



MC3 Amber Smalley

The Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) approaches the fast combat support ship USNS Arctic (T-AOE 8) for a replenishment-at-sea.

ABRAHAM LINCOLN CARRIER STRIKE GROUP ENTERS EUROPEAN THEATER

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

ATLANTIC OCEAN

The Abraham Lincoln Carrier Strike Group (CSG) commenced operations in the U.S. 6th Fleet area of operations

April 8, continuing support to coalition theater security cooperation efforts in the region.

The strike group, including the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) as its flagship, Carrier Air Wing (CVW) 7, Ticonderoga-class guided-missile cruiser USS

Leyte Gulf (CG 55), and destroyers from Destroyer Squadron (DESRON) 2 departed Norfolk, April 1 as part of a regularly scheduled deployment.

"The Abraham Lincoln Strike Group has worked tremendously hard to prepare for our operations in U.S. 6th Fleet," said Rear Adm. John Wade,

commander, Abraham Lincoln CSG. "We are poised and ready to perform our mission."

Abraham Lincoln CSG's presence in the region, part of an ongoing rotation of forward-deployed forces supporting

» See **LINCOLN | A7**

Navy Wounded Warrior-Safe Harbor announces 2019 Team Navy

By Kyle Malloy
Navy Wounded Warrior-Safe Harbor Public Affairs

WASHINGTON

Forty wounded, ill and injured Sailors, Coast Guardsmen and veterans will represent Team Navy at the 2019 Department of Defense Warrior Games June 21-30 in Tampa, Florida.

The athletes were evaluated by Navy Wounded Warrior-Safe Harbor at the 2019 Team Navy Trials, which took place March 15-22 at Naval Air Station North Island in Coronado, California. During the trials, 55 athletes competed in 13 sporting events, including powerlifting, rowing, archery, cycling, track, field, shooting, swimming, sitting volleyball, wheelchair basketball, wheelchair tennis, golf and wheelchair rugby.

"These Navy wounded warriors competed with heart and determination all while building teamwork and camaraderie," said Navy Wounded Warrior-Safe Harbor Director Ron Downs. "I could not be more proud of the athletes who participated Team Navy Trials. Their ability to overcome challenges is truly an inspiration to us all."

The Team Navy Trials are part of the Navy Wounded Warrior-Safe Harbor program, which is the Navy's sole organization for coordinating the non-medical care of seriously wounded, ill and injured Sailors and Coast Guardsmen, and providing resources and sup-

port to their families. Navy Wounded Warrior has assisted more than 6,600 service members throughout the country.

The 2019 Team Navy roster is made up of Sailors and Coast Guardsmen with diverse backgrounds and a variety of skill sets selected from every region in the country. This year's Team Navy will compete against teams representing the Marine Corps, Army, Air Force, Special Operations Command, United Kingdom, Australia, Canada, Denmark and the Netherlands. More than 250 active-duty service members and veterans are expected to compete at this year's Warrior Games.

Since 2010, the Warrior Games have aided in the recovery and rehabilitation of our nation's wounded, ill, and injured service men and women as they prepare to return to duty or transition to the civilian world.

Navy Wounded Warrior-Safe Harbor is proud to announce the members of the 2019 Team Navy:

- Hospital Corpsman 3rd Class Samuel Acheampong
- Hospital Corpsman 2nd Class Zachary Cable
- Aviation Electronics Technician 2nd Class Jai Cheon
- Navy Diver 2nd Class Daniel Clarke
- Retired Aviation Electronics Mate 3rd Class Austin Cooper

» See **TEAM | A7**

Gold Star Spouse Day - Remembering the love, honor, sacrifice

By Stephanie Hunter
Navy Gold Star Program Public Affairs

Committed to providing continued assistance to families of service members who paid the ultimate sacrifice, the Navy honored it's extended family on Gold Star Spouse Day worldwide, April 5.

Originally named Gold Star Wives' Day in 2010, Congress passed a resolution in 2013 recognizing April 5th as the day to pay tribute to the contributions of the Gold Star Wives of America (GSWA).

The GSWA is a non-profit organization established by four young widows who met in Marie Jordan's apartment on April 5, 1945. A week later, former President Franklin D. Roosevelt died and former first lady Eleanor Roosevelt joined the organization becoming one of the original 15 signers when GSWA was chartered at the state of New York in Dec. 1945.

The survivor support community has pledged to provide unique services for service widowers not available by any other organization.

As the military has evolved over the years, so has the role and demographics of the military spouse. The Gold Star Wives of



U.S. Navy graphic

America amended their membership requirements to include husbands as a reflection of these changes. It is recognized that the origins of this day are steeped in history and to honor that past there must also be a recognition of the change and evolution in today's military culture. Therefore, it is recognized that April 5th as Gold Star Spouses' Day.

The Gold Star is a symbol of loss dating back to World War I and continues today. Traditionally, families that had a family member serving in the Armed Forces displayed a blue star service flag in their homes to signify a deployed family member. The Gold Star recognition first appeared on flags in 1918, when families would place a gold star over the blue service star hanging in their window to indicate that their loved one had been killed overseas while serving in the U.S. military.

In 1947, congress approved the design, manufacture and distribution of the official Gold Star lapel button. The lapel button identifies surviving family members of service members who have been killed in

» See **SPOUSE | A7**

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GHWB Sailors present helm at namesake's library
Sailors from the aircraft carrier USS George H.W. Bush traveled to the George H.W. Bush Presidential Library to present a helm, honoring their namesake April 6.

»See **A6**



Dunford describes U.S. great power competition with Russia, China

Russia and China are competitors to the United States and both nations are looking to overturn the current rules-based international order

»See **B1**

Virginia Beach native ensures effective combat operations for U.S. Navy

Petty Officer 1st Class Stephen Strain is serving with Coastal Riverine Group One, operating out of San Diego.

»See **C1**

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Sexual Assault Awareness and Prevention Month 2019: Make the commitment

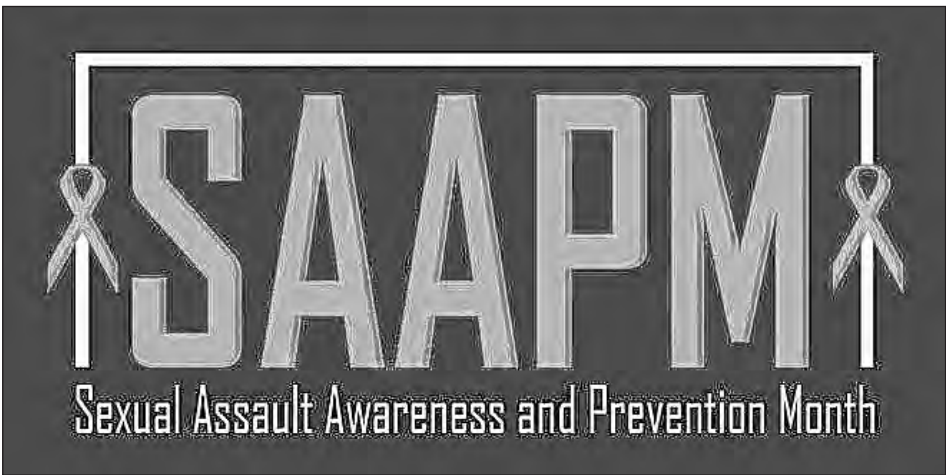
By Rear Adm. Philip E. Sobeck
Director, 21st Century Sailor, N17, OPNAV

Throughout the month of April, the Navy, along with the rest of our Nation, is observing Sexual Assault Awareness and Prevention Month.

As we continue to shift our collective focus from awareness to prevention, it's important that we're able to distinguish between awareness, risk reduction and primary prevention. Both awareness and risk reduction can be tools to aid in stopping

sexual violence, but primary prevention is the approach that looks at the bigger picture. Through primary prevention, we can look at the culture, norms, attitudes and beliefs that create an environment where sexual violence is permitted and we can begin eliminating and reducing the factors that perpetuate sexual violence to keep it from happening in the first place. This is where I believe each of us can make a commitment to do better for our shipmates.

Collectively, and at all levels, we must encourage positive behaviors by recogniz-



U.S. Navy graphic

ing acts that contribute to a supportive command climate. We must commit to possess the courage necessary to conduct ourselves with respect for our fellow Sailors. It's up to all of us to target destructive behaviors with active prevention and create healthy norms and communities for our One Navy Team.

My challenge to you is to take some time and really think about this. **How will you 'Make the Commitment'?**

First national discussion on sexual assault and sexual harassment wraps up

From the Office of the Navy Chief of Information
ANNAPOLIS, MD.

Hosted by the Secretaries of the Navy, Army and Air Force, the first national discussion on sexual assault and sexual harassment at America's colleges, universities, and service academies concluded April 5 with remarkable messages, recommendations and strategies from both subject matter experts and key stakeholders including members of Congress; civilian college and university leaders; and Department of Defense and Military Service Academy heads.

The summit at the United States Naval Academy in Annapolis started April 4 with opening remarks of the Secretaries of the Navy and the Army.

Secretary of the Army Dr. Mark T. Esper said, "Sexual assault and sexual harassment are no doubt difficult problems. But working together we have the opportunity to better understand the root causes, exchange innovative ideas, and work toward the goal of ridding our institutions of these crimes."

Secretary of the Navy Richard V. Spencer followed Esper by reiterating his previous remarks that students of today are tomorrow's leaders who "trust us to provide a safe and supportive learning environment." He said sexual assault and sexual harassment undermine this idea.

College students between ages 17-24 are among the nation's most vulnerable in terms of sexual violence victimization and perpetration, regardless of their enrollment in a military service academy or civilian college or university.

Following the press conference in the morning, Sen. Martha McSally, R-Ariz., was the keynote speaker. She shared her personal connection to the military, service academies, and as a survivor of military sexual assault.

"There are survivors in plain sight, they are among you in this room whether you have told anyone or not," McSally said. "For me, I could just speak for myself, it was actually a part of what strengthened me and gave me more resolve to fight for others, to stop these things from happening."

McSally reiterated her commitment to meeting with military leaders to find ways to better inform and equip commanders with the tools to respond to incidents of sexual assault.

"All of their promise and all of their potential, and everything they had when they were dropped off at your universities or your academies – it's snuffed out. Because of this issue," she said. "Let's be honest about it. Let's figure out how to do something really different, really meaningful to change the culture... Thank you for being here, thank you for your commitment to this."

The first panel of the summit was about prevention strategies. Experts Dr. Ernest Jouriels of Southern Methodist University, Dr. Sara DeGue of the Centers for Disease Control, Katie Hood of One Love, and Dr. Jackson Katz of MVP Strategies, each discussed ways of preventing sexual assault and sexual harassment on campuses. Panelists' input has been beneficial to understand how to recognize opportunities for bystander intervention to eliminate toxic behavior and prevent sexual assault.

Department of Defense leadership emphasizes that service members, civilians, cadets and midshipmen are expected to exemplify the services' core values in their personal and professional lives, and are also responsible for reporting misconduct when they witness it in order to hold their fellow service members to the same high standard of conduct.

All Military Service Academies have Sexual Assault Prevention and Response programs or offices on campus, which aim to prevent and respond to sexual assault. Leadership believes that eliminating sexual assault and sexual harassment from the ranks would promote professionalism, respect, and trust while preserving mission readiness.

As the first day's breakout sessions focused on such topics as prevention and healthy relationships, student leaders' presentations reinforced these themes by focusing on climate leadership and gender specific evaluation.

Congressional leadership's involvement at the summit continued with more presentations from Rep. Jackie Speier, D-Calif., and Sen. Thom Tillis, R-N.C.



MC1 Sarah Villegas

Jim Johnson, vice president of the University of Alaska, joins Vice Adm. Walter E. Carter Jr., superintendent of the U.S. Naval Academy, for a panel during the National Discussion on Sexual Assault and Sexual Harassment at America's Colleges, Universities and Service Academies.

Last day of the summit opened with remarks from Melissa Cohen, director of the Department of the Navy's Sexual Assault Prevention and Response Office, and Secretary of the Air Force, Dr. Heather Wilson.

"Here we are shedding light on an important topic that needs our focused and relentless attention," Cohen said. "And here we are sitting in a community as engaged leaders on topic, knowing that together in partnership we are going to be stronger and in a better position to make effective change moving forward."

Cohen introduced Wilson, noting her experience in military leadership, higher education and government. Wilson emphasized the need to develop leaders based on principles and core values, and to confront instances where those core values erode, especially in cases of sexual assault.

"We have an obligation to share what we are learning. And to work with colleges and universities across America to reduce the incidence of sexual assault and sexual harassment in every community and on every campus," Wilson said. "That's what this conference is about. Our willingness, as institutional leaders, to admit we don't have all the answers. We are more likely to be able to reduce the incidence of sexual assault if we work together."

The Army, Navy, Air Force, and Marine Corps are committed to working together with colleges and universities to cultivate a network of senior leaders, experts and dynamic thinkers who will continue communicating toward

the goal of reducing sexual assault and sexual harassment at colleges and universities.

The service academies have unique sets of data they will share with other colleges and universities to gain a more holistic understanding of the common populace.

On that line, Dartmouth College's President Philip J. Hanlon delivered a 'Looking Forward' keynote in which he said the topic is central to fulfilling the academic mission and the ability of students to thrive.

"We know that our institutions cannot maximize academic excellence unless campuses are safe, equitable, diverse, and inclusive," Hanlon said as he shared lessons learned from initiatives to reduce sexual assault at Dartmouth. "If there is one thing that is clear, we cannot achieve our highest aspirations as individuals or institutions without eliminating behaviors that cause most harm to our communities and inevitably hold us back. Thank you for dedicating yourselves to this work."

Experts had program evaluations on the last day of the summit in a panel that included Dr. Elise Lopez of the University of Arizona; Dr. Sharyn Potter of the University of New Hampshire; Dr. Christina Gidycz of The University of Ohio; and Dr. Ashlea Klahr of the Office of People Analytics. Assessments continued during breakout sessions covering, such topics as, innovative approaches, climate leadership and gender specific areas.

Poster presentations, which enabled attendees to share evidence-based practices and rele-

vant data toward that end, included "A Life Skills Approach to Sexual Assault Prevention," "University of Minnesota's President's Initiative to Prevent Sexual Misconduct," "Beyond Asking Questions: Mapping Tools Lead to Environmental Prevention Strategies," "Are There Patterns? Examining the Reporting of Sexual Assault," and "Prevention Programs: The Missed Component of Skills-Based Communication Training."

Keynote Speaker of the last day was a national advocate on the topic of sexual assault, Troy Vincent, who shared his own stories. Former NFL player Vincent has been also known with his 'Call2Lead' message asking students, particularly male students, to lead the way in ending domestic violence.

As each Service Secretary is committed to identifying solutions that improve the lives of the military members, cadets and midshipmen, the torch has been passed to the Army which will host the next national discussion on the subject at West Point in 2020.

Department of the Navy will distribute in a few months a survey to gather data from participating schools on progress made on sexual assault and sexual harassment prevention, and response on campuses.

Visit our blog for more photos, video and news from the event, <https://navylive.dodlive.mil/2019/02/25/national-discussion-on-sexual-assault-and-sexual-harassment-at-americas-college-universities-and-service-academies/>.

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NEWS FROM NAS OCEANA

NAS Oceana hosts 11th annual Mid-Atlantic Regional Culinary Competition

By MC3 Mark Thomas Mahmood
VIRGINIA BEACH, VA.

Competition heated up at the Naval Air Station Oceana Hornet's Nest Galley as 10 teams from across the Mid-Atlantic Region put their culinary skills to the test Mar. 28.

Challenging teams of four to prepare a three-course meal, the Navy Region Mid-Atlantic's 11th annual culinary competition presented the "Hell's Kitchen" theme for this year's event.

The competition gathers culinary specialists from galleys across the Mid-Atlantic region, challenging their professional skills, personal competitiveness and culinary knowledge. For the first time in the competition's history, real guests were brought into the mix and were a part of the judging process.

"We took our participants' feedback as to how they wanted the competition to evolve for this year, and we decided to do the 'Hell's Kitchen' theme," said Chef Scott Cooper, competition coordinator

and regional food service chef. "This is the first competition where they were able to serve their food to real, dining guests."

The commands that participated in this year's event were Naval Air Station Oceana, Dam Neck Annex, Naval Station Norfolk, Naval Station Newport, Submarine Base New London, Northwest Annex, Great Lakes, Navy Region Mid-Atlantic, United States Naval Weapons Station Yorktown and Joint Expeditionary Base Little Creek-Fort Story.

The two-day event kicked off with a day of training, including lessons on plate presentation and table service. On the morning of Mar. 28, the teams had three hours to dish out meals for their guests.

Teams were given the opportunity to develop their own three-course meals using a list of available ingredients. During the competition, the teams were evaluated on safety, sanitation, creativity, use of ingredients, portions, knife skills and table service. Each team was required to produce an appetizer, entrée and dessert, and uti-



MC3 Mark Thomas Mahmood
Culinary Specialist 1st Class Robert Gabales prepares food during the 11th Annual Mid-Atlantic Region Culinary Competition on board Naval Air Station Oceana. The competition gathers culinary specialists from galleys across the Mid-Atlantic region, challenging their professional skills, personal competitiveness and culinary knowledge.

lize a vegetable, starch, protein and sauce in the entrée.

"This competition is not only an opportunity to showcase their skills to the evaluators, but show their guests what culinary specialists can do other than making 'galley food' on a daily basis," said Cooper.

Although all teams brought serious competition to the table, the

team from Naval Weapons Station Yorktown had the recipe for success, taking home the first-place prize.

One of the biggest goals of the competition is to serve as a way for culinary specialist to develop a passion for their work that will positively affect the rest of their commands and the Navy as a whole.

"One day, the junior culinary specialists are going to be replacing us," said Senior Chief Culinary Specialist John Miranda, one of the evaluators for this year's event. "This competition allows us to bring that culinary passion to our junior Sailors through friendly competition in a training environment."

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Jim Cleveland

Shipyard workers at Portsmouth Naval Shipyard successfully undock the Los Angeles-class submarine USS San Juan (SSN 751) one day early from a routine engineered overhaul. The shipyard is a field activity of Naval Sea Systems Command and is committed to maximizing the material readiness of the Fleet by ensuring every ship is ready to respond to the Navy’s mission.

NAVSEA SIOP office leads \$21B naval shipyard modernization

From Naval Sea Systems Command Office of Corporate Communication Public Affairs

WASHINGTON

A new Navy program office will centrally coordinate a plan to recapitalize its four public shipyards.

The Naval Sea Systems Command (NAVSEA) Shipyard Infrastructure Optimization Plan (SIOP) Program Office,

PMS-555, established in June 2018, is working in concert with Commander, Navy Installations Command (CNIC) and Naval Facilities Engineering Command (NAVFAC) to recapitalize and modernize the infrastructure at the four public nuclear shipyards to include critical dry dock repairs, restoring needed shipyard facilities and optimizing their placement, and replacing aging and deteriorating capital equipment. Ex-

cuting this plan will improve the naval shipyards’ productivity and increase their maintenance throughput in order to support the combat readiness of the Navy the nation needs.

Without major upgrades and re-configurations, the shipyards would not be able to meet the fleet’s future aircraft carrier and submarine depot maintenance and inactivation requirements looking out through 2040.

“The Navy relies on NAVSEA to deliver combat-ready ships and submarines out of planned maintenance availabilities on time,” said NAVSEA Commander Vice Adm. Tom Moore. “Modernizing our four naval shipyards — a massive task under any circumstance — is critical because it’s the only way we will be able to meet our future mission requirements.”

Moore also said, “This is a comprehensive plan developed in partnership with NAVFAC and CNIC, that will allow the Navy to bring it’s organic shipyards into the 21st Century to fully support the Navy the Nation needs.”

The Navy’s four public shipyards — Norfolk Naval Shipyard, Portsmouth, Virginia; Portsmouth Naval Shipyard, Kittery, Maine; Puget Sound Naval Shipyard and Intermediate Maintenance Facility, Bremerton, Washington; and Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility, Pearl Harbor, Hawaii — were originally designed and built in the 19th and 20th centuries to support construction of sail- and conventionally-powered ships using industrial models of the time. As a result, they are not configured to maintain and modernize the nuclear-powered aircraft carriers and submarines of today or tomorrow.



MCSN Dakota David

The aircraft carrier USS George H.W. Bush (CVN 77) transits the Elizabeth River to Norfolk Naval Shipyard to undergo a docking planned incremental availability.

Developing, programming and executing the plan falls to PMS-555 program office comprised of industrial engineers, process improvement specialists, facilities engineers, regulatory compliance specialists, strategic and financial analysts, civil engineer corps officers, construction managers and construction schedulers from NAVSEA, CNIC and NAVFAC.

“The Shipyard Infrastructure Optimization Plan articulated a vision that shipyard infrastructure has three interdependent components: the dry docks, the facilities, and the capital equipment; and that these configurations are fundamentally linked to the shipyards’ability to execute the mission they are tasked to do,” said Steven Lagana, PMS-555 program manager. “We are utilizing modeling and simulation as a tool to integrate these components to better inform the desired infrastructure layout. Through this, the Navy will be in a better position to make meaningful, long-lasting investments that not only address the condition of the facilities and equipment but also change the way the work is conducted. Once we’re finished, the Navy will recover more than 300,000 work days per year, every year.”

The first milestone PMS-555 is scheduled to achieve is the devel-

opment of a “digital twin” of the naval shipyards. This will be a virtual representation of the shipyards that will be used to conduct modeling and simulations of the shipyard environment to aid in evaluations and decisions for the future shipyard infrastructure. The program office is also developing comprehensive strategies to address historic preservation and environmental compliance during this recapitalization effort.

The program office is hosting its first industry day April 8 at the Washington Navy Yard.

“We’re sold out,” said Lagana. “We have more than 100 companies from 19 states and the District of Columbia who are coming to hear about the program and see how they can be part of this once-in-a-century team that will deliver the shipyards the Navy needs.”

SIOP directly supports the Chief of Naval Operations’ “Design for Maintaining Maritime Superiority 2.0.”

Modernizing the Navy’s shipyards is necessary in order to maintain a fleet that is ready to fight decisively, which is one of the CNO’s four lines of effort — strengthening naval power at and from the sea.

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



Liane Nakahara

The Virginia-Class attack submarine USS Hawaii (SSN 776) undergoes routine inspections and repairs in Pearl Harbor Naval Shipyard. Hawaii is the first U.S. Pacific Fleet Virginia-class submarine to enter dry dock in Pearl Harbor.

Enlisted supervisor retention pay update announced

From Chief of Naval Personnel Public Affairs

WASHINGTON

The Navy updated Enlisted Supervisor Retention Pay (ESRP) award levels for senior active-duty nuclear-trained Sailors in NAVADMIN 085/19, released April 8.

Updates include the increase of award levels for three ratings in ESRP Zone 1, the decrease of award levels for one rating in ESRP Zone 1 and the increase of award levels for eight ratings in ESRP Zone 2.

The ESRP program provides a retention incentive for senior nuclear-trained enlisted personnel with highly specialized skills and experience to remain in the Navy.

Eligible Sailors desiring ESRP reenlistment are encouraged to work with their Command Career Counselor (CCC) to discuss reenlistment requirements and pro-

cedures. ESRP reenlistment requests must be submitted 35-120 days prior to the desired reenlistment date.

Increased award levels are effective immediately and decreased levels are effective 30 days after the release of NAVADMIN 085/19. The minimum ESRP reenlistment length is three years and all ESRP payments must be received prior to the completion of 26 years of service.

Eligible Sailors and CCCs can find more information and references at <https://www.mnp.navy.mil/group/career-planning>, select the Enlisted Community Managers link, then select the Nuclear tab in the gray banner.

For a complete listing ESRP reenlistment requirements, read NAVADMIN 085/19.

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



U.S. Navy photo

View of Puget Sound Naval Shipyard and Downtown Bremerton, Wash., waterfront territorial. The waterways Sinclair Inlet, Port Washington Narrows and Dyes Inlet are visible in the photo. The Olympic Mountains are in the background.



U.S. Navy photo

Navy identifies Sailor responsible for shooting at NAS Oceana

From Navy Region Mid-Atlantic Public Affairs

VIRGINIA BEACH, VA.

The Navy identified the Sailor responsible for the April 5 shooting incident on Naval Air Station Oceana in the parking lot of Strike Fighter Squadron 37 (VFA-37). The Sailor is Aviation Ordnanceman Airman Apprentice Christopher J. Ruffier, 26, a native of Ohio who was assigned to VFA-37. Ruffier was shot and killed by a Navy police officer after he shot a female Sailor in the parking lot outside of Hangar 145 on-base and engaged with Navy Security Force personnel. The victim was also assigned to VFA-37. The victim was transported to Virginia Beach General Hospital with non-life threatening injuries. She remains at the hospital in stable condition. To protect her privacy, her name will not be released. Naval Criminal Investigative Service (NCIS) continues its investigation into the incident. Navy Region Mid-Atlantic will also convene a Manual of the Judge Advocate General (JAGMAN) investigation into the incident.



MCSN Jairus P. Bailey

Sailors heave a line during sea and anchor detail on the fantail aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69). Ike is currently in the Basic Phase of the Optimized Fleet Response Plan (OFRP).

Ike departs for flight deck certification

From USS Dwight D. Eisenhower Public Affairs

ATLANTIC OCEAN

USS Dwight D. Eisenhower (CVN 69) got underway from Naval Station Norfolk for flight deck certification, April 8. “Flight Deck Certification is the first major event for IKE now that we’ve entered the basic phase of the Optimized Fleet Response Plan,” said Capt. Kyle Higgins, Ike’s commanding officer. “Having Air Wing 3 back on board, ready for action, is what’s makes this exciting for the entire crew. This ship was built to launch and recover aircraft and that’s what we’ll do -- first out here in the Virginia Capes, and then wherever the nation needs us.” The last time Ike conducted flight operations was in the summer of 2017. The ship recently completed a planned incremental availability at Norfolk Naval Shipyard as part of the maintenance phase of the Optimized Fleet Response Plan (OFRP). “It’s really cool to see the progress we’ve made,” said Personnel Special-

ist 2nd Class Caitlyn Holder, the Education Service Office’s leading petty officer. “I think it’s awesome seeing how far the Ike has come in the last two years.” Sailors are excited to have aircraft aboard the ship once again, especially members of Ike’s air department. “This extended availability period allowed air department a lot of time to prepare and train for the return of aircraft to the flight deck of Mighty Ike,” said Aviation Boatswain’s Mate (Handling) 1st Class Eric Mattone, V-1 Division Fly 3 Petty Officer. “This is only the beginning and we have a lot of work to do in order to come together as a team, but overall we’re very excited to have the air wing back aboard our war ship.” This underway will include the aircraft and crew of Carrier Air Wing (CVW) 3, which features Helicopter Sea Combat Squadron (HSC) 7, Helicopter Maritime Strike Squadron (HSM) 74, Electronic Attack Squadron (VAQ) 130, Carrier Airborne Early Warning Squadron (VAW) 123, Strike Fighter Squadron (VFA) 32, Strike Fighter Squadron (VFA) 105, Strike Fighter Squadron (VFA) 83

and Strike Fighter Squadron (VFA) 131. “The last time we were on the Ike was during deployment, and we had a ton of fun,” said Chief Aviation Structural Mechanic Chris Sarvis, assigned to VFA 131. “It’s been a while but we’re excited to get back into the groove and get some quality training.” After completing flight deck certification, Ike will continue training at sea and conducting carrier qualifications as the crew prepare for a future deployment as part of Carrier Strike Group (CSG) 10. CSG 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 CVW 3. For more news from USS Dwight D. Eisenhower (CVN 69), visit www.navy.mil/local/cvn69/.

CYBERCRIME IS CREATING JOBS. 3.5 MILLION ARE PREDICTED TO GO UNFILLED BY 2021.*

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Undergraduate classes start on May 20.



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*Source: "Cybersecurity Market Report," Cybersecurity Ventures, May 31, 2017. Certified to operate in Virginia by SCHEV. Quantico Corporate Center, 525 Corporate Drive #101, Stafford, VA 22554.

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Official explains federal tax changes for military, spouses

By **Jim Garamone**
Department of Defense Public Affairs

WASHINGTON

Most service members and their families will see a reduction in their tax bills this year; there are a number of changes in U.S. federal tax laws that they need to be aware of, said Army Lt. Col. Dave Dulaney, executive director of the Pentagon’s Armed Forces Tax Council.

“The last tax year has been quite exciting with all the changes that were made,” Dulaney said.

Pieces of legislation which are expected to affect military taxpay-

ers include the Tax Cuts and Jobs Act; the Veterans Benefits and Transition Act; and the Combat-Injured Veterans Tax Fairness Act.

Tax Cuts for Troops

The Tax Cuts and Jobs Act will mean that most service members will see a reduction in federal taxes. There is an overall reduction of three percent for most military families under this act, Dulaney said. In addition, the standard deduction doubled, as did the Child Tax Credit.

“Because of these three things, most of our military families are going to see a substantial reduction in overall tax liability,” he

said.

There are also some special provisions that apply to military personnel. Service members who served in the Sinai Peninsula since June 9, 2015, are now eligible for the combat zone tax exclusion.

“This was retroactively applied and what that means is that since taxpayers have up to three years to file an amended tax return to make a claim for refund, those service members who served in the Sinai back in 2015 would be eligible to file an amended tax return, and they need to do it quickly,” he said.

Service members with questions should go to their local tax assistance centers, he added noting that this change should affect about 2,000 service members.

Members of the armed forces are still able to deduct their unreimbursed moving expenses incurred during permanent change of station moves.

There are changes to deductions

for travel to drill for reservists.

“Reservists cannot take deductions for drill duty expenses that are under 100 miles,” he said. Those driving more than 100 miles can still take deductions.

Military Spouses

For military spouses, there is a significant change as part of the Veterans Benefits and Transition Act of 2018. “This allows military spouses to elect to use their service member’s state of legal residence for state and local taxes,” he said.

In the past, a spouse may have had to file a different state tax return because they had split legal residences.

“Our military spouses can now elect to use the legal residence of the military member for purposes of filing their state and local taxes,” he said. “Now military couples will no longer have to file different state tax returns. Additionally, it will reduce the overall tax burden for military families.”

Injured Troops

Finally, the Combat-Injured Veterans Tax Fairness Act has been implemented for veterans who received disability severance pay and had tax withholding applied to the pay. “Now under the tax code, disability severance pay is not taxable under certain situations,” he said. More than 133,000 veterans who have received this pay are eligible for relief under the act.

The veterans have until July to file for a refund.

There are a number of aids for military personnel and their families as they prepare their taxes. Each base has a Volunteer Income Tax Assistance Program office that will help. To find your local office, visit Military OneSource.

The IRS offers information about free tax preparation.

Military OneSource also has information about military tax services in its tax resource center.



MC2 Lauren Matia Deal
Sailors assigned to the aircraft carrier USS George H.W. Bush (CVN 77) pose with a memorial helm at the George Bush Library and Museum in College Station, Texas. Sailors of the Year and the command triad traveled to College Station to present the helm to the museum. GHWB is at Norfolk Naval Shipyard (NNSY) undergoing a Docking Planned Incremental Availability (DPIA).

GHWB Sailors present helm at namesake's library

By **MC2 Lauren Deal**
USS George H.W. Bush Public Affairs

COLLEGE STATION, TEXAS

Sailors from the aircraft carrier USS George H.W. Bush (CVN 77) (GHWB) traveled to the George H.W. Bush Presidential Library to present a helm, honoring their namesake April 6.

President George H.W. Bush, the 41st president, former CIA director, vice president, Texas congressman and WWII Naval aviator died at the age of 94, November 30, 2018.

Capt. Sean R. Bailey, the ship’s commanding officer, led the crew of Sailors in Texas, who included Capt. Christopher Hill, executive officer, Command Master Chief Jorge Soto, Senior Sailor of the Year Boatswain’s Mate 1st Class Paris Freeman, Sailor of the Year Air Traffic Controller 2nd Class Alyssa Lewis, Petty Office of the Year Hospital Corpsman

3rd Class Leigh Ann Kelly, and Blue-jacket of the Year Aviation Ordnanceman 3rd Class Jalene Fejeran-Reyes.

“The men and women assigned to GHWB wanted to honor their namesake and pay tribute to his legacy of service to our nation, as a naval aviator during WWII, as a Statesman and Diplomat, and as our President,” said Bailey. “The ship’s wheel or helm represents the fighting spirit of our ship, signifying that we will stay our course and execute the mission no matter the adversity we might face.”

The ceremony was attended by the family members of President Bush, including his daughter Dorothy ‘Doro’ Bush Koch, who is also the ship’s sponsor, and his son Neil Bush. Former Vice Presidents Dick Cheney and Dan Quayle were also in attendance.

Attending this event allowed the Sailors to see firsthand the close bond with the Bush family, and that the ship is a



MC2 Lauren Matia Deal
Sailors assigned to the aircraft carrier USS George H.W. Bush (CVN 77) visit the grave site of the ship’s namesake at the George Bush Library and Museum in College Station, Texas. Sailors of the Year and the command triad traveled to College Station to present a memorial helm to the museum. GHWB is at Norfolk Naval Shipyard (NNSY) undergoing a Docking Planned Incremental Availability (DPIA).

testament to President Bush’s legacy of service.

After the event, the Sailors paid respect to their namesake by visiting the late president’s gravesite, where he is buried alongside his wife, Barbara, and their daughter Robin.

USS George H.W. Bush (CVN 77) is the tenth and final Nimitz-class aircraft carrier and was commissioned in 2009. The ship completed its third combat de-

ployment in 2017, and was the first carrier to support Operation Inherent Resolve for a second time.

GHWB is currently at Norfolk Naval Shipyard undergoing scheduled maintenance and modernization for its Docking Planned Incremental Availability (DPIA)..

For more news from USS George H.W. Bush (CVN 77), visit www.navy.mil/local/cvn77/.

NMCP staff hosts Strategic Planning Workshop

By **PO1 Laura Myers**

PORTSMOUTH, VA.

Naval Medical Center Portsmouth (NMCP) leaders conducted a strategic planning workshop to develop goals in support of the command’s strategic initiatives of a Ready Medical Force (RMF)

and a Medically Ready Force (MRF).

“RMF represents us at the medical center,” said Capt. Christopher Culp, NMCP’s commanding officer. “We need to be trained, competent and ready to deploy in support of the fleet when they deploy. This is vitally important to our nation’s ability to defend itself.”

Culp said the MRF are the active duty Sailors who the command supports.

“We need to continue to push our system to minimize the time Sailors are waiting for medical appointments, specialty care or any medical services.” Culp said. “Whether it’s taking that care to the waterfront or employing virtu-

al care through telemedicine by using mobile technology, we’re going to lead the way to keep our fighting forces medically ready, and supporting them at sea or downrange.”

Representatives from each directorate met with NMCP’s triad, prospective commanding officer and prospective command master chief, to outline these goals using the Four Disciplines of Execution (4DX) as the framework.

“We’re excited to bring everyone together to plan our strategic goals for the next six months,” said

Capt. Carolyn Rice, NMCP’s executive officer. “Having the administration leadership together at the table with deckplate leaders is the hallmark of pairing strategy with execution. It’s critical that we all work together to achieve the levels of performance we need to get to where we need to be.”

4DX was developed by the Franklin Covey Company and utilizes four disciplines to help organizations to achieve their wildly important organizational goals, or WIGS.

USS North Carolina visits ‘Kids Making It’

By MC3 Sara Eshleman
Navy Public Affairs Support Element East

WILMINGTON, N.C.

Sailors assigned to Virginia-class submarine USS North Carolina (SSN 777) spoke at a reception April 4 for board members and volunteers of “Kids Making It (KMI),” a non-profit youth woodworking program during Wilmington Navy week.

KMI offers a variety of programs to at-risk, low income and disadvantaged youth, including after school, summer jobs and apprenticeships, teaching students valuable vocational, entrepreneurial and life skills. KMI has a particularly special relationship with North Carolina’s crew, as each Sailor who has served on the boat receives a plaque made on site from teak procured from North Carolina-class retired battleship USS North Carolina (BB-55).

“This is our second time visiting Kids Making it,” said Cmdr. Matthew Lewis, North Carolina’s commanding officer, “and it’s a really unique opportunity for myself and the crew to come back here to the organization that Jimmy Pierce runs. It’s important for us because we have a great tie to Wilmington; one, because in 2008, North Carolina, she was commissioned here, and two, because of this relationship that we have with Kids Making it.”



MC3 Sara Eshleman

Sailors assigned to Virginia-class submarine USS North Carolina (SSN 777) speak at a reception with board members and volunteers of “Kids Making it,” a non-profit youth woodworking program during Wilmington Navy Week. The Navy Week program serves as the Navy’s principal outreach effort in areas of the country without a significant Navy presence.

Lee Hill serves on KMI’s board as treasurer, and she spoke to the significance of military representation at the event.

“To me, it is important so that we can let them know how much we appreciate what they’re doing,” said Hill. “And they get to see different lifestyles – none of them in here today are from North Carolina, so they get to see our culture and how we live in the South, and the different ways that we do things because every part of the U.S. does things differently.”

Lewis seconds the importance of

military interaction with the general populace through outreach programs such as Navy Weeks because of the awareness it elicits.

“I think it’s important to interact with the Navy and the community together because a lot of things that we do, people don’t always know about and don’t always have that opportunity,” said Lewis. “Part of it is the mutual support, and in this case with ‘Kids Making It’, it’s us supporting them, but them also supporting us.”

“It’s just nice to learn about the people you’re serving,” said Hill. “They’re

not just serving their state, they’re serving everybody out there and by coming in and meeting with different people from different organizations, and letting people show them how much we appreciate them – it’s just good for everybody involved.”

Wilmington Navy Week is one of 14 Navy Weeks being held across America in 2019. For more information and a schedule of events, visit the Wilmington Navy Week website at <https://www.outreach.navy.mil/Navy-Weeks/Wilmington/>.

LINCOLN | Ship enters European theater

Continued from A1

maritime security operations, is emblematic of the multi-mission capability of the U.S. Navy’s globally deployed force. Carrier strike groups have ready capabilities to respond wherever and whenever required through a variety of mission sets.

While operating in the U.S. 6th Fleet area of operations, the Abraham Lincoln CSG will participate in realistic training

to increase the capabilities of the U.S. allies and strengthen partnerships through multi-lateral events honing the skills necessary to achieve maritime superiority through presence.

Joining the U.S. Navy ships, aircraft, and sailors of Abraham Lincoln CSG for their deployment is the Alvaro de Bazan-class Spanish frigate ESPS Mendez Nunez (F 104). Partnering with the Spanish frigate demonstrates U.S. Navy’s commitment

to working with allies and enhancing, interoperability among allied forces.

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

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



MC3 Jeremiah Bartelt

Sailors aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) watch as an MH-60S Sea Hawk helicopter from Helicopter Sea Combat Squadron (HSC) 5 participates in a replenishment-at-sea with the fast combat support ship USNS Arctic (TAOE 8).



MCSN Tristan Kyle Labuguen

An EA-18G Growler assigned to the “Patriots” of Electronic Attack Squadron (VAQ) 140 launches from the flight deck of the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72).

SPOUSE | Honoring Gold Star spouses

Continued from A1

specific conflicts. This pin features a gold star on a purple background. The Next of Kin of Deceased Personnel Lapel Button was later introduced in 1973 symbolizing the primary next of kin of an armed service members who lost their lives in non-combat operations. This pin features a gold star on a gold background surround by laurel leaves.

The Navy Gold Star Program is dedicated to fostering resiliency for surviving families of fallen service members. Navy Gold Star offices provide resources such as chaplain services, personal financial counseling, school liaison assistance, family employment, clinical counseling, and area survivor

events and want these individuals to know they will forever be a part of the Navy community.

As we observe Gold Star Spouses’ Day, let us all honor the widows left behind by our service members called forward to pay the ultimate sacrifice.

To find out about how the Navy Gold Star Program is honoring Gold Star Spouses in your area, be sure to connect with your closest coordinator. Visit www.navygoldstar.com/locations or www.facebook.com/NavyGoldStar to find out how.

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

TEAM | 2019 team announced

Continued from A1

- Coast Guard Maritime Enforcement Specialist 2nd Class Jacob Cox
- Navy Rear Adm. Kyle Cozad
- Retired Navy Seaman Steven Davis
- Aviation Electronics Mate 3rd Class Anthony Dieli
- Retired Aviation Electronics Technician 3rd Class Jude Dziadowicz
- Retired Chief Aviation Electricians Mate Joshua Erickson
- Retired Chief Machinist Mate Ferlin Espinal
- Chief Quartermaster Angela Everett

- Hospital Corpsman 1st Class Aaron Ferguson
- Navy Information Systems Technician 1st Class Ruth Freeman
- Navy Cmdr. Robert Fry
- Retired Hospital Corpsman Hospitalman Gabriel George
- Logistics Specialist 2nd Class Lauren Gonzales
- Hospital Corpsman 2nd Class Emmanuel Gonzalez
- Hospital Corpsman 2nd Class Ashlea Gregoire
- Master Chief Personnel Specialist Raina Hockenberry
- Aviation Boatswain’s Mate (Handling) 3rd Class Dakota Hollingsworth

- Culinary Specialist 2nd Class Mario Ingram
- Logistics Specialist 2nd Class Darius Jones
- Utilitiesman 2nd Class Joshua Laban
- Retired Coast Guard Lt. Daniel Lee
- Retired Senior Chief Electronics Technician William Longworth
- Navy Chief Information Systems Technician Sammy Palomo
- Retired Aviation Machinist Mate 1st Class Austin Parker
- Engineman 1st Class Matthew Parker
- Senior Chief Hospital Corpsman Joseph Paterniti
- Aircrewman 1st Class Todd Prather

- Retired Lt. Jason Roberts
- Coast Guard Capt. Daryl Schaffer
- Retired Cryptologic Technical Technician 1st Class Tyson Schmidt
- Aviation Maintenance Administrationman 3rd Class Elizabeth Smith
- Air Traffic Controlman 2nd Class Esther Stevenson
- Hospital Corpsman 1st Class Romulo Urtula
- Hospital Corpsman 1st Class Carlos Valerio
- Aviation Electronics Technician 3rd Class Nathaniel Zuniga
- The DOD Warrior Games are part of the Navy Wounded Warrior-Safe Harbor (NWW) Program, which provides individu-

ally-tailored assistance designed to optimize the success of the wounded warriors’ recovery, rehabilitation and reintegration activities. NWW is solely responsible for coordinating the non-medical care of seriously wounded, ill and injured Sailors and Coast Guardsmen, including introducing service members to adaptive sports, as well as providing resources and support to their families and caregivers.

To learn more, visit <http://www.navywoundedwarrior.com/>.

Get more information about the Navy from US Navy facebook or twitter.

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



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» See **B3**

SECTION B | FLAGSHIPNEWS.COM | 4.11.2019



Marine Corps Gen. Joe Dunford, the chairman of the Joint Chiefs of Staff, discusses the great power competition among the U.S., China and Russia with CNN Reporter Barbara Starr at the Atlantic Council in Washington. Jim Garamone

Dunford describes U.S. great power competition with Russia, China

By Jim Garamone
Defense.gov

WASHINGTON

Russia and China are competitors to the United States and both nations are looking to overturn the current rules-based international order, the chairman of the Joint

Chiefs of Staff said today at the Atlantic Council’s Commanders’ Series here. Marine Corps Gen. Joe Dunford said China and Russia are striving “to establish pre-eminence, if not hegemony, in their respective geographic areas and both trying to assert greater influence on the world stage.” The chairman spoke with CNN reporter

Barbara Starr. From the military’s perspective, China and Russia are doing what they can to challenge the U.S. and are targeting American capabilities, Dunford said. This means the two nations are working to subvert America’s network of allies and partners and are seeking to negate the American military’s

ability to project forces when and where needed and sustain them, he said. **Strength of Alliances** “They both recognize the strength of our allies and partners, they both recognize from careful study the U.S. ability to project power in 1991 to 2003, they recognize the competitive advantage we have had historically and what they are seeking to do is undermine the credibility of our alliance structure in Europe and the Pacific,” he said. “They have been on a specific path of capability development to make it much

» See **DUNFORD | B7**



Commodore of Training Air Wing Four Capt. Kevin Delano congratulates an athlete during the opening ceremony of South Texas Special Olympics Spring Games, April 6. More than 400 athletes attended the event, escorted by officers representing CNATRA. 1st Lt. Pawel Puczek

CNATRA helps kick off South Texas Special Olympics Spring Games

By 1st Lt. Pawel Puczek
Chief of Naval Air Training

CORPUS CHRISTI, TEXAS

South Texas Special Olympics athletes performed the opening ceremony for the 2019 Spring Games alongside the Chief of Naval Air Training (CNATRA) in the Flour Bluff area of Corpus Christi, April 6. More than 400 athletes arrived at Flour Bluff High School Saturday morning to compete in the games, escorted by friends and family, and local Sailors and Marines from Training Air Wing (TW) 4. CNATRA Rear Adm. Greg Harris, along with a dozen officers from across the command, took part in the opening ceremony and led athletes in a procession around the track. The crowd cheered and waved as their athletes passed by.

“It’s a fantastic opportunity for us to give back to the community of Corpus Christi,” said Harris. “The local area supports the military so much and everything we do on base, it’s an honor to support these athletes with the Special Olympics and give our thanks back.” The opening ceremony began at 9 a.m. with a brief introduction of each competing region. The athletes walked hand in hand with CNATRA officers, ready to compete. Despite a few nervous looks, most of the athletes were clearly excited to be able to compete in their events. Commodore, TW 4 Capt. Kevin Delano escorted athletes from Ingleside, Texas, reassuring them to do their best and to have fun. “It has been overwhelming to see the joy this event brings to the kids and the smiles

» See **GAMES | B7**



U.S. and Royal Thai Navy leaders stand together during the opening ceremony for Guardian Sea 2019 on the flight deck of RTN frigate HTMS Bhumibol Adulyadej (FFG 471). Guardian Sea is a premier exercise that demonstrates both navies commitment to ensuring that they are ready to counter any threats together. MC2 Christopher A. Veloicaza

US, Thailand conduct anti-submarine exercise in Andaman Sea

By PO1 Gregory Johnson
Commander, Logistics Group Western Pacific

ANDAMAN SEA

The U.S. Navy and Royal Thai Navy (RTN) began the 8th iteration of exercise Guardian Sea at the opening ceremony aboard the RTN frigate HTMS Bhumibol Adulyadej in the Andaman Sea, April 7. A U.S. Navy Los Angeles-class fast attack submarine and underway replenishment oiler along with two RTN frigates, a corvette and a Sea Hawk helicopter will participate in over a dozen evolutions, designed to incorporate shared techniques in real-world at-sea environments. “The U.S. and Royal Thai Navy con-

tinues to work closely in anti-submarine warfare towards building upon our already-established combined capabilities,” said Capt. Matt Jerbi, commodore of Destroyer Squadron 7. “Guardian Sea 2019 is a premier exercise that demonstrates our commitment to each other in ensuring that we are ready to counter any threats together, both above and underwater.” “Guardian Sea is a bilateral exercise between Thai and U.S. navies that involves ships and aircraft in anti-submarine warfare environments,” said Royal Thai Navy Rear Adm. Charoenkiat Kamjorn, commander of Frigate Squadron ONE. “It is a great opportunity for the two navies to ex-

» See **THAILAND | B7**

Autism awareness: What a difference two decades make

By Lisa Smith Molinari

In 1998, our son, Hayden, was diagnosed with “atypical autism.” After recovering from the shock, my husband and I inundated ourselves with information, desperate to provide our three-year-old boy with whatever might help him lead a relatively normal life.

We embarked on a home therapy program called “Floortime,” a type of play therapy developed by Dr. Stanley Greenspan, in which the a primary caregiver, often a parent, follows the child’s lead while opening and closing “circles of communication.” The thought was that Floortime helped children who hadn’t met necessary milestones for social-emotional growth which affected their ability to relate and communicate.

A few civilian friends I knew with autistic children were paying for Applied Behavior Analysis (ABA) therapy, which rewards positive behaviors during task oriented sessions conducted 20 to 40 hours per week by trained ABA therapists. Back then, most insurance companies did not cover autism therapies which were considered “experimental” or “not medical in nature.” At that time, I didn’t know any military families who could afford ABA.

Although I believed that Floortime would be more effective than ABA for Hayden, I also had no choice but to pick the therapy that I could do myself. ABA was done by paid professionals, so it was out of the question. But Hayden’s doctor also prescribed physical, occupational and speech therapies, as well as special diets, evaluation by a nutritionist, and regular doctor’s appointments. Like other insurance carriers, Tricare did not recognize autism as a coverable diagnosis, but offered a small financial supplement for certain individual symptoms that significantly impaired the “activities of daily living” through its Program For Persons With Disabilities (PFPWD), now known as Extended Care Health Option (ECHO). Hayden’s autism profile included a speech disorder and motor planning delays



Hayden, age three, doing Floortime play therapy with me in 1998.

which qualified, so we received a small stipend each month to pay part of the speech and occupational therapy bills.

As for the rest of Hayden’s autism symptoms, we were financially on our own. We paid for expensive liquid nutritional supplements since Hayden’s sensory imbalances made him reject many food textures and tastes. We paid for expensive mail order flours and consultations with a specialized nutritionist when Hayden’s doctor ordered a gluten-free, casein-free diet. (Gluten-free foods were not prevalent like they are today.) After applying the money received from our monthly PFPWD stipend, we paid the thrice-weekly speech and occupational therapy bills. We paid to see a developmental psychiatrist once or twice a year to the tune of \$500 a pop, and a psychologist who trained us in Floortime at \$250 per session.

But like many parents of children with autism spectrum disorder who desperately hoped for progress, we were more than willing to go into debt if we thought it would help our son. And go into debt we did. In a big way.

As a Brookings Institute fellow astutely observed in 2008, “Many military families choose to pay for medically prescribed autism treatment themselves, to the extent possible, and incur significant debt. This unduly burdens already stressed families, which often

have one parent deployed abroad these days.”

By age nine, Hayden had made so much progress, his autism diagnosis was downgraded to “regulatory disorder,” and although he still struggled with social delays and sensory processing, he no longer needed intensive therapies.

Ironically, at the very same time there was a movement to reform autism insurance coverage in the US. Although Tricare considered ABA therapy to be “educational rather than medically necessary,” it began allowing families to use the monthly ECHO supplement to go toward limited ABA costs. Then in 2007, US states began passing laws requiring insurers to cover autism. And finally, in July 2014, Tricare began fully covering ABA and other autism treatments through its Autism Care Demonstration program which will remain in effect through December 2023.

Although Tricare still considers its program to be “experimental,” it has been forced to change its policies toward autism significantly. When Hayden needed treatment, autism wasn’t recognized as a coverable diagnosis. Two decades later, 48 states have mandated autism coverage.

The system is certainly not perfect, but it’s come a long way, baby.

The Meat & Potatoes of Life

Getting care

From TRICARE.mil

Follow the steps below to get started:

Step 1: Get Diagnosed

Your child must be diagnosed* by an approved diagnosing provider, which includes either:

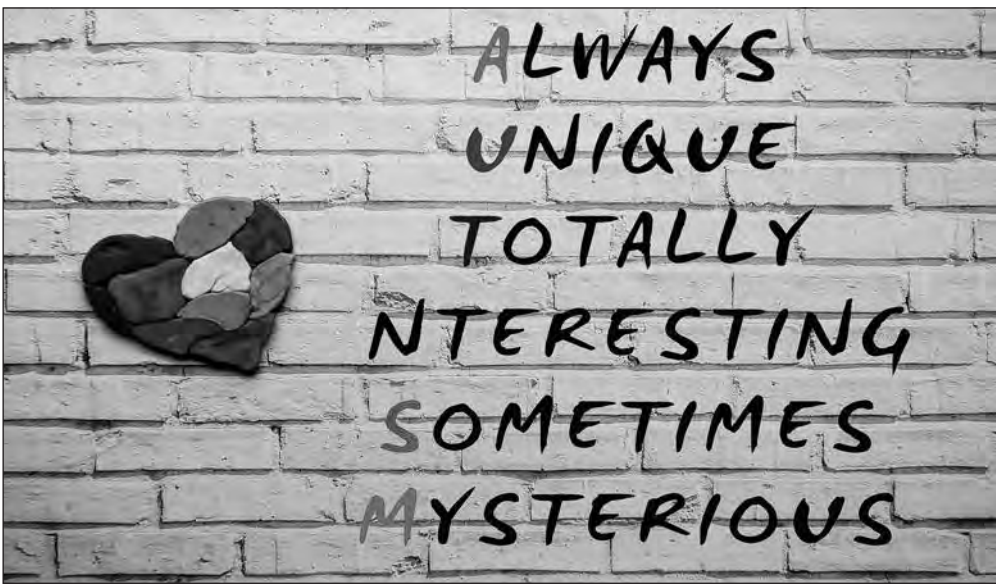
- A **Primary Care Physician**** in the following specialties:
 - Family practice
 - Internal medicine
 - Pediatrics
- A **Specialized ASD Diagnosing Provider** in the following specialties:
 - Board Certified or Board Eligible physicians in the following disciplines:
 - Licensed Clinical Psychology, doctoral level
 - Doctors of Nursing Practice, meeting certain criteria
 - Developmental Behavioral Pediatrics
 - Neurodevelopmental Pediatrics
 - Pediatric Neurology
 - Adult or Child Psychiatry

** You must complete the outcomes measures within one year of entry into the program and at the periodic ABA program review.*

*** You must complete it every two years thereafter. If the initial diagnosis is made by your Primary Care Manager (PCM), you must see a specialized ASD Diagnosing provider within one year of the initial referral.*

Step 2: Get a Referral and Authorization

- This is required for everyone in all TRICARE plans.
- Your diagnosing provider will submit a referral for ABA services to your regional contractor or US Family Health Plan provider for authorization.
- You’ll get an authorization letter to cover six months of ABA services from an authorized ABA supervisor.
- Your authorized ABA supervisor will request continuation of ABA services every six months.
- You’ll get a new authorization letter for the next six months of ABA services from your regional contractor.



iStockphoto

- A new referral from your primary care physician or ASD diagnosing provider is required every two years.

Step 3: Schedule an Appointment

When you get your authorization letter:

- schedule your appointment with the provider listed in the authorization letter.

>>Check the Status of Your Authorization.

- If you’d like to see a different provider, contact your regional contractor.

Your authorized ABA supervisor will:

- Complete an ABA assessment
- Develop an individual treatment plan
- Work one-on-one with your childHelp parents and caregivers
- Supervise services provided by assistant behavior analysts and behavior technicians
- Re-evaluate your child as needed

Step 4: Schedule an Appointment for Any Special Testing

- You must complete outcomes measures at baseline within two years of entry into the program. And then again during each subsequent two year period. The specialized ASD diagnosing provider completes these outcome measures.
- You must also complete outcome measures at baseline and every six months. The authorized ABA supervisor completes this measure.

Questions & Answers

How much ABA my child can get?

- No age limits.
- No duration limits.
- ABA services are authorized for six months at a time.
- Weekly hours are based on the individual, clinically necessary needs of the child.

What can we expect during the course of ABA services?

- Periodically: Re-evaluation and changes to the treatment plan.
- Every Six Months: Authorized ABA supervisor will request continuation of ABA services.
- Every Two Years: New referral from your primary care physician or ASD diagnosing provider followed by a new authorization for the next six months of ABA services.

How much will we pay per appointment?

Your TRICARE plan determines how much you’ll pay for all ABA services.

These amounts will apply to your annual catastrophic cap. There’s no annual or lifetime dollar limit to the amount of ABA services TRICARE may cover, if appropriate. Learn more about your plan’s costs.

<https://www.tricare.mil/Plans/SpecialPrograms/ACD/GettingCare>



Q: What if I have a problem with the Landlord or property?

A: The Service member may contact the Housing Service Center (HSC) directly if they are having difficulty resolving a problem with the RPP lease, RPP property or other Landlord/tenant dispute. The HSC will perform Issue Resolution Services as an independent third party. Additionally, the HSC will monitor the number of valid complaints related to a Landlord. In the event, a Landlord receives three valid complaints that are not corrected in a timely manner the Landlord will be removed from RPP.

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Oceana/Dam Neck (757) 433-3268
Yorktown (757) 847-7806

Mid-Atlantic Fleet and Family Support Centers (FFSC) programs and services are designed to help you make the most of your military experience, and they’re all available to you at no cost.

Functions and/or services FFSC provides:

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



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NRD St. Louis hooked on STEM, attend local SeaPerch competition

By PO1 Chris Williamson
Navy Recruiting District St. Louis

MARYLAND HEIGHTS, MO.

Sailors assigned to Navy Recruiting District (NRD) St. Louis assisted students, judges and coaches during the USS St. Louis (LCS 19) SeaPerch Competition at Pattonville High School in Maryland Heights, Missouri, April 6, 2019.

SeaPerch is an innovative underwater robotics program and one of the science, technology, engineering and math (STEM) programs sponsored by the Office of Naval Research, which allows students to build and operate remote-controlled submersibles through various underwater obstacle courses.

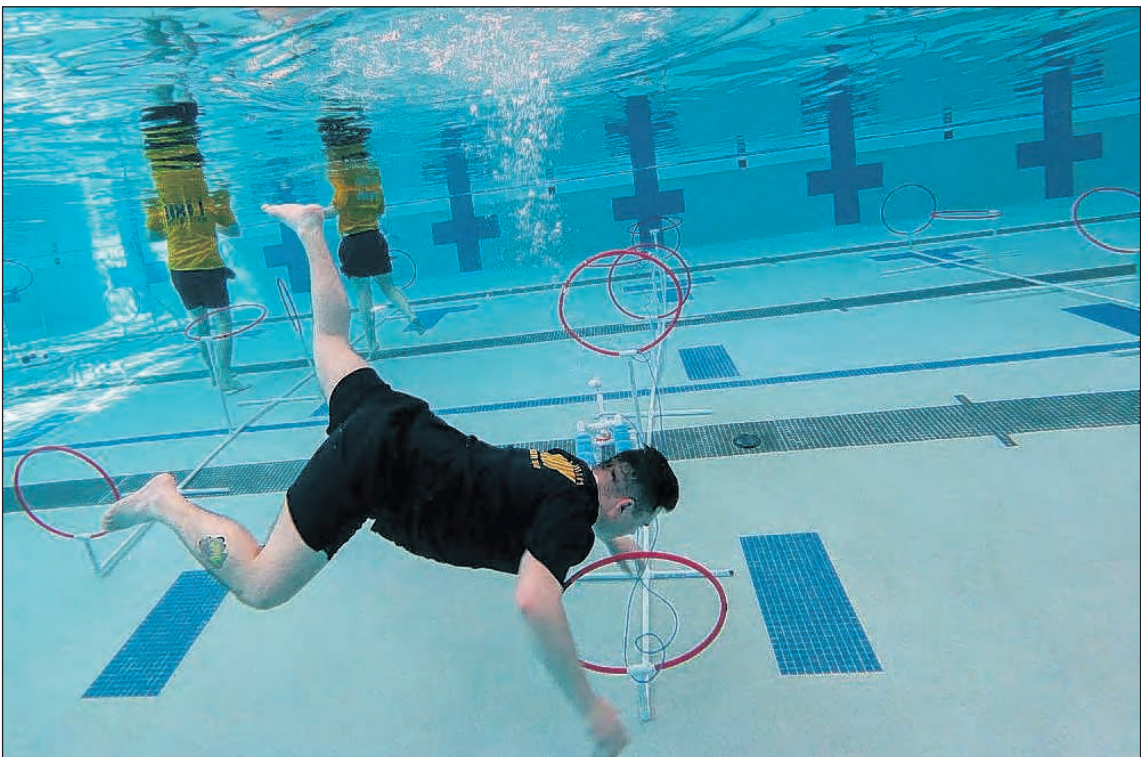
Throughout the project, students learned engineering concepts, problem solving, team-

work, and technical applications.

“I could tell that the students were taking this very seriously,” said Gas Turbine Systems Technician (Mechanical) 1st Class Jular Bigornia, a recruiter assigned to NRD St. Louis. “One student was responsible for driving the submersible, another for handling the tether cord connected to the remote control, and the others gathered around the edge of the pool shouting out directions.”

Jon Fitzgerald, assistant principal at Pattonville High School, coordinated the majority of the event and was extremely grateful for NRD St. Louis’ Sailors coming out to help.

“The U.S. Navy’s organizational efforts is what made the scale of this event possible,” said Fitzgerald. “So I extend to them a huge ‘thank you’, especially when they gave up their Saturday in or-



PO1 Chris Williamson
Naval Aircrewman (Operator) 2nd Class Sean Settles, assigned to Navy Recruiting District (NRD) St. Louis, untangles a submersible robot’s cord during the USS St. Louis (LCS 19) SeaPerch Competition at Pattonville High School in Maryland Heights, Mo.



PO1 Chris Williamson
Operations Specialist 1st Class Trenell Ewing, assigned to Navy Recruiting District (NRD) St. Louis, monitors students’ submersible robots during the USS St. Louis (LCS 19) SeaPerch Competition at Pattonville High School in Maryland Heights, Mo., April 6, 2019.

der to support SeaPerch and the competitors.”

While the competitors stayed dry pool-side, NRD St. Louis recruiters were in the water, acting as judges and assisting the students with their submersibles in the water.

“Sometimes when the robots were going through the course, unforeseeable accidents would occur,” said Bigornia. “One of the propellers would fall off, so I’d have to dive underwater to retrieve it. Or the cord connecting the robot to the remote control would get tangled on the obstacles so I’d have to unravel it for the students. Basically if they needed help, I didn’t hesitate to assist.”

More than 70 teams in the St. Louis area registered to participate in this year’s competition, which involved different kinds of obstacle courses and deep water transfer challenges. After the day-long competition, three high school teams, three middle school teams and three elementary teams were selected to move on to the National Competition in Maryland next month.

Lee Metcalf, a retired U.S. Navy Rear Admiral and member of the St. Louis Navy League, also coordinated alongside Fitzgerald and others. During the event, he noticed how well the NRD St. Louis Sailors were interacting with everyone there.

“SeaPerch is such a worthwhile experience,” said Metcalf. “The energy and interest the recruiters invested in the event changed the lives of thousands of students, parents and spectators. The range of support was nothing short of outstanding.”

The SeaPerch challenge enables educators to include discussion of potential careers in technical and engineering fields, as well as related fields of study, and also offers a template for an end-of design challenge. The program can be used to inform and educate students through a hands-on activity in the classroom, with the objective of generating interest and enthusiasm for continued science, technology and engineering studies. The long-term goal is to create the next generation of STEM professionals.

NRD St. Louis’ area of responsibility covers more than 200,000 square miles, encompassing Missouri, Kansas, central and southern Illinois, and a portion of Kentucky. More than 200 officers, enlisted personnel and civilian staff operate 30 recruiting stations, two Navy Officer Recruiting Stations and the headquarters in St. Louis. Additionally, two Military Entrance Processing Stations; one at the headquarters in St. Louis and one in Kansas City, Mo., handle applicants’ processing, classification, and physical examinations.

Navy Recruiting Command consists of a command headquarters, three Navy Recruiting Regions, 18 Navy Recruiting Districts and eight Navy Talent Acquisition Groups that serve more than 1,300 recruiting stations across the world. Their combined goal is to attract the highest quality candidates to assure the ongoing success of America’s Navy.

For more news from Navy Recruiting District St. Louis, visit www.navy.mil/local/nrdsl/

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Health care transition looks to improve processes for wartime missions, beneficiaries

By **Jim Garamone**
Defense.gov

WASHINGTON

Since 2001, the military medical establishment has learned much about caring for trauma. Many American service members alive today who have fought since 9/11 would have died in previous wars. Thousands more have benefitted from state-of-the-art care and the experience that military medical providers have learned in 18 years of war. The lessons of the battlefield were learned through experience and repetition, and DOD and Congress want to ensure those lessons are not forgotten. At the direction of Congress, the military health care system is going through a substantial set of changes in its structure and how it will operate, said Robert Daigle, the Defense Department’s director of cost assess-

ment and program evaluation. “Our No. 1 priority ... is to maintain the quality of care for both the wartime mission and the beneficiary population,” Daigle said in a recent interview. “Our goal ... is to improve the readiness of the military health care personnel for the wartime mission.” From Capitol Hill to the Pentagon to military treatment facilities around the world, all are working together to make the transition as seamless as possible, the director said. Management of the military treatment facilities will transition from the services to the Defense Health Agency. The agency will focus on providing high-quality care for beneficiaries, enabling the services to focus entirely on medical readiness for the wartime fight. The military treatment facilities will move to the agency over

a three-year period. Officials will be able to examine the changes, assess how the transition is working and make changes as needed, Daigle said. Currently, the facilities at Walter Reed National Military Medical Center in Bethesda, Md., and those at Fort Belvoir, Va.; Fort Bragg, N.C.; Jacksonville, Fla.; and Keesler Air Force Base, Miss., come under the Defense Health Agency. This transitions more than 1,000 headquarters medical staff from the services to DHA. “The second major muscle movement in this is to reshape the military medical force for the wartime mission,” Daigle said. “In some specialties, we have too few providers – emergency medicine for example. In other cases, we have more than we need.” The latest budget request calls for more than 100,000 active-duty military medical profes-

sionals, with more than 60,000 in the reserve components. The budget reallocates 14,000 positions from medical specialties into other critical shortfalls in the services’ operational force structure, Daigle said. If the service needs cyber, infantry or aircraft maintenance personnel, it will be able to apply these slots to those fields, he added, noting that most of the slots reassigned will be personnel who seldom deal with patients directly. Improving Readiness for the Wartime Mission Finally, he said, the initiative is intended to ensure the medical force improves its readiness for the wartime mission. This is more complicated. The question is to ensure medical personnel get the patient load they need to develop and maintain qualifications. The number of times a surgeon performs a specific surgical procedure is directly tied to the outcome, Daigle explained. “Higher reps, better outcomes,” he said. One of the challenges from a medical readiness perspective is relatively low workload levels per provider. “We just don’t have enough patients of certain types to generate the readiness levels

we need,” Daigle said. “In some cases, we are going to want to remove some people from hospitals so the amount of workload that remains, divided over fewer providers, will give them the opportunity to hone their procedures.” This mirrors the trends in the civilian world, where surgeons specialize in certain procedures. Some surgeons do only knee replacements, and may do hundreds of them per year. Those surgeons have seen the range of complications that can arise from a procedure and are best equipped to deal with them when they arise. They certainly would be better equipped to handle a complication than a surgeon who might do one a month, Daigle said. Daigle emphasized that all of this process will be studied and assessed even as the process continues forward, and that there is time to make changes as needed in the process. The director also said he hopes that standardization of the administrative processes in the military treatment facilities will make moving among the facilities easier for service members and beneficiaries.

Mariner evacuated by HSC-25 for medical emergency

From Helicopter Sea Combat Squadron Two Five

ANDERSEN AIR BASE, GUAM

The Guam-based “Island Knights” of Helicopter Sea Combat Squadron (HSC) 25 provided emergency medical lift for a Chinese mariner in distress aboard a Panamanian flagged dry bulk cargo vessel Friday morning. U.S. Coast Guard Sector Guam notified HSC-25 Thursday that the mariner aboard M/V Ruby Enterprise had fallen and needed medical attention. The rescue was delayed till Ruby Enterprise could travel into aerial range of Guam. The HSC-25 Alert Search and Rescue led by Aircraft Commander Lt. Nathan Gordon successfully retrieved the mariner in distress via helicopter hoist and returned him to U.S. Naval Hospital Guam where he was in critical condition. “We received the MEDEVAC call early the night before which gave us some time to plan,” said Gordon. “Our planning and early launch time gave this man the best possible chance at recovery. The deck of the ship was not rated for the



Tech. Sgt. Richard Ebensberger
An MH-60S Sea Hawk helicopter assigned to the Island Knights of Helicopter Sea Combat Squadron (HSC) 25 conducts a training flight June 15, 2016, at Andersen Air Force Base, Guam. HSC-25 maintains a 24-hour search and rescue and medical evacuation alert posture, directly supporting the U.S. Coast Guard, Sector Guam and Joint Region Marianas. HSC-25 ensures maritime peace and security in the U.S. 7th Fleet area of responsibility.

weight of the MH-60S so my Co-Pilot Lt. Petersen and I took turns holding a stable hover while Petty Officer Nichols hoisted our Flight Surgeon, Lt. Kumetz, search and rescue medical technician, Corpsman Turner and rescue swimmer Petty Officer Attebery to the deck of Ruby Enterprise.” “Receiving medical updates throughout the night from Coast Guard Sector Guam, I knew the patient was in critical condition and that time was of the es-

sence.” said HSC-25 Flight Surgeon, Lt. Erik Kumetz. “Racing to the ship before first light, I could not be more proud of the professionalism and heroic actions of the crew this morning.” The incident was the 8th emergency call to HSC-25 by U.S. Coast Guard Sector Guam and in 2019 to date. “The Island Knight team continues to win,” said HSC-25 Commanding Officer, Cmdr. Frank Loforti. “The flight crew executed a flawless MEDEVAC, launch-

ing well before sunrise thanks to the maintainers ensuring our aircraft are always ready.” HSC-25 provides a multi-mission rotary wing capability for units in the U.S. 7th Fleet area of operations and maintains a Guam-based 24-hour search and rescue and medical evacuation capability, directly supporting U.S. Coast Guard and Joint Region Marianas. HSC-25 is the Navy’s only forward-deployed MH-60S expeditionary squadron.

Warfighting, readiness top the talks at Great Lakes CPO Symposium

By **MCC Brandie Wills**
Recruit Training Command Public Affairs

GREAT LAKES, ILL.

Amid the mentoring and guiding at the 2019 Great Lakes Region Chief Petty Officer (CPO) Symposium, held April 1-2 at Recruit Training Command (RTC), there was also talk about real-life issues that affect today’s Navy and how chief petty officers can better prepare themselves and their Sailors for them. Many of the guest speakers focused on warfighting, knowledge, and reality that we do not know when or where the threat will strike, while others focused on gender issues and family readiness. Regardless of the topic, the two-day event provided the opportunity for CPOs to gather together, receive professional development, and celebrate the 126th birthday of the establishment of the chief petty officer. “We have to get together as

chiefs and talk about being chiefs and sharpen our knives to be better chiefs,” said RTC’s Command Master Chief David Twiford. “It doesn’t come automatically. You don’t put the hat on and think all of the sudden, ‘I got it.’ You have to invest for yourself to become a better chief. I need to be able to give this Sailor a few hours a month to say, ‘These are the tools that will make you a better chief when you are on the deck plate.’ This event does that.” The common thread in many of the briefs was the ability to be ready when the enemy attacks, something of which Master Chief Petty Officer of the Navy (MCPON) Russell Smith believes the CPOs in Great Lakes have a clear understanding of, because of the nature of their duties. “We have enemies who would do us harm,” said Smith. “What the recruit division commanders and instructors

here at Great Lakes do is prepare our Sailors to face that, and we’ve never been better postured to prepare our force for what comes next than we are right now.” The symposium covered two days and featured briefs from MCPON, four fleet master chiefs, four force master chiefs, and active and retired members of the Mess all discussing topics that affect the Navy’s ability to complete the mission. There were also break-out sessions for the different rating communities who had force or fleet representation present so they could discuss areas of concern particular to them. The speakers discussed a wide range of topics covering everything from the health, status and future of the fleet to informative presentations about how to better one’s career and prepare for transitioning from the Navy to civilian life.

Family readiness and work-life balance is often a point of concern for Sailors, so retired Fleet Master Chief Susan Whitman used her time to speak about her 32-year career and how it affected her as wife, a mother and being a woman in the Navy in general. Whitman was selected as fleet master chief in 2015, the first woman to hold the position in the U.S. Pacific Fleet, and said that she had her fair share of detractors, with one Sailor even going as far as telling her she only got the position because she was a woman. When asked how she dealt with those situations she stated, “I don’t care. I was the best qualified, and I’m proud to say that. There’s going to be haters and there’s going to be backstabbers and the more you take your energy and focus on that, you’re wasting your time,” Keep moving on. That’s not just for women, it’s for the men too.”

For Twiford, it was an opportunity for the chiefs to focus on what matters. “We had MCPON, fleet master chiefs, force master chiefs, retired command master chiefs, and we weren’t talking about beards. We weren’t talking about rating badges, we weren’t talking about the color of our uniform — we were talking about warfighting,” said Twiford. “Whether it’s manning and getting out of the shipyards, fleet employment practices and how our ships are being used, whether it’s fire-fighting, damage control, ATPF (anti-terrorism force protection), we’re talking about the stuff that matters,” Boot camp is approximately eight weeks and all enlistees into the U.S. Navy begin their careers at RTC. Training includes physical fitness, seamanship, firearms, firefighting and shipboard damage control along with lessons in Navy heritage and core values, teamwork and discipline. More than 35,000 recruits train annually at RTC and begin their Navy careers. For more news from Recruit Training Command, visit www.navy.mil/local/rtc/.

Artificial intelligence could aid future background investigators

By David Vergun
Defense.gov

WASHINGTON

In the future, artificial intelligence could augment the background investigative work performed by humans, cutting the time it takes and providing a more realistic, in-depth and realistic profile of the individual, the technical director for research and development and technology transfer at the Defense Security Service’s National Background Investigative Services said recently.

Mark Nehmer spoke at the “Genius Machines: The New Age of Artificial Intelligence” event,

hosted by Nextgov and Defense One, March 29 in Arlington, Virginia.

Millions of service members, federal employees and contractors receive background checks and are issued clearances on a periodic basis.

Problems with the Current System

There are several problems with the current system of background investigations, Nehmer said.

— There aren’t enough investigators to do the work.

— The process takes too long.

— Investigations of individuals occur only once every five or 10 years and something amiss could

occur in the intervening time that the system doesn’t catch.

— The investigations are limited in scope and don’t always focus on the right variables.

Using Artificial Intelligence

The use of artificial intelligence, or AI, could significantly reduce the time it takes investigations and ease the strain on already-overworked personnel and reduce the backlog of cases, Nehmer said.

Additionally, AI could help prevent “a Snowden-like event,” he said, referring to the former CIA employee and National Security Agency contractor who stole and leaked highly classified information from the NSA in

ing, he said.

AI could also point out other problems, such as stress, depression or possible suicidal ideation, Nehmer said. In that case, he said, professional counseling and treatment would be the preferred steps for an employer to offer that employee.

It’s somewhat difficult for an investigator to look at human behavior and try to understand that behavior and what it means and what the level of risk might be, Nehmer said. But, he noted, AI will never replace human investigators or their decisions. What AI will do is become a valuable tool to assist in the investigative process.

Nehmer did not provide a timeline for AI being incorporated into background investigation, but he did say work is being done to make this happen should a decision to roll it out be made.

U.S. Navy successfully completes developmental testing of ‘Q-20C towed minehunting sonar

By Daniel Broadstreet
Naval Surface Warfare Center Panama City Division

PANAMA CITY, FLA.

After completing Developmental Testing (DT) in February of 2019, the U.S. Navy is another step closer to delivering the AN/AQS-20C (Q-20C) towed minehunting sonar to the Fleet. The Q-20C has advanced acoustic and electro-optic sensing capabilities that will detect, localize and classify bottom, close-tethered, moored, and volume-moored mines.

According to Naval Surface Warfare Center Panama City Division’s (NSWC PCD) Q-20C Lead Project Engineer Joe Thomas, the Q-20 C variant has increased capabilities, particularly with regard to searching in multiple modes in the water

column.

“This is a multi-modal search sonar,” said Thomas. “When you put the Q-20C sonar sensor in the water, it looks down, to each side, and is also forward-looking. The C-variant upgraded acoustic array technology as well as an integrated, electro-optic identification sensor. Previous versions of this sensor had to swap the volume-search module for an electro-optic identification module. With the latest improvements, it’s essentially looking everywhere in the surrounding volume of water.”

NSWC PCD is considered the nation’s premier technical center for Mine Warfare and Mine Countermeasures (MCM). NSWC PCD’s subject matter experts partnered with Q-20C post mission anal-



Dan Broadstreet

The AN/AQS-20C (Q-20C) Sonar Sensor Post Mission Analysis (PMA) Operators gather pier side March 15, 2019 with the Naval Surface Warfare Center Panama City Division (NSWC PCD) Q-20C project team’ subject matter experts. Pictured from left to right are: NSWC PCD Q-20C Project Lead Joe Thomas; Technician David Barnett; PMA Operator/Mineman First Class Petty Officer Jonathan Roden; PMA Operator/Aerographer’s Mate Chief Petty Officer Larry Pacquer; PMA Operator/Mineman Petty Officer Third Class Jeremy Woods; Technician Dan Lucarelli; and Lead Operator Gordon Reece.

ysis (PMA) operators during this phase of DT to evaluate the system performance with these latest improvements.

Thomas said the improvements implemented into the C-variant ready the system to be integrated with its intended tow platform, the MCM Unmanned Surface Vehicle (MCM USV) in Fiscal Year 2020.

Designated on Oct. 8, 2018 as a Program of Record, the MCM USV is a long endurance, semi-autonomous, diesel-powered, all-aluminum surface craft that supports the employment of various MCM payloads.

“The Q-20C will be one of the payloads expected to be deployed from the MCM USV,” said Thomas. “By utilizing both Subject Matter Experts and Fleet Sailors as PMA operators during the Q-20C DT, we were able to better evaluate the system from technical and end-user perspectives. We also experienced significant success with the initial training, the hardware, and the PMA during this phase of testing.”

Thomas reported the PMA operators’ input and recommendations would be

reviewed by the technical team for incorporation into the Q-20C for further evaluation and ultimately be useful for the system’s integration with the Fleet Users in MCM.

“We’re excited to finally finish Developmental Testing after the ‘pause’ caused by Hurricane Michael. This test marks a major milestone in delivering this capability to the Fleet” said Thomas.

PMA operators Aerographer’s Mate Chief Petty Officer Larry Pacquer and Mineman Petty Officer First Class Jonathan Roden reported an equally optimistic outlook for the Q-20C’s potential Future Naval Capabilities.

“As part of the Littoral Combat Ship’s MCM Mission Package, this sensor, when deployed by the MCM USV, can help to clear minefields,” said Pacquer.

“Once integrated with its intended tow platform, the Q-20C has the potential to facilitate ships safe passage through maritime channels,” said Roden. “It’s going to be technologies like these that will enable the Navy to remove Sailors from the minefields.”



Eddie Green

The AN/AQS-20C Towed Mine-hunting Sonar is streamed into Gulf of Mexico waters of the Naval Surface Warfare Center Panama City Division (NSWC PCD) Gulf test range. Developmental Testing was completed on Feb. 12, 2019. The testing marks completion of incorporating the ‘Charlie’ variant sonar sensor modernization.

BHR Sailors participate in community beautification project

By MC3 Cosmo Walrath
USS Bonhomme Richard Public Affairs

SAN DIEGO

Sailors assigned to the amphibious assault ship USS Bonhomme Richard (LHD 6) participated in a community relations (COMREL) event at the San Diego Center for Children, March 28-29. Sailors took part in beautification projects on the center’s main campus by helping out with landscaping, demolition and disposing heavy trash.

“I think it is great doing this to help out this organization that helps children,” said Aviation Boatswains Mate (Handling) Raykwon Lawson, from Youngstown, Ohio. “By doing this we’re setting an example to help people and maybe it will inspire others to want to help out to.”

The San Diego Center for Children is a non-profit organization that helps at-risk youth

and their families through therapy, education and other programs.

“Basically we have 11 acres here on our main campus with a maintenance crew of three and a non-profit budget,” said Warren Johnson, the special events and volunteer manager at the San Diego Center for Children. “There just isn’t enough money or hands here to do these kinds of beautification and heavy lifting projects. That’s why having the Bonhomme Richard folks here is such a big help to us. It makes a huge difference in such a short amount of time.”

This was the second Bonhomme Richard COMREL at the San Diego Center for Children.

“Yesterday’s group did a great job in beautifying the campus by taking down a bunch of weeds, taking out furniture that wasn’t needed anymore, and ripping apart some of the rooms that we’re refurb-



PH1 Dennis C. Cantrell

USS Bonhomme Richard as seen from its starboard bow

bishing,” said Johnson. “Today’s group is doing the same thing with some of the heavy lifting type of stuff. It’s just a huge help because we don’t really have the time or money to do it ourselves. We really appreciate it.”

“I’ve always liked working with kids and today we get to

help out a staple in the community with the goal of helping kids,” said Airman Daniel Stein, from Aurora, Colo. “It’s exciting that we get to come out here and learn about this place and how it helps the community. It’s cool to be helping people who help people.”

Bonhomme Richard is in its

homeport of San Diego.

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

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

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Photos by MC2 William Berksteiner
Malaysian first responders and Royal Air Force Reserves Flight Lieutenant John Carolan-Cullion, lift a civilian with simulated injuries from a boat during a field training exercise as part of Pacific Partnership 2019.

Malaysia Emergency Response Team conducts rescue exercise during PP19

By MC2 William Berksteiner
Commander, Logistics Group Western Pacific

KUCHING, MALAYSIA

Malaysian civilian and military government agencies conducted a field training exercise (FTX) with Pacific Partnership 2019 (PP19) participants in Kuching, April 7.

The Malaysian-led evolution simulated a natural disaster relevant to the area.

“The goal is to rehearse their disaster response capabilities during flooding,” said U.S. Army Capt. Gil Quinto. “It’s also an opportunity for us to learn from the Malaysians and work with them in order to increase our interoperability in case there is a disaster emergency here in the Indo-Pacific.”

U.S. military personnel supported medical assessments and triage as well as evacuation protocols and boat operations.

“It’s cool to get to work around the different agencies,” said Siri Nur Afiqah Mohamed Musthafa, the Malaysian National Disaster Management Agency Community Division Assistant Director. “This is the opportunity to learn details on any differ-

ences and similarities between the U.S. military and Malaysian side that could possibly mix to make a better combination.”

Approximately 100 simulated casualties were rescued during the riverside operation. Civilians volunteered their time, role-playing as survivors and injured so that other participants could refine their emergency response techniques in the event of future crises.

“I’m hoping this exercise helps our U.S. counterparts learn the structure of the Malaysian side of disaster management,” said Musthafa. “So that if anything happens they know which channels to take to supply assistance.”

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.



U.S. Army Capt. Perry Foster, assigned to Pacific Partnership 2019, assists Malaysian first responders as they dock their boats during a field training exercise.



Malaysian Army Lance Corporal Nazrul Azlan checks the pulse of a person with simulated injuries during a field training exercise as part of Pacific Partnership 2019.

THAILAND | *Anti-sub exercises begin in Andaman Sea*

Continued from B1

change techniques, skills and planning on tracking and attacking submarines in various conditions.”

Guardian Sea 2019 marks the first time the RTN will deploy a towed array. The towed array sonar aboard HTMS Bhumibol Adulyadej, used for detecting undersea contacts including submarines, demonstrates the increasing complexity and sophistication of the exercise with more advanced training objectives.

“This is the kind of training our Sailors practice for at home and implement at sea,” said Rear Adm. Jimmy Pitts, commander, Submarine Group Seven. “We’re excited for the opportunity to showcase the skills our crews have honed and sharing our best practices with our Thai Navy counterparts.”

The exercise is organized in two phases

with a shore phase consisting of subject matter expert exchanges across every aspect of anti-submarine warfare and a subsequent sea phase that culminates with tracking a submarine while protecting a surface ship in a “free-play” event.

“Our ability to conduct anti-submarine exercises while implementing lessons learned, advanced tactics and procedures into each new iteration of Guardian Sea is a testament to the professionalism and interoperability of both U.S. Navy and Royal Thai Navy forces,” said Lt. Josh Northcutt, U.S. Navy Guardian Sea lead planner. “Having been part of the team during Guardian Sea 2018, I look forward to building upon shared knowledge from last year and reconnecting with our friends from the Royal Thai Navy.”

Guardian Sea builds upon other engagements and exercises with Thailand to include Cooperation Afloat Readiness and Training (CARAT), now in its 25th iteration; Pacific Partnership, the largest annual multilateral humanitarian assistance and disaster relief preparedness mission; Southeast Asia Co-



MC2 Christopher A. Veloicaza
Capt. Matt Jerbi, commodore, Destroyer Squadron SEVEN, right, tours the bridge of Royal Thai Navy frigate HTMS Bhumibol Adulyadej (FFG 471) after the opening ceremony for Guardian Sea 2019. Guardian Sea is a premier exercise that demonstrates both navies commitment to ensuring that they are ready to counter any threats together.

operation and Training (SEACAT) involving more than a dozen partner nations; and Cobra Gold, Indo-Pacific’s largest multinational exercise. These engagements serve to enhance information sharing and coordination, build mutual warfighting capability and sup-

port long-term regional cooperation.
For more news from Commander, Task Force 73, visit www.navy.mil/local/ctf73/.

Commander, Joint Region Marianas briefs Japan Maritime Self-Defense Force Vice Admiral

By JoAnna Delfin
Joint Region Marianas Public Affairs

ASAN, GUAM

Rear Adm. Shoshana Chatfield, Commander, Joint Region Marianas, received Japan Maritime Self-Defense Force Vice Adm. Tatsuhiko Takashima, Commander, Fleet Submarine Force, and Rear Adm. Jimmy Pitts, Commander, Submarine Group 7 at the JRM headquarters in Asan April 8.

Chatfield, along with other Navy and Marine Corps leadership, briefed Takashima on Department of Defense capabilities progress toward the Marine relocation under the Defense Policy Review Initiative (DPRI) on the island, and the strategic maritime importance of the region.

“This visit to Joint Region Marianas by Vice Adm. Takashima demonstrates our continued partnership with the Japan Maritime Self-Defense Force,” said Chatfield. “Our alliance is critical to our ability to safeguard the region

and ensures we will continue to have a free and open Indo-Pacific.”

Chatfield also discussed the collaborative efforts of our partners in maintaining peace and stability in the region, and a mutual interest in a rules-based international order where all nations can develop together through free and fair economic activity.

During the visit, Takashima viewed U.S. ships, facilities and sites on island including ship repair, quality-of-life facilities for submariners and partnership opportunities in the region.

“Our visit to Joint Region Marianas was very helpful in maintaining our alliance and gaining a better understanding of the United States’ maritime capabilities for our nations,” said Takashima. “The ability to keep an open discussion of our partnership activities and national defense objectives is vital to our entire region.”

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

NEXCOM CEO announces merger and creation of NEX Far East District

From Navy Exchange Service Command Public Affairs

VIRGINIA BEACH, VA.

Retired Rear Adm. Robert J. Bianchi, CEO of the Navy Exchange Service Command (NEXCOM) announced today the merger of the NEX Guam and NEX Japan Districts. Effective July 1, 2019, the restructure will create a single new “Far East District.” The Far East District will be headquartered in Yokosuka, Japan, and Matthew Barnwell, the current NEX Guam District Vice President, will assume the duties as District Vice President, NEX Far East District.

“The intent of the consolidation is to leverage back office synergies of similar business models and in similar geographic markets, while capitalizing on existing support of Navy leadership within both

regions,” said Bianchi. “Today’s ever-changing retail landscape along with the Navy’s mission set requires our command to continually evolve as a business to remain relevant to our Sailors and the Navy. With this merger, NEXCOM will be able to improve both the customer experience and preserve the quality of life benefit.”

A new general manager will be hired to ensure leadership oversight of all NEX Guam businesses while maintaining current customer and mission support. The new general manager will report to both the Far East District Vice President and the Commanding Officer, Naval Base Guam.

The Far East District will be comprised of NEX locations and operations at Fleet Activities Yokosuka, Japan; NEX Negishi Heights, Japan; Naval Air Facility Atsugi, Japan;

NEX Sanno Hotel, Japan; Fleet Activities Sasebo, Japan; NEX Hario, Japan; NEX Singapore; NEX Hong Kong; Naval Station Guam; Naval Communications and Telecommunications Station Guam; and Naval Hospital Guam.

NEXCOM has nine districts including the new Far East District. They are the European District headquartered in NSA Naples, Italy; Hawaii District in NB Pearl Harbor; Mid-South District in NAS Pensacola, Fla.; Northern District in NSA Annapolis, Md.; Northwest District in NS Bremerton, Wash.; Southeast District in NAS Jacksonville, Fla.; Tidewater District in JRB Little Creek-Fort Story, Va.; and the Western District in National City, Calif.

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

GAMES | *Special Olympics*

Continued from B1

on their faces,” said Delano.

The athletes had the opportunity to take part in various track and field events. Some of the young athletes played a vital role in the opening ceremonies as well. Rolland Garza was the last athlete to run with the torch and was responsible for lighting the ceremonial flame. Many athletes trained for months prior to the competition, and all of them left with a ribbon or medal that day.

“Just to see how excited they are to compete, to see the look on their faces and how thrilled they are to meet you, it’s inspirational,” said Lt. Col. Brian Dennis, executive officer of Training Squadron 35. “It makes me

thankful to be a part of this community and that I could be a part of such a special event.”

Special Olympics events provide an invaluable stepping stone of accomplishment for all athletes who participate. This kind of event offers an opportunity for Sailors and Marines to get out and talk to youth in the local community and perhaps inspire them to find their dreams and reach for the sky.

CNATRA, headquartered in Corpus Christi, trains the world’s finest combat quality aviation professionals, delivering them at the right time, in the right numbers, and at the right cost to a naval force that is where it matters, when it matters.



Anne Owens
Chief of Naval Air Training Rear Adm. Greg Harris accompanies the Flour Bluff Hornets during the opening ceremony of South Texas Special Olympics Spring Games, April 6. More than 400 athletes attended the event, escorted by officers representing CNATRA.

DUNFORD | *Competition with Russia and China*

Continued from B1

more difficult and contest our ability to access any area to meet our alliance commitments,” the chairman said.

In Europe, this means subverting the North Atlantic Treaty Organization, Dunford said. In the Pacific, this means working to undermine U.S. treaties with Japan, South Korea, the Philippines, Thailand, Australia and New Zealand, he said.

“In the past, we took for granted our ability to project power when and where necessary to advance our interests,” Dunford said. It cannot be taken for granted today, he added.

Russia is sinking significant sums into their military capabilities, the chairman said. The nation is rebuilding systems that

atrophied through the 20th century and early part of the 21st. The Russian nuclear enterprise has been modernized, Russia has modernized its Navy and has added top-line aircraft, he said. They have also used cyberwarfare to try and influence America’s 2016 elections and have used cyber capabilities to influence public opinion in Europe.

Dunford noted that China is also investing tremendous amounts in their militaries — building aircraft carriers and accompanying ships, modernizing land forces, building fifth generation fighters that look an awful lot like the American F-22 Raptor and revamping the command and control structure to build unified commands making the military more compliant to the Chinese Communist Party.

Great Power Competition

Military buildups are only part of the picture, though, the chairman said. All aspects of international relations — economic, diplomatic, political and even cultural — come into play in great power competitions, Dunford said. The U.S. maintains its lead because of the fusion of these elements. For military capabilities, the fusion between economic and military spheres and the spirit of innovation that is encouraged in the United States gives America a great advantage, he said.

Chinese President Xi Jinping understands this, Dunford noted. “He calls it civil-military fusion — breaking down the barriers between the military and industry in China,” he said.

This fusion creates a problem for the U.S. military when high-tech U.S. companies partner with companies in China, Dunford said. First, “If a U.S. company does busi-

ness in China, they will automatically be required to have a cell of the Communist Party,” the chairman said. “That is going to lead to [that company’s] intellectual property going to the Chinese military.”

Artificial intelligence research is a case in point. U.S. companies partnering with Chinese firms in this area “will help an authoritarian government assert control over its own people, ... and it will enable the Chinese military to take advantage of the technology that is developed in the United States,” he said.

Americans need to debate this issue. “This is about us looking at the second and third order effects of our business ventures in China, the Chinese form of government and the impact it will have on the United States ability to maintain a competitive military advantage and all that goes with it,” Dunford said.



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Pro Wrestling Hall Of Famer to appear at VCW event in Suffolk!

Professional Wrestling Hall of Famer Ron Simmons will make an appearance on Saturday, April 13 in Suffolk, Virginia. Vanguard Championship Wrestling (VCW) will present a benefit event at the Salvation Army Community Center with a bell-time of 7:30 p.m.

» See C3

SECTION C | FLAGSHIPNEWS.COM | 4.11.2019

THE PASSION PLAY, THE STORY OF JESUS

By Yiorgo

With the celebration of Easter about a week and a half away, the West Park Church of Christ in Portsmouth continues its tradition of the twelfth presentation of The Passion Play. It tells the story of Jesus in the form of a musical. It is a moving experience that should not be missed.

Directed proudly by local FM99.1 radio personality Neal Steele, The Passion Play has seven performances starting Saturday April 13th and concluding Easter Sunday, April 21st. Neal said every year over the course of the performances, “We will easily get around 2,800 people who will have an experience of a lifetime. It is an amazing production with over 100 people in the cast, choir and crew all volunteers. Well over one hundred man-hours go into building the 4 1/2 tons of staging and over 20,000 man-hours of rehearsal time. Because we want everyone to see it, admission is free with a free-will offering optional at the end of the play.

The play is less than two hours long, beginning with the birth of Jesus, to his death and his resurrection. The crucifixion scene with the viciousness of the guards handling Jesus is very moving and the miracle scene is very inspirational.”

With us is Stephanie Gray who plays Mary the mother of Jesus and has been with the play since its inception, first as a choir member and eventually as Mary.

Yiorgo: Stephanie, what do you do for a living?

Stephanie Gray: I am the Children’s Program Manager for the H.E.R. Shelter, a domestic violence, sexual assault, and human trafficking shelter. I also am a member of Bikers Against Child Abuse.

Y: You are playing such an iconic role with Mary, how do you approach playing her?

SG: Playing Mary, I feel a huge responsibility to not only tell the story as a sort of narrator but also show people what Mary’s real life emotions were as she watched her son go from a beautiful baby to a young teen then on to a man who was both loved and loathed by those who surrounded him. There are times when I picture my own son in that position and the weight of just how much God gave up for his creation falls heavy on me. But more than that, instead of acting, I simply pray for God to use me as Mary and to place my mind and heart into each setting and scene as if I were truly there. It is horrifying to have that frame of mind then look up to see my son being tortured and crucified. It is unreal our Savior has such a love for us! It is humbling and awe inspiring to be able to retell the story from the position of mother to Jesus.

Y: Any inspiring stories that you have heard about how Passion the play has affected people, both actors and those attending?

SG: During Passion season, our Director regularly shares emails he receives and comments made to him after performances. Believers have their faith renewed, those “on the fence” say their eyes have been



West Park Church of Christ in Portsmouth

opened, and even some people who don’t believe at all say that seeing what Jesus endured gives them a reason to think again about not believing. I have two personal favorite stories from Passion. Several years ago when my oldest daughter was going through a difficult time and not wanting much at all to do with Jesus or the Church, she attended a Passion performance. She had participated at a younger age as a palm dancer and crowd person. That night, she became so overwhelmed with conviction, she sneaked backstage, threw on a costume, and joined the crowd on stage, singing and dancing as Jesus made his triumphal entry! It was a happy surprise to turn my head and see her there. In early 2014, my grandmother had been hospitalized for more than a month at Sentara Heart Hospital. There were several times we felt sure we were losing her but amazingly, she recovered and came home. That April, she asked my mom to drive her up from NC, not once but twice, to see Passion. As we sang our final song and were in our heavenly costumes, it was

beautiful to look out and see my grandmother sitting in her wheelchair, singing along with us as Jesus returned to his home in heaven. My grandmother died that July and the following year, my mom participated in Passion. During the last song, my mom and I walked up together and held hands in tears while singing. And this year, my mom is our Choir Director!

Y: What are a couple of fun stories or mishaps that you can tell us?

SG: Even though we are acting, it probably wouldn’t come as much of a surprise to know that Jesus and the 2 thieves end up with some bruises and injuries along the way. It’s not as common for Mary, although without fail, I’ll get several splinters from grabbing the cross and an occasional bruise from being pushed around some by the guards. Last year, after requesting the guards be more realistic with me and not as careful (because I was there) with beating Jesus, one night I ended up with a whip straight to the face. My cries at the foot of the cross were all the more real that night! Then there’s

the time Peter took a bathroom break between scenes and ran off stage with his costume tucked into his shorts.

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

SG: Passion brings the Word to life! It is truth before your eyes, a real life visual of the love and sacrifice made for every single person. It strips away everything so many argue and debate over these days when it comes to Christianity and takes it back simply to Jesus and his relentless love for us. No prerequisites. No exceptions. No “good enough.” Jesus loves and wants us all. This is what Passion is all about.

For more info, dates, times and reservations call the office of the West Park Church of Christ at (757) 488-6680. Individuals, families or groups are welcome.

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

Virginia Beach native ensures effective combat operations for U.S. Navy

By Kayla Turnbow
Navy Office of Community Outreach

SAN DIEGO

While most members of the U.S. Navy conduct deployments at sea as part of U.S. Navy warship crews, each year thousands of sailors are called upon to conduct non-traditional deployments, often in austere locations outside the maritime environment, in support of military missions around the globe.

A Virginia Beach, Virginia, native and 2004 Bishop Sullivan Catholic High School graduate is one of these sailors. Petty Officer 1st Class Stephen Strain is serving in the U.S. Navy with Coastal Riverine Group One, operating out of San Diego.

Strain is an intelligence specialist responsible for security management.

Strain credits success in the Navy to many of the lessons learned in Virginia Beach.

“I was raised in a Navy family,” said Strain. “From my dad and mom I learned integrity. Doing the right thing was huge. I was also taught to always do my best despite short comings.”

Sailors assigned to Coastal Riv-

erine Group One operate in harbors, rivers, bays, and other bodies of water near the shore. The men and women of Coastal Riverine Group One are responsible for training, coordinating and equipping Coastal Riverine Force squadrons in order to operate in high density, multi-threat environments. The Coastal Riverine Force’s primary mission is to conduct maritime security operations by defending high value assets, ports and harbors both inland and on coastal waterways against enemies and, when commanded, conduct offensive combat operations.

Being stationed in San Diego, the principal homeport of the Pacific Fleet, means Strain is playing an important part in America’s focus on rebuilding military readiness, strengthening alliances and reforming business practices in support of the National Defense Strategy.

“Our priorities center on people, capabilities and processes, and will be achieved by our focus on speed, value, results and partnerships,” said Secretary of the Navy Richard V. Spencer. “Readiness, lethality and modernization are the requirements driving these priorities.”

Sailors jobs are highly varied in the support unit. More than 1,000 men and women make up the group, which prepares naval security units to deploy sailors to the Pacific, the Middle East, and Africa and includes three different Coastal Riverine Squadrons, one active and two reserve. Coastal Riverine Force sailors operate from different types of patrol craft including a 34 foot patrol boat and the Mk VI patrol boat, the newest craft in the Coastal Riverine Forces inventory.

Today’s riverine force is nestled inside Navy Expeditionary Combat Command but it evolved out of the sailors who served aboard PT boats in World War II and their brown water brethren who fought in Vietnam. The riverine squadrons offer billets for sailors in 17 different ratings but the core skill sets are found with boatswain’s mates, enginemen, quartermasters and gunner’s mates. Most of their formal training occurs at a four-week course taught in Gulfport, Mississippi. That’s where they start to transform from shipboard sailors into expeditionary crews that can handle weapons and small unit tactics.

Though there are many ways for sailors to earn distinction in their command, community and career, Strain is most proud of earning a Joint Commendation Medal from U.S. Africa Command.

“I was supporting exercises that directly impacted foreign mili-



MC1 Bryan Dunn

taries in a positive way,” said Strain. “It was a great validation of the effort of work I did.”

Serving in the Navy is a continuing tradition of military service for Strain, who has military ties with family members who have previously served. Strain is honored to carry on the family tradition.

“My dad was in the Navy,” said Strain. “He was in the intel community as well, so when I did decide to join he had a big influence on my career choices.”

As a member of one of the U.S. Navy’s most relied-upon assets, Strain and other riverine sailors know they are part of a legacy that will last beyond their lifetimes providing the Navy the nations needs.

“Serving in the Navy means being a part of a small community that is like having a second family,” Strain added. “You have a great support system within the Navy.”

Calendar

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

Ricky Scaggs & Kentucky Thunder

- Thursday, April 11. 7:30 p.m. \$32-\$57 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, Officers & Retirees: \$45/person
- Marriott 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!

Saved By The 90s: A party with the Bayside Tigers

- April 13, 8 p.m. \$13 advance, \$15 day of show
- The Norva, 317 Monticello Ave., Norfolk
- www.thenorva.com

Cowabunga, dudes!

2019 is sooo overrated, but you know what's ALL THAT? The SAVED BY THE 90s PARTY! Boo Ya! Hailing originally from New York City and now active all over the U.S., this party has tons of live 90s music from a totally fresh band (they're da bomb). Get ready for everything from Third Eye Blind to the Spice Girls, from The Backstreet Boys to The Beastie Boys. And after that, we're not leaving you hangin'! As if! Get jiggy with the DJ spinning dope tunes all night. It's gonna be the raddest thing since Your Mom!



Wikipedia

The Zac Brown Band returns to Hampton Roads this weekend at the Veteran's United Home Loan Virginia Beach Amphitheater.

Zac Brown Band “Down The Rabbit Hole - Live!” in concert

- April 12, 7 p.m. Tickets from \$27.40
- Veterans United Home Loans Virginia Beach Amphitheater, 3550 Cellar Door Way, Virginia Beach
- www.virginiabeachamphitheater.com

The Zac Brown Band are currently touring in support of their most recent album, “Welcome Home”, described by band leader Zac Brown as his most personal record yet. “This is the first album we wrote from scratch. Every one of these songs was written for this record....We decided to write the most personal record we'd ever written, about the things that matter the most to us, the struggles and the celebrations of life and our relationships with our families. That's where this began.”

USO/Bryant & Stratton Little Patriot's Trunk Hop

- April 13, 11 a.m.
- Bryant & Stratton College, Virginia Beach Campus, 301 Centre Point Dr., Virginia Beach
- www.uso.org/events/190

Join us for this springtime take on the popular Trunk -or- Treat concept! Bring your Easter basket and your springtime best and hop from car trunk to car trunk for treats!

Agility inflatables for all ages and abilities, Hop Trunk to trunk for treats, Easter Bunny meet & greet, balloon art, food truck vendors & more!

The event is only open to active duty military, reserve/national guard and eligible dependents. Valid Military ID required for entry. Current enrolled Bryant & Stratton students also invited and must show student ID for entry.

East Coast She Crab Soup Classic

- April 13, 12 p.m.- 2:30 p.m. \$30 (day of)
- 24th Street Park, Va. Beach Oceanfront
- www.beachstreetusa.com/festivals

The East Coast She-Crab Soup Classic focuses on one of the region's most-loved seafood delicacies. This highly identifiable cuisine has been a staple of area menus for decades. Restaurants serve their individual recipes and compete for People's Choice Awards, determined by the ballots of those attending. Critic's Choice Awards also are given by a panel of four leading regional cuisine experts. Live music from HM Johnson Band! The East Coast She-Crab Soup Classic is a general admission ticketed event. We highly recommend getting your tickets early.

Community

■ 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/

MacArthur Memorial adds collection from famous Japanese General

From Norfolk.gov

NORFOLK

The MacArthur Memorial announces that it has added to its holdings a collection of artifacts and archival material belonging to famed Japanese General Tomoyuki Yamashita; a key figure in the Pacific War. The collection was donated in early March by Ms. Suzanne Helderman of Williamsburg with the assistance of John Quarstein.

Tomoyuki Yamashita was one of the most famous Japanese generals of World War II. He was known as the Tiger of Malaya for his victory over a British army at Singapore in

1942. In 1944 – 1945, he opposed General MacArthur's campaign to liberate the Philippines, but eventually surrendered on September 3, 1945. After the war he was tried as a war criminal, convicted and executed. General MacArthur approved the death warrant.

Ms. Helderman's father-in-law, the late Lieutenant Colonel Charles Helderman, was a guard at the American prisoner of war camp at Los Banos, Philippines, following World War II. The camp held many Japanese on trial for war crimes, including General Yamashita. Yamashita and Helderman came to

know one another. Prior to his execution, the General gave Helderman his personal effects; flags, autographed photos, prayer beads and his final unpublished memoirs about the campaigns in Malaya and the Philippines. Helderman was with the General to the end. Along with these personal effects, he saved the ropes that bound Yamashita's hands on the gallows and a section of the noose rope.

Many of the artifacts are now on display in the MacArthur Visitors Center. This important collection will be made available to researchers once processing is complete.



Courtesy TCC

From left, Mary Thompson, president of Builders and Contractors Exchange and vice president of Superior Marble & Stone, Inc.; Corey McCray, vice president for Workforce Solutions at TCC; and Paul Haveles, executive director of Builders and Contractors Exchange The Skilled Trades Academy will host its inaugural open house and career fair on April 27 from 9 a.m.-noon

TCC's Skilled Trades Academy recipient of gift to fund scholarships

From Tidewater Community College

HAMPTON ROADS, VA.

Tidewater Community College's Educational Foundation is the recipient of a \$5,000 gift from Builders & Contractors Exchange that will fund scholarships at the new Skilled Trades Academy in Portsmouth.

The member-based organization that supports the regional construction industry wants to attract more candidates into the trades to address the critical workforce shortage in Hampton Roads, which anticipates 68 percent more job openings in skilled trades over the next five years than workers trained to fill them.

TCC's Skilled Trades Academy offers a wide range of high-demand skilled trades training in marine coating, pipefitting, pipe laying, welding, framing, electrical, HVAC, roofing and sheet metal. In many cases, training can be completed in six weeks for workers who find immediate employment.

Paul Haveles, executive director of Norfolk-based Builders and Contractors Exchange, is hopeful that the scholarship money will pay off for his membership of 573, all commercial construction companies looking to sustain and grow their businesses and develop their employees.

“Investing in scholarships is something tangible that we can give back to our members to help their businesses

grow,” Haveles said.

Previously, Builders and Contractors Exchange had only funded scholarships at four-year institutions. “We don't always get an immediate payback. Partnering with TCC allows us to get those workers into the pipeline more quickly to benefit our members.”

Nationwide, 31 million skilled trade jobs will be vacated by baby boomers by 2020.

“We're out in front of that initiative as evidenced by this building and its purpose,” Corey McCray, vice president for Workforce Solutions at TCC, said while standing in the 20,000 square-foot space at 3303 Airline Blvd. “We're here because of industry partners who told us this is what they need. The shortage is just starting to be recognized nationally, but right here at TCC, we're already on it.”

Mary Thompson, president of Builders and Contractors Exchange and vice president of Superior Marble & Stone, Inc., said encouraging young people to consider construction jobs must be a priority.

“As an employer, we have a hard time finding employees who can read a tape measure let alone trying to find a stone mason,” she said. “We need to educate young people about employment opportunities in the construction industry and encourage them to pursue careers in skilled trades.”

Navy Lodge Helps Military Families Save on Their PCS Stay

From Kristine Sturkie
NEXCOM

The Navy Exchange Service Command's (NEXCOM) Navy Lodge Program boasts 39 facilities worldwide and their mission is to provide military guests on permanent change of station (PCS) orders with a necessary quality of life benefit. In line with that mission set, the Navy Lodge Program is offering families a chance to save on their stay. This year marks the 11th year in a row that the Navy Lodge Program will provide PCS guests with a PCS discount scratch-off

card.

Navy Lodge room rates currently average 45 percent below comparable civilian hotels and since 2012 the scratch-off card has saved their military guests an additional \$1,555,000. The Navy Lodge scratch-off campaign will go until February 29, 2020 and will give families the opportunity to save 10, 15, 25 or 100 percent off their PCS stay.

Moving creates additional costs on military families, so the purpose of the scratch-off card promotion seeks to put money back in the pockets of

those service members, especially during the Navy's peak PCS season,” said Michael Bockelman, Vice President, NEXCOM's Navy Lodge Program. “The scratch-off card can be used at any Navy Lodge throughout the member's PCS move.”

Navy Lodge family suites offer guests oversized rooms with living and dining areas, fully equipped kitchen, updated rooms with free Wi-Fi, breakfast and a weekly manager's reception. Many locations also feature guest laundry facilities, children's outside

play area and workout room. In addition, cats and dogs up to 70 pounds can stay at many Navy Lodges when traveling with their owner.

Navy Lodge scratch-off cards are available on base at PSD, the housing office, household good and the personal property office as well as the local NEX Customer Service desk. As an added convenience, guests can call 800-628-9466 to have a card mailed to them. The scratch-off card is redeemable for a stay up to 20 days and at any Navy Lodge within the continental United States.

Ron Simmons to appear; Elijah Burke set to battle Damien Wayne this weekend

By Jonathan McLarty

Professional Wrestling Hall of Famer Ron Simmons will make an appearance on Saturday, April 13 in Suffolk, Virginia. Vanguard Championship Wrestling (VCW) will present a benefit event at the Salvation Army Community Center with a bell-time of 7:30 p.m. Ron Simmons will be meeting fans, signing autographs, and posing for photos. In their photos with Simmons, fans can pose with the actual ring-worn World Championship Wrestling (WCW) World Heavyweight Championship Title that Simmons possessed when he beat Vader to become the first recognized African American WCW World Heavyweight Champion in 1992.

At VCW's Hampton event in March, Damien Wayne came up short in his attempt at wrestling away Phil Brown's United States Liberty Championship. The two men showed mutual respect after the match and it looked like Wayne would take his leave and head back to his home in Tennessee. Fans in attendance witnessed "The Latin Heartthrob" Gino defeating both Brandon Scott and Gangrel in a triple-threat elimination match to become the new VCW Heavyweight Champion. Wayne entered the ring to help place the title around Gino's waist. After a short celebration, Wayne leveled Gino with a clothesline, followed by a piledriver. VCW Commissioner George Pantas also ended up on the floor during the scuffle between Wayne and members of security.

Another possible contender for Gino's newly-won Championship is "The Pope" Elijah Burke, scheduled to make his VCW return in Suffolk. For the main event on April 13, Damien Wayne will face off with Elijah Burke. With Phil Brown's title retention in Hampton, he will now be defending his title in Suffolk against Roc Richards. Brown has been successful against many contenders in recent months, and Richards is looking to make his mark in the VCW singles division.

Going on a highly self-promoted two-match winning streak so far in 2019, Irvin Legend looks to continue his winning ways in Suffolk against "Pretty Boy" Jake Hollister. Hollister is making his VCW return after being sidelined over half of a year with a

shoulder injury. Another announced bout for Suffolk is "The Southern Savior" John Skyler going up against Harlem "Globetrotter" Bravado. Both men are well-traveled, plying their craft across the United States and overseas. Also scheduled: VCW Tag Team Champions The Hell Cats defend

against Simply Safe-ish.

The Salvation Army Community Center is located at 400 Bank Street in Suffolk. The pre-show meet and greet with Ron Simmons, Elijah Burke, and others begins at 6 PM. For additional event info and to purchase tickets in advance, visit VCW-

Wrestling.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



"The Pope" Elijah Burke will compete against Damien Wayne this weekend in Suffolk for Vanguard Championship Wrestling.

Jonathan McLarty



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Honoring the achievements of women in the military

From Statepoint

The words “veteran,” “hero” and “patriot” usually evoke images of men. Many people are not aware that some 3 million women are currently serving or have served in the U.S. Armed Forces beginning with the American Revolution. Their stories are largely unknown.

“Women have served alongside men to gain and preserve liberty, from the American Revolution to today’s Global War on Terror,” says retired Army Major General Dee Ann McWilliams, president of the Women In Service For America Memorial Foundation.

The Foundation aims to bridge the gap in the public’s understanding of women’s military service and encourages everyone to help in the following ways:

Learn Their History
Learn about trailblazing military women. Here are five you should know about:

- In 1782, Deborah Sampson disguised herself as a man to become the first woman known to enlist as a soldier in the Continental Army. The only woman to earn a full military pension for service during the American Revolution, she served as an infantryman and was wounded in action.
- Minnie Spotted-Wolf enlisted in the Marine Corps Women’s Reserve in 1943, making her the first known Native American woman to do so. Skilled at breaking horses, she described Marine boot camp as “hard but not too hard.”
- Capt. Sunita Williams, an astronaut who served 322 days

as commander of the International Space Station, at one point held the record for the most cumulative hours of spacewalking. During her early Navy career, she flew helicopters in Operation Desert Shield.

- Overcoming childhood adversity, in 2010 Lt. La’Shanda Holmes became the first African-American female helicopter pilot in the history of the Coast Guard. She played a vital role in

the Global War on Terror.

- During her three deployments to Afghanistan, Air Force Senior Airman Vanessa Velez drove a loaded Humvee into enemy territory on more than 120 missions.

Pay a Visit
Located at the gateway to Arlington National Cemetery, the Women In Military Service For America Memorial (Women’s Memorial) is the only memorial

dedicated to honoring the 3 million women who have served or are serving in the U.S. Armed Forces. Preserving the details of their achievements, from clerk typist to fighter pilot, the Memorial aims to integrate military women into the public’s image of courage. When visiting the nation’s capital, consider adding this educational and inspiring institution to your itinerary.

Share Your Story
Military women, past and present, can register their service with the Women’s Memorial and become part of the world’s largest register of U.S. servicewomen and women veterans, which now totals nearly 267,000

members. By sharing your story future generations will come to know the valuable contributions of America’s military women. To register and learn more, visit womensmemorial.org/register-now.

At a time when the Department of Veterans’ Affairs reports that women veterans are the fastest-growing veteran population, recognizing the collective service of women is more important than ever.

“No matter what you did during your service, it’s an important part of history,” says General McWilliams. “Without your story our history will never be complete.”



Courtesy Donna Parry



Statepoint image

From Statepoint

There’s nothing more humbling than putting on a bathing suit. If you’ve been living life to the fullest, there’s no hiding the evidence. On the other hand, if you’ve been exercising and watching your diet, there’s nothing more gratifying than seeing a slimmer, toner you in the mirror. So how do you get to that happy place, and in time for summer? You start today.

When it comes to getting the proper nutrition, counting calories and reading food labels can be daunting tasks. However, certain diet plans eliminate the guesswork for you, making it

easier to stick to the program and see results. For example, The South Beach Diet is a convenient, simple, easy-to-follow program that focuses on a high-protein, low-carb, low-sugar approach.

“It’s all laid out for you. There’s not a lot you have to think about,” says Jessie James Decker, brand ambassador for the South Beach Diet.

Remember, feeling deprived isn’t going to be sustainable. So be sure you stay satiated throughout the day.

“Eating five or six times a day is a great way to keep energy levels up, prevent hunger and discourage overeating during

the main meals: breakfast, lunch and dinner,” says Courtney McCormick, manager of Clinical Research & Nutrition for South Beach Diet. “By taking a stash of healthy snacks with you to work like nuts or veggies, you’re fighting off hunger and also getting beneficial nutrients into your diet.”

For those looking for an on-trend way to see quick results, The South Beach Diet also offers a keto-friendly program, which is designed to be a low-carb, high-fat dietary pattern consistent with a keto diet.

In addition to focusing on nutrition, exercise plays a fundamental role when it comes to

getting in shape for the summer. From taking a fitness class such as spin or boxing to going on a run, there are countless ways to get moving and burn calories, and they don’t have to take all day.

“High intensity workouts are my go-to,” says Decker. “You knock it out, you do it fast. Get in and get out is my motto. I don’t have time to be in the gym for two hours. But I do have to feel really good, and get my heart rate up. That’s the key for me.”

In addition to dedicated exercise time, focus on other ways to be active throughout the day, such as taking a walk on your

lunch break. Not only can a 15-minute walk during your lunch hour give you energy to power through the afternoon, but walking can also increase your focus and overall mood, according to a 2017 study published in the Journal of Occupational Health Psychology. There’s also evidence that the effects of an afternoon walk may last into evening, giving you focus to make dinner, help children with homework and perform other tasks that require energy and concentration.

Summer is just ahead. Use this crunch time now as motivation for establishing healthy eating and exercise habits.



Courtesy Marvel Entertainment

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.

THE SECRET LIFE OF PETS 2

The Secret Life of Pets 2 will follow summer 2016's blockbuster about the lives our pets lead after we leave for work or school each day.

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, Moxy 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.

ROCKETMAN

An epic musical fantasy about the uncensored human story of Sir Elton John's breakthrough years.

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.

MEN IN BLACK: INTERNATIONAL

Agent H and Agent M employ high-tech weaponry to battle mischievous aliens on Earth.

TOY STORY 4

Woody, Buzz Lightyear and the rest of the gang embark on a road trip with Bonnie and a new toy named Forky. The adventurous journey turns into an unexpected reunion as Woody's slight detour leads him to his long-lost friend Bo Peep. As Woody and Bo discuss the old days, they soon start to realize that they're worlds apart when it comes to what they want from life as a toy.

base theaters

\$3 Movies

JEB Little Creek, Gator Theater – 462-7534

Friday, April 12
7 p.m. Five Feet Apart (PG-13)

Saturday, April 13
1 p.m. Wonder Park (3-D) (PG)
4 p.m. Captain Marvel (PG-13)
7 p.m. Wonder Park (PG)

Sunday, April 14
1 p.m. How To Train Your Dragon: The Hidden World (PG)
4 p.m. Wonder Park (PG)
7 p.m. Five Feet Apart (PG-13)

NAS Oceana, Aero Theater – 433-2495

Friday, April 12
6 p.m. Wonder Park (PG)
9 p.m. Five Feet Apart (PG-13)

Saturday, April 13
12 p.m. How To Train Your Dragon 2: Hidden World (PG)
3 p.m. Wonder Park (PG)
6 p.m. Tyler Perry's A Madea Family Funeral (PG-13)

Sunday, April 14
12 p.m. Wonder Park (3-D) (PG)
3 p.m. Captain Marvel (PG-13)
6 p.m. Five Feet Apart (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.

FREE STUFF & Weekend Plans

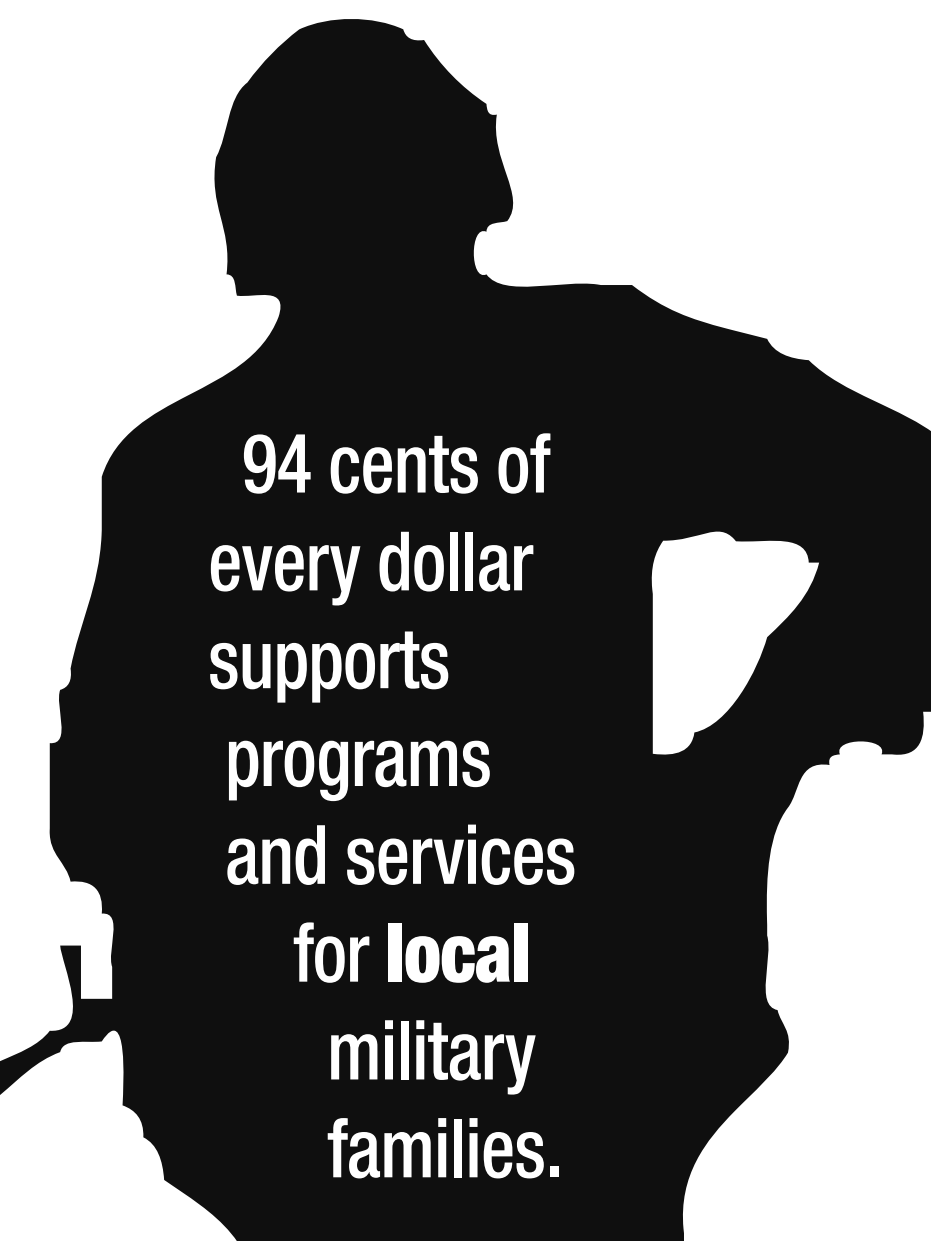
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Garage/Yard Sales, etc.

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

Estate Sales

CAMDEN, NC Estate Sale. #5 Tressels Ct. (Next to Towne Bank on RT 158 E) April 12 - April 13, 2019 8am-4pm. Contents will be: collection of signed/unsigned decoys, steam whistles, country crocks, 18th/19th century furniture; suiter tables and chairs; antique lamps, copper and brass items, glassware (Bristol, Crystal & Cobalt); china; antique bottles; paintings; fashion prints & etchings; quilts; memorabilia; proofed coin sets & much more! Info: 757-650-3549.

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4821 Colonial Lane, Portsmouth (Off Cedar Rd.)
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Partial List: cherry table & chairs, hutch, rugs, China, cut glass, crystal, 2 queen size poster beds, mahogany vanities & chests, round oak table & chairs, wing chairs, prints, mirrors, lamps, costume jewelry, garage full of power tools, hand tools, yard tools, etc. Everything must and will be sold. Lots of stuff. Cash/Check Only. Larry Zedd, Va Beach Antique Co. 422-4477

MIDDLE PLANTATION ESTATE SALE 3369 Glen Eden Quay, Va Bch. Fri Sat Sun Apr 12th-14th 10AM-4PM. Fantastic house loaded! Amazing furniture, art (original oils), rugs, jewelry, sterling, antiques, collectibles, crystal, porcelain, kitchen, patio, garage tools, etc. Don't Miss! Pix on Boulevard Treasures FB

NORFOLK 8048 E. Glenn Rd. Fri 4/12 Sat 4/13 9am-5pm. Cash only!



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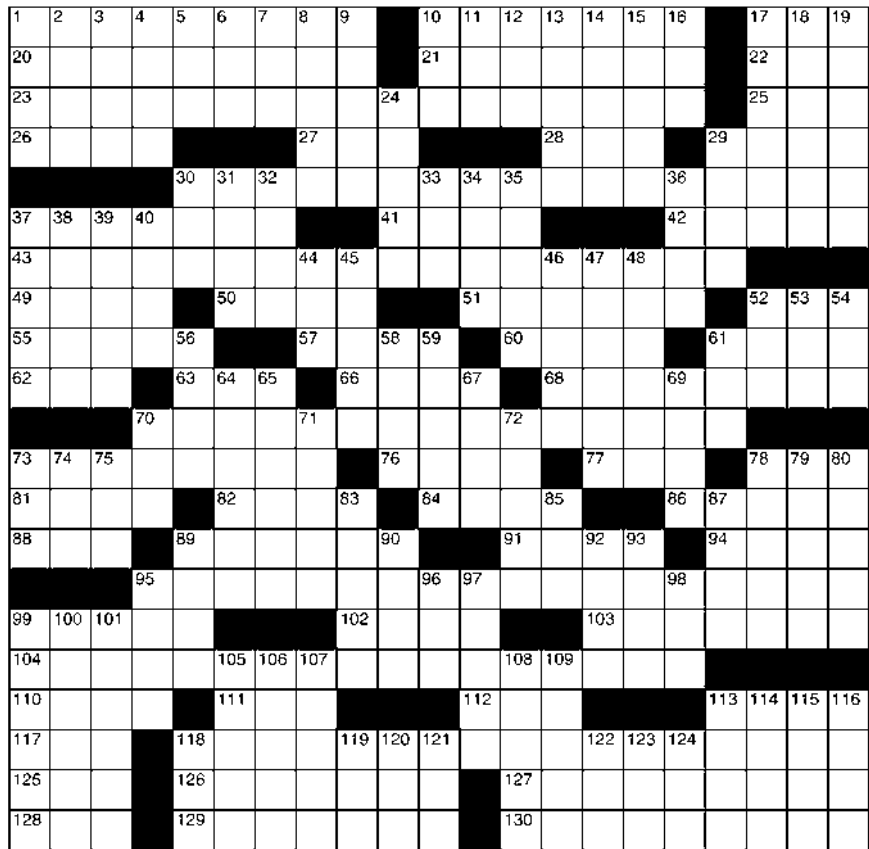
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Fun and Games

Super Crossword

LITERATURE FIEND

- ACROSS**
- 1 Of Christian ritual immersion
 - 10 Fish also called a "jack"
 - 17 Ship for ETs
 - 20 Work partner
 - 21 Everlasting
 - 22 Edge
 - 23 Start of a riddle
 - 25 Log cutter
 - 26 Reply to "Shall we?"
 - 27 Bruins legend
 - 28 A dieter may try to lose it
 - 29 Obstruction
 - 30 Riddle, part 2
 - 37 Decline to vote
 - 41 Carsplitting
 - 42 Alleviates
 - 43 Riddle, part 3
 - 49 Cat sound
 - 50 Make fun of
 - 51 Seemly
 - 52 Zig's reverse
 - 55 Archie's sitcom wife
 - 57 Name on an elevator
 - 60 Minor error
 - 61 Bicycled, e.g.
 - 62 Rock singer
 - 63 Epitome of easiness
 - 66 3/15 or 4/13
 - 68 315 or 413
 - 70 Riddle, part 4
 - 73 Roget's references
 - 76 "Taken" star
 - 77 China's Lao- —
 - 78 "Blue Bloods" airer
 - 81 Cat sound
 - 82 Tide type
 - 84 Scissor cut
 - 86 For only the case at hand
 - 88 Rest house
 - 89 Player getting a goal
 - 91 Hourglass fill
 - 94 Plus
 - 95 Riddle, part 5
 - 99 Part of Iberia
 - 102 Crab part
 - 103 Plush
 - 104 End of the riddle
 - 110 Go offstage
 - 111 Geologic span
 - 112 Lennon's lady
 - 113 Cuisine with tom yum
 - 117 Jar coverer
 - 118 Riddle's answer
 - 125 Flying geese formation
 - 126 Stud farm owner, e.g.
 - 127 Waterproof sheet
 - 128 Suffix with govern
 - 129 More lathery
 - 130 Got testy with
 - DOWN**
 - 1 Cry out loud
 - 2 Tennis champ
 - 3 Exam taken by many jrs.
 - 4 Lillie tykes
 - 5 Here, to Hugo
 - 6 Auntie, to Mom
 - 7 Wrestlers' pad
 - 8 Pal of Porthos and Aramis
 - 9 Looks of lust
 - 10 Architect I.M. —
 - 11 See
 - 12-Down
 - 12 With
 - 11-Down, New York Giants legend
 - 13 Pasta sauce brand
 - 14 Actress — Aimée
 - 15 U.S.-Can.-Mex. treaty
 - 16 Schnozz suffix
 - 17 Planet with 27 moons
 - 18 Focus one's gaze
 - 19 Final Greek letters
 - 24 Vocal quaver
 - 29 Really rise
 - 30 Slugger Ripken
 - 31 Raise
 - 32 From scratch
 - 33 British runner
 - 34 Jostle
 - 35 Scents
 - 36 Headly brew
 - 37 Really longed
 - 38 Wedding party?
 - 39 "Wake Up Little —" (1957 hit)
 - 40 Trial balloon
 - 44 "O Sole —" (Italian song)
 - 45 High storage room
 - 46 "Memento" director
 - 47 Soul
 - 89 Reasonable
 - 90 Depend
 - 92 Twelve p.m.
 - 93 Bamboozle
 - 95 Droop
 - 96 British rule in old India
 - 97 — more (greater than one)
 - 98 Bloke
 - 99 Postpone
 - 100 Fairies
 - 101 Stage actors' whispers
 - 105 India's first prime minister
 - 106 Gluttony, e.g.
 - 107 Records on a cassette
 - 108 Army outfits
 - 109 Like Livy
 - 113 "That's right!"
 - 114 Embraced
 - 115 Korea locale
 - 116 — that right?"
 - 118 "American Dad!" airer
 - 119 Meanie
 - 120 Singer David — Roth
 - 121 Hound sound
 - 122 Madrid Mrs.
 - 123 Antonym: Abbr.
 - 124 Disparity



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last week's answers

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

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

Sudoku

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

CryptoQuip

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

Clue: P equals T

AVXX-YMKAM OFNSQ PFXV

OVFPTSMMC F CSKTB KO

ASNMYXQ-GYNMMVE PKQ EKCG:

“PDV PDSVV XNPPXV BTCG.”

Last week's CryptoQuip answer

When frolicking with a well-fed web-footed bird, I suppose you're playing with a full duck.

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