer: What makes you feel exhilarated every single day? For too many people the response is nothing. In fact, research shows that 81 percent of people worldwide said they fail to feel exhilarated on a daily basis.

Are you one of them?
From work and obligations to the daily grind, there are many reasons people go without feeling exhilarated each day. Fortunately, there are several solutions as well. A new hobby, job or adventure can do the trick - and the answer to adding exhilaration to your life doesn't have to be complicated. Sometimes it's as simple as looking at your life in a new way and taking a

chance you otherwise wouldn't to live slightly on the edge.
Television and radio personality Adam Corolla did exactly that years ago and his monumental success since then all began with a willingness to take a chance and infuse his life with a whole lot of exhilaration.
From carpenter to stardom
On his own since age 18, Carolla left Los Angeles Valley College to work a series of jobs including carpentry, carpet cleaning and traffic and boxing instruction. In search of something more, he started studying improvisational comedy with the troupe known as The Groundlings to hone his performing chops. He then stepped out on the edge to form a lifetime bond when he volunteered to serve as a sparring partner for

someone who would be influential in his life - Jimmy Kimmel.
After giving up his jobs and making new friendships, Carolla never looked back from those decisions to go against the grain and take chances few others would try. His partnership with Kimmel helped him grow his radio career and ultimately move on to host "Loveline" with Dr. Drew Pinsky.
Carolla didn't stop there, however. He embraced reality television options and pioneered a new measure of success in podcasting with his Guinness Record-breaking podcast "The Adam Carolla Show," which set records for downloads. Whatever chances appeared before him, he took them and in many cases benefited. Together it all makes for an im-



Wikipedia



Brandpoint image

pressive body of work and one that began because Carolla was willing to live on the edge and seize an opportunity when it came.
Taking a chance for an exhilarating performance
From radio and television to podcasting and book writing, Carolla lives an exhilarating life every single day. This attribute, as well as his time spent as an avid race car collector and avocational racer, makes him a natural fit to partner with Castrol EDGE - the motor oil that transforms to be stronger under pressure and unlock exhilarating performance - for its Live on the Edge project.
In the video, "Rain Starts Play," he reflects on the events that have shaped his life and the moments when he truly lived life on the edge.
"Rain Starts Play" sums up

my attitude to life," Carolla says. "Why run for shelter when you can run into the rain and embrace the opportunity for an exciting experience? Running full steam towards opportunity is what life is all about for me."
"I never excelled at school but I always knew how to grasp every single opportunity and my career has been long and varied and mostly fun as a result. Whether I'm on stage in front of a live audience or racing in one of my classic cars, I just go for it in the moment without knowing where it will lead. It turns out that this has been the key to my success and happiness in life."
Carolla lives his life on the edge. What's stopping you from doing the same?
To learn more about Castrol EDGE and how it can improve your car's performance, visit castroledge.com.

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Announcements

NOTICE OF LEGAL ACTION - 2501 SALEM ROAD, VIRGINIA BEACH VIRGINIA: IN THE CIRCUIT COURT FOR THE CITY OF VIRGINIA BEACH STANLEY BROWN, DAVID BROWN, and GARLAND MOSLEY, Plaintiffs versus MARVIN JONES, Defendant (Case No. CL19001281-00)

The object of this suit is for an order of partition sale concerning that certain real property, located in the City of Virginia Beach, Virginia commonly known as 2501 Salem Road, Virginia Beach, Virginia 23456, Tax Map Number 1484-32-2824-0000, and more particularly described as follows, to wit:

All that certain piece or parcel of land located in the City of Virginia Beach, Virginia, as part of the property of Alean Mosley One Half Acre more or less of Tract A (being shown as Parcel A-1 on plat referred to below) of said property, beginning at a Steel Pin on the western line of Salem Road and running West Three Hundred and Forty Four and 46/100 (erroneously described as Three Hundred Seventy Five Feet) Feet more or less to another Steel Pin, Thence North One Hundred and Twenty Feet more or less to another Steel Pin, Thence East Two Hundred (erroneously described as 250 feet) Feet more or less to another Steel Pin, thence South One Hundred and Four and 25/100 Feet to a Steel Pin at the beginning of a road way leading to Salem Road, and thence West along said Roadway 146 Feet to Salem Road; thence with Salem Road to the point of beginning, all as shown on the recorded plat in Map Book 75, at page 49, in the Clerk's Office of the City of Virginia Beach, Virginia. Title to the aforementioned property is currently held in the names of Stanley Brown, David Brown, Garland Mosley, and Marvin Jones.

An affidavit having been made and filed in this Court that due diligence has been used on behalf of the Plaintiffs to ascertain the location of the Defendant, but without effect, and that the last known address of the Defendant is unknown. It is hereby ORDERED that his Order be published at least once a week for four successive weeks in the Virginian Pilot, a newspaper of general circulation within Virginia Beach, Virginia, and that the parties named herein appear on or before MAY 24, 2019 AT 9:30 A.M. in the Clerk's Office of the Circuit Court for the City of Virginia Beach, VA, and do what may be necessary to protect their respective interests in this suit.



Garage/Yard Sales, etc.

VA BEACH Kings Forest Community Garage Sale off Little Neck Road in VB 5/18, 8-12.

Estate Sales

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

ESTATE SALE 4929 Bradpointe Lane Va. Beach, VA (Chicks Beach) Friday and Saturday March 29 & 30, 8:30 AM-3 PM Partial Listing: Lots of 50 yr old & older mahogany furniture, Chippendale black front secretary, Lowboy, Chippendale sofa, China, crystal, cut glass, stained glass lamps, quilts, Stickley oak chair, sideboard, Queen size sleigh bed, cedar chest, lots of pictures, wing chairs, recliners, & costume jewelry, fur coats, 3 wheel bike, kit. items, lots more. Cash/Check Only. Larry Zedd, Va Beach Antique Co. 422-4477

Estate Sales

LYNNHAVEN COLONY ESTATE SALE. 3121 Basin Rd. Va Bch. Sat & Sun Mar 30 & 31 10AM-4PM Water-front! Gorgeous dining suite, pool table, leather furn, bedrms, kit, bch decor, china, art, jewelry, steins, TVs, barware, patio, tools, gar. Pix on Boulevard Treasures FB.

WATERFRONT ESTATE SALE 929 Ballylunn Rd VB, Thursday - Sunday March 28-31, 9am-3pm, large packed house, antiques to new, vintage, nautical, great furniture in every room, go to ThisNthat-Company.com for pics and more info.



Misc. Merchandise For Sale

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

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G&E VIRGINIA PREMIUM ASSURED HEIFER/COW SALE. March 30th, 2019 12:00 noon. G&E Test Center Gretna, Va. Call George Winn at 434-489-4458

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Room For Rent

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

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Houses For Rent

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Super Crossword

ANIMAL ADAPTATIONS

ACROSS

1 Cut, as film
5 "I lie?"
10 Grows dim
15 Opera parts
19 Major —
(butler)
20 Region of old
Greece
21 Fictional
belle Scarlett
22 Tales of old
23 One stealing
a serpent?
25 Houses, to
Hernando
26 Came to rest
27 Aid in
28 Escort a wild
canine?
31 Slender, like
stags tend to
be?
35 Suit jacket
36 35mm
camera initials
37 Wimple
wearers
38 King Kong
and others
39 Caucus state
42 "Capeesh?"
44 Golf prop
45 Glass rims
46 Grizzly who's
a country
music star?
48 Battery part
49 Vital artery
50 Norse deity
51 Of the eyes

54 Verdi opera
56 Vim
58 Terminate
62 Choice
between
an impish
practical
joke and an
aquarium
fish?
66 Boomer's
son, say
68 Sequoia, e.g.
69 Gobbling
fowl
70 Show open
disdain for
72 Neighbor of
Kenya
75 Butyl ender
76 Feline sign
78 Young
sheep from
an ancient
Palestinian
region?
80 Varnish stuff
83 Antelope of
Africa
85 Went lower
86 French
novelist Jules
87 Octa- plus
two
89 Belle
92 \$5 bills,
informally
94 Pinniped
pedestrian?
98 Captain Fed
99 K-12 org.
102 Mrs. monster

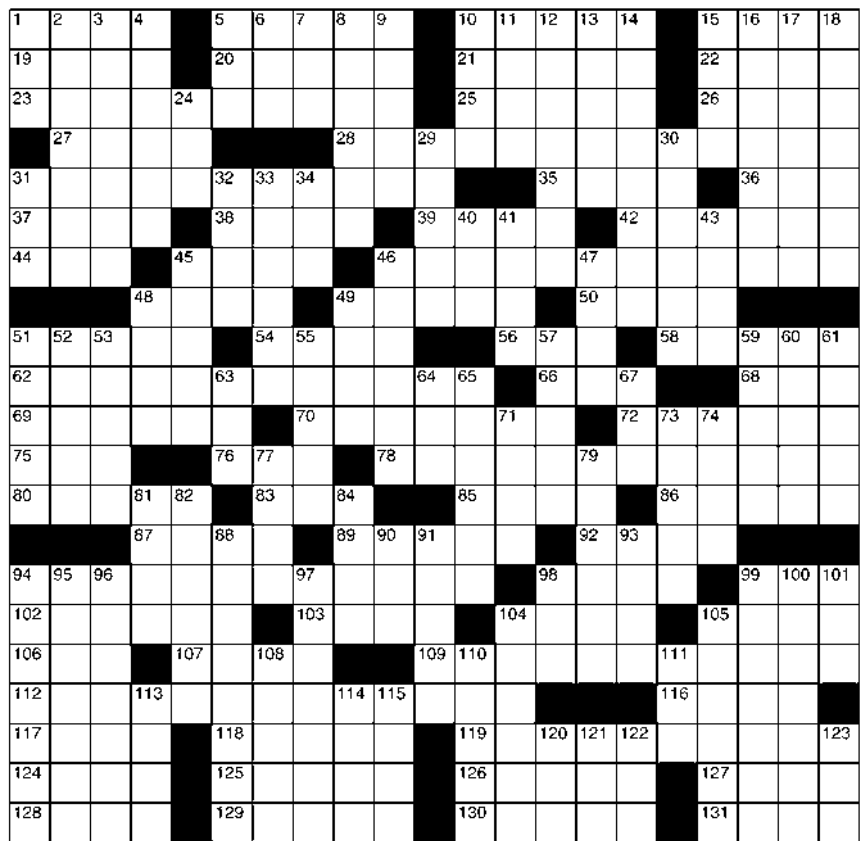
103 Make at work
104 Singer Andy
105 Outward
appearance
106 — hunch
107 Tiny, to tots
109 Stead
native to
the Garden
State?
112 The absolute
best
burrowing
rodent?
116 "I smell —!"
("This is
fishy!")
117 Thus
118 Gymnast
Comaneci
119 Gratitude
expressed
by a chatty
bird?
124 Retail (for)
125 Wicked
things
126 Innately
know
127 — Tzu (dog)
128 Sequoia, e.g.
129 Chief belief
130 Trample
131 Totally fill

Jokester
6 "Nice one!"
7 Octa- minus
seven
8 Feudal
superiors
9 "Platoon"
actor Willem
10 Points where
rays meet
11 At the drop
oil —
12 Windshield-
attached
recorder
13 Muse of
hymns
14 Glided down
the runway
15 "There
oughta be
—!"
16 Huge
statues
17 Singer doing
a vocal
quaver
18 Emancipate
of interest
29 More twisted,
as humor
30 Running
shoe brand
31 Blasting
material
32 Go by sea
33 Materialize
34 — Moines,
Iowa
40 Granola bar
bit

41 End a shoot
43 — Reader
(magazine)
45 "Willard"
actress
46 Moored ship
used as
lodging
47 Get by
48 Opt for
49 Yemen port
51 Ferret cousin
52 Pare down
53 Car's four
55 "Let's do this
thing!"
57 Praise highly
59 Seven-Empire
Ed
60 Neighbor of
Ethiopia
61 Get by
63 Popeye's
Olive
64 Stephen of
"Still Crazy"
65 Amount
that can be
carried
67 Hairpiece,
slangily
71 Help in a bad
deed
73 Accepted
fact
74 Toby brews
77 The same, to
Henn
79 Served
in blazing
brandy
81 Notion, to
Henri
82 Reporter,
colloquially
84 — Major
88 Musical
clicker
90 Always, in
sonnets
91 Bluegrass
instrument
93 Wee toddler
94 Most quickly
95 Cold-
shoulder
giver
96 Make dirty
by trailing
through mud
97 Entered, as
data
98 Mil. enlistees
99 Nasty fish
100 Diagnostic
package
101 Hex- follower
104 Less cheery,
to a Brit
105 Boggy tract
108 Barrel slat
110 "Nightmare"
film setting;
Abbr.
111 "So there!"
113 Part in a play
114 Really peeve
115 Gigantic
120 Rome-to-
Vienna dir.
121 Slow — snail
122 Politico Cruz
123 That vessel

DOWN

1 Mag staffers
2 Phil who had
a talk show
3 Conceive of
4 Coin
substitutes



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Sudoku

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

CryptoQuip

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

Clue: H equals Y

BQ HMP ALL JLCCBAD QPZLA

LZRKRUBKS QJMZ AMZLUDBKS,

WMPFC HMP WRFF UDLZ JMAL-

WMFMJLC SRALA?

Last week's CryptoQuip answer

While the movie might have further subsequent versions, this will be the first among sequels.

last week's answers

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

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

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