



LET YOUR VOICE BE HEARD, PARTICIPATE IN PPV HOUSING SURVEY

From Commander Navy Installations Command Public Affairs

WASHINGTON

All Sailors living in government or Private Partner Venture (PPV) housing are strongly encouraged to participate in surveys to share their overall experience about their current living conditions.

The PPV survey, which

will be available April 2-30, is an opportunity for Sailors to note their likes and dislikes with PPV housing and any health or safety concerns they may have with their homes, community and services provided by the privatized housing management companies. Surveys will be conducted April 2-June 30 for Sailors living in unaccompanied housing, as well as

for those living in government owned or government leased housing, which began March 19 and runs through June 6. “The Navy is committed to ensuring that our Sailors and their families have a quality, healthy and safe place to live,” said Vice Adm. Mary Jackson, commander of Navy Installations Command, which oversees Navy housing



From Lincoln Military Housing

throughout the shore enterprise. “We have made progress in addressing the PPV housing issues, but there is a lot more work to be done. The results from this survey will help us further identify issues and resolutions. I urge all Sailors who receive the housing surveys to take a few moments of their time to fill them out.” All three surveys are

from CEL & Associates, Inc., which is an independent third party that will conduct and manage the surveys. An announcement letter will provide information to access the survey online. It will take approximately 10 minutes to complete the survey. Those who participate in the survey will remain anonymous unless they choose

to identify themselves in the survey. Sailors who are living in PPV housing are asked to contact their chain of command for more information or the closest Navy Housing Service Center in the event they do not receive a letter. *For more news from Commander, Navy Installations Command, visit www.navy.mil/local/cni/.*



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Naval Support Activity Hampton Roads-Northwest Annex drinking water free of PFAS substances

From NSA Hampton Roads Public Affairs

CHESAPEAKE, VA.

Naval Support Activity (NSA) Hampton Roads-Northwest Annex is reporting that out of the 66 homes off-base that were sampled for two chemicals in a class collectively referred to as PFAS: perfluorooctane sulfonate (PFOS) and perfluorooctanoic acid (PFOA), there were no exceedances of the Environmental Protection Agency’s (EPA) lifetime health advisory (LHA) level of 70 parts per trillion (ppt). The PFAS testing results from 9 private wells off-base detected levels of PFOS/PFOA which were less than the EPA LHA. The PFAS results for drinking water provided to base employ-

ees and residents of military housing from an on-base well were also well below the LHA. NSA Hampton Roads-Northwest Annex sampled the drinking water of the homes in the designated sampling area which included private properties within one-mile of three potential PFAS release areas on Northwest Annex. “The health of our military and civilian personnel and the surrounding community is a top priority, so we are pleased that the results showed zero exceedances of PFAS,” said Capt. Jonathan Kline, Commanding Officer of NSA Hampton Roads. “This was a great collaborative effort amongst multi-

» See **WATER** | **A7**



MC1 Tony D. Curtis

Sailors aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69) scrub the flight deck after a countermeasure wash down. Ike is underway conducting sea trials during the final portion of a Planned Incremental Availability (PIA) as part of the maintenance phase of the Optimized Fleet Response Plan (OFRP).

Ike completes sea trials

From USS Dwight D. Eisenhower Public Affairs

NORFOLK

USS Dwight D. Eisenhower (CVN 69) successfully completed its Sea Trials April 1. “Sea Trials was successful well beyond expectations,” said Capt. Kyle

Higgins, Ike’s commanding officer. “Our investment in our ship paid off and now the real work begins: getting the flight deck certified so we start doing what this warship was built to do - launch and recover aircraft.” Ike departed Naval Station Norfolk March 28, returning to sea for the first

» See **IKE** | **A7**

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Mariners’ Museum gives inside look at USS Monitor conservation

Get a look at the restoration process and what the plans are for the ship’s parts.



»See **A6**

Fleet Week returns to New York City—ships announced.

Fleet Week is set for May 22-28 in New York City. Read up on which ships will participate, and what will be happening during the festivities.

»See **B1**

Get your taxes done on time!

Check out some tips to help manage your busy schedule and still get your taxes filed on time.

»See **C1**

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Virginia International Tattoo needs your photos of women in service!

From Public Relations Manager, Virginia Arts Festival

NORFOLK

The 2019 Virginia International Tattoo will have an extraordinary cast of over 1,000 and the centerpiece of this spectacular celebration will be a moving Salute to Women in the Military. The Tattoo organizers are seeking YOUR photos of women in service to be included on the big screen during the Tattoo performances April 25-28 at Norfolk’s Scope Arena. Submit your photos with name/rank/description to: militarywomentribute@gmail.com. For more information on this year’s Virginia International Tattoo, visit: vatattoo.org.



Provided by Virginia Arts Festival

U.S. Department of Labor announces the availability of \$13.5 million in grants to help homeless veterans re-enter workforce

From U.S. Department of Labor

WASHINGTON

The U.S. Department of Labor’s Veterans’ Employment and Training Service (VETS) announced the availability of approximately \$13.5 million in Homeless Veterans’ Reintegration Program (HVRP) grants. HVRP grants provide services to assist in reintegrating homeless veterans into the labor force with meaningful employment and in stimulating the development of effective service delivery systems to address the complex problems facing homeless veterans.

VETS anticipates awarding grants that will range from \$100,000 to \$500,000 each. Applicants are encouraged to design programs that address the employment challenges faced by eligible veterans in consultation with apprenticeship programs, industry, employers, and employer associations to identify the skills needed for family-sustaining jobs and careers.

HVRP is the only federal, nationwide program that focuses exclusively on the employment of veterans experiencing homelessness. The program provides job training, counseling, and placement services, including job readiness, literacy, and skills training, to aid in the reintegration of homeless veterans into the labor force.

The HVRP program network includes the Homeless Female Veterans and Veterans with Families Program and the Incarcerated Veterans’ Transition Program.

More information on the Department’s programs for veterans can be found at www.dol.gov/vets. For additional information on grant eligibility and how to apply for funds visit <http://www.grants.gov>.

U.S. Department of Labor news materials are accessible at <http://www.dol.gov>. The Department’s Reasonable Accommodation Resource Center converts departmental information and documents into alternative formats, which include Braille and large print. For alternative format requests, please contact the Department at (202) 693-7828 (voice) or (800) 877-8339 (federal relay).



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The Month of the Military Child - April

From www.dodea.edu

April is designated as the Month of the Military Child, underscoring the important role military children play in the armed forces community. Sponsored by the Department of Defense Military Community and Family Policy, the Month of the Military Child is a time to applaud military families and their children for the daily sacrifices they make and the challenges they overcome.

The Month of the Military Child is part of the legacy left by former Defense Secretary Caspar Weinberger. He established the Defense Department commemoration

in 1986.

DoDEA joins the Department of Defense and the military community in celebrating April as the Month of the Military Child. In DoDEA communities around the world, our most essential strategic imperatives are: establishing an educational system that progressively builds the college and career readiness of all DoDEA students; and establishing the organizational capacity to operate more effectively and efficiently as a model, unified school system. We aim to challenge each student to maximize his or her potential and to excel academically, so-

cially, emotionally and physically for life, college and career readiness.

Throughout the month, DoDEA will encourage schools to plan special events to honor military children and have administrators and principals incorporate the themes of this month into their every day duties and responsibilities. These efforts and special events will stress the importance of providing children with quality services and support to help them succeed in the mobile military lifestyle.

For more informatoin, please visit:

<https://www.dodea.edu/dodeaCelebrates/Military-Child-Month.cfm>



From www.dodea.edu

For more military news visit
FlagshipNews.com

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Hampton Roads and Central Virginia



NEWS FROM NAS OCEANA

CNATTU Oceana continues mobile meals tradition

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

VIRGINIA BEACH, VA.

It is a cool crisp morning as Chief Aviation Electronics Technician Jonathan Blakney arrives at Sentara Nursing Center in Norfolk, Virginia. The Center for Naval Aviation Technical Training Unit Oceana has upheld a tradition of service to Sentara for more than eight years, which Blakney is proudly carrying on. He checks in with long-time hero and coordinator of mobile meals for Sentara Norfolk, Doree Richardson.

“CNATTU is one of our biggest supporters,” Richardson said. “They show up with a smiling face every time. I know I don’t have to worry about a route when a CNATTU Sailor is taking it. Truly, without CNATTU Oceana, we couldn’t do it!”

Sentara Life Care Corporation provides quality meals for the home bound in Norfolk, Portsmouth and surrounding communities. More than 850 nutritious meals are prepared and delivered each day by screened volunteers who offer not only nourishing meals, but companionship.

After signing the ledger, Blakney is handed two bags and a “route” with names and addresses of nine elderly individuals who

subscribe to the mobile meals service. Without delay, he is off to make his rounds and deliver the meals to those in need.

While there are no age restrictions to receive meals, it is generally elderly patients who live alone and do not have the support network to assist them in their lives. Sentara provides a daily menu of meal choices which can be tailored by professionally trained nutritionists to accommodate any specific dietary needs. There are short-term and long-term options available depending on the individual’s situation and the compassion of local volunteers to deliver daily.

Blakney was born and raised in Winston-Salem, North Carolina and enlisted in the Navy in 2006 as an alternative to college. He has been married to his wife for eight years and has three children; two girls who are nine and five, and one boy who is seven. Blakney arrived at CNATTU Oceana in May of 2018, and wasted no time finding opportunities to get involved in the community. A long time youth sports coach and community volunteer, Blakney says, “the kids are our future and the elderly are our legacy. Both must be cherished and supported.”

“I enjoy mentoring kids in school to hopefully influence a generation that will care for me one day,” said Blakney. “Mobile



U.S. Navy photo of Chief Aviation Electronics Technician Jonathan Blakney, assigned to the Center for Naval Aviation Technical Training Unit Oceana delivers “Mobile Meals” for Sentara Nursing Center in Norfolk, Virginia.

meals provide a new experience to interact with people who may not get any social interaction outside of my visit. You can tell they not only appreciate the food, but even more so, the brief company.”

In a matter of a few hours, Blakney visited all nine destinations and delivered his meals.

“It is truly a blessing to have our military in uniform visiting these people and providing this service to the community,” said Carol Ives, a caregiver at one of his many

stops.

Blakney took the time to speak to any resident who wished it, showing compassion and empathy. It was evident the joy Blakney brought them was not about the food in his bag, but about the time he was giving them. He was, without a doubt, brightest part of their day. Leaving nothing but smiles in his wake, Blakney returned to Sentara to drop off his empty bags and complete his route.

Each week, more volunteers

from CNATTU Oceana give their time to service in their community.

For more information on how to volunteer with Mobile Meals of Sentara Norfolk, contact Mrs. Doree Richardson via the mobile meals website at <https://www.sentara.com/hampton-roads-virginia/medicalservices/services/seniors/services/mobile-meals.aspx>.

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Naval Museum hosts Vietnam Commemoration Event at JEB Little Creek-Fort Story

By Max Lonzanida
Naval History and Heritage Command

VIRGINIA BEACH, VA.

The Vietnam War Recognition Act of 2017 formally designated March 29 as National Vietnam War Veterans Day, joining six other military centered observances honoring the sacrifices of service members both past and present, and on March 29, 2019, a commemorative event brought together Vietnam Veterans and sailors in front of an iconic Vietnam Era River Patrol Boat.

Gathered in-front of the PBR boat located in the Naval Special Warfare Group Four's area aboard JEB Little Creek-Fort Story were nearly 260 sailors from 16 commands who gathered to commemorate the date. Also, in attendance were Vietnam Era US Navy Veterans from the PBR Forces Veterans Association and Mid-Atlantic Chapter of the Game Wardens Association, who joined the Hampton Roads Naval Museum

in a brief ceremony commemorating the war which forever changed the lives of many.

Museum Director, John Pentangelo provided some opening remarks and thanked the sea of Sailors for attending. Pentangelo announced the museum's bold plans to open an exhibit which showcases the US Navy's involvement in the Vietnam War. He hinted that the new exhibit will showcase "activities of the naval intelligence and special warfare communities, the Surface Navy, Naval Air Power, Riverine Operations, and the vast capabilities of the United States Navy's logistical and non-combat support establishment." The new exhibit is slated to open in October 2019.

Rear Admiral Jesse A. Wilson, Jr., Commanding Officer of Naval Surface Force Atlantic followed, and provided some remarks on the legacy of the Vietnam War, and noted that "the Navy performed a

wide array of missions during the Vietnam War. Sailors were on the sea, along the rivers, coastal waters, in the air, on land in support of ongoing operations; no different than today." Admiral Wilson noted that of the 77 ships assigned to SURFLANT, three are named after Vietnam War Medal of Honor Recipients, one is named after a Silver Star Recipient and another is named after battle.

Vietnam Era Veteran, Larry Weatherall, who served aboard PBR 105 assigned to River Patrol Section 531 took to the podium. Weatherall shed some light on the black berets worn by members of the River Patrol Force, their losses and continuing legacy today. Lastly, Captain Lee Duckworth, USN (Ret.) provided some brief remarks on his service during the Vietnam War. Duckworth noted that "with the possible exception of the US Civil War, no event in our history has demanded more soul searching than the war in Vietnam."

Concluding the ceremony was a banner presentation ceremony facilitated by sailors assigned to Naval Support Activity-Hampton Roads. MA2 Shannon Ellis, assigned to JEB Little Creek-Fort Story's security department, tolled a quarterdeck bell seven times, with an 8th silent toll to remember those who didn't make it back. The banner was presented to Vietnam Veterans aboard the PBR, who unfurled and displayed the banner. After the ceremony, a plethora of sailors took the opportunity to climb the ladder and board the PBR boat to tour, speak with and ultimately thank the veterans for their service during the Vietnam War.



Clay Farrington
Vietnam War veteran CAPT Frederick A. Olds, USN (Ret) of the Game Wardens of Vietnam Association greets Damage Controlman Fireman Tucker Baileybeck from the destroyer Cole (DDG 67) as he tours a river patrol boat (PBR) on display at Joint Expeditionary Base Little Creek-Fort Story that has been restored by the Game Wardens of Vietnam Association, Mid Atlantic Chapter.



Clay Farrington
MA2 Shannon Ellis, assigned to the Security Department at Joint Expeditionary Base Little Creek-Fort Story, tolls a quarterdeck bell during a Vietnam Veterans Day Commemoration Ceremony aboard the facility. In attendance were over 250 sailors from area commands and a handful of Vietnam Era US Navy Veterans.



Clay Farrington
Museum Director, John Pentangelo, of the Hampton Roads Naval Museum, provides some opening remarks aboard JEB Little Creek-Fort Story during a Vietnam Veterans Day Commemoration Ceremony. About 250 sailors from area commands were in attendance at the ceremony, which took place in front of the Vietnam Era Mark I PBR (River Patrol Boat) on static display in front of the Naval Special Warfare Group Four's area.

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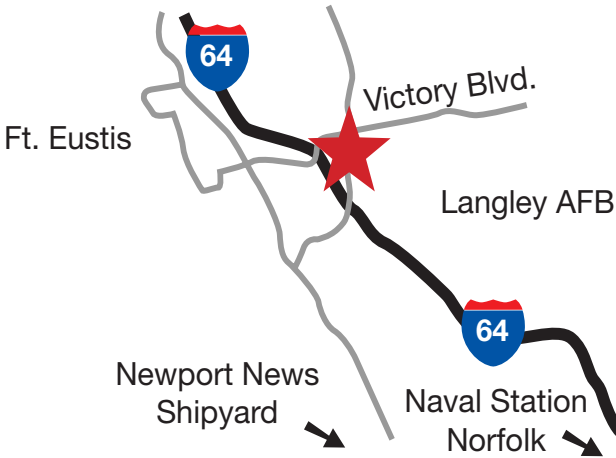
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NIWDC hosts NAVIFOR, celebrates second anniversary

From Naval Information Warfighting Development Center Public Affairs

NORFOLK

Vice Adm. Brian B. Brown, commander, Naval Information Forces (NAVIFOR), attended a ceremony marking the second anniversary of the establishment of the Naval Information Warfighting Development Center (NIWDC), March 29.

Brown thanked command members for their hard work in standing up the Navy’s newest warfighting development center and highlighted the critical role that it is already playing in advancing warfighting. He also patched and congratulated three new Warfare Tactics Instructors (WTIs). The officers completed the first ever eight-week Meteorology and Oceanography (METOC) WTI pipeline and are the first information warfare WTIs assigned to carrier strike group staffs; Lt. Cmdr. David Herrmann (CSG-1), Lt. Cmdr. Sean Caulfield (CSG-9), and Lt. Cmdr. Kelly Byrne (CSG-10).

“One of my goals in 2019 is to put a patch-wearing information warfare WTI on each deploying carrier strike group staff,” said Brown. “The NIWDC team is making that goal

a reality.”

So far, NIWDC has put 21 officers, senior enlisted and civilian students through the information warfare WTI baseline course in 2019.

“We count on our officers like Kelly, David, and Sean to take their increased levels of tactical knowledge directly into the fleet,” said Rear Adm. Jeff Scheidt, commander, NIWDC. “They will be on the front line of translating senior Navy warfighting vision into tactical execution.”

“I am honored and humbled to be an information warfare WTI and look forward to increasing tactical integration of the environment into my CSG’s operations in order to disrupt adversary decision making while increasing the Navy’s lethality,” said Byrne.

Similar to other warfighting development centers, NIWDC’s mission includes training and assessing information warfare forces in advanced tactics, techniques and procedures at the individual, unit, integrated or advanced, and joint levels, ensuring alignment within the information warfare training continuum.



Cmdr. Timothy Knapp Vice Adm. Brian B Brown, commander, Naval Information Forces, Lt. Cmdr. Sean Caulfield, Lt. Cmdr. Kelly Byrne, Lt. Cmdr. David Herrmann and Rear Adm. Jeffrey Scheidt, commander, Naval Information Warfighting Development Center (NIWDC) during NIWDC’s Warfare Tactics Instructors Patching Ceremony, March 29. The officers completed the first ever eight-week Meteorology and Oceanography (METOC) WTI pipeline and are the first information warfare WTIs assigned to carrier strike group staffs; Lt. Cmdr. David Herrmann (CSG-1), Lt. Cmdr. Sean Caulfield (CSG-9), and Lt. Cmdr. Kelly Byrne (CSG-10).



Cmdr. Timothy Knapp Vice Adm. Brian B Brown, commander, Naval Information Forces and Rear Adm. Jeffrey Scheidt, commander, Naval Information Warfighting Development Center (NIWDC) cut the cake at NIWDC’s 2nd Anniversary ceremony, March 29.



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MC2 Ryan Seelbach

The turret of USS Monitor is being prepared for a new support system at The National Oceanic and Atmospheric Administration's (NOAA) Monitor National Marine Sanctuary at the Mariners' Museum and Park. The Monitor, which sank off the coast of North Carolina in 1862, is scheduled to have its turret mounted on a new support structure by Huntington Ingalls Industries-Newport News Shipbuilding, a milestone in the ship's conservation process.

Mariners' Museum gives inside look at USS Monitor conservation

By MC2 Ryan Seelbach
USS Gerald R. Ford Public Affairs

NEWPORT NEWS, VA.

The National Oceanic and Atmospheric Administration's (NOAA) Monitor National Marine Sanctuary at The Mariners' Museum and Park opened their doors for an inside look at the conservation efforts to the USS Monitor's turret and other artifacts recovered from the wreckage.

USS Monitor was an iron-hulled steamship built during the American Civil War with a unique design, distinguished by its revolving gun turret. Monitor is famous for its role in the 1862 battle of Hampton Roads with CSS Virginia, which ended March 9, 1862 in a stalemate. Later that year, Monitor sank during a storm off the coast of North Carolina. The wreckage was first discovered off the coast of Cape Hatteras in 1973 by a team of scientists from the Duke University Marine Laboratory while conducting testing of geological survey equipment.

Chief of Naval Operations, Adm. John Richardson, attended the conservation site and received an up-close look at restoration efforts by Will Hoffman, director of conservation for the Mariners' Museum and Park. Hoffman explained why the conservation work is taking place and what the research hopes to accomplish.

"The goal for doing all of this for the museum is that, as we are stewards of taking care of the objects and conserving them, ultimately it's to tell the story of the people," Hoffman said.

"I like to think of it as a giant puzzle, like a window. With historical content, you get the

edges and as we learn more about it, we can add a piece here and add one there. We're never going to get the full puzzle but we will get enough in the middle to really tell the story and see the picture. We're not doing this for us, we're doing it to be able to tell the story of the crew."

In the next few weeks, the museum and Huntington Ingalls Industries-Newport News Shipbuilding are scheduled to complete a significant milestone in putting Monitor's turret on public display by mounting it on a new support structure.

Howard Hoege, president and CEO of The Mariners' Museum and Park, explained that they are working with many organizations throughout the Hampton Roads area to make this project a success.

"Some people call the USS Monitor, 'the ship that saved the nation,' during the Civil War. A crew that included people from all walks of life served together, united by the common purpose of ensuring the survival of the United States of America," said Hoege.

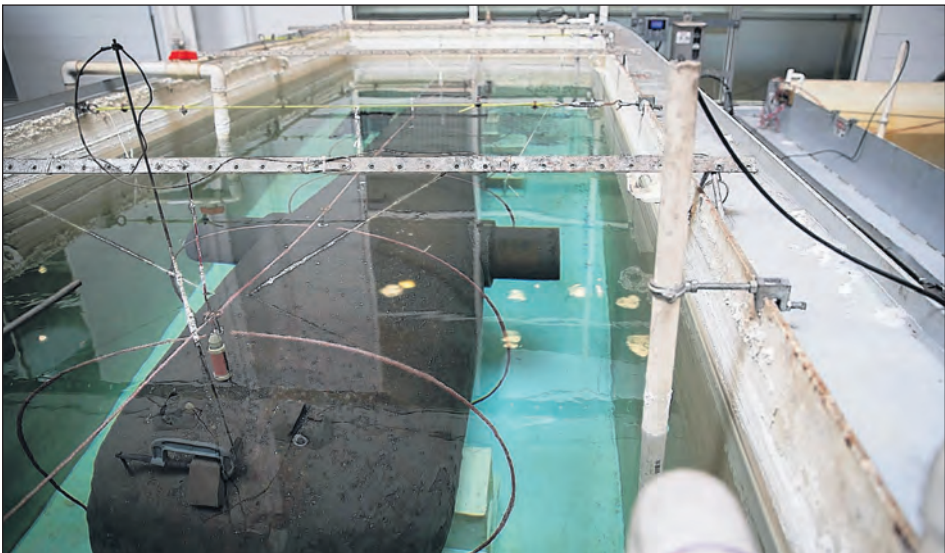
"The fact that so many in our community – workers from Colonna's, Fairlead, Hampton Rubber and Newport News Shipbuilding – are rallying to save the history that the iconic turret represents is fitting, symbolic and powerful in these times. We could not be more grateful."

The mission of the Mariners' Museum and Park is to connect people to the world's waters. The museum is committed to the preservation and conservation of more than 32,000 objects and several million library and archived materials. For more news from USS Gerald R. Ford (CVN 78), visit www.dvidshub.net/unit/CVN78 or www.facebook.com/USSGeraldRFord.



MC2 Ryan Seelbach

The National Oceanic and Atmospheric Administration's (NOAA) Monitor National Marine Sanctuary at the Mariners' Museum and Park houses more than 1,400 artifacts from the wreckage of USS Monitor.



MC2 Ryan Seelbach

Two 8-ton Dahlgren guns and their carriages were recovered intact from the wreckage of USS Monitor and are housed at The National Oceanic and Atmospheric Administration's (NOAA) Monitor National Marine Sanctuary at the Mariners' Museum and Park.

U.S. Fleet Forces Command receives 2019 SECNAV environmental planning award

By Bobbie Camp
U.S. Fleet Forces Command

NORFOLK

U.S. Fleet Forces Command (USFFC) received a 2019 Secretary of the Navy Environmental Award for environmental planning of the Atlantic Fleet Training and Testing (AFTT) Study Area Phase III Environmental Impact Statement (EIS), March 19.

“I’m extremely proud of the team’s accomplishments in completing the EIS and securing the multitude of environmental permits and approvals required,” said Liz Nashold, director, USFFC Fleet Installations and Environment. “From operators, biologists, acoustic scientists and environmental planners – it was truly a team effort.”

During a five-year planning period, USFFC’s Fleet Environmental and Installations Department ensured that environmental requirements were met while sustaining the Navy’s ability to continue uninterrupted training and testing in the AFTT Study Area.

“We had several significant challenges during the project,” said Todd Kraft, the AFTT program manager. “These included incorporating changes to training requirements due to the release of the Optimized Fleet Response Plan, analyzing newly designated biologically important areas, and reducing project costs by 25 percent.”

Many environmental laws and regulations apply to Navy training and testing activities at sea, including the National Environmental Policy Act (NEPA) and Executive Order 12114 responsibilities, obtaining Marine Mammal Protection Act (MMPA) authorization, compliance with the Endangered Species Act (ESA), the Magnuson-Stevens Fishery Conservation and Management Act, the National Marine Sanctuaries Act, the National Historic Preservation Act, and the Coastal Zone Management Act.

“We consulted with numerous federal and state regulatory agencies during the process,” stated Kraft. “Failure to do so, could result in delay or cancellation of training or testing activities, or loss of access to training areas – and these outcomes would be detrimental to the Navy’s current and future readiness.”

The team also produced high quality environmental planning documents and completed the associated compliance processes for uninterrupted Navy training and testing in the 2.6 million square nautical miles of ocean in the AFTT Study Area. As a result, the team’s efforts were critical for positioning the at-sea environmental planning program to support the Navy’s mission to properly train and equip its forces.

“We worked closely with training and testing commands including the Naval Sea System and Naval Air Systems Commands and the Office of Naval Research to assess their needs and determine innovative measures to ensure those requirements are met in an environmentally compliant fashion,” explained Kraft. “This enables military readiness activities in the Gulf of Mexico and the Atlantic Ocean to continue without interruption and in compliance with all applicable environmental laws and regulations.”

One of the highlights of the planning process was implementing a robust public engagement plan after the release of the draft EIS in the summer of 2017. The team conducted several public meetings in coastal areas from Rhode Island to Florida.

“The team did a great job explaining to interested members of the public, as well as public elected officials, the critical need to conduct military readiness activities and potential impacts of the Navy’s proposed action,” reflected Kraft. “We responded to all of the written comments we received in the final EIS.”



Lesley Dobbins-Noble

The Atlantic Fleet Training and Testing (AFTT) environmental planning team departs the Arleigh Burke-class guided-missile destroyer USS Gonzalez (DDG 66) after participating in an environmental impact statement kick-off meeting and tour of the ship to familiarize the team with naval ships, systems, sensors and training activities for the AFTT study area.

The USFFC-sponsored U.S. Navy ‘Stewards of the Sea: Defending Freedom, Protecting the Environment’ outreach program and exhibit was also leveraged in the environmental planning process. USFFC developed the program in 2013 to raise awareness of the Navy’s environmental policy and initiatives, and to increase support for its training and basing activities among public, scientific and regulatory communities.

By using a variety of the program’s digital communication platforms, the team was able to achieve a more efficient and effective way to conduct public engagement during the scoping and public meeting phases.

“In using these tools, we were able to reach a larger audience while reducing costs from the previous phases to dramatically increase efficiencies and address fiscal constraints,” said Kraft.

In August 2018, Section 316 of the John S. McCain National Defense Authorization Act for Fiscal Year 2019 was signed into effect, amending the MMPA to extend the period the Secretary of Commerce may authorize the incidental taking of marine mammals for military readiness activities from five to seven years if the Secretary finds that such takings will have a negligible impact on any marine mammal species. Thus, the team is refining their environmental planning timelines and processes for the next phase to enhance how they identify and assess emerging readiness requirements, especially in this era of great power competition.

“Current and future planning will enable our operators to train to the high-end fight, which is critical in this era of great power competition,” concluded Nashold. “We will focus on continued access to ranges and at-sea training areas that provide the air and sea space needed to achieve and maintain mission readiness.”

The Department of the Navy environmental programs play a vital role in the achievement of our National Defense Strategy. The Navy conducts numerous conservation, restoration, innovation and sustainment efforts to protect the environment, while fulfilling the Navy’s readiness mission.

To learn more on USFFC’s environmental initiatives, please visit <https://www.public.navy.mil/usff/environmental>

Stay connected with the Stewards of the Sea program on Facebook at <https://www.facebook.com/usnavystewardsofthesea> and on YouTube at <https://www.youtube.com/usnavystewardsofthesea>



MC1 Gary Pull

Staff assigned to the Fleet Environmental and Installations Department at U.S. Fleet Forces Command pose for a group photo after receiving a 2019 Secretary of the Navy Environmental Award for environmental planning of the Atlantic Fleet Training and Testing (AFTT) Study Area Phase III Environmental Impact Statement. In accordance with the National Environmental Policy Act, the team assessed the potential environmental impacts associated with conducting safe, yet realistic training for Sailors and testing systems within the AFTT study area within a five-year planning period.

IKE | Aircraft carrier completes sea trials

Continued from A1

time since August 2017. The ship conducted the Sea Trials off the Virginia coast alongside engineers and shipyard employees from Norfolk Naval Shipyard (NNSY), running through a checklist of evolutions, including conducting small-boat operations, testing countermeasure wash-down systems, executing high-speed turns, and testing catapults.

While shipyard workers tested out systems, Sailors evaluated their readiness to become an operational crew, conducting numerous drills to test their

mettle in various areas such as damage control, deck seamanship and flight deck operations.

Additionally, Sea Trials allowed the crew to encounter real-life scenarios while navigating the open ocean, something that is hard to replicate while in port.

“These five days made our bridge teams much more proficient and allowed us to carefully evaluate our strengths and weaknesses so we can continue to improve,” said Lt. Cmdr. Benjamin Sanders, Ike’s assistant navigator.

The five-day event required coordination from the entire ship, with maintenance-heavy departments like engineering taking on an increased workload in order to ensure the ship’s systems were operational.

“I think a successful Sea Trials had a lot to do with coordination from all of engineering department and its divisions,” said Machinist Mate 1st Class Robert Howard, from San Diego. “We spent our availability period planning, training and working day in and day out for this moment and when it came, we executed.”

With Sea Trials complete, Ike begins the basic phase of the Optimized Fleet Response Plan (OFRP). From there the training becomes more focused and intense, Higgins also said.

“We still have a long way to go, but

with sea trials behind us, we are motivated to charge forward,” he said. “We will continue to train and strive to be better, to be greater each day.”

Carrier Strike Group 10, also known as the USS Dwight D. Eisenhower Carrier Strike Group, includes the Nimitz-class nuclear-powered aircraft carrier USS Dwight D. Eisenhower (CVN 69), the Ticonderoga-class guided-missile cruisers USS Monterey (CG 61), USS San Jacinto (CG 56), and USS Vella Gulf (CG 72); the ships and staff of Destroyer Squadron (DESRON) 26; and the squadrons and staff of Carrier Air Wing (CVW) 3.

For more news from USS Dwight D. Eisenhower (CVN 69), visit

WATER | Northwest annex water free from PFAS

Continued from A1

ple agencies who all wanted to ensure that the public was not exposed to unsafe levels of PFOA/PFOS in their drinking water. This is truly a success story.”

The Navy has shared results with all of the property owners and will mail the final sampling report approximately 45 days after calling with the preliminary results. The Navy will also be distributing a second chance postcard for those

homeowners who are in the sampling area but have not signed up to get their water sampled.

In February of this year, the Navy was seeking to sample private drinking water wells in designated areas neighboring NSA Hampton Roads Northwest Annex near Chesapeake, Virginia to determine whether certain chemicals used by the Navy in its activities at Northwest Annex had migrated through groundwater to private drinking water wells at levels

greater than EPA’s health advisory levels. The Navy held two open house meetings to inform the community of the sampling program and respond to questions from the public. On hand at the meetings and working in partnership with the Navy, were representatives from the Agency for Toxic Substances and Disease Registry Region 3, Virginia Department of Environmental Quality, Virginia Department of Health, and the City of Chesapeake.

In May 2016, the EPA issued lifetime health advisory levels for two chemicals: PFOS and PFOA.

The EPA’s health advisory level for lifetime exposure is 70 ppt for PFOS and 70 ppt for PFOA. When both PFOS and PFOA are found in drinking water, EPA’s LHA recommends that a combination not exceed 70 ppt cumulative. Although these health advisory levels are not enforceable regulatory standards, the Navy was seeking to identify private wells that have been impacted at levels greater than the lifetime health advisory levels. PFOS and PFOA are man-made chemicals present in the environment. PFAS has been used since the 1950s in products that resist heat, stains, grease and wa-

ter. It has been used in a variety of products and substances such as non-stick cookware, food packaging such as popcorn bags, and water-resistant textiles and sprays used to treat carpets and fabrics. The most common historical Navy use of these chemicals has been through the firefighting agent, aqueous film forming foam (AFFF).

More information about the Navy’s PFAS initiative and drinking water testing program may be found at <https://www.cnrc.navy.mil/NWADrinkingWaterInfo>.



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Navy develops and tests rapid pressure fluctuation chamber to study physiological events

» See B3

SECTION B | FLAGSHIPNEWS.COM | 4.4.2019



PA3 Barbara L. Patton

FLEET WEEK RETURNS TO NEW YORK CITY; SHIPS ANNOUNCED

From Fleet Week New York Public Affairs

NORFOLK

Five U.S. Navy ships, three U.S. Coast Guard cutters, four U.S. Naval Academy (USNA) Yard Patrol boats (YPs), one Military Sealift Command ship, and two Royal Canadian Navy vessels will participate during 2019 Fleet Week New York (FWNY), May 22-28. It is anticipated that approximately 2,600 Sailors, Marines and Coast Guardsmen will participate this year.

Ship and pier locations include:

Manhattan, Pier 88: (Tours will be closed Sunday, May 26)

- San Antonio-class amphibious transport dock USS New York (LPD 21), from Mayport, Florida will embark several hundred Marines from Camp Lejeune, North Carolina.
- Kingston-class coastal defence vessel HMCS Glace Bay (MM 701), from Canadian Forces Base Halifax
- Manhattan, Intrepid Sea, Air and Space Museum, Pier 86:
 - Four USNA YPs, from Annapolis, Maryland (Vessels depart Saturday, May25)
 - Sentinel-class cutter USCGC Lawrence O. Lawson (WPC 1120), from Cape May, New Jersey
- Sail training vessel HMCS Oriole (KC 480), from Canadian Forces Base Halifax
- Brooklyn Cruise Terminal: (Located in the Red Hook Community)
 - Ticonderoga-class guided missile cruiser USS Hué City (CG 66), from Mayport, Florida – (Scheduled to arrive Saturday, May 25)
 - Homeport Pier, Staten Island:
 - Arleigh Burke-class guided missile destroyer USS Jason Dunham (DDG 109), from Norfolk, Virginia
 - Freedom-class littoral combat ship USS Milwaukee (LCS 5), from Mayport, Florida
 - Keeper-class cutter USCGC Katherine Walker (WLM 552), from Bayonne, New

- Jersey
- Medium endurance cutter USCGC Campbell (WMEC 909), from Kittery, Maine
 - Kings Point (U.S. Merchant Marine Academy): (Not open for general public tours)
 - Cyclone-class patrol coastal ship USS Tornado (PC 14), from Mayport, Florida
 - Bronx/SUNY Maritime College: (Not open for general public tours)
 - Spearhead-class expeditionary fast transport USNS Burlington (T-EPF-10)
- Ship tours will be conducted throughout

» See FLEET WEEK | B7



MC2 Nicholas Burgains

U.S. Navy Cmdr. Cyndi Sikorski, left, and Malaysian Army Cpl. Norazimah Halidi conduct stimulation exercises with a participant during a community health engagement at SK Tanah Puteh as part of Pacific Partnership 2019.

Pacific Partnership 2019 joins Malaysian community for health engagement

By MC2 Nicholas Burgains

Pacific Partnership 2019 Public Affairs

KUCHING, MALAYSIA

Malaysian Armed Forces and local medical staff joined Pacific Partnership 2019 (PP19) personnel deployed with the Military Sealift Command expeditionary fast transport ship USNS Fall River (T-EPF 4) in providing medical services to Kuching residents during a community health engagement at SK Tanah Puteh, March 31.

“We don’t get this opportunity often, to work side-by-side with international doctors and providers; learning from each other,” said U.S. Navy Lt. Cmdr. Phonthip Eadens, PP19 nursing planner aboard Fall River. “Learning from our host nation and our partner nations and increasing our capacity; that’s what Pacific Partnership is all about.”

The goal of the event was to strengthen bonds between U.S. and host nation personnel while helping each other offer medical consultations to the community. Learning from these engagements are essential for preparation to respond effectively to natural disaster crises in Malaysia and the Indo-Pacific region.

“The community turnout for today was well,” said Malaysian Army Col. Mohamed Zaki Mokhtar, Malaysian Armed Forces PP19 director. “These kinds of engagements are very important because they allow the medical personnel involved to share knowledge while serving the community.”

The team worked shoulder-to-shoulder to provide dental and medical services, pediatric care and physical health evaluations to community members. They also conducted courses on preventive treatment methods for rabies. Interaction and sharing expertise now improves the ability to respond effectively should a disaster strike.

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 across the Indo-Pacific.

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



Army Sgt. Amber I. Smith

The Vietnam War Memorial in the nation’s capital was the site for a wreath-laying event to observe the second anniversary of Vietnam Veterans Day, March 29, 2019.

Nation honors Vietnam Veterans in annual observance

By David Vergun

Defense.gov

WASHINGTON

Today is National Vietnam War Veterans Day, and these veterans are being honored at events across the nation, including at the Vietnam War Memorial here.

At “The Wall,” as it’s commonly called, a number of veterans received Vietnam Veteran lapel pins from Kim Joiner, the acting principal deputy assistant to the secretary of defense for public affairs, on behalf of the Defense Department. Thee event also featured a wreath-laying event at the memorial.

One of the veterans being honored was Duery Felton Jr., who served in the Army in Vietnam from 1966 to 1967.

He was just 19 when he got to Vietnam after being drafted. “Vietnam stole my

youth,” he said, adding that he has mixed feelings about his experiences there.

He was a radio telephone operator in the 1st Infantry Division with the rank of specialist 4.

The moment that stands out most in his mind, he said, is when his platoon was ambushed. During the ensuing firefight, he said he lost many comrades, all of whose names are inscribed on The Wall that he now stood beside.

During monsoon season in another fire-fight, he remembered rivulets of rainwater turned red from the blood.

Before returning home, Felton said, his leaders warned him not to wear his uniform in public because of the war protesters and the harm that might come to him. “Coming

» See VIETNAM | B7

Boarding school scholarships offer military children uninterrupted education

By Lisa Smith Molinari

April, the Month of the Military Child, reminds me of both challenges and opportunities faced by my own military children.

“Annabanana, knock ‘em dead,” I said when I dropped my daughter off for her first day of 10th grade after we moved to Rhode Island. A typical Navy brat, Anna knew all about being the new kid, but this school was different. Very different.

Eight months prior, my husband, Francis, had received orders to Naval Station Newport. We visited the city to house hunt and investigate the public schools for our three children. Unfortunately, Newport’s schools were disappointing, and we weren’t sure what to do. While exploring, we drove past an old stone wall emblazoned with a “St. George’s School” crest. A tree-lined road lead to a stately building with two red doors.

“Wow,” I told Francis, “Is that one of those old boarding schools? Like in the movies?” Later in our base hotel room, Google confirmed that it was. The tuition was astronomical — impossible for us. But the admissions webpage encouraged “families of all economic levels” to inquire about financial aid.

“I’m sending them an email,” I told Francis. “You’re wasting your time,” he laughed.

The next morning at 8:00 am, the Admissions Director called. He told us of their “Military Scholarship Program,” and offered to

show us around. We met him at the red doors, and with our mouths agape, toured the stunning campus.

Eight months later, Anna arrived, nervous for her first day. Although the school offered to board Anna, she opted to be a day student, knowing she could become a boarder like the other “military scholars” if we got orders to move before her graduation.

Anna blossomed at St. George’s, which embraced her interest in fashion design as an academic pursuit, not as a hobby as others had. They gave her a fashion column in the school newspaper, allowed her to create garments in advanced art classes, entered her designs in contests, and established a new position for her as costume designer for the musical productions. Anna completed a semester at sea aboard the school’s sailboat, where she earned science credits while traveling to other countries and tagging sea turtles. Anna became a popular friend to her boarding peers from all over the world. Most importantly, the school showed genuine respect for military families like ours who lead lives of service.

Anna is now a fashion design student at Syracuse University, thriving during her semester abroad at London College of Fashion. Her extraordinary high school experience undoubtedly contributed to her positive outcome.

Francis and I learned that boarding schools are not stodgy institutions where wealthy kids

are stashed by neglectful parents. They are supportive educational environments that offer unique opportunities in ideal settings. In fact, according to a recent study, 78 percent of boarding students reported feeling prepared for college, compared to 23 percent of public school students. Ninety percent of boarding school students feel they have high quality teachers compared to 51 percent of boarding school students. Only 50 percent of students find public school academically challenging, compared to 91 percent of boarding school students.

Furthermore, moving is harder on adolescents, who not only experience academic and athletic set backs, but they are more likely to have negative psychological consequences. The chance for a four-year, uninterrupted educational experience makes boarding school a good option for military families whose children don’t want to endure the trauma of moving during high school.

Is it possible for military families to afford boarding schools?

Yes, but not without need-based grants, merit-based scholarships, or financial aid. Although St. George’s was the first boarding school to offer a military scholarship, a new non-profit, The Orion Military Scholarship Fund, Inc., (OrionMilitary.org) is in its early funding phase. Orion plans to begin offering merit scholarships to qualified active duty military students to attend a variety of participating US boarding schools beginning in the year 2020. Francis and I feel so strongly about the benefits boarding school offers military children, we recently volunteered to serve on Orion’s board.

While every military child deserves an education, those willing to explore unique alternatives could find extraordinary opportunities.

www.themeatandpotatoesolife.com



iStock image



From NavyLife101

How did we get here?

By Amanda-lee-Pitzer

It seems like just yesterday they got home. We settled into a routine where he’s coaching baseball and picking the boys up from school. It feels so normal. Is this what it feels like on the other side? The closer we get to retirement (285ish days) the more I get excited over having that normal life; one not dictated by last minute plan changes, underways, detachments, late nights...just normal. But then this week happened. It’s time to start getting ready again. He’s only leaving on a short trip—“No big deal” I keep telling my boys. And it really is nothing when you look at what we’ve endured the last 15 years.

I have so many friends whose spouses frequently travel for work. One week or two; it’s not uncommon. But our two weeks has so much more meaning. Our two weeks means more is coming. Longer...is coming. It’s the dark cloud hanging over everything normal making it feel not-normal again. Our calendar is filled with “leaving” and “re-

turn” smattered all throughout. I fill up the calendar with everything else under the sun to effectively bury those words. How are we here again? Upcoming retirement, you’d think, would make this not a big deal. But instead it’s like something that’s just out of reach and we can’t ever seem to get close enough to grasp it.

I’m prepared for him to take on a civilian job that will require travel. I have NO problem with work-related travel. My dad was always gone for work trips. However, something about a 6-10 month deployment looming in the distance adds so much more to the equation. My heart is so heavy with the knowledge of what is to come. As we continue our countdown, the days seem to go by more slowly than those before it. I’m not ready to do this again. So...to distract myself I’ll shop for the perfect dress for the retirement ceremony. I’ll plan a party to celebrate. I’ll focus on the light that is at the end of the tunnel, no matter how slowly it comes.



Q: Why did the military privatize housing?

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Navy develops and tests rapid pressure fluctuation chamber to study physiological events

By Katherine Mapp
NSWC Panama City Division Public Affairs

PANAMA CITY, FLA.

A Navy team is developing a solution for detecting symptoms associated with rapid pressure fluctuations in military jets, a phenomenon associated with physiological events (PE) in the E/A-18G and F/A-18 weapon systems.

Naval Surface Warfare Center Panama City Division's (NSWC PCD) Fluctuating Altitude Simulation Technology (FAST) team recently delivered an aircraft cabin simulator system to the Navy Experimental Diving Unit (NEDU) for their use conducting human subject research.

NSWC PCD engineers designed and fabricated the FAST system to replicate the rapid cockpit pressure fluctuations observed in the Navy's jet aircraft.

"The purpose of the FAST system is to characterize the symptoms associated with rapid pressure fluctuation, and determine what symptoms may be most closely associated with PE," said

Navy Research Psychologist Lt. Jenna Jewell. "This information allows us to conduct future research that can be more targeted, including focusing on specific symptoms and adding in factors present in the cockpit."

Aircrews experience PEs when there is both a known or suspected aircraft or aircrew systems malfunction and a loss in performance related to insufficient oxygen delivery, alterations in breathing dynamics, unexpected pressure phenomenon, or other human factors. Research "flights" were conducted at NEDU from November 2018 to January 2019 to simulate the rapid cabin pressure fluctuations aviators experience during flights in a controlled environment. This allowed medical researchers to investigate whether there are physiological or neurocognitive impacts due solely to the pressure fluctuations

The team began with a commercial-off-the-shelf (COTS) Double Occupancy Altitude Chamber (DOAC) to simulate the cockpit environment and modified the fea-

tures to meet operational objectives, according to Brian Toole, NSWC PCD FAST project manager.

"The NSWC PCD FAST team designed and assembled the FAST system in-house," said Toole. "NSWC PCD brought the concept to reality by starting with the COTS DOAC and installing our own control system, developing algorithms, and programming the NSWC PCD designed chamber software to meet mission requirements."

According to NEDU Research Physiologist Lt. Travis Doggett, the FAST study is moving the Navy one step closer to solving critical safety concerns.

"This study is the first-of-its-kind human subject research investigating PEs plaguing Naval Aviators by replicating the cabin pressure fluctuations observed in the Fleet. It is also the first-ever study to investigate and identify the physiological responses and symptomology associated with rapid cabin pressure fluctuations at altitude," said Doggett.



Anthony Powers
Research Physiologist Lt. Travis Doggett, center, directs aircrew via radio during simulated flight in the Fluctuating Altitude Simulation Technology (FAST) system Jan. 14, 2019 at Navy Experimental Diving Unit. The system was developed and built by Naval Surface Warfare Center Panama City Division.

"The FAST system, coupled with the manned testing, will provide Navy leadership vital information needed to help solve the Chief of Naval Operations number one aviation safety concern – impacting the Navy's ability to operate safely in the airspace of its choosing, without physiological hindrance," Doggett added.

How it works

Before simulated flight, participants undergo an initial general medical evaluation to determine inner ear function, retinal tracking, and a neurocognitive exam. Upon completion, participants enter the FAST chamber and fly one of three predetermined flight patterns. During the flight, participants' vital statistics are tracked constantly and a Doppler ultrasound test is conducted at four different occasions to determine if venous gas bubbles are present in each participant's heart. In addition, retinal function is tested mid-flight.

Upon completion of the flight, participants undergo the same pre-flight testing to determine if there are any changes in physiological or neurocognitive performance as a result of the rapid pressure fluctuations experienced during simulated flight.

NSWC PCD's FAST team used

their life support expertise to meet this urgent need, rapidly developing the technology by pursuing parallel paths and efficient use of existing assets. The FAST team went from refining conceptual requirements in November 2017 to delivering a fully functional system to NEDU in May 2018.

"Our team at NEDU knew what we wanted to accomplish at the end. We had an idea of the question we wanted to answer, but did not have anything in terms of how to actually make it happen," said Jewell. "The partnership between NEDU and NSWC PCD is how we got to a solution. For all of this to come to fruition within 14 months of beginning, and now we have a new system that NAVAIR is going to continue relying on to use in the future, is huge for us."

The FAST cabin is one key step in identifying, mitigating and eliminating environmental factors causing PEs during military aircraft flights. This study is only the first of multiple steps. The next phases include adding additional factors to determine how pressure fluctuations can affect aircrew.

For more news from Naval Surface Warfare Center Panama City Division, visit www.navy.mil/local/NSWC/.



Anthony Powers
Research Psychologist Lt. Jenna Jewell and Research Physiologist Lt. Travis Doggett monitor aircrew vitals during flight patterns in the Fluctuating Altitude Simulation Technology (FAST) system Jan. 14, 2019 at Navy Experimental Diving Unit. The system was developed and built by Naval Surface Warfare Center Panama City Division.

Great 100 nurses of Northeast Florida includes four from Naval Hospital Jacksonville

By Yan Kennon
Naval Hospital Jacksonville Public Affairs

JACKSONVILLE, FLA.

Four Naval Hospital Jacksonville nurses have been selected for The Great 100 Nurses of Northeast Florida's "Great 100" award. The award recognizes nurses who have demonstrated outstanding contributions to the patients and families for whom they care, the profession as a whole, and the community in which they live.

NH Jacksonville's selectees will be recognized at an event on May 11: Lt. Cmdr. Chad Moore, nurse anesthetist training program site director; Lt. Cmdr. Dagoberto Salinas, adult-gerontology clinical nurse specialist; Lt. Andra Wilke, maternal infant unit department head; and Patricia Gill, urology clinic manager.

Moore serves as an editorial board member for the International Student Journal of Nurse Anesthesia and is credited with seven publications in peer-reviewed journals. Salinas has published in two peer-reviewed journals and presented at six national conferences. Wilke created a didactic-basic obstetrics course to enhance clinical skills and

patient experience skills for novice nurses. Gill serves as civilian representative for the 643 civilian staff at NH Jacksonville and established specialized surgical workflow processes across Navy and private sector facilities, fostering continuity of care.

Every two years the "Great 100" selection is held by The Great 100 Nurses of Northeast Florida, Inc., a tradition that began in 2000. Selection as a "Great 100" is an honor and a recognition of those who personify what is best in nursing.

Naval Hospital Jacksonville and Navy Medicine Readiness and Training Command Jacksonville deliver quality health care, in an integrated system of readiness and health. NH Jacksonville includes five branch health clinics across Florida and Georgia. It serves 163,000 active-duty and retired sailors, Marines, soldiers, airmen, guardsmen, and their families, including about 83,000 patients who are enrolled with a primary care manager.

To find out more, visit www.med.navy.mil/sites/navalhospitaljax.

For more news from Naval Hospital Jacksonville, visit www.navy.mil/local/nhjax/.



U.S. Navy photo
Lt. Cmdr. Chad Moore (right), a nurse anesthetist at Naval Hospital Jacksonville, and a colleague use video laryngoscopy to intubate a patient in an operating suite. Moore, a native of Colorado Springs, Colorado, was named a Great 100 Nurses of Northeast Florida.



Jacob Sippel
Lt. Andra Wilke (left), a registered obstetrics nurse at Naval Hospital Jacksonville, conducts neonatal resuscitation simulation training with Hospital Corpsman 2nd Class Amber Garman and Hospitalman Gisselle Pintado in the Maternal Infant Unit. Wilke, a native of Tulsa, Oklahoma, was named a Great 100 Nurses of Northeast Florida.



MC1 Justin Stumberg

Thirty maritime unit ships from 12 nations maneuver in close formation for a photo exercise during Exercise Baltic Operations (BALTOPS) 2018 in the Baltic Sea. BALTOPS is the premier annual maritime-focused exercise in the Baltic Region and one of the largest exercises in Northern Europe that is designed to enhance the flexibility and interoperability among allied and partner nations.

U. S. 2nd Fleet to lead BALTOPS 2019

From U.S. 2nd Fleet Public Affairs

VILNIUS, LITHUANIA

U.S. 2nd Fleet (C2F) will lead the 47th annual exercise Baltic Operations (BALTOPS) 2019, the premier maritime-focused exercise in the Baltic Region that takes place in the Baltic Sea mid-June 2019 marking the fleet’s first time operating in the European theater since reestablishment in 2018. Commander, C2F, Vice Adm. Andrew “Woody” Lewis, will lead the

exercise on behalf of U.S. Naval Forces Europe. He addressed more than 200 planners at the BALTOPS final planning conference in Vilnius, Lithuania, April 2. “As you all are aware, U.S. 2nd Fleet will be leading the exercise, but make no mistake, it will be founded on NATO and partner principles,” said Lewis. “Through BALTOPS 2019 and exercises like it, we strengthen our relationships and improve overall coordination and interoperability between allies and partners during both peace and times of

conflict.” BALTOPS 2019, scheduled to include air, maritime, and ground assets from 18 nations is an annual joint, multinational maritime-focused exercise that provides a unique training opportunity designed to foster and sustain cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world’s interconnected oceans. It is designed to improve training value for participants enhance flexibility and interoperability, and demonstrate resolve among allied and partner forces in

defending the Baltic Sea region. C2F exercises operational and administrative authorities over assigned ships, aircraft and landing forces on the East Coast and the North Atlantic. Additionally, it plans and conducts maritime, joint and combined operations as well as trains and recommends certification of combat ready naval forces for maritime employment and operations around the globe. *For more information about BALTOPS 2019 or C2F, contact mary.c.walsh1@navy.mil.*

Fleet Activities Yokosuka's 26th annual Spring Festival attracts 37,000 visitors

By Kristina Doss
U.S. Fleet Activities Public Affairs

YOKOSUKA, JAPAN

U.S. Fleet Activities Yokosuka welcomed approximately 37,000 visitors to its 26th annual Spring Festival March 30. Guests from all over Japan — including nearby Tokyo and the country’s northern most island of Hokkaido — traveled to Yokosuka for a chance to enjoy a ship tour, live music, carnival games, and iconic American food at the largest U.S. Navy base overseas. “I’m happy to welcome our close neighbors, but also those who have traveled far to be with us to see the sights and sounds on Yokosuka Naval Base in Spring time,” Captain Jeffrey Kim, commander of Fleet Activities Yokosuka, said. The popular open-base event, co-hosted by Yokosuka city and the Yokosuka City Tourism Association, has been an annual event each Spring since 1994. What made this year’s celebration unique, Kim said, was the chance to enjoy the festivities into the night amid glowing lanterns and a canopy of blooming cherry blossom trees. While cherry blossoms, or sakura as they are called in Japan, are a joy to see, Yokosuka City

Mayor Akira Kamiji said the flowers serve as a symbol, too. “Cherry blossoms are representative of Japan and the opportunity of being able to cherish them on base truly signifies U.S.-Japan friendship,” said Kamiji through a translator at a welcoming ceremony just steps away from the base’s Kosano Park, where more than 60 pink and white blooming trees reside. At the park, the exchange of friendship and culture was on display as Sailors, their families and host-nation friends participated in the Japanese tradition of hanami, or enjoying the flowers’ beauty, while picnicking on American favorites such as pizza and barbecue. Across from Kosano Park, guests could also enjoy music from the festival’s main stage and Benny Decker Theater where surf rock group Chris & the Adventures, classic rock band RedBedRock, the U.S. 7th Fleet Band and more entertainment groups provided soundtracks for the day. Tokyo resident Toshiko DeBouger, who is married to a U.S. Marine veteran, said the friends she brought to the base enjoyed both the food and music. “Some people say hamburger is the best and some people say en-



MC2 Tyler R. Fraser

Visitors wait in line for a tour of the guided-missile cruiser USS Chancellorsville (CG 62) during the 26th annual Spring Festival at Fleet Activities (FLEACT) Yokosuka.

joyment of the music and the band, especially classic rock,” DeBouger said of her friends’ favorite Spring Festival moments. Another highlight for visitors, as evident by the line stretching along the base’s waterfront, was the chance to tour the Ticonderoga-class guided-missile cruiser USS Chancellorsville (CG 62). Captain Marc Boran, commanding officer of Chancellorsville, said it was a pleasant surprise to see the hundreds of people lined up to see the ship and meet Chancellorsville’s Sailors. “What I’m excited about is the opportunity for our Sailors to talk about and show their ship,” Boran said. “An event like this reflects on

their great work and the hard work that they do every single day.” Enjoying the ship tour and base’s cherry blossoms wasn’t just a relaxing pastime for adults, the younger guests at this year’s festival also seemed to find many things to enjoy. Tokito Akira, from Saitama prefecture, attended Spring Festival with his 5-year-old and 1-year-old. Akira said his family enjoyed seeing the Chancellorsville because it was the “first time they visited the ship,” he said through a translator. Alison Hinkle, who lives on base and visited Spring Festival with her 8-year-old daughter Kathleen, said they enjoyed the carnival games. The festival was

also a chance to show two Japanese Girl Scouts their community. “We have two Girl Scouts visiting us from a sister troop three hours away, so we wanted to show them around the base and view the beautiful cherry blossoms,” Hinkle said. Reflecting on celebrating Spring Festival together amid thousands of host-nation friends, Hinkle said “it was amazing to have everyone come together and enjoy a beautiful day all together.” *For more news from Commander Fleet Activities Yokosuka, visit www.navy.mil/local/cfayl.*

DOD official: Maintaining space dominance ‘pivotal’ for U.S. warfighters

By C. Todd Lopez
Defense.gov

WASHINGTON

The United States was the first — and still the only — nation to put a man on the moon. Nobody will forget that. But come July, that first manned lunar landing will have been exactly 50 years ago.

A lot has changed in space in the last half century, including the number of countries that are capable of putting things on the moon, launching rockets with complex satellites, or building space stations. The United States still has a lead in space, but that might not last long.

Russia and China, for instance, “are looking to asymmetrically undermine our space-based capabilities,” Kenneth P. Rapuano, the assistant secretary of defense for homeland defense and global security, said

at a March 27 hearing of the Senate Armed Services Committee’s strategic forces subcommittee.

“Space is a vital national interest,” Rapuano said. “It underpins our economy and way of life, supporting our academia, agricultural, banking and travel sectors, among others. Moreover, the rapidly growing commercial space sector offers enormous promise for the prosperity of Americans and our global partners.”

But space also offers the U.S. military an advantage that Rapuano said America must fight to maintain. Just how important is space to uniformed gunslingers on the battlefield?

“It’s pivotal,” Rapuano said. “Our targeting. Our communications. Positioning, timing, location for GPS. And all of the ... capabilities in terms of surveillance and

reconnaissance that we get from space. Real-time situational awareness of adversaries’ locations and activities. To lose those capabilities would be very significant, and that is why we are so focused on defending and protecting them.”

U.S. Edge at Risk

Rapuano let senators know the U.S. has got to step up its game or risk losing its edge to the Chinese or Russians, both of whom are vying for the top spot in the space race for the strategic advantage it provides.

“China has expanded by orders of magnitude,” Rapuano said. “The Russians have grabbed back. They have newly invested in space and developed some relatively exquisite capabilities. But the scale of the Chinese investment is the lead in terms of everyone else out there, including Russia. They have more rocket launches this year

than the United States. They are the lead rocket-launch nation in the world.”

Rapuano said China and Russia are developing military capabilities, doctrine and organizations intended to place U.S. space systems at risk, including anti-satellite weapons, ground-launch missiles and directed energy weapons. Additionally, he said, they continue to launch experimental satellites that conduct sophisticated on-orbit activities to advance counter-space capabilities.

“The department must do more to accelerate its response to the changing dynamics of space by adapting our organizations, policies, doctrine, capabilities and joint force employment to more effectively deter aggression, protect our interests and enhance our lethality,” Rapuano said.

The DOD’s proposal for U.S. Space Force, establishment of U.S. Space Command as a unified command, and establishment of a Space Development Agency are all part of DOD’s efforts to move forward, Rapuano said.



MC3 Skyler M. Okerman

The guided-missile destroyer USS Decatur (DDG 73) is underway alongside the aircraft carrier USS John C. Stennis (CVN 74) during a refueling-at-sea in the Arabian Sea, Dec. 15, 2018. The John C. Stennis Carrier Strike Group, Essex Amphibious Ready Group, and 13th Marine Expeditionary Unit are conducting integrated operations in the Arabian Sea to ensure stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.

USS Decatur returns home from deployment

From U.S. 3rd Fleet Public Affairs
SAN DIEGO

The guided-missile destroyer USS Decatur (DDG 73) returned to San Diego April 1, following a deployment to the U.S. 7th Fleet and 5th Fleet areas of operation.

“This deployment highlighted every capability that dynamic force employment provides,” said Cmdr. Bob Bowen, Decatur’s commanding officer. “We were successful on deployment, providing the fleet commanders with a well-trained and equipped surface

combatant capable of executing any mission assigned.”

Decatur participated in multiple exercises and operations while deployed, including conducting maritime security operations, and rendering assistance to seven distressed mariners in the waters south of Sri Lanka. After a fishing vessel suffered a mechanical failure rendering the vessel inoperable, Decatur provided food, water and towing assistance to the fisherman while waiting for Sri Lankan authorities to respond to the mariner’s distress calls.

“We answered the call, whether

it be to assist fellow mariners at sea or conduct maritime security operations in both fleets,” said Bowen. “I am extremely proud of my crew for their hard work and dedication, and we are excited to be home.”

U.S. 3rd Fleet leads naval forces in the Indo-Pacific and provides the realistic, relevant training necessary for an effective global Navy. U.S. 3rd Fleet works constantly with U.S. 7th Fleet to complement one another and provide commanders capable, ready assets across the spectrum of military operations in the Pacific.



U.S. Navy photo

A Sri Lankan fisherman jumps and swims to a rigid-hull inflatable boat from the Arleigh Burke-class guided missile destroyer USS Decatur (DDG 73) after the ship stopped to render assistance to a stranded fishing vessel. After providing food and water, Decatur contacted the Sri Lankan authorities who came and towed the stranded vessel back to port. Decatur is forward deployed to the U.S. 7th Fleet area of operations in support of security and stability in the Indo-Pacific region.



MC1 Woody S. Paschall

The crew of guided-missile destroyer USS Decatur (DDG 73) man the rails as they sail past downtown San Diego and their homeport at Naval Base San Diego following a deployment to the U.S. 7th Fleet and 5th Fleet areas of operation.

NIWC Atlantic develops app prototype for Navy divers

By **Maison Piedfort**
Naval Information Warfare Center Atlantic Public Affairs

CHARLESTON, S.C.

A Naval Information Warfare Center (NIWC) Atlantic team recently completed an Automated Dive Profile Data Transmission and Synchronization (Auto-DPTS) prototype aimed at streamlining the dive logging process for Navy dive units.

La'Keisha Williams, NIWC Atlantic Science and Technology principle investigator, led the year-long management effort on the prototype, which attempts to transition Navy divers to an entirely digital platform for records keeping.

"Before Auto-DPTS, divers would have to log everything with paper and pen while still on the boat," said Williams. "From there, divers would need to locate an internet connection in order to log into their Dive and Jump Reporting System (DJRS) account and enter data by hand."

Williams' efforts on Auto-DPTS, combined with the efforts of a contractor and the Office of Naval Research (ONR) TechSolutions, resulted in a prototype solution to provide divers with a ruggedized mobile tablet running Scuba Binary Dive Application (SBDA)-100 software.

"Metrics, such as water depth, temperature, ascent rate and other information tracked through a diver's computer, are not easily extractable," said Williams. "Now, with the adapters that we've 3D-

printed, they can connect their dive computer to the tablet running the SBDA-100 software using a USB connection".

The software's algorithm for extracting and uploading the data into DJRS automates the post-dive process entirely. The tablet is also Common Access Card-enabled so divers can log into their DJRS account straight from the tablet when they do an automatic upload.

"We have the software development expertise and experience to take this idea straight from the divers and put it, in physical form, right back into their hands," said Williams. "Performing effective rapid prototyping and then transitioning this technology into the hands of the fleet is a core capability of NIWC Atlantic's science and technology department."

To develop the Auto-DPTS prototype into a full working model, the Naval Experimental Diving Unit and the Naval Diving Salvage Training Center (NDSTC), both in Panama City Beach, Florida, are currently testing the solution in an effort to integrate the product into their divers' day-to-day training.

"We're seeing collaborative innovation and experimentation efforts across the Navy that are really changing the way we do business," said Scott Brodeur, force master diver for the Navy Expeditionary Combat Command.

Brodeur's request to ONR to automate the dive logging process



Bobby Cummings

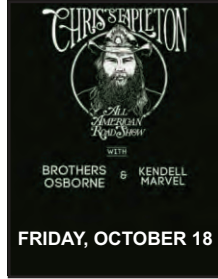
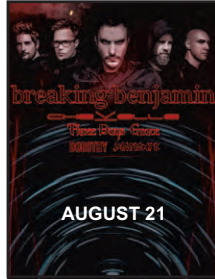
La'Keisha Williams, Naval Information Warfare Center (NIWC) Atlantic, science and technology principle investigator, uses the Office of Naval Research (ONR) TechSolutions-sponsored Scuba Binary Dive Application (SBDA 100) to record dives during a demonstration and evaluation off the coast of Panama City, Fla.



Bobby Cummings

Force Master Diver Scott Brodeur, Naval Expeditionary Combat Command, watches as Chief Navy Diver Marshall Goble tries out the Office of Naval Research (ONR) TechSolutions-sponsored Scuba Binary Dive Application (SBDA 100) during a demonstration and evaluation off the coast of Panama City, Fla. The SBDA 100 automates the submission of dive profiles directly from a dive computer worn by Navy divers to the Naval Safety Center's Dive Jump Reporting System (DJRS) database, eliminating transcription errors and the re-entering of dive site information for multiple dives by the same diver. Brodeur submitted the idea to automate the reporting of dive logs to ONR's TechSolutions, who partnered with the Naval Information Warfare Center (NIWC) Atlantic and the Naval Surface Warfare Center Panama City Division to develop the SBDA 100.

» See **DIVERS** | B7



CONSTANT CONVOCAATION CENTER

APR 12 – 13



MCCS Monica R. Hopper

Thomas W. Harker, assistant secretary of the Navy for financial management and comptroller, presents data findings from a recent Navy full financial statement audit to installation and tenant leadership teams aboard Naval Air Station Jacksonville March 27, 2019.

Audit is Commander's business

By MCCS Monica R. Hopper
Navy Region Southeast Public Affairs

JACKSONVILLE, FLA.

Thomas W. Harker, assistant secretary of the Navy for financial management and comptroller, and Vice Adm. Dixon Smith, deputy chief of naval operations, hosted an audit roadshow in Navy Region Southeast for installation and tenant leadership teams within 50 miles of three Naval installations in Northeast Florida, March 27 and 28.

The audit roadshow educates commanders on the upcoming Navy-wide full financial statement audit (FFSA) of buildings,

equipment and parts, and an audit SECNAV expects commanders to demonstrate 100 percent accountability of their inventory.

“This is not about audit for audit’s sake; it is about audit for the lethality of warfighting,” said Vice Adm. Smith, emphasizing the importance of accurate inventory to get the right part to the right person at the right time, every time.

The Navy’s first ever FFSA was completed and disclaimed in fiscal year 2018 due to inadequate financial reporting and accountability, and the inability of the auditors to substantiate the information provided to them.

Buildings on Navy inventory lists had long been demolished; newer buildings already a decade old were not found on any list. Supply issues experienced by Navy leaders at different levels led some commands to stockpile parts for a rainy day, only for the parts to be forgotten in a storage locker or Conex box.

Upkeep and repair funds are tied to buildings – when a building isn’t inventoried properly, it can’t get needed repairs without funds getting pulled from someplace else. Stockpiling parts confuses supply and demand signals, negatively affecting Navy logistics in the future.

Harker and Smith laced examples through their presentation, touching on factors that led to poor inventory practices and the critical consequences that resulted.

Furthermore, from a financial standpoint, Harker stated, the Navy needs to change the current culture that if a command doesn’t spend its money, it may negatively impact future budgets. The truth is while Navy wants to spend all its money each year — toward immediate needs of all kinds of warfighters everywhere — giving back a portion of your budget on any particular year won’t have im-

mediate consequences. Only continued fiscal returns would.

Secretary of the Navy Richard V. Spencer established eight audit priorities following the disclaimed audit to bolster the Navy business of warfighting. Harker and Smith are using the audit roadshow to deliver to commanders throughout the Navy the message to remove excess Inventory (Navy Working Capital Fund-Supply Management) and Operating Materials and Supplies from the shelf; improve accuracy of what is in inventory records to 100 percent; implement standard processes for receiving and issuing inventory; and increase the Navy’s ability to get the right part to the right person at the right time — every time.

DIVERS | *Prototype developed*

Continued from B6

initiated the project in 2017. He has aided in prototype testing since.

“We now have an application that has the ability to improve processes and give us an edge on being more ready than ever to bring combat power to wherever we’re asked to operate around the globe,” said Brodeur.

Testing will continue in

operational environments with various dive units for the next several months. Williams and her team are currently working on certifying and accrediting the application for diver use.

As a part of Space and Naval Warfare Systems Command, NIWC Atlantic provides systems engineering and acquisition to deliver information warfare capabilities to the naval, joint and national warfighter

through the acquisition, development, integration, production, test, deployment, and sustainment of interoperable C4ISR, cyber and information technology capabilities.

For more information visit <http://www.public.navy.mil/spawar/Atlantic>.

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

Application period opens for Fleet Seminar Program

From U.S. Naval War College Public Affairs
NEWPORT, R.I.

U.S. Naval War College will begin accepting applications April 1 for new and returning students in the Fleet Seminar Program for the academic year beginning in September 2019.

The program consists of the three core courses of the College of Naval Command and Staff, offered through the College of Distance Education. The application window runs through May 31.

The program provides Joint Intermediate-Level Professional Military Education (JPME-I) in a seminar format at 19 naval and joint bases around the country, in keeping with the efforts of the chief of naval personnel to foster a deliberate and flexible learning environment.

“The Fleet Seminar Program provides rigorous and relevant professional military education to mid-grade naval officers,” said Ron Oard, Fleet Seminar Program manager.

“It allows students to develop an appreciation for the political uses of military power and to explore the roles of military and political leaders in policy formulation, military planning and the conduct of war,” he said.

Each course runs from September through May, meeting one evening a week

for three hours. The seminars are conducted at the graduate level and require appropriate initiative, research work, writing and class participation from each student.

After successfully completing their first course, students may apply for acceptance into the Naval War College’s graduate degree program, in which, with additional elective coursework, they can earn a Master of Arts degree in defense and strategic studies.

Nearly 1,000 students are currently enrolled, and more than 900 have earned a master’s degree through the program in the past five years.

Enrollment is open to eligible active and reserve officers in the Navy, Marine Corps and Coast Guard in the grade of O-3 and above. Active and reserve officers in other military services must be in the grade of O-4 and above to be eligible. Federal civilian employees in the grade of GS-11 and equivalent or above are also eligible.

Selected staff members in the federal executive, legislative, and judiciary branches are also eligible, through an agreement with the chief of naval operations. All applicants must possess a bachelor’s degree.

For more information on course locations and application procedures, visit the FSP website.

For more news from Naval War College, visit www.navy.mil/local/nwcl/.

FLEET WEEK | *Ships announced*

Continued from B1

the week in Manhattan, Brooklyn and Staten Island from 8 a.m. to 5 p.m. Please note: Ship tours will be closed Sunday, May 26 on Pier 88 in Manhattan, and ship tours in Brooklyn will only be available Sunday, May 26 and Monday, May 27.

Ship tours on Intrepid Sea, Air and Space Museum, Pier 86, will be conducted daily from 10 a.m. to 5 p.m. Please note: USNA YP’s are scheduled to depart Saturday, May 25.

Now in its 31st year, FWNY is the city’s time-honored celebration of the sea services. It is an unparalleled opportunity for the

citizens of New York and the surrounding tri-state area to meet Sailors, Marines and Coast Guardsmen, as well as witness firsthand the latest capabilities of today’s maritime services.

For up-to-date information on all FWNY events, visit the official FWNY website at www.fleetweeknewyork.com, “Like” FleetWeekNewYork on Facebook, or “Follow” @FleetWeekNYC on Twitter. FWNY photos can be viewed on Flickr at www.flickr.com/photos/fwnypao and Instagram at www.instagram.com/fleetweeknyc. Join the conversation on social media by using #FleetWeekNYC.

VIETNAM | *Veterans honored*

Continued from B1

home was a culture shock,” he added.

After returning home, Felton used his G.I. Bill to go to college. A number of other Vietnam veterans were in college with him, and he said he noticed a high level of maturity these veterans displayed compared to the other students. Vietnam had that positive effect as well, he noted.

Appreciation for Recognition

Regarding today’s events, Felton said appreciates all the warmth and recognition expressed for the veterans, but he laments the many who never made it back to get that

appreciation.

Another of the veterans being honored was Anthony Mustifa, who served in Vietnam in the Air Force from 1968 to 1969 as a combat security policeman with the rank of sergeant.

Mustifa said he arrived in Vietnam as an 18-year-old, and the events he witnessed over the course of his tour were traumatic, particularly seeing his buddies get killed.

“We got hit Feb. 22, 1969,” he said. “We had to pick up body parts without any gloves or anything the next day after a firefight.” Another day that stands out in his mind, he said, was June 17, when

his men got hit by an enemy rocket barrage.

“People labeled you as a crazy Vietnam vet, so you held everything in. You didn’t talk about your experience in Vietnam,” he said.

“I didn’t talk about Vietnam until 1999, when I found out something was wrong with me,” he said. He went to Veterans Affairs to get help for his post-traumatic stress disorder. He said he still goes to VA facilities to get help for the trauma he still experiences.

“I’m still learning how to cope -- still adjusting, still coping, still trying to find myself,” he said.

Despite all that, he said, his Vietnam experience gave him a deeper appreciation for America.

Committed to Healing

Gary Tallman, executive director of VA’s Office of Public and Intergovernmental Affairs, also attended the event. He said VA is committed to helping veterans to heal and “is proud to partner with DOD for this noble mission to support communities – large and small alike – throughout the nation to thank and honor thousands of Vietnam veterans and their families.”

During this, the second anniversary of National Vietnam War Veterans Day, VA and DOD are supporting more than 1,600 similar events in many states across the nation, he noted.

Joiner said it was a great privilege to attend the event to honor

those who served during Vietnam and those who serve today. “It’s important we recognize their sacrifices, and it’s important we keep our commitments to those who answered the call to arms,” she said.

On March 28, 2017, President Donald J. Trump signed into law The Vietnam War Veterans Recognition Act of 2017, establishing The National Vietnam War Veterans Day, now celebrated each year on March 29.

The recognition is extended to men and women who served on active duty in the U.S. armed forces from Nov. 1, 1955 to May 15, 1975, whether in peacetime or war. Nine million Americans — about 6.4 million of them living today -- served during that period.



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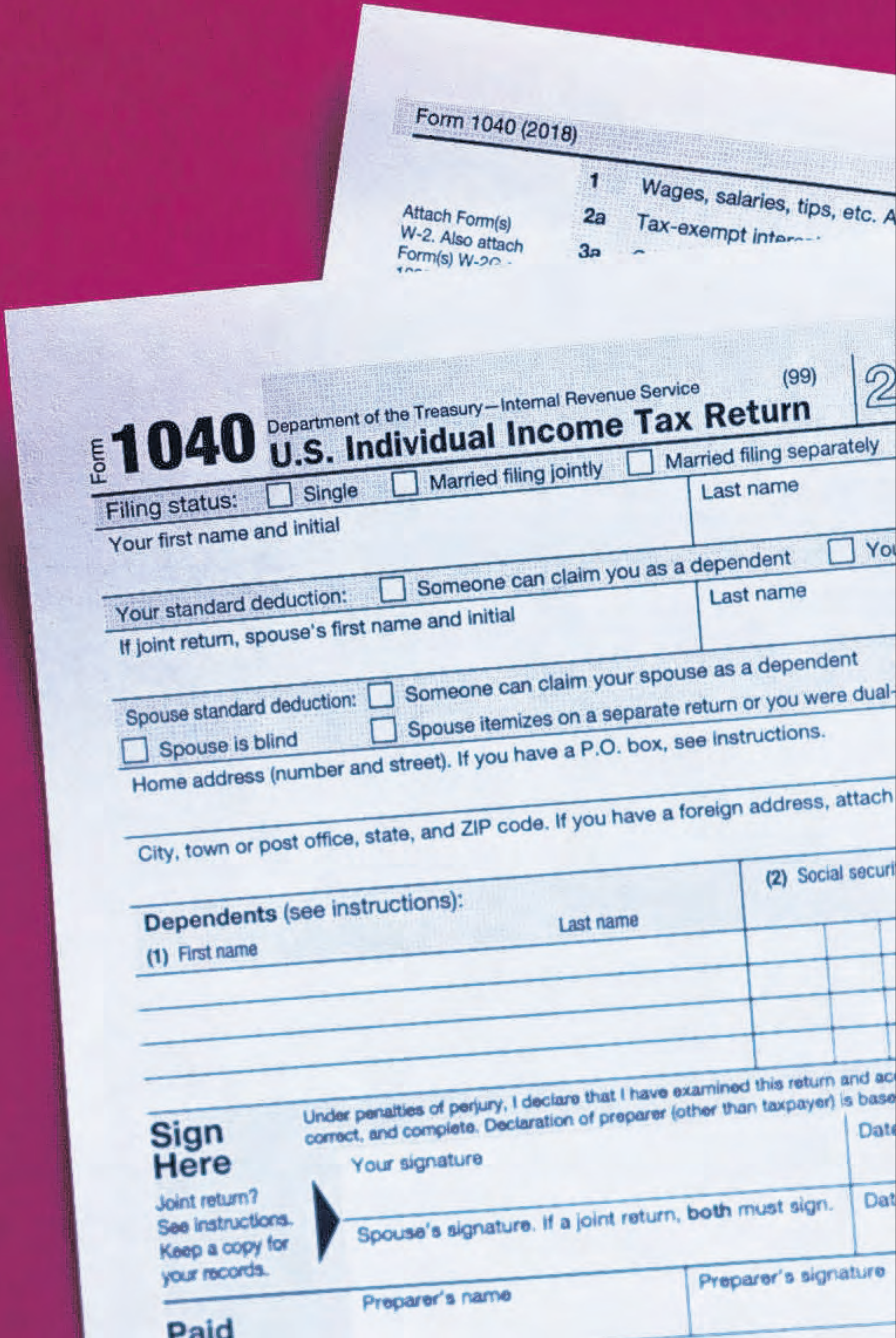
Classic Hampton Carousel is open for rides!
The classic Hampton Carousel opened this week, and is ready for rides! Read up on the details, and make a trip across the water to experience this local landmark.

» See **C2**

SECTION C | FLAGSHIPNEWS.COM | 4.4.2019

TAX TIME!

Tips on getting your taxes filed in time, despite your busy life



iStock photo

From Brandpoint

As tax season pushes on, millions of Americans have yet to file their taxes. While reasons for waiting to do so range from a fear of owing money, to not having the proper paperwork, take solace in the fact that if you still haven't filed your taxes, you're not alone.

In fact, previous research from H&R Block shows that 57 percent of Americans say they've lost sleep or sacrificed free time on the weekends just so they could deal with tax preparation.

Regardless of individual reasons for waiting to file, there are ways to ensure the process goes smoothly, whether you choose to go it alone, or seek out expert help. And because 2019 represents the first tax season under reform, it pays to be especially diligent this year.

So, what are the options for the busy Americans who want help with their taxes, but don't have the time or flexibility to get into a tax office?

The nation's tax professionals often be-

gin with a seemingly simple piece of advice, which can pay dividends over time: Get organized now.

Organizing the necessary information is going to make tax time so much smoother, no matter how you choose to undertake it. Get all your important tax documents together in one place as they come in. Missing tax documents can lead to missing out on tax benefits you're entitled to claim. If you need a little extra help with documents, hop online. The internet is full of free resources, like the tax prep checklist on hrblock.com.

For those who don't want to see the inside of a tax office, but want the comfort of expert help, technology again stands as a strong option.

Karen Orosco is a senior vice president at H&R Block, and she said technology can be one of the greatest helps for time-crunched Americans this tax season.

"H&R Block Tax Pro Go is designed for clients who want help from a tax expert, but also want the convenience of not having to visit a tax office," Orosco said. "If you or your tax pro have a question, you can con-

nect and share additional information using our secure online portal, email or even talk on the phone if you prefer. There's no office visit, no preparing your own return, just upload your documents, sit back and we'll take care of the rest."

Another concern often raised by time-conscious Americans regards the size of their tax refund, especially under reform. The biggest piece of advice being given by the nation's tax professionals this year is in reference to the W-4.

If you don't like what happened with your refund this year, you can take steps to help see it doesn't happen next year - one way is by updating your withholding with your employer. Tax season presents a great time to make that update, because it requires a lot of the same information that goes on your W-4. It's also good to make these updates at the start of the year so the changes are stretched out over your paychecks for a longer period.

Orosco also presented another point for seeing a change in one's refund: Individuals may see refund benefits by contributing to a

traditional IRA.

"Individuals may potentially increase their refund or decrease the amount they owe by contributing to a traditional IRA," Orosco said. "You have up until the April 15 deadline to contribute and reap the potential benefits. H&R Block tax professionals can provide expert guidance for clients when they file their 2018 tax returns."

The final piece of important advice may seem obvious, or even simple, but bears repeating year over year. Americans need to keep their life in mind, especially as large changes like having a child, purchasing a home or starting a new job can truly alter one's tax situation.

Life changes typically mean tax changes, so when something significant changes, it may be a good idea to consider getting expert help.

If you want to be matched up with your own tax professional this year, it's easy, it'll save you time and it just might make your refund even better. You can go to hrblock.com/taxprogo to get matched with an expert tax pro and see your price.

Civil War Living History Weekend in Newport News

From Newport News Tourism

NEWPORT NEWS, VA

Learn about the historic events surrounding the Civil War Siege of Yorktown in immersive environments at three sites within Newport News, 10 a.m. to 5 p.m. April 13 and 11 a.m. to 3 p.m. April 14. Endview Plantation, Lee Hall Mansion, and Newport News Park will host living historians, portraying either military or civilian individuals associated with the spring 1862 events that brought troops to our area. Start the day at Endview Plantation, where exhibitions and period rooms in the main house will focus on Dr. and Mrs. Humphrey Harwood Curtis, residents of Endview at the time of the Civil War. A tour of the house, which is celebrating its 250 th anniversary this year, will include encounters with family members packing to

leave the area for safer locales away from the fighting. Hike the quarter-mile nature trail and visit the medicinal garden to get an idea of natural and herbal remedies native to Virginia, which were used to treat both soldiers and civilians before, during, and after the war. Continue to learn about 1862 life in the area by visiting Lee Hall Mansion, where living historians portraying Gen. John B. Magruder's staff will be stationed inside the main house. Lee Hall Mansion served as Gen. Magruder's headquarters. This is where Magruder and his staff gathered intelligence on the enemy, relayed orders, and maintained the army in the field. To reinforce Magruder's troops, soldiers began arriving from Northern Virginia, but regiments from the south, such as the 3rd South Carolina Infantry, also passed by or



Brian Callan

camped on Lee Hall's property before moving elsewhere along the Confederate fortifications. During the weekend, visitors will have the opportunity to in-

teract with soldiers portraying members of the 3rd SC Infantry at Lee Hall Mansion. A visit to Newport News Park will offer visitors a chance to learn from

living historians portraying members of the 15th North Carolina Infantry and the 3rd Vermont Infantry at the original site of the Battle of Dam No. 1.

Calendar Community

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

Buckethead at the Norva

- Thursday, April 4, 7:30 p.m. \$23
- The Norva, 317 Monticello Ave., Norfolk
- www.thenorva.com

Buckethead is a virtuoso guitarist and multi instrumentalist who performs within many genres of music. He has released over 300 studio recordings, way more than anyone else in the history of music. He released 178 “pikes” in the 2014-2015 period alone. He has also performed on over 50 more albums by other artists. His music spans such diverse areas as progressive metal, funk, blues, jazz, bluegrass, and avant-garde music. When performing in his theatrical persona, Buckethead used to wear a KFC bucket on his head, and an expressionless plain white costume mask. He also incorporates nun chucks, robot dancing, and toy trading into his stage performances.

Ballet Virginia presents “Snow White”

- Saturday, April 6. 2 p.m. & 7:30 p.m. \$22-\$44
- Sandler Center for the Performing Arts, 201 Market St., Virginia Beach
- www.balletvirginia.org

Mirror, mirror on the wall who's the fairest of them all? Join Ballet Virginia International, Snow White and the whole cast of this classic fairytale for an enchanting ballet adventure. Enjoy delightful choreography and professional guest artists along with our region's finest dancers.

Be charmed by Snow White and the handsome Prince as young love fills the air. Follow Snow White as she goes deep into the forest with good and evil spirits all around. Along the way, delightful bluebirds, seven dwarfs and a host of woodland creatures will capture your heart. The evil queen, with a poisoned apple puts an end to the idyllic scene. But, alas, the handsome Prince saves the day with a magical kiss. A grand wedding brings the curtain down on this adventurous fairytale that your whole family will remember happily ever after.

“The One” Cheer & Dance Finals

- April 6 & 7. \$15-\$45
- Virginia Beach Convention Center, 1000 19th St., Virginia Beach
- www.theonefinals.com

Come watch the exciting world of Cheer & Dance competition. Teams from all over will take part in this event!



Courtesy Wikipedia
Blues guitar ace, Tab Benoit, comes to Boathouse Live April 6.

Tab Benoit & Eric McFadden in concert

- Saturday, April 6, 8 p.m. \$25
- Boathouse Live, 11800 Merchants Walk, Newport News
- www.boathouselive.com

Tab Benoit is a Cajun man who’s definitely got the blues. Born November 17, 1967, he grew up in Houma, Louisiana. A guitar player since his teenage years, he hung out at the Blues Box, a ramshackle music club and cultural center in nearby Baton Rouge run by guitarist Tabby Thomas. Playing guitar alongside Thomas, Raful Neal, Henry Gray and other high-profile regulars at the club, Benoit learned the blues first-hand from a faculty of living blues legends.

Ricky Scaggs & Kentucky Thunder

- Thursday, April 11. 7:30 p.m. \$32-\$57.
- 10% MILITARY DISCOUNT when you buy tickets at the box office!
- Sandler Center for the Performing Arts, 201 Market St., Virginia Beach
- www.sandlercenter.org

Fifteen time Grammy Award winner Ricky Scaggs' career is easily among the most significant in recent country music history. If Scaggs' burgeoning trophy case full of awards wasn't already enough evidence of that fact, consider that legendary guitarist Chet Atkins once credited Scaggs with "singlehandedly saving country music."

Armed Services YMCA Father / Daughter Military Ball

- Friday, April 12, 6-9 p.m. E1 to E5: \$25/person, E6 to E9: \$35/person, Officer & Retirees: \$45/person
- Marriot Norfolk Waterside, 235 East Main St., Norfolk
- Register at: www.asymca.org/events-hampton-roads

A night of dinner, dancing, photos and memories for military fathers and their daughters!

■ 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/



Courtesy Hampton CVB

Historic Hampton Carousel Open for Season

From Hampton CVB

HAMPTON, VA

Located in Carousel Park and operated by the Hampton History Museum, the former Buckroe Beach carousel, one of the City of Hampton’s most treasured historic assets, opened for the 2019 season on April 2.

Built in 1920, the carousel is completely restored to its original beauty and housed in its own weather-protected pavilion at Carousel Park on the city’s downtown waterfront. It is one of only 170 antique wooden merry-go-rounds still existing in the U.S. Hand crafted by the Philadelphia Toboggan Company for the Buckroe Beach Amusement Park, Hampton’s Carousel is a whirling tribute to the skill of its creators.

After untold numbers of young and old enjoyed the carousel over its 65-year tenure, it was put in storage with the closure of Buckroe Beach Amusement Park in the mid-1980s. It was moved and restored at its current location in Carousel Park on Settlers Landing Road in Downtown Hampton in 1991. It still boasts its original mirrors and oil paintings, as well as 48 intricately decorated horses. Rising and falling to the strains of the original band organ, many of these carousel horses are so finely carved that the veins in their necks and legs are visible. Special hours are available



Courtesy Hampton CVB

for groups or special occasions. The carousel will close for the winter on December 29, 2019, and reopen in April 2020.

The Hampton Carousel is located at 602 Settlers Landing Rd. Regular hours of operation: Tuesday-Sunday, 11 a.m.-8 p.m., closed Mondays. Rider fees are \$1.00 per ride. Tickets on sale at the Hampton History Museum and at the Hampton Carousel. For more information, call the Hampton Visitor Center at 757-727-1102 or visit www.HamptonHistoryMuseum.org.

Exchange Celebrates Military Brats with 2019 Collectible Patch Giveaway on April 6

From Army & Air Force Exchange Service Public Affairs

DALLAS

The Army & Air Force Exchange Service is celebrating the resilience of military children with a collectible military brat patch in honor of the Month of the Military Child.

The Exchange has partnered with Vanguard to create a limited-edition military brat patch to honor the fearlessness of military children. The collectible iron-on patch will be available for free at participating Exchange lo-

cations April 6. Military children 17 and younger can pick up their patches while supplies last. Patches are limited to one per child.

“The Exchange salutes military children serving alongside our Nation’s Warfighters,” said Air Force Chief Master Sgt. Luis Reyes, Exchange senior enlisted advisor. “We are privileged to recognize and celebrate military children with this collectible military brat patch.”

The event is one of several being held by the Exchange for Month of the Military Child, an annual celebration

that honors the resiliency and sacrifices of military children. On April 13, participating Exchange restaurants will Purple Up for Military Kids, offering a free side item, fountain drink or dessert for children 18 and younger wearing purple.

Soldiers and Airmen can contact their local Exchanges for more information. Families can learn more about the Month of the Military Child and upcoming events on the Exchange’s Hub page. For information about your nearest Exchange, please visit the store locator.

New Wegmans Food Market exhibit coming to The Children’s Museum of Virginia

From Wegmans Media

Wegmans has partnered with the Children’s Museum of Virginia to renovate the market area in the museum. The new exhibit will mirror the actual Wegmans store – the first of its kind in the Hampton Roads area - which is scheduled to open on April 28 in Virginia Beach. Fabrication of the new Wegmans exhibit is underway and set to open to the public at 10 a.m. on Saturday, April 6, 2019.

The Wegmans Food Market will feature a child-sized grocery shopping experience complete with play foods, checkout counters with moving conveyor belts, pretend coffee and smoothie bar, and café tables.

Visitors will still experience the same local grocery store environment with updated graphics, new educational components, and role-playing stations to encourage kids to eat healthy.

The Children’s Museum of Virginia’s exhibits encourage

a lifelong love of learning by providing fun and dynamic interactive exhibits. “We are grateful for the opportunity to have the support from a highly ranked grocery store such as Wegmans inside our museum. This partnership is a great example of making our communities healthier and safer for our visitors”.

This generous gift is just one way Wegmans is connecting to and supporting its new community.

“With every store we open, we spend time getting to know the community and looking for opportunities that allow us to make an impact in the lives of our customers and employees,” said Mike Coyle, Wegmans Virginia Beach store manager. “Partnering with the Children’s Museum of Virginia has allowed us to create a space that helps children learn about healthy eating through play, and supports their growth and development, all while spending time with family.”

Sports

First-ever women’s main event to headline WrestleMania this weekend

By Jonathan McLarty

World Wrestling Entertainment (WWE) will present WrestleMania, the biggest annual event in the world of sports entertainment, on April 7 from Met Life Stadium in New Jersey. For the first time in WrestleMania history, a Women’s match will close the show as the main event. Current Raw Women’s Champion “Rowdy” Ronda Rousey will defend her title against Charlotte Flair and Becky Lynch in the historic contest. Rock legend Joan Jett will be in attendance to perform Rousey’s “Bad Reputation” entrance theme live. Also headlining the evening are

two other top WWE titles being defended: WWE Champion Daniel Bryan will defend against Kofi Kingston, and 2019 Royal Rumble winner Seth Rollins will compete for the Universal Championship title held by Brock Lesnar. WWE Hall of Famer Kurt Angle will be competing in his farewell match at WrestleMania, battling his adversary Baron Corbin. Angle has been competing in a series of matches in his farewell tour on Monday Night Raw and SmackDown Live, including opponents such as Apollo Crews and “The Phenomenal” AJ Styles. Speaking of Styles, he will take on Randy Orton at WrestleMania in

what is to be an exciting contest. Fresh off of his return to in-ring competition since announcing that his diagnosed Leukemia is now in remission, Roman Reigns will battle against Drew McIntyre. McIntyre had dominating performances against all three members of The Shield (Seth Rollins, Roman Reigns, and Dean Ambrose) individually and is a force to be reckoned with. On the evening before WrestleMania, the 2019 class of the WWE Hall of Fame will be inducted. Slated to go in to the Hall of Fame this year are: The Honky Tonk Man, Torrie Wilson, D-Generation X (Triple H, Shawn Michaels,



Courtesy WWE

Chyna, Road Dogg, Billy Gunn, X-Pac), Harlem Heat (Booker T and Stevie Ray), The Hart Foundation (Bret Hart and Jim Neidhart), and long-time WWE office employee Sue Aitchison receiving the Warrior award. The Hall of Fame Induction ceremony, along with many other events WWE will produce over WrestleMania weekend, can be viewed on the WWE Network.

New subscribers to WWE Network receive a free membership for thirty days. For additional event details and to subscribe to WWE Network, visit WWE.com. Jonathan McLarty is a contributing writer for The Flagship, as well as a local sports and event photographer. Connect with him on Twitter (@JonathanMcLarty) and view his photography at McLartyPhoto.Zenfolio.com

Fraudsters camouflage themselves as military members online: Be prepared to spot this romance scam

From Brandpoint

The online dating trend continues to heat up as research shows that almost 20 percent of brides say they met their spouse on the internet. Unfortunately, not everyone joining these online dating sites has the intention of finding true love. The increase in online romance - particularly around the holidays - has caught the attention of scammers who aim to play on people’s hopes and desires for love. Be cautious when striking up an online romance. One well-intentioned mistake could leave you with a broken heart and an empty bank account. Today’s romance scams have a military flair. One of the common romance scams operating today involves fraudsters posing as members of the armed forces to lure their victims into a romance with what they believe to be a soldier. Pretending to be a member of the military allows fraudsters to quickly win an individual’s trust and admiration, while also providing a cover story as

to why they cannot communicate via phone or video. This scam often begins on social media, but it can also start through matching on an online dating website. Once the impostor has built up a relationship with their target, they will ask for money. The scammer will often claim the money will be used to cover transportation costs to go on leave, medical fees, food or supplies needed, even pending marriage plans. In the end, this is all a scam, designed to rob the victim of as much money as possible. Ways to identify if you are being targeted for a military scam. Falling for a military romance scam can leave you feeling victimized in more ways than one. These tips from Western Union and the Army’s Criminal Investigation Command will help you protect yourself from being deceived by a scammer. * Look for requests for money. A request for money is the most alarming warning sign of a potential scam. One of the most common cases involves the individual asking the victim to send them money for trans-

portation fees to return home or temporary leave. Keep in mind, all transportation of deployed military members will be funded by the government. Scammers will often start small with a request for a more manageable amount of money to see if you are receptive to their plea, then work their way up to asking for much larger sums. You should also avoid situations where you are asked to send money to a third party or business for any reason. * Do your homework. You shouldn’t take anyone at face value. Laborious as it may be, conduct extensive research on the person you are communicating with. Find out where they’re from, where they claim to be stationed, and any other “personal” details mentioned. If you find something seems odd, it could indicate a scam. Don’t be afraid to search online for photos they send you - especially if a picture of them looks too good to be true. It may be an image they pirated from another website, or stole from someone’s social media profile. * Watch how they communicate. Have you spoken to this person via phone or has

all communication taken place via messaging? This one-sided affair could be a red flag. If you met the person on a dating website, be cautious if they are quick to request moving away from the site to communicate via email, as they may be trying to erase their trail. * Take your time. Any relationship you are in should progress at a pace that is comfortable to you. Be extremely cautious if the person you are communicating with professes their love much too quickly. Their goal could be to move you along as soon as possible so they can take your money and begin targeting their next victim. Protecting yourself from the online romance scam. If you have been or feel you are being targeted by a military romance scam, you should contact the FBI Internet Crime Complaint Center and the Federal Trade Commission. If you’ve sent money to someone via Western Union and suspect you’ve been scammed, call the company’s fraud hotline at 1-800-448-1492. If the funds haven’t been paid out to the receiver, you may be able to stop the transaction. If the money has already been paid out, file a formal fraud complaint and report the instance with your local law enforcement agency. Scammers take advantage of good, intelligent people all the time. Visit www.wu.com/fraud-awareness to learn more about what types of scams to watch for so you can protect yourself and your hard-earned money.



iStock photo



Brandpoint image

Spring cleaning: How to make money on the things you no longer want

From Brandpoint

American households are sitting on gold-mines. Experts estimate there’s almost a trillion dollars worth of unused items in our homes. Rather than letting those things gather dust, people are digging into their closets, garages and basements to make money back on unused items.

Many are engaging in recommerce by selling their used stuff through the internet or in-person auctions. In fact, half of Americans plan to resell their gently used goods to support their income this year, according to OfferUp’s Spring Cleaning & Recommerce survey. And two-thirds of Americans would consider selling gently used items online to

free up space in their home.

If you want to make some money clearing out things you no longer want or use, consider these smart tips:

Have a yard sale: Reach out to your city to learn about any yard sale regulations, then set up shop at your house to sell to people in your community. Make sure to mark items with a reasonable price and promote your sale to bargain hunters that’ll search through your treasures. This is also a wonderful way to meet new neighbors.

Sell online: You can reach a much broader audience and potentially get more money for things like electronics, toys, clothes and vehicles using an app like OfferUp. Simply snap a picture on your phone,

add a brief description and set a price. Safety is always a priority when selling online and meeting people in-person, and OfferUp works with police departments across the country to designate safer places to meet, which you can find in the app or by going to SafeTradeSpots.com. The app also offers nationwide shipping that allows you to reach more buyers for smaller items.

Tap into consignment: Consignment stores have been a staple for reselling for a while, but be advised that it could take the store some time to sell your items, and the store can take as much as a 50 percent cut on your merchandise for managing the transaction. On the plus side, consignment stores may be able to sell your items for a higher

price than you’d be able to sell them for online, and it can be more convenient to let a consignment store sell for you instead of going through the trouble of listing the items yourself.

Post in a neighborhood forum: You can also try posting in your local neighborhood classifieds or on social media. While websites like Nextdoor tend to be more popular for people listing free items, you can offer a discount to your neighbors and plan on quicker sales since it’s easier to arrange pick-ups and drop-offs when everyone is less than a quarter-mile from each other.

Donate: For things you don’t end up repurposing or selling, donate them to a local charity. Many nonprofits accept a variety of items in good condition for resale or auction. There are a number of different organizations accepting donations, and depending on what you donate, you can get a receipt for a tax write-off that can hopefully get you a larger refund the following year.

5 things parents should know before choosing a summer camp

From Brandpoint

Looking for a cure for the winter blues? Start making plans for the summer. Having something fun to look forward to - such as days off and family trips - can make those dreary days more bearable. One thing you’ll want to add to your summer planning list is finding a great summer camp or two for your kids.

Even before leaves start appearing on the trees, many organizations begin announcing dates and enrollment for summer camp sessions. Get a jump start on the process with this guide to choosing an enriching summer activity, where your child will also have a blast.

* First, know the best places to look: You may not be aware of the number of great summer day camps taking place around your community. Start with college campuses, parks and recreation departments, local school districts and churches. Be sure to tune in to nonprofits, like performing arts centers, museums and your local animal shelter or zoo. Finally, ask the other adults in your child’s life for the inside scoop. The art teacher, soccer coach and scout leader may be in the know about the best camps in town.

* Look for the immersive experience: When you think about it, “camp” is an odd word choice. But look at what sleep-away camp means to kids, and it makes sense. Yes, it’s fun to sleep in a cabin and spend all day sailing, swimming and climbing. What’s key is that these kids are immersed in a new reality that’s different from the usual home and school routines. So when a local organization bills

an activity a “camp,” they promise an experience that lets your kid jump in and become a part of something. When choosing the right camp, look for that quality. Is there a clear theme or topic? Will kids be active and involved? Or is the “camp” just made up of a series of talks led by adults?

* Make sure your child is on board: Consider your child’s interests and how camp can make them stronger. Your play-acting child with a flair for drama will probably thrive and bloom at theater camp. However, if camp is a strat-

egy to help them improve at something they struggle with, make sure the program is designed for these kids, or you’re setting them up for a session of misery. After all, you wouldn’t send your sports-loathing child to, say, a high-intensity wrestling camp, to make them more athletic.

* Don’t forget the fun factor: What makes camp truly memorable is having fun, so make sure the camp you’re looking at takes fun seriously. For example, Blake Furlow, CEO of Bricks 4 Kidz, says kids keep coming back to their

camp partly because these sessions bring building with LEGO Bricks to the next level of fun and exciting. But watching their enjoyment unfold during the camp is also massively rewarding. “Seeing the kids light up, get excited and make new connections during a Bricks 4 Kidz class is a heart-warming experience,” Furlow says.

* Consider longevity: When looking at various programs, a good question to ask is how long the camp has been around. New summer camp themes and programs can sound exciting and fresh, but it takes a few rounds to work out the kinks with any new organization. Choosing well-established programs with experienced leaders is one way to ensure that your child will get that worth-

while and fun experience with a new activity.

If you’re looking for a camp experience from a trusted provider that fosters learning in STEM subjects, look for a Bricks 4 Kidz franchise in your community. Bricks 4 Kidz is celebrating its 10th anniversary of providing fun and enrichment for kids in schools and communities across the United States and beyond! At these camps, kids get to use LEGO Bricks along with specialized LEGO Technic pieces like gears, axles and electric motors to build unique and exciting models to help kids explore engineering and architecture - while having a blast doing it. To discover camps taking place in your area, visit Bricks4Kidz.com.



Brandpoint image



Courtesy Lionsgate Films

coming to theaters

HELL BOY

Based on the graphic novels by Mike Mignola, Hellboy, caught between the worlds of the supernatural and human, battles an ancient sorceress bent on revenge.

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.

AVENGERS: ENDGAME

Adrift in space with no food or water, Tony Stark sends a message to Pepper Potts as his oxygen supply starts to dwindle. Meanwhile, the remaining Avengers -- Thor,

Black Widow, Captain America and Bruce Banner -- must figure out a way to bring back their vanquished allies for an epic showdown with Thanos -- the evil demigod who decimated the planet and the universe.

JOHN WICK 3

Legendary hit man John Wick must fight his way out of New York when a \$14 million contract on his life makes him the target of the world’s top assassins.

UGLY DOLLS

In the adorably different town of Uglyville, weirdness is celebrated, strangeness is special and beauty is embraced as more than meets the eye. After traveling to the other side of a mountain, Moxie and her UglyDoll friends discover Perfection -- a town where more conventional dolls receive training before entering the real world to find the love of a child. Soon, the UglyDolls learn what it means to be different -- ultimately realizing that they don't have to be perfect to be amazing.

ALADDIN

Young Aladdin embarks on a magical adventure after finding a lamp that releases a wisecracking genie.

BRIGHTBURN

What if a child from another world crash-landed on Earth, but instead of becoming a hero to mankind, he proved to be something far more sinister? With Brightburn, the visionary filmmaker of Guardians of the Galaxy and Slither presents a startling, subversive take on a radical new genre: superhero horror.

base theaters \$3 Movies

JEB Little Creek, Gator Theater – 462-7534

Friday, April 5
7 p.m. Captain Marvel (PG-13)

Saturday, April 6
1 p.m. How To Train Your Dragon: The Hidden World (PG)
4 p.m. Fighting With My Family (PG-13)
7 p.m. Captain Marvel (3-D) (PG-13)

Sunday, April 7
1 p.m. Alita: Battle Angel (PG-13)
4 p.m. Captain Marvel 9PG-13)
7 p.m. Tyler Perry’s A Madea Family Funeral (PG-13)

NAS Oceana, Aero Theater – 433-2495

Friday, April 5
6 p.m. Captain Marvel (PG-13)
9 p.m. Fighting With My Family (PG-13)

Saturday, April 6
12 p.m. Captain Marvel (PG-13)
3 p.m. How To Train Your Dragon: The Hidden World (PG)
6 p.m. Captain Marvel (3-D) (PG-13)

Sunday, April 7
12 p.m. How To Train Your Dragon: The Hidden World (PG)
3 p.m. Tyler Perry’s A Madea Family Funeral (PG-13)
6 p.m. Captain Marvel (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.



Brandpoint image

Simple ways to curb carbs when eating on the go

From Brandpoint

Whether you are trying to reduce carbs or eat more protein, eating well on the go can be a challenge. Quality carbohydrates like whole-grain breads, milk, yogurt, fruits and legumes are an important part of a balanced diet, especially for children and teens. For adults, reducing the amount of empty carbs you eat can be a great way to meet your personal wellness goals. It’s important to replace those carbs with lean meats, healthy fats and nutrient-dense vegetables. Here are a few simple suggestions to eat

on the go while still following your current diet.

Keto-style

A ketogenic diet, also known as keto, is a popular diet that balances protein, fat and carbs roughly in the following breakdown:

- 10 percent or less of their calories from carbs
- 70 to 80 percent of their calories from fat
- 10 to 20 percent of their calories from protein

One good way to follow a ketogenic diet is with a salad starting with a lean meat such as rotisserie-style chicken, turkey breast,

steak or roast beef. Add in some veggies like lettuce, spinach and onions. Then top it all off with a dressing that has less than 2 grams of carbs like ranch, savory Caesar, oil and vinegar or Chipotle Southwest.

Carb-conscious

If keto sounds too ambitious for you, there are other simple ways to reduce carbs in your diet, like asking for a lettuce wrap instead of a sandwich. You can make any Subway sandwich into a nutritious salad with five servings of veggies.

Visit subway.com and use the nutrition chart to see how your favorite salad stacks up, or try these favorites:

- “Spicy” Steak Salad: Order a steak salad with your favorite veggies plus jalapenos, shredded Monterey Cheddar and Chipotle Southwest sauce. This has 380 calories, 17 grams of carbs and 21 grams of protein.
- “Cobb-style” Oven Roasted Chicken

Salad: Try a salad with oven roasted chicken, guacamole, your favorite veggies and top it off with ranch dressing. This has 420 calories, 20 grams of carbs and 21 grams of protein. You could also add a strip of bacon for an additional 35 calories.

If you’re in the mood for a sub but would like to cut down on carbs, you can always ask to have your bread scooped out.

Quality carbs

Trying to improve the overall nutrition quality in your diet, but don’t want to cut carbs? Try these easy swaps:

- Swap white bread for wheat. Select whole grain-certified 9-Grain Wheat
- Swap sweet sauce for savory. Try mustard, oil and vinegar or mayo
- Swap sweet drinks for water. Choose bottled water or unsweetened fountain drinks

TO PLACE AN AD:
Visit placeanad.pilotonline.com

Flagship Values

Hampton Roads Military Classified Marketplace



announcements

Announcements

CHKD WELCOMES PEDIATRIC PARTNERS OF HAMPTON ROADS

We are pleased to announce that on April 1, 2019, Pediatric Partners of Hampton Roads will become of practice of the CHKD Medical Group. Dr. Vernita Peeples and Dr. Danielle Lecky-Chaudhuri will continue to see patients at the Pediatric Partners of Hampton Roads office located at 656 Independence Parkway, Suite 200, Chesapeake, VA 23320.

All current patient records will be retained at Pediatric Partners of Hampton Roads' current location and in CHKD's electronic medical records system. Patients who wish to receive copies of their medical records, or to have copies of their records sent to another healthcare provider, may contact the practice at (757) 410-3630.

CHKD Medical Group is part of Children's Health System, Inc., which operates Children's Hospital of The King's Daughters in Norfolk, the state's only full-service freestanding pediatric hospital.

CHKD welcomes Dr. Peeples and Dr. Lecky-Chaudhuri into its network of more than 120 pediatricians in 20 pediatric practices located throughout southeastern Virginia and north-eastern North Carolina. To learn more about CHKD Medical Group or Children's Hospital of The King's Daughters, visit CHKD.org.

CRAFT FAIR APRIL 6
20+ vendors and concessions. Free admission. 600 Providence Rd. VB 23464. 10am-2pm. www.vvt296.org

CRAFT SHOW

Apr 27 Indian River Middle School 9-3
HUGE variety of gifts/decor & more

MISSING ALBINO QUAKER PARROT
Lost in Lynnhaven Colony.Va. Beach 23451
757-435-8391

VEHICLE NOTICE TO AUCTION
2006 Ford Mustang, VIN 1ZVFT82HX65257520 auction to be held April 10, 2019, 11 am at 410 Cadbury Circle, Virginia Beach, VA. 615-714-7969 Minimum bid \$11,500.00



Garage/Yard Sales, etc.

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

Estate Sales

ALANTON ESTATE SALE 986
Colonial Meadows Way, Va Bch Sat Sun April 5th & 6th 10AM-4PM. "The Last Cowboy" Trains, planes, decoys & treasures of the past! Antiques, Hoosier, Fiestaaware, amazing art & more. Pix: Boulevard Treasures FB.

FINAL ESTATE SALE-1 DAY
Only. Everything must go. Sat. Apr 6, 9-1. 1024 Dulcie Ave., VB, L & J Gardens. across from Outlet Mall. Fam. rm, den, BR turn, din rm set, desk, end tables, accessories.

Flea Market/Bazaars

OLDE TOWNE ANTIQUES/ FLEA MKT Apr 6, 10-2. Fantastic finds. 200 County St. 405-3500. oldtowntownportsmouth.com



stuff

Misc. Merchandise For Sale

#01A BLACK SIFTED TOPSOIL
6 yds \$210, Mulch \$28/yd; Compost \$30/yd. Rock, Sand & Firewood. Lawn Care. D. Miller's, 482-5083

APPLIANCES
Washer \$150, dryer \$125, freezer \$100, refrigerator \$200, stove \$150. All items in good condition, delivery available. 757-870-1960

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

Misc. Merchandise For Sale

BATTERY OUTLET, INC.
CAR BATTERY SPECIAL! Factory Seconds \$49.95 With Exchange (for most U.S. & Foreign Cars.)
1608 Campostella Rd., Chesapeake (757) 545-4442.
2815 Geo. Washington Hwy., Yorktown 757-867-8280.
www.batteryout.com

ELECTRIC AIR COMPRESSORS
110/220 30 gallon tank. \$125 757-927-6226

Antiques & Collectibles

BUYING COINS
757-474-1303
Coin Collections
STAMP COLLECTIONS

Wanted To Buy

CAMERA
HIGH-END FILM CAMERAS
757-481-5375



pets

Dogs, Cats, Other Pets

CHIHUAHUA PUPS
CKC, adorable and cute, 2 males, ready now! \$400 each. 757-502-4231

FEMALE BLACK LAB
Born 12/24/18 AKC Registered Vet Checked Shots & Dewormed Call 757 460-0569

GOLDEN RETRIEVER
2 females, 1 male, housebroken. 1 year & up. \$600 each. 757-613-5660

GOLDEN RETRIEVERS

LOOK

American red Golden's for sale! Dual registered. AKC AND CKC. \$1,000 (252) 678-3860

GOLDEN RETRIEVERS
Puppies AKC shots & wormed, have parents, \$650, Call: 757-421-7708

SHIH TZU
Puppies Registered, 8 weeks, 1st shots dewormed, vet checked, family raised, \$750. 757-408-2179

STANDARD POODLES *AKC*****
Standard Poodle males and females. Beautiful! Priced to sell \$600.00. 12 weeks old. 757-339-8390.

VIZSLA PUPPIES
Vizsla "Rebel Rouser" puppies available for the first time in Hampton Roads on a pre-sale basis for delivery in early fall 2019. Mother and aunt on Premises. \$1600. Call 202-234-4778 for more information



help wanted

jobs

Accounting & Finance

BI-WEEKLY PAYROLL PROCESSOR (#00538A)
The Office of Finance at Old Dominion University is seeking candidates for an Administrative and Office Specialist III position. This position will perform full range payroll processing including calculation, preparation, processing and reconciliation in an accurate and timely manner of the bi-weekly payroll and other special payrolls as needed for Old Dominion University classified employees. This position opens April 1, 2019. To apply, please visit http://jobs.odu.edu/postings/9864 and follow the online instructions. AA/EOE

General Help Wanted

PATIENT ASSISTANT
Needed Several days a week, some weekends. Cook 3 small meals a day for 2. Small miscellaneous tasks. \$100 a day. Call 757-482-2760 Dr. L Wilson

Positions Wanted

EYEBROW THREADER
SNK Brow & Beauty seeks an experienced eyebrow threader to work full time in Virginia Beach. Salary 19,136-29,994 per year depending on exp. Minimum 2-years work exp required in eyebrow threading or completion of vocational school with course work in eyebrow threading and 1-year work experience. Resumes to nsingh1960@yahoo.com

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QUALITY MANAGER
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FOR RENT

Room For Rent

VABCH-SALEM VILLAGE
Furn Rm. Util Incl. WiFi Avail, must like pets. \$700/month+month deposit. LV Voice Msg 757-471-0184 Ready NOW

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Room for rent. Washer & dryer, kitchen privileges. \$125/week 757-672-3544

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\$400/mo in exchange for house duties. N.S/N.D. Refs (757)227-8046

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Downtown; Furn. w/ priv. ba, no smking/ pets. \$650/mo. + dep 757-985-6523

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Motel 6; Furnished rooms. By the naval shipyard. Low weekly rates. \$245 and up. 757-399-4414. Pet Friendly. 1031 London Blvd, Portsmouth VA 23704

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NORFOLK
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NORFOLK
Furnished room for rent. \$600 month ,washer & dryer, close to interstate, close to stores Call 757-235-3630



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Travel/Camping Trailers

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20 feet, 2 axle, 3950 pounds. Excellent condition. \$12,500 Please Call: 828-606-5848, Virginia Beach.

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1 owner, 900 original miles, stored inside since new, Tri Glide Trike (FLHTCUTG), full bike cover, books & remotes, 2 keys, ABS security, navigation, luggage rack, HD upgrades, showroom new, \$24,900. Call for details 675-0288. Va. Dir.

HARLEY DAVIDSON SPORTSTER XL883 - 2007
Screamin' Eagle package, Vance & Hines short shot black pipes (loud pipes), excellent condition, garage kept, low miles, saddlebags - \$4,700. 757-373-4204

Autos for Sale

BMW 2007 328


328i Looks and drives great, leather, sunroof, auto, air, loaded, inspected \$5990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

CADILLAC 1998 DEVILLE
Excellent Condition, Leather, gray 172,300 miles. \$2450. 757-480-1046 (day) 757-855-9251 (pm)

CADILLAC 2002 SEVILLE
SLS Sedan, Exec Cond, Inspected, Loaded, 23,927 mi. \$8300. Call 757-503-2405

CHRYSLER 2008 TOWN & COUNTRY


Touring. Beautiful burgundy finish, ship away seats, auto, air, loaded, inspected. \$5,990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

DODGE 2005 CARAVAN


87,000 orig miles, awesome condition, auto, air, loaded, \$4450 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

Autos for Sale

DODGE 2007 CARAVAN
Braun Entervan with transfer seat. \$11,750 Call: 757-620-7878

FORD 2003 MUSTANG



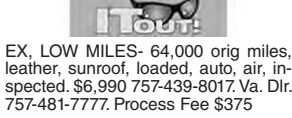
Cobra SVT, 13,250 original miles, garage kept, 6 speed, Red fire metallic, Borla exhaust, Eaton throttle body, Firm \$22,000, 732-664-3302, craig_srs@hotmail.com

FORD 2010 TAURUS

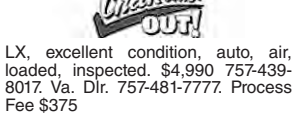


SEL. 78K mis., heated seat, serviced, clean. \$8975. 439-0582. Va. Dir.

HONDA 2006 ACCORD


EX, LOW MILES- 64,000 orig miles, leather, sunroof, loaded, auto, air, inspected. \$6,990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

HONDA 2007 CIVIC


LX, excellent condition, auto, air, loaded, inspected. \$4,990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

HONDA 2008 ACCORD


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HONDA 2012 CIVIC


2 door coupe, lipstick red, mint condition, 5 spd, loaded, sunroof, \$7990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

HONDA 2016 CIVIC



2016 Civic LX, 4 Dr, White/Ivory, Auto, AC, Bluetooth, Rear Camera, Warranty, 23,700 miles, \$15,699

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JAGUAR 1984 XJ6
Maroon, good interior, good engine, \$600 757-220-5564

JAGUAR 1984 XJ6



Garage kept with electric windows and sunroof, original interior, runs great, with easy to maintain corvette v8 engine, asking \$6,500 or best offer. 757-816-1636

LINCOLN 1978 MARK V
Diamond Jubilee Series. 56k orig mi, ex. cond! As is \$4,095 757-672-5024

MERCEDES-BENZ 2003 SL-CLASS
SL500 55k mi. Great Shape, Hardtop Conv \$11,250. Call: 757-449-4023

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

PONTIAC 2007 GRAND PRIX
97k miles, Remote Start, Keyless entry, Sunroof, \$3995. 757-588-8814

SUBARU 2002 FORESTER


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

TOYOTA 2006 AVALON

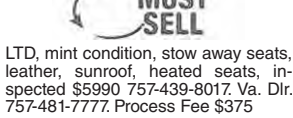

Limited. Leather, sunroof, loaded, garage kept, mint condition. \$6950. 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

Autos for Sale

TOYOTA 2005 COROLLA


LE LOW MILES, auto, air, inspected, drives great, \$4850 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

TOYOTA 2008 SIENNA


LTD, mint condition, stow away seats, leather, sunroof, heated seats, inspected \$5990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

TOYOTA 2010 COROLLA


S. Excellent condition, auto, air, loaded, runs perfect, inspected. \$6850 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

TOYOTA 2016 CAMRY
4 door, 4 cylinder, auto, A/C, full power, CD, Toyota warranty, 24k miles, excellent condition. Carfax. No smoke owner. \$15,500 757-351-5611

TOYOTA 2017 CAMRY
SE MODEL; 3,700 mi, gray color, auto, backup camera, leather seats, clean title, \$18,500 obo. 757-537-8861

Classic, Antique Cars

FORD 1937
Woody Wagon. Frame off restoration, over \$100,000 to build, award winner. \$59,500. Call for details, 675-0288. Va. Dir.

FORD 1957 THUNDERBIRD



Classic white T-bird with red interior, ground up restoration. 3 speed auto trans, power steering & power brakes. Hard top & soft top. Excellent condition! \$39,900. Call 757-288-0814

MAZDA 1984 RX-7
GSL Classic. New radiator and water pump, almost perfect condition! \$5,000. 757-424-3679

Trucks and SUVs

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

CHEVROLET 2005 TAHOE
4x4 leather, sunroof, entertainment. Needs body work. \$3,995 OBO Processing fee \$395 (757) 717-1715 or (757) 963-2299

CHEVROLET 2011 EXPRESS 3500
15 Passenger. Full window van, 22K mis., 1 owner, new inspection. Keyless entry, rear air, tow package, 6.0 Vortex V8, CD, p/w, p/l, cruise & tilt, looks great. \$16,700. Call for details 675-0288. Va. Dir.

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Stepside (XLT) 4/20 inspection meticulously maintained, first \$2,500 757-667-9684 serious inquiries only!

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2003 Ford F250 XL; Automatic; 5.4L V-8 224,700 MILES
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FORD 2003 RANGER


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FORD 2005 F150
In perfect condition \$7000 Call for details: (757)228-6656

FORD 2009 F150
4x4 Super Cab Excellent cond. 139k mi. new Michelin's, new inspection, Si rus radio \$10500 obo 757-373-5512

GMC 2006 SIERRA 1500
106,000 miles, new parts, runs great! \$6,500. Call Mike 757-292-7534

GMC 2008 ACADIA


Looks and runs great 3rd row seats, auto air loaded inspected \$4990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

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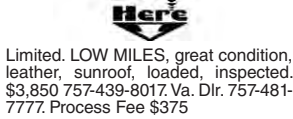
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Trucks and SUVs

HONDA 2007 CR-V


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KIA 2004 SORENTO


Limited. LOW MILES, great condition, leather, sunroof, loaded, inspected. \$3,850 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

Auto Accessories, Parts, etc.

HARDTOP FOR 2002 FORD THUNDERBIRD
Thunderbird Blue, original with rolling storage rack and T-handle that locks top in place. \$1,200. 757-588-3638

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- ACROSS
- 1 Busy bugs
5 As a matter of routine
13 Take for granted
20 Snoozefest
21 Mogadishu native
22 Replaced the inner layer of
23 Lego bit, e.g.
25 Witty adage
26 — -Saxon
27 Coral reef
29 — acids
30 Single-named male model
35 Totally tidy
38 Lamb serving
44 Russian autocrat
45 Lentil, e.g.
46 Free speech org.
47 Tiny neighbor of France
49 — as it is
51 Son of Poseidon
53 Totally evil
59 — Bubba (bubble gum brand)
60 Stadium cheers
- 63 "— gratia artis" (MGM motto)
64 Comic actor
65 Melodic, musically
67 — -Caps (candy)
68 Won gold or silver
70 Jacuzzi sites
73 New England
76 Crimson or ruby
77 Gas station fill-up amount
79 Water, lo
80 Little chore
82 Mink relative
83 — gestae (deeds)
84 With 120-Down, like Siamese cats or Frank Sinatra
85 Nasty whales
89 Like a scary ride in a vehicle
93 Moe, for one
- 99 Cajun cooking pod
100 Delighted
104 Lustful god
106 Not-quite-identifiable cafeteria food
108 Quality of 2% milk, say
111 Agitate
112 Athenian marketplace
113 Air traveler
116 Singer Cleo
121 Dodge SUV
124 Apt occasion for this puzzle's theme
129 Touched up, as text
130 Home of St. Louis
131 Give up, as territory
132 Give a new look to
133 Essential
- DOWN
- 1 "Waterloo" pop group
2 Gerund, e.g.
3 Calc prereq
4 Hawk
5 It follows chi
6 Actor Glass
7 "No way!" in a text
8 Marvy
9 Cantina pot
10 Major melee
11 Georgia city
12 Kind of sock
13 Lead-in to fix
14 D.C. VIP
15 Inventor
16 They follow rhos
17 Like green bananas
18 Bully
19 "D.O.A." star
24 Tip, as a hat
28 Range ropes
31 "— for All Seasons"
32 Frank holder
33 "— be a real shame if ..."
34 Siouan speaker
36 Drawn tight
37 Brow shape
38 Trellis strip
39 Light beige
40 Insincerely eloquent
41 Desk tray for to-be-sent documents
42 Space balls
43 Pro-gun gp.
48 "A Bell for —" (1944 novel)
50 Ranch group
52 Rowing tool
54 Garden tool
55 Where a company's leaders meet
56 Eye lustfully
57 Essential
58 Winds down
60 Bialy, e.g.
61 Actor
62 Class whose students might cook
66 Post-op site
67 Mu — beef
68 Paltry
69 Mesozoic —
70 Put in a hold
71 Maze route
72 "Nay" sayer
74 Wine holders
75 Joanne of "Red River"
78 On the house
81 Part of n/a
83 Flee hastily
84 Quail flock
86 Pepsi rival
87 Taj Mahal's city
88 Pew or sofa
90 Artist Paul
91 Direction opposite sud
92 Flee hastily
93 Cutty — (clipper ship)
96 Equine beast of burden
97 High degree
98 School org.
100 Test-marking teacher, e.g.
101 Lentil, e.g.
102 Holds dear
103 NBAer Kevin
105 Hoague ingredient
107 Holler
109 Sweet treats
110 Easy two-pointer
114 Word before while
115 Go upward
117 Writer
118 Notion, to Pierre
119 Zip
120 See 84-Across
122 Styling goo
123 Shelley work
125 Ship's record
126 Canine coat
127 "... Mac — PC?"
128 Iraq export

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last week's answers

ANSWERS																				
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7	9	1	8	6	2	5	4	3
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Religious Services

For your installation's religious service times, visit:
www.flagshipnews.com/base_information/religious_services

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