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April 25-28, 2019 at Scope Arena in Norfolk.
Awe-inspiring, patriotic, & spectacular! Get the details inside!

»See **A6**



MC2 Cole Keller

An F/A18E Super Hornet, piloted by Cmdr. Mitchell McCallister, on the flight line at Naval Air Station Oceana.

From Office of Chief of Naval Information

Frankenfighters...cannibalized aircraft. If you work in naval aviation, you may be familiar with the practice of borrowing parts from jets to keep other aircraft mission capable. This practice has resulted in a decreased number of mission-capable aircraft ready to support our Nation. But, all that is about to change.

Approximately six months ago, Commander, Naval Air Forces, Vice Adm. De-

Wolfe "Bullet" Miller, began a new initiative to reach 341 mission-capable F/A-18 Super Hornet aircraft, boosting naval aviation readiness to 80 percent.

"341 is the number put together to meet all of our operational requirements," said Commander, Naval Air Force Atlantic, Rear Adm. Roy "Trigger" Kelley. "In other words, if we had to surge all of our aircraft carriers, what do we need to have available to meet that requirement? We are trying to recover our readiness, and with the inven-

tory of Super Hornets our intent is to make those aircraft usable. And, rightfully so because the American public paid for these aircraft and we need to get them back in the inventory and functioning."

When the 341 initiative began, the Navy had around a 50-percent mission-capable rate. But, thanks to a hard turn in squadrons across the fleet, the number of mission-capable aircraft continues to grow.

"We need to work as a team," said Kelley. "Certainly, all the money in the world and

buying parts is not going to fix our aircraft. We need the mechanics, the folks that are on the front lines with our squadrons in the maintenance departments, to put these aircraft back together and get them functional."

This sentiment is felt at all levels in the aviation community. Aviation Electronics Technician Second Class Juan Martinez believes the quest for 341 will help prevent

» See **READINESS | A7**



MC2 Michael Lopez

The Whidbey Island-class dock landing ship USS Fort McHenry (LSD 43) is moored to a pier at Naval Station Mayport during an exercise for HURREX/Citadel Gale 2018.

Navy bases prepare for hurricane season

From U.S. Fleet Forces Command Commander, Navy Installations Command Public Affairs

WASHINGTON

U.S. Fleet Forces Command, headquartered in Norfolk, Virginia, and Commander, Navy Installations Command, based in Washington, D.C., are conducting Hurricane Exercise/Citadel Gale 2019 (HURREX/CG 19) April 15-26.

This annual exercise prepares the U.S. Navy to respond to adverse weather conditions in U.S. coastal regions and maintain the ability to deploy forces under the most severe weather conditions. It also tests the response times for accounting for Sailors, Department

of the Navy civilians and families in the affected regions through the Navy Family Accountability and Assessment System.

HURREX/CG 19 will involve a simulated storm system developing and intensifying to hurricane strength, threatening the East Coast and Gulf of Mexico.

All Navy commands at Naval District Washington, Navy Region Mid-Atlantic and Navy Region Southeast will participate by reviewing and exercising heavy weather instructions procedures.

There will be no Navy ship movements associated with HURREX/CG 19.

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

Naval District Washington launches suspicious activity reporting app Eagle Eyes Navy

By MC2 Jason Amadi
Naval District Washington Public Affairs

WASHINGTON

Naval District Washington (NDW) launched Eagle Eyes Navy, a new suspicious activity reporting application, for Apple and Android devices, April 15.

Eagle Eyes Navy is a new tool to report incidents to law enforcement within NDW. It is available for download in Apple's App Store and Google Play. In addition to the app, suspicious behavior can be reported online at www.eagleeyes.navy.

"This is an app for anybody who works, lives or plays on any installation within NDW," said Eric Brumley, NDW criminal investigator. "Within the Navy, NDW is the first region to use this tool. If it is successful here, it could be a tool that is used Navy-wide. Pretty much everyone has a smart phone and it'll take less than a minute to do a report."

There is no restriction on who can download or use the Eagle Eyes Navy application. Anyone with the app can report an incident, its location and photos of suspicious activity and the information will be received instantly by designated command representatives on each installation. The location of the reported incident determines which installation receives the information.

"People see things, but sometimes don't know how to report it. This gives you the ability to take photographs and type up reports in real-time. As fast as you can open up the app and report the activity, that's how fast we can receive it. We don't want people just reporting Navy issues. Anything suspicious that people see can be reported through Eagle Eyes Navy and we'll take a look at it and determine where it needs to go. Maybe it isn't of interest to the Navy and doesn't impact our fence lines, but it may have some criminal nexus to the Metropolitan Police Department and we can get that information to them," said Brumley.

The ease with which law enforcement personnel can receive information through the app could allow them to make connections between incidents and determine whether or not incidents are isolated or part of a coordinated effort.

"People call this app the Instagram of suspicious activity reporting," said Chief Master-At-Arms Mark Russel, NDW criminal investigator. "Someone might describe what a person looked like or what they think they were doing, but pictures are going to reveal the truth. If we can get a picture and share it immediately, everyone is going to have a better idea of what's happening. If someone is doing something

» See **APP | A7**

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Briggs leads because she loves it.

Senior Chief Boatswain's Mate Crystal Briggs' selection as a Capt. Joy Bright Hancock and Master Chief Anna Der-Vartanian Leadership Award winner probably only comes as a surprise to Briggs. The imprint of her work seems to be everywhere she has been in the Navy.

» See **A5**



U.S., Indian Navies practice submarine hunting in Indian Ocean

P-8 aircraft from the U.S. and Indian navies conducted cooperative activities in the Indian Ocean, April 15.

» See **B1**

Zoo babies!

The Virginia Zoo family is growing! Read up on the latest babies to arrive.

» See **C1**

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Alcohol Awareness Month: The facts about self-referral

From Chief of Naval Personnel Public Affairs

April is Alcohol Awareness Month, and the Navy Alcohol Abuse Prevention (NAAP) office encourages Sailors to not just make responsible choices if they choose to drink, but to take an honest look at their alcohol use. If you think your drinking is impacting your work or relationships, or if you suspect you may be struggling with addiction, the Navy’s non-disciplinary self-referral process allows you to seek help and remain an active duty Sailor.

The intent of a self-referral is to provide you with a means of intervening in the progression of alcohol abuse early enough for you to get help before a problem becomes more advanced and more difficult to resolve without the risk of disciplinary action.

Have you ever wondered what the self-referral process is like? This recently released video testimonial from the Keep What You’ve Earned Campaign (KWYE) shows the real-life story of one chief’s experience with seeking help. You can view

the testimonial video above, and more information is available on the NAAP website.

Do you still have questions about the self-referral process? The following list answers some frequently asked questions about self-referral.

1. What exactly constitutes a self-referral?

A self-referral is an event that is personally initiated by the member. A member may initiate the process by disclosing the nature and extent of their problem to one of the following personnel who is actively employed in their capacity as a qualified self-referral agent:

- Drug and Alcohol Programs Advisor (DAPA)
- Commanding Officer, Executive Officer, Officer-in-Charge, or Command Master Chief (CMD/CM)/Chief of the Boat (COB)
- Navy Drug and Alcohol Counselor (or intern)
- Department of Defense medical personnel, including Licensed Independent Practitioner (LIP)
- Chaplain
- Fleet and Family Support

Center Counselor

2. When should someone consider self-referring?

A member should consider self-referring if they desire counseling and treatment to address potential, suspected, or actual alcohol abuse or misuse.

3. Is there anything that could make a self-referral invalid, in which case the member would not be shielded from disciplinary action?

To be valid, the self-referral must be made only to one of the qualified self-referral agents listed above; it must be made with the intent of acquiring treatment, should treatment be recommended as a result of the screening process; and there can be no credible evidence of the member’s involvement in an alcohol-related incident (ARI).

4. What do we mean by “non-disciplinary”?

This means that a member may not be disciplined merely for self-referring and participating in the resulting process of screening and treatment, if recommended. It does not mean that a member is necessarily shielded from the possible administrative

consequences of treatment failure or the administrative or disciplinary consequences of refusing to participate in treatment recommended by the post-referral screening process.

5. Does making a self-referral count as an alcohol-related incident (ARI)?

No. Self-referral provides the means of early intervention in the progression of alcohol abuse by which members can obtain help before a problem becomes more advanced and more difficult to resolve without risk of disciplinary action.

6. What happens after someone makes a self-referral?

- Command will complete DAPA screening package and OPNAV 5350/7 Drug and Alcohol Abuse Report (DAR).
- Self-referrals shall be directed to the appropriate Substance Abuse Rehabilitation Program (SARP) for screening. Following screening, a medical officer or LIP will provide the member’s command with a written screening summary and treatment recommendation.
- If treatment is recommended, the command will coordinate with the appropriate SARP facility based on availability, locality, and type of treatment needed.

7. Will other people know if I self-refer?

Yes. The member’s chain of command, and others on a need-

to-know basis, will be informed.

8. Will a self-referral mean that the Navy looks at other parts of my life/job performance?

Alcohol use issues are complex, and evaluation and treatment require a holistic view. Relevant information on the member’s work and personal life may be required as part of the screening and treatment processes.

9. Can I re-enlist if I’ve self-referred?

Yes.

10. What are the levels of alcohol treatment?

- Level 0.5 Early Intervention/Education Program
- Level I Outpatient Treatment
- Level II Intensive Outpatient/Partial Hospitalization (IOP)
- Level III Inpatient Treatment

11. Will I lose my security clearance for self-referring?

No. Your security clearance may be jeopardized if your post-referral screening recommends treatment and you subsequently refuse that treatment.

12. Where can I get further information on the self-referral policy?

Refer to OPNAVINST 5350.4D for details and official policies. Questions may be directed to the 21st Century Sailor Office, NAAP staff. Contact information is available at the NAAP website.

Keep what you've earned

From Navy Personnel Command

Earn Rank - Not A Reputation

You’ve worked hard for your career as a Sailor. Only one-third of 17 to 24 year olds in the United States are even eligible for Navy service, and even fewer are capable of enduring the physical and emotional challenges of being a Sailor. From boot camp to advancement exams, job training and deployments, you have conquered them all through hard work, sacrifice and dedication.

Making responsible choices if you choose to drink alcohol is an extension of that dedication. Just one bad decision while drinking alcohol can jeopardize everything you’ve earned. Sailors involved in alcohol incidents face serious consequences, including loss of rank, rate or pay; separation from the Navy and civilian consequences (e.g., fines and jail time).

You’ve Earned It - Don’t Waste It

Irresponsible drinking not only threatens your health and career, it threatens the Navy’s ability to be mission-ready.

Signs that you may be drinking too much:

- Not having control over the amount
- of alcohol you consume
- Alcohol negatively affecting your
- work and/or relationships with others
- Poor judgment and risk-taking
- Confused thinking
- Difficulty remembering details or events

- Slow reaction time and reflexes
- Distorted vision and blackouts
- Angry and/or depressed mood

Drink responsibly every time:

- Plan ahead for a safe ride home
- Don’t try to “keep up” with others
- Know your limit *before* you get there

Getting Help Can Help You Keep What You’ve Earned

If you think you may be struggling with an addiction to alcohol, or if drinking interferes with your work and/or relationships, the Navy offers a non-disciplinary



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YOU'VE EARNED IT—DON'T WASTE IT.

If you or someone you know is at risk, take action before someone gets hurt:

- Talk to your Drug and Alcohol Program Advisor (DAPA) or Navy Drug and Alcohol Counselor
- Speak to your Commanding Officer, XO, OIC, CMD/CM/COB, or Chaplain
- Reach out to DoD Medical Personnel
- Contact your Fleet and Family Support Center Counselor

For more information, visit www.nadap.navy.mil or the NMCPHC HPW Preventing Drug Abuse and Excessive Alcohol Use Web page.

DRINK RESPONSIBLY.

KEEP WHAT YOU'VE EARNED

U.S. Navy graphic

self-referral process that allows you to get help and remain an active duty Sailor. To qualify as a valid self-referral, there can be no credible evidence that an alcohol incident has occurred (for example, you cannot initiate a self-referral after you’ve been arrested for a DUI/DWI to avoid disciplinary action).

Here’s what you need to know:

- Self-referrals do not result in disciplinary action.
- Self-referrals are initiated by a Sailor who desires counseling or treatment for

drug and/or alcohol misuse.

- A self-referral disclosure of alcohol misuse must be made to a qualified agent with the intent of acquiring treatment. Qualified self-referral agents include:
 - Command drug and alcohol program advisor (DAPA)
 - Commanding or executive officer, command master chief or chief of the boat
 - Navy drug and alcohol counselor (or intern)
 - DoD medical personnel
 - Navy chaplain

- Fleet and Family Support Center (FFSC) counselor

Download the Pier Pressure mobile application to access a quick anonymous three question self-check to help you gauge your drinking and take the right steps to help you keep what you’ve earned. You can also visit the Substance Abuse Rehabilitation Program located at your base’s clinic or nearest military treatment facility. For more information, contact your local DAPA or any of the self-referral agents listed above.



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NEWS FROM NAS OCEANA

Chaplain Corps trains on SAPR, takes in-depth look on operationalizing ministry

By MC2 Jacob S. Richardson
NASO Public Affairs

VIRGINIA BEACH, VA.

Training and readiness, the key focus for any command, unit or Sailor preparing for operational status or deployment. A major roadblock that can impede a unit’s readiness, and the major focus of the month April within the department of defense, is the occurrence of sexual assault; this is made particularly clear by the motto ‘Hurts one, Affects all’.

The U.S. Navy’s Sexual Assault Prevention and Response (SAPR) program is designed to meet the needs of victims. Services are available to victims regardless of whether the victim knows the offender, and regardless of where and when the assault took place. Sexual assaults encompass a broad range of intentional sexual contacts that are unwelcome and without consent. No form of sexual assault is ever acceptable in the Department of the Navy, and all are crimes.

The Navy chaplain corps is putting the discussion of sexual assault to the forefront this month in their professional Navy chaplaincy training. An easy choice based off of their year’s theme of ministry at and from

the sea: operationalizing ministry, where they take an in-depth look on how they can better support commands and their service members in an operational status.

“The Navy chaplain corps has given us guidance to promote professional Navy chaplaincy through monthly training, discussing a different topic each meeting”, said Lt. David Jones, deputy command chaplain at Naval Air Station Oceana. “This month being SAPR awareness month, we chose that as our topic of discussion and how we can take an in-depth look at this very important topic and prepare, as chaplains, to assist our commands and Sailors with both the prevention and response of sexual assault.”

The Navy Chaplain Corps is made up of over 800 Navy Chaplains. Chaplains confirm more than 100 different faith groups currently represented (Christian, Jewish, Muslim, Buddhist and many others). Each Chaplain is also a Navy Officer – meaning each holds an important leadership role.

As a Navy Chaplain, they will be the one service members naturally seek when they need someone to listen or someone to

guide them. Chaplains are a trusted outlet when Sailors struggle with personal issues or search for answers at crucial moments in their lives.

“In order to better evaluate how to support our commands, we brought in a panel of individuals well versed in their fields, giving us their perspective on the issues that commands face when dealing with sexual assault,” said Jones. “We want to not only better understand how sexual assault response changes during different operational stages

within a command, but the needs and requirements of leadership during such an event and how the chaplains can better themselves to assist the command and help the crew to recover.”

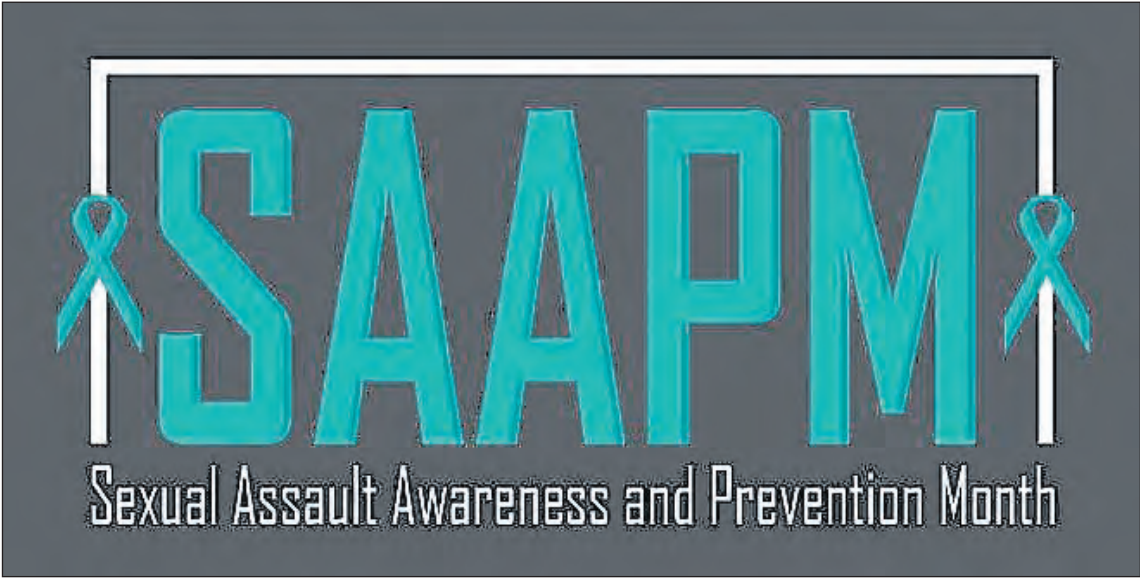
Among the panel was Capt. Vincelette, commanding officer of NAS Oceana, strike fighter squadron (VFA) 11 command master chief, Master Chief Miles grey and two NAS Oceana sexual assault response coordinators (SARC).

“The SARCs are our civilian experts in the field of sexual assault within the military and how to prevent, respond to and take care of Sailors involved,” said Lt. Cmdr Joshua Earls, Carrier Air Wing (CVW) 8 command chaplain. “Coordination with our SARCs is essential because they give us a real world perspective on sexual assault and what to expect and what we should know to better ourselves

as professionals.”

This month’s training was split into two parts, the first being a panel discussion with a number of individuals who are experts in their respective fields. And the second being scenario driven, both generic and specific situations that chaplains might find themselves in when they are underway, serving in different capacities and at different types of commands.

“We want to focus on how they might deal with sexual assault and how we care for everyone involved in those situations,” said Earls. “We don’t have SARCs to rely on when we are operational. Some of us will be the only resource available to a command and its crew when out to sea. For us to be able to do this training, gain experience, gain knowledge and better ourselves as professionals is an invaluable resource.”



U.S. Navy graphic



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Combat veteran recognized as SUBLANT Civilian of the Year

By MC2 Sarah E Horne
Commander, Submarine Force Atlantic

NORFOLK

Every civilian that could make it to the meeting squeezed into the headquarters conference room at Submarine Force Atlantic, March 21. The subdued lighting and hushed conversations made it seem more like a parlor when the high-tech conference microphones and screens were hidden by the many observers.

In the corner by the door, was the strangest body in the room. An old, black lab named Tess laid on the floor hidden beneath the chair of the man that everyone had gathered to appreciate. Darrin Sweet, a combat operations Army veteran of 26 years, had recently been selected as Civilian of the Year for SUBLANT because of his outstanding positive influence on the Submarine Force. He was presented with a Navy Meritorious Civilian Service Award as a show of gratitude by his leadership.

“Anyone dealing with travel, like temporary duty, comes through me,” Sweet said.

As succinct as he may be, Sweet’s answer hardly describes the painstaking tasks he actively pursues while working as the Defense Travel Administrator (DTA) for the entire Atlantic submarine fleet. As the DTA, he works in a program called Defense Travel System (DTS) that assists Sailors and DoD civilians in coordinating travel and managing pay required for a Navy business trip.

When Sailors or DoD civilians arrive at SUBLANT, they occasionally have some kind of pay discrepancy that has gone unnoticed for months or sometimes years. Sweet ensures these discrepancies are resolved immediately, a task which sometimes requires hours and hours of sifting through digital copies of paperwork from years prior.

“During check-in, we check for anything that’s open and sometimes no one keeps track of that stuff,” Sweet said. “You might have to go through a hundred vouchers just to find out where that five hundred dollars came from.”

Whether someone owes money or is owed money, Sweet finds a solution even faster than he can find the problem. Sweet does not just check the vouchers that come across his desk either. He oversees and trains other DoD personnel to check their reports in a new way, to find discrepancies faster and eas-

ier.

He tells them, “When someone checks in, see if they have anything open that was never paid out and when they’re out-processing, make sure there isn’t anything due to them.”

Sweet said he wants every traveler to have a positive DTS experience and learn something new every time they travel, so everyone can learn to work together and make the job that much easier. He also hopes that DoD members will share what they learn and help educate as many people as possible.

“It really makes me happy when travelers have issues and I see them and I’m like, ‘Hey, you know, the government owes you,’” Sweet said. Most of the folks who he helps come back to say thank you, which truly touches his heart and reminds him why he works as hard as he does to protect and serve his brothers and sisters.

“The last thing I want is someone deployed and having a bill collector knocking on their door, whether it be their spouse or their parent, and saying ‘where is Jane or John, they owe us money,’” Sweet explained. “It distracts that Sailor from being able to do their job, and it can ultimately affect their security clearance.”

Sweet is more than familiar with the struggles of a deployed military member since he served seven combat deployments, two of which as the commanding officer.

“It’s rough,” Sweet said grimly, “My family being able to take care of the stuff around the house while I’ve been gone really helped, but I was gone almost the entire time for six years. I basically missed all of my son’s middle and high school years.”

Sweet originally joined the Army in 1989 as an enlisted soldier as a way to figure out what he really wanted to do in life. He went straight into combat arms, arriving to his first command in July 1989 where he deployed to Panama for Operation Just Cause by November.

He was constantly deployed to various operations from 1989 to 1994, including boots on the ground operations in Saudi Arabia, Iraq and Kuwait, until he took a brief hiatus in military service to earn a Bachelor’s degree in computer information management and business management. When he returned to the military in 2001, he bounced between being active and reserve for 14 years. He was now a commissioned officer, a role he excelled in while also earn-



Darin Sweet, the Submarine Force Atlantic Civilian of the Year, stands with his service dog, Tess, outside of Submarine Force Atlantic headquarters. Sweet was awarded Civilian of the Year for his outstanding achievements as the Defense Travel Administrator for the Atlantic submarine fleet.

ing a Master’s degree in business management.

“I always give one hundred percent,” Sweet said. “I’ve always had that mentality that if you’re going to do something, do it right.”

Sweet must have seen the future, because it was his computer background that made him SUBLANT’s leading expert in DTS.

“When DTS first came out in 2001,” Sweet said, “I got a little bit of training and then the rest of it was ‘Okay, here’s the manual, read it.’” At the time, he was a network engineer for Dow Corning Inc. and assigned to the Army Reserves, but already had a little computer background, making the program relatively easy for him. He quickly became the go-to guy at his command.

It took not one, but two combat-related injuries for Sweet to finally retire after 26 years of service.

“I didn’t want to stop, I would have kept going but they medically separated me,” Despite Sweet’s setback, he continued

serving his country.

“Just having the opportunity to serve my country is what I’m most proud of,” Sweet said. “That’s one of the reasons why I wanted to come back as a civilian, so I can try to help provide support and provide my past experience and knowledge to help teach the junior folks.”

With Tess, his service dog, backing him up, Sweet started the next chapter in his life, working for the Army as a civilian DTA for 11 years before eventually transferring to the Navy.

“It’s really been a great opportunity,” Sweet said. “I was really happy that the Navy wanted to take the chance and take someone like me from the Army. I was glad they offered it to me and I’m really glad that I took it because the command here is such a great environment.”

Sweet mentioned that he had just spent the morning getting ready to celebrate one of his co-workers’ birthday, demonstrating

the uplifting environment in his office.

“It’s more family oriented and a lot closer,” he said. “I really can’t say enough about the environment here and the personnel that I work for. They have all been great to work for and their leadership guidance has taught me a lot about how the Navy operates and I love it.”

One thing is for sure, the feeling is mutual.

“Our civilian of the year is competitively chosen,” said Don Hoffer, Executive Director. “To be selected after only two years demonstrated the remarkable job Darrin does for the Submarine Force. He’s a wonderful addition to our amazing cadre of civilians that keep things running behind the scenes in the Submarine Force.”

With his wife and Tess standing next to him, Sweet received a medal for his meritorious civilian service award during the award ceremony as he has so many other times throughout his exceptionally long term of service.

Truman Strike Group ships conduct missile exercise

By MC1 Kristin M. Schuster
Harry S. Truman Carrier Strike Group Public Affairs

ATLANTIC OCEAN

Ships from the Harry S. Truman Carrier Strike Group (HSTCSG) conducted a missile exercise while underway during the strike group’s sustainment exercise (SUS-TEX), April 11.

The exercise, known as a Live Fire with a Purpose (LFWAP), included Ticonderoga-class guided-missile cruiser USS Normandy (CG 60) as the officer in tactical command, with Arleigh Burke-class guided-missile destroyers USS Ramage (DDG 61) and USS Lassen (DDG 82) acting as firing units. During the event, Ramage and Lassen successfully engaged live targets using multiple weapons systems, including the Standard Missile (SM) 2, 5-inch gun, and the Phalanx close-in weapons system, demonstrating enhanced readiness and increased lethality.

According to Rear Adm. Gene Black, commander of HSTCSG, the LFWAP was designed to allow surface ships to “train like they fight” using live targets and ordnance in preparation for future operations.

“This missile exercise is part of our routine proficiency training,” said Black. “It’s good for ships to conduct the training and the rehearsals to get on the range, and then fire live ordnance at challenging targets. Overall, this evolution ensures we’re ready for the high-end fight using our most advanced weapons with very challenging tactics.”

The strike group ships involved had approximately four months of planning and coordination, and conducted nearly a dozen exercise scenarios flexing all the capabilities of the Aegis combat system to fully prepare their teams to execute the LFWAP.

Normandy, Ramage and Lassen are part of the HSTCSG conducting an integrated, comprehensive SUSTEX designed to ensure the strike group is ready to meet all mission sets and carry out sustained combat operations from the sea.

For more information on USS Harry S. Truman, visit <https://www.public.navy.mil/airfor/cvn75>, stay connected on Facebook, <http://www.facebook.com/cvn75>.

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



The Harry S. Truman Carrier Strike Group participates in a strait exercise in the Atlantic Ocean, April 7, 2019. The Nimitz-class aircraft carrier Harry S. Truman (CVN 75) is participating in a sustainment exercise with the Harry S. Truman Carrier Strike Group, an integrated, comprehensive exercise designed to ensure the strike group is ready to meet all mission sets and carry out sustained combat operations from the sea.

Briggs leads because she loves it

By Aaron Strickland
Naval Safety Center

NORFOLK

Senior Chief Boatswain's Mate Crystal Briggs' selection as a Capt. Joy Bright Hancock and Master Chief Anna Der-Vartanian Leadership Award winner probably only comes as a surprise to Briggs. The imprint of her work seems to be everywhere she has been in the Navy.

"She consistently sets the example for women in the Navy," said her supervisor, Deputy Director for Afloat Assessment, Cmdr. Chris Tarsa. "When I think of Senior Chief Briggs, I think 'unrestrained resourcefulness,' 'impact player' and 'up for any challenge.' She is inspiring and innovative."

Naval Safety Center's Afloat Community Programs Deck Analyst, Briggs has spent a 17-year career of learning, passing along to others, and leading in a way to draw positive attention to others. Tarsa pushed her to complete her nomination package – she didn't want the recognition. In its notification, the 21st Century Sailor Office called Briggs' winning nomination a "standout."

"I was speechless at first," Briggs said. "I didn't know what to say."

Hailing from Prince Frederick, Md., Briggs has been cutting a wake for other women to follow in the male-dominated world of boatswain's mates since she joined the Navy in 2001. Through an infectious positive attitude, Briggs has become one of the nine females among 138 senior chief boatswain's mates.

"Find the positive in every situation," Briggs said. "If you do, people will follow you everywhere."

She joined the Navy hungering for more challenges.

"I wanted some structure in my life and the Navy gave it to me," said Briggs, who was processing into the Navy, preparing to leave for Recruit Training Command, on 9/11.

Choosing apprentice training over a guaranteed job in the Navy, she completed recruit training, apprenticeship training and was off to Bath, Maine, to help pre-commission USS McCampbell (DDG 85). Undesignated and without a ship to board, Briggs was assigned to the deck department in the ship's ashore office, where her eagerness to learn paid off. She absorbed everything the Navy taught her.

"My BM2 handed me a book and told me to read it and understand what it says," Briggs said. "I did, and the Basic Seamanship book was fascinating to me."

Next, she was given the BM3 & 2 book, and by March 2002 successfully tested for BM3. Now aboard ship, she wanted to soak up every learning opportunity she could, so Briggs qualified Master Helmsman (one of only two aboard McCampbell), was put in charge of the flight deck and qualified quickly for Enlisted Surface Warfare Specialist. She promoted to BM2 on her first try, too.

After four deployments on McCampbell, Briggs wanted to move to another sea assignment. She was sent ashore, but less than a year later she negotiated orders to pre-commission USS New Orleans (LPD 18) and was able to get a spot in Surface Search and Rescue (SAR) school, training coveted by boatswain's mates, but never before given to women.

"It was hard, but I had so much fun as a SAR swimmer," Briggs said.

While on New Orleans, she promoted to BM1 and qualified as a Well Deck Control Officer.



U.S. Navy photo

"People don't remember what you say, they remember what you did," Briggs said.

After her time aboard New Orleans, she moved ashore to the Southwest Regional Maintenance Center (SWRMC) and proceeded to set San Diego on fire, after a fashion. She was a member of the Uptown Optimist Club and established a First Class Petty Officer Association. Briggs was twice named Senior Sailor of the Quarter, was the 2011 Woman of the Year at SWRMC and was the 2012 Naval Sea Systems Command (NAVSEA) Women Moving Forward recipient. And, she promoted to BMC there, too. Along the way, she continually trained, mentored, corrected and applauded the Sailors around her.

"Sailors I've worked with still call and ask for my help," Briggs said, noting that she gets a lot of satisfaction from knowing her former Sailors ask for her advice.

Oh, and she found time to finish an associates of arts in 2011 as well as a bachelor's in criminal justice administration and management in 2013.

Before joining Naval Safety Center, she also served at Naval Support Activity Bahrain, USS Decatur (DDG 73) and USS Somerset (LPD 25). And, while at Naval Safety Center, Briggs has graduated from the Senior Enlisted Academy.

"I have been blessed," Briggs said. "I wouldn't change any of it, even the negative things. It gave me the experience to be a good leader."

Briggs, mother of five, will be honored at the Joint Women's Leadership Symposium, Aug. 22 and 23 in Washington, D.C. While in the capital, Briggs plans on visiting Arlington National Cemetery, where the award's namesake is buried.

"I read up on her, and she is an

amazing woman," Briggs said.

YNCM Anna Der-Vartanian served in the Navy from 1943-1963, and was the first woman in the armed forces to promote to E-9 in 1959, and has been hailed as the woman who broke the glass ceiling for woman Sailors.

In some ways, Briggs is following in Der-Vartanian's footsteps. A can-do attitude, team player, grit and determination have added up to recognition as the Navy's top female senior enlisted leader in 2019.

"She is exceptional and sets a high standard for others to emulate," Tarsa said.

And those standards come from a pretty basic mind set.

"It's amazing the things you can accomplish when you put your heart into it," Briggs said.

Her heart does seem to be in her job.

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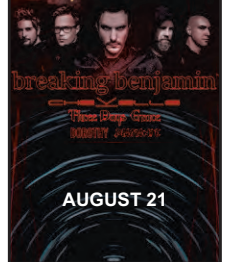


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Dr. Margarethe Cammermeyer, Colonel, USA Ret., challenged Army on ban on homosexuals serving in the military and won, resulting in equality for the LGBTQ community in the Armed Forces

Colonel Jane Carson, USA Nurse Corps, Vietnam Veteran, First Active Duty Chief Nurse of the Army National Guard

Captain Diane Carlson Evans, RN, USA Nurse Corps, Vietnam Veteran, Founder of the Vietnam Women's Memorial

Captain Lauran Glover, USA, first female commander of the U.S. Army Drill Team, 4th Battalion, 3d Infantry Regiment (The Old Guard)

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Jolly Rogers changes command

By MC3 Amber Smalley
USS Abraham Lincoln (CVN 72) Public Affairs

MEDITERRANEAN SEA

The “Jolly Rogers” of Strike Fighter Squadron (VFA) 103 held a change of command ceremony in the air above the flight deck of the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72), Apr. 14.

Cmdr. Patrice Fernandes relieved Cmdr. Danny Westphall as commanding officer of VFA-103 in a ceremony attended by command Sailors as well as Sailors from the Abraham Lincoln Carrier Strike Group (ABECSG). Sailors gathered on the flight deck to observe Westphall and Fernandes launch and fly two of four F/A-18F Super Hornets from VFA-103. The aircraft flew in formation symbolic to the change of command between the two pilots. Westphall served for 15 months as commanding officer of VFA-103, preparing the squadron for deployment with ABECSG.

Westphall, a native of Georgia, received his commission through Officer Candidate School in 2001. He earned his wings of gold as a Naval Aviator in December 2003 and received orders to the “Greyhawks” of Carrier Airborne Early Warning Squadron (VAW) 120. He deployed twice with Carrier Air Wing (CVW) 11 in support of Operations Iraqi Freedom and Enduring Freedom. In February 2011, Westphall deployed twice with CVW-1 in support of Operations New Dawn and Enduring Freedom. Westphall has accumulated more than 3,100 flight hours and more than 650 arrested landings.

“It’s bittersweet leaving the

Jolly Rogers right at the beginning of deployment,” Westphall said. “I’d love to see the deployment through and see what great things this squadron can do, but I know the squadron is going to be in good hands with Cmdr. Fernandes.”

Fernandes served as the executive officer of VFA-103 under Westphall and now, as the commanding officer, will lead the squadron on her deployment with ABECSG. Fernandes enlisted in the Navy in August 1988. He started his naval career with Training Wing (TW) 3 as an aviation structural mechanic. In November 1998, he was selected to attend officer candidate school under the “Seaman to Admiral” program and was designated a naval flight officer in September 1999. Fernandes has accumulated more than 4,000 hours in various aircraft and more than 1,300 arrest landings over his career.

“As a prior enlisted Sailor, this is probably the greatest thing for me,” Fernandes said. “I went from fixing airplanes to flying airplanes and now I get command of a Strike Fighter Squadron, so it’s the best thing ever.”

VFA-103 is comprised of F/A-18 Super Hornets that provide ABECSG with strike fighter capability. The squadron completed workups with the strike group for months to prepare for this around-the-world deployment with Abraham Lincoln.

“I asked my team at the beginning of our workups to build on each step of the workups and get better every time, and they’ve done that,” Westphall said. “We’ve learned from our mistakes and we’ve taken each step of the workup cycle and gotten



U.S. Navy graphic

better and better to where we are right now — on an aircraft carrier at sea, in the Med on deployment.”

Flying over nine different types of fighter aircraft in the past 63 years, the “Jolly Rogers” first flew in January 1943 while assigned to VF-17 during World War II. By the end of the war, the original Jolly Rogers had 154.5 kills in the skies over the Pacific.

The squadron shifted to the F/A-18 Super Hornet in February 2005 and became re-designated as VFA-103. They most recently embarked with the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) in support of Operation Inherent Resolve. While deployed, they

fired more ordnance than any squadron in naval history at about 490 pieces.

VFA-103 and ABECSG are deployed in support of maritime security cooperation efforts in the U.S. 5th, 6th and 7th Fleet areas of responsibility. With Abraham Lincoln as the flagship, deployed strike group assets to include staffs, ships and aircraft of CSG 12, Destroyer Squadron 2 (DESRON 2), USS Leyte Gulf (CG 55) and Carrier Air Wing 7 (CVW 7); as well as the Alvaro de Bazan-class frigate ESPS Méndez Núñez (F 104).

For more news from USS Abraham Lincoln (CVN 72), visit www.navy.mil/local/cvn72/.

“I went from fixing airplanes to flying airplanes and now I get command of a Strike Fighter Squadron, so it’s the best thing ever.”

Cmdr. Patrice Fernandes,
Commanding Officer of VFA-103

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Contact [LaMonica Carpenter at carpnr.lamonica@gmail.com](mailto:LaMonica.Carpenter@atcarpnr.lamonica@gmail.com) or sign up at vatattoo.org

READINESS | Getting to 341

Continued from A1

“wasting time” fixing jets that shouldn’t need it.

“Cannibalizing for parts...hurts our mission and our ability to get jets flying again,” said Martinez, a technician supervisor for the “Gladiators” of VFA-106. “If we stop cannibalizing jets, I believe it will put pressure on those whose responsibility it is to make, acquire, stock and ship parts. This should get us better parts in a timely manner, helping us complete our mission and keep jets in the air.”

But, for Martinez and other support personnel, it’s about more than improving processes – it’s about pride and love for the community.

“Honestly, I love doing my job and what I do,” added Martinez. “Seeing the aircraft that [we] made operational come back fully functional makes me proud to know that my job and what we do plays a part in that mission.”

Along with the hard work of maintainers, the squadrons are taking additional measures to achieve the goal of 341 aircraft by October 2019. This includes revamping various maintenance practices as well as reexamining inspection cycles and inspection processes. The goal is to have aircraft spend less time in maintenance while returning mission-capable aircraft back to the fleet

with greater efficiency, said Commodore, Strike Fighter Wing Atlantic, Capt. Kevin McLaughlin.

Thanks to the ongoing effort of his team, McLaughlin said the Strike Fighter Wing continues to make positive momentum while increasing the number of mission-capable aircraft. During a conversation with Miller and Kelley on March 29, McLaughlin reported a “proud parent” moment, stating Strike Fighter Wing Atlantic achieved 80 percent mission-capable aircraft.

“We still have many mountains to climb, but I wanted to share this snippet of good news with you as we continue to battle our way back to strike fighter fleet health,” said McLaughlin during the conversation.

Climbing the mountain is a team effort. Whether its maintainers, technicians or pilots, the Navy needs everyone to reach its 341 goal.

“All good things come from mission-capable aircraft,” added McLaughlin. “That helps everyone across the flight line, and that starts from the lowest level to the highest level. It helps morale. It helps mission accomplishment, achievement-- everything. The desire and push to get to 341 is met with open arms. Everybody wants to get back to the days where you have entire flight lines outfitted with aircraft no matter how many of those you own....more is always better.”

APP | Report suspicious activity

Continued from A1

suspicious at Navy Yard and ten minutes later they’re at Joint Base Anacostia-Bolling, we need to be able to link them together.

“What if that person is constantly testing these installations. We’re not going to be able to piece that together by just the gate sentry having that information and forwarding it up their chain of command. But if a person comes through and we take a picture of them, share it, establish a trend and get NCIS involved. This is huge. It’s easy to do, it’s really quick and it takes the pressure off someone who is too afraid to call it in,” Russel said.

The Eagle Eyes Navy program is not designed to report emergencies or quality of life complaints. If a situation requires an emergency response, call 911. As a reminder, false reporting to a law enforcement agency is a violation of state law.

For more information on events happening in NDW, visit <http://www.facebook.com/NavDistWash>.

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New technology keeps Sailors safe, out of minefields

Engineers at Naval Surface Warfare Center Panama City Division (NSWC PCD) recently completed a flight test using a device that will prevent Navy personnel from having to enter a minefield during mine hunting and clearing missions.

»See B5

U.S., INDIAN NAVIES PRACTICE SUBMARINE HUNTING IN INDIAN OCEAN



MC1 Ryan D. McLearnon

An Indian navy P8 Poseidon aircraft conducts a low altitude fly-by alongside the guided-missile destroyer USS Spruance (DDG 111) during a bilateral anti-submarine warfare exercise with the Indian navy in the Indian Ocean, April 15, 2019. Spruance is deployed to the U.S. 7th Fleet area of operations in support of security and stability in the Indo-Pacific region.

From U.S. 7th Fleet Public Affairs

DIEGO GARCIA, BRITISH INDIAN OCEAN TERRITORY

P-8 aircraft from the U.S. and Indian navies conducted cooperative activities in the Indian Ocean, April 15.

The U.S. Navy guided-missile destroyer USS Spruance (DDG 111) also joined the drills, which focused on anti-submarine warfare training, information sharing and coordination between maritime patrol aircraft and ships.

“The U.S. Navy is committed to engaging with regional partners in establishing common practices and devel-

oping mutual capabilities. Spruance is proud to exercise alongside the Indian Navy,” said U.S. Navy Cmdr. Matthew Smidt, commanding officer of USS Spruance. “We were greatly impressed by the professionalism and competency of their MPRA. The exercise was a wonderful experience and opportunity from which we learned and honed our skills.”

Spruance, based in San Diego, and P-8A aircraft from Patrol Squadron (VP) 8 “Fighting Tigers,” based in Jacksonville, Florida, are conducting routine operations in 7th Fleet. The Indian Navy P-8I aircraft is with Naval Air Squadron 312 based at Indian Naval Station Rajali.

“Flying ASW (anti-submarine warfare) in the 7th Fleet AOR (area of operations) is a team event and we eagerly seize every opportunity to work with our allies and partners,” said Lt. James Lowe, pilot with VP-8, said. “Our goal is to further standardize our procedures so we can work more efficiently in future real world operations. I think, in the end, we are fortunate to be able to operate out of beautiful Diego Garcia and learn about our Indian counterparts as well!”

U.S. Navy ships and aircraft train routinely with the Indian Navy between annual port visits and exercises like Malabar. These events reaffirm a shared

commitment to a free and open Indo-Pacific.

“We look forward to developing useful lessons through this engagement and laying the groundwork for future integration efforts between our Maritime Patrol and Reconnaissance Forces,” said Cmdr. Zachary Stang, VP-8 commanding officer, said..

U.S. 7th Fleet provides security alongside allies and partners throughout a free and open Indo-Pacific. As the U.S. Navy’s largest forward-deployed fleet, 7th Fleet operates roughly about 50-70 ships and submarines, and 140 aircraft with approximately 20,000 Sailors.

Pacific Partnership celebrates arrival in Micronesia

From Pacific Partnership Public Affairs

CHUUK, FEDERATED STATES OF MICRONESIA

Multinational service members, embarked aboard the Military Sealift Command expeditionary fast transport ship USNS Brunswick (T-EFP 6), kicked off the fourth mission stop for Pacific Partnership 2019 (PP19) with an opening ceremony followed by a community health and sports fair at Saramen School, April 13.

Brunswick arrived April 12 in Weno Island with service members from the United States, Great Britain, Australia and Peru, highlighting the multinational theme of the Pacific Partnership mission.

In his remarks at the opening ceremony, U.S. Ambassador to the Federated States of Micronesia Robert Riley emphasized the value of partnerships in the region.

“Pacific Partnership is a multinational effort to improve response to disasters,” he said. “Although we are using U.S. Navy ships with a crew that is predominantly American as a platform for disaster response, people of many nationalities participate side by side.

“Over the last seven decades, the US has promoted a free and open Pacific, in which independent nations with diverse cultures and different aspirations can prosper side by side in freedom and peace,” he continued. “Pacific Partnership is emblematic of the close and historic bonds that bind together our two countries.”

This marks the sixth time Pacific Partnership has made a mission stop to the Federated States of Micronesia. While in Micronesia, PP19 will work with local government organizations to host several side-by-side and subject matter expert exchanges ranging from first aid, humanitarian aid and disaster relief (HADR), engineering projects, health symposiums and several community outreach engagements.

“The U.S. Navy and our mission partners value our growing partnerships with Pacific Partnership host nations and we look forward to helping promote greater cooperation and partnerships that benefit all nations,” said U.S. Navy Lt. j.g. Alexander Brecht, PP19 Micronesia officer in charge.

U.S. Navy Cmdr. Toni Piliwale, Pacific Partnership 2019 assistant director for medical operations, was excited about the collaboration during the health fair.

“Pacific Partnership medical professionals from the U.S., Peru, and Australia spent time educating the community about environmental health, nutrition and exercise, and disease prevention. In addition, we were joined by local NGOs and the International Federation of Red Cross and Red Crescent Societies to emphasize the important of disaster preparedness.”

Meanwhile, other service members played basketball, volleyball and frisbee with local residents.

“Being able to go out to these different schools and parks and interact with the local children and see them smiling and having fun is always the highlight of my day,” Religious Programs Specialist 1st Class Quentin Williams said.

Pacific Partnership is a unifying mission that fosters enduring friendship and cooperation among many nations.

Pacific Partnership, now in its 14th iteration, is the largest annual multinational humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Pacific. Each year, the mission team works collectively with host and partner nations to enhance regional interoperability and disaster response capabilities, increase stability and security in the region, and foster new and enduring friendships in the Indo-Pacific.

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



MC2 Krystina Coffey

Boatswain's Mate 3rd Class Jake Ellingson signals to a U.K. Royal Navy AW159 Wildcat helicopter, assigned to the Daring-class air defense destroyer HMS Duncan (D 37), during flight operations aboard the Arleigh Burke-class guided-missile destroyer USS Ross (DDG 71) in the Mediterranean Sea. Ross is integrated in Commander, Task Force 473 to include British, Danish, French, and U.S. forces led by French Navy aircraft carrier Charles de Gaulle (R 91).

USS Ross en route to Black Sea

By Ens. Drake Davis
USS Ross (DDG 71) Public Affairs

DARDANELLES STRAIT

Arleigh Burke-class guided-missile destroyer USS Ross (DDG 71) began its northbound transit of the Dardanelles Strait, en route to the Black Sea April 14 to conduct maritime security operations and enhance regional maritime stability, combined readiness and naval capability with NATO allies and partners in the region.

This is the fourth U.S. ship to visit the Black Sea since the beginning of 2019. The last ship to visit the Black Sea was USS Donald Cook (DDG 64) in February.

“Our allies in the Black Sea continue to play a key role in maintaining security in the European theater,” Cmdr. Dave Coles, commanding officer of Ross, said. “The crew and I look forward to enhancing our interoperability in a dynamic environment as

well as experiencing the rich history and culture in this region.”

The ship’s operations in the Black Sea will strengthen interoperability with NATO allies and partners and demonstrate collective resolve to Black Sea security under Operation Atlantic Resolve.

The U.S. Navy routinely operates in the Black Sea consistent with international law, as well as with the Montreux Convention.

Ross, forward-deployed at Naval Station Rota, Spain, is conducting naval operations in the U.S. 6th Fleet area of operations in support of U.S. national security interests in Europe.

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



iStockphoto

My car thinks I’m an idiot

By Lisa Smith Molinari

“Your fuel level is low. Would you like to navigate to the nearest gas station?” an unfamiliar male voice called out. I glanced at the other seats in my new car, but I was entirely alone. Then I saw the words displayed across my vehicle’s digital screen.

My car was talking to me.

More specifically, it was passively-aggressively telling me what to do. It was the first time it had asked me a direct question since I bought the car back in January. But I wasn’t surprised. In the last few months, I had learned that my new car most certainly believed it was smarter than I am.

Ever since we made the \$400 trade-in on our 2005 minivan with 240,000 miles on her odometer, I had been driving around in the veritable lap of luxury. My new SUV was better, cleaner, faster and cooler than my old minivan was in every way. However, my new car brought new problems.

When I drove my old minivan, I was the superior one. Aside from complicated mechanics which I left up to qualified automobile repair shops to deal with, I controlled everything in that vehicle. Having put most of her 240,000 miles on her myself, I knew exactly how to manually adjust the sound system

(with its handy-dandy tape deck), the heat and AC, the seat positions, the headlights, the doors, and all other systems. There was no digital display, no voice recognition feature, no navigation system, no Bluetooth capability, no automatic doors, no heated steering wheel, no keyless start, no camera system.

She was not hands-free, but rather, totally hands-on.

During those meager minivan years, I was a modern-day Robinson Crusoe. My minivan was my primitive island, and I was forced to make due. Like Crusoe, “I had nothing to covet, for I had all that I was now capable of enjoying; I was Lord of the whole Manor ... I learned to look more upon the bright side of my condition, and less upon the dark side, and to consider what I enjoyed, rather than what I wanted.”

I didn’t complain that the van’s carpets were tainted with years worth of spilled juice boxes and kids’ upchuck, I just spritzed them with Febreeze and carried on. I didn’t gripe when the roof sprouted a leak, I just covered it with duct tape. I didn’t demand a new car when the door handle fell off, I just got in the other side.

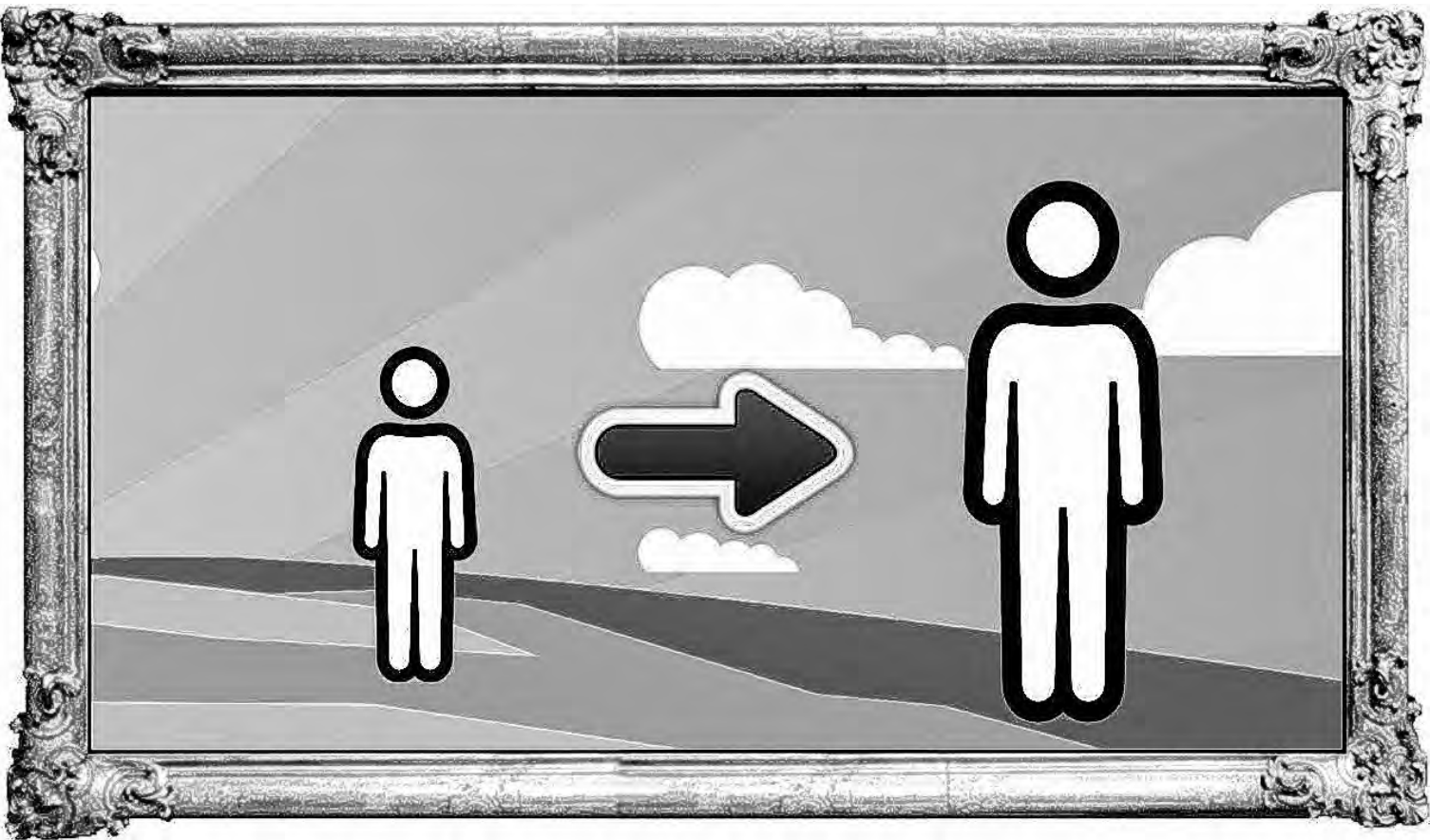
Through ingenuity and self-reliance, I became the Master of my minivan’s Domain. The Lady of the Manor. The Queen of the Castle.

But now I drive a German-engineered vehicle with complicated digital systems that did not exist when my old minivan was manufactured back in 2005. My new car senses my confusion and takes control, as if I am a complete idiot.

It recognizes my voice, detects my phone, knows everyone in my contact list, turns on my Audible book to the page where I left off, adjusts my seat to my pre-set specifications, warns me that the gas is too low, and offers to find the nearest gas station. It controls the climate inside the car for me, heats my steering wheel and my seat, and knows exactly when a little defrost is needed to avoid fogging up the windows. It even turns my lights and wipers on when they are needed, and turns them off when they are not.

Despite all this newfangled automation, I still look back after parking the car and wonder, “Is it really going to turn the lights out for me? What if it doesn’t and the battery goes dead?” Until I learn to trust machines, I’ll wait out in the cold until the lights blink out, just to make sure.

My new car has made it painfully clear that I am unqualified to operate its advanced systems. I wouldn’t be surprised if it snapped at me, “Eh-Eh! Don’t touch! Let me handle it so you don’t screw anything up.” Although I don’t want my minivan back, I sometimes yearn for the empowerment I felt when I was Master of my Domain.



Courtesy Youtube

Children becoming adults

From TRICARE.mil

Event: Children Becoming Adults

QLE? Yes.

You have 90 days after your child turns 21 to make changes to your TRICARE health plan (Additional conditions below).

Biological and adopted children can get TRICARE until their 21st birthday in most cases. There are some exceptions to the age limit.

At age 21, your child may qualify for TRICARE Young Adult if they:

- Are age 21-26
- Remain unmarried
- Are adult dependent children

There are premiums for TRICARE Young Adult. If your child doesn’t qualify to pur-

chase TRICARE Young Adult, they can purchase the Continued Health Care Benefit Program.

Learn more:

- Go to the Eligibility for Children page
- Visit MilConnect to read Frequently Asked Questions about life events that impact your family’s benefits
- Download the Adult Child Benefits Brochure

Age Limit Exceptions

There are some exceptions to the age limit.

Full-Time Student

Your child can get TRICARE until their 23rd birthday or graduation (whichever is first) if enrolled full time at an approved college. The sponsor must provide at least 50% of the child’s financial support while in college.

- Health plans and how your child gets care

depend on the sponsor’s military status and where they go to college

- Contact an ID card office to see what documents you need to extend benefits for your child beyond their 21st birthday
- After turning 23 or graduating, they may qualify to purchase TRICARE Young Adult
- If your child doesn’t purchase TRICARE Young Adult, he or she can purchase the Continued Health Care Benefit Program

Marriage

If your child gets married, then they can’t get TRICARE as your dependent. But they may qualify to purchase the Continued Health Care Benefit Program.

Disability

If your child is severely disabled or incapacitated, they can get TRICARE beyond the normal age limits (21 or 23 as described above).



Q: I am the sponsor of an Exception Family Member (EMF) registered in the EFMP. Is special consideration given to this circumstance for my control date?

A: Possibly. Family members designated as Categories IV and VEFMs are severely disabled, and Navy Housing strives to provide permanency in living arrangements. As a result, EFM Categories IV and V are placed directly below the freeze zone. When two or more members are waiting for assignment, the higher of the EFM categories will be given priority in assignment.

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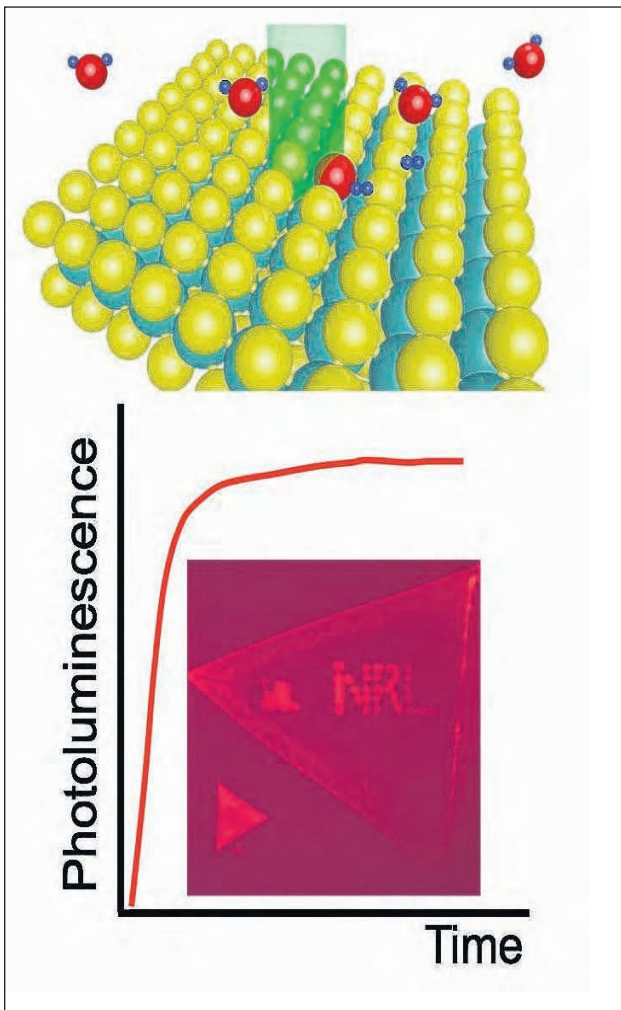
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Scientists at the U.S. Naval Research Laboratory (NRL) discovered a new method to passivate defects in next generation optical materials to improve optical quality and enable the miniaturization of light emitting diodes and other optical elements. Illustration at top represents a water molecule bonding at a sulfur vacancy in the MoS2 upon laser light exposure. At bottom, photoluminescence (PL) increase observed during laser light exposure in ambient. (Inset) Fluorescence image showing brightened regions spelling out 'NRL.'

Daniel Parry

NRL develops laser processing method to increase efficiency of optoelectronic devices

By Daniel Parry
U.S. Naval Research Laboratory

WASHINGTON

Scientists at the U.S. Naval Research Laboratory (NRL) discovered a new method to passivate defects in next generation optical materials to improve optical quality and enable the miniaturization of light emitting diodes and other optical elements.

“From a chemistry standpoint, we have discovered a new photocatalytic reaction using laser light and water molecules, which is new and exciting,” said Saujan Sivaram, Ph.D., lead author of the study. “From a general perspective, this work enables the integration of high quality, optically active, atomically thin material in a variety of applications, such as electronics, electro-catalysts, memory, and quantum computing applications.”

The NRL scientists developed a versatile laser processing technique to significantly improve the optical properties of monolayer molybdenum disulphide (MoS2) — a direct gap semiconductor — with high spatial resolution. Their process produces a 100-fold increase in the material’s optical emission efficiency in the areas “written” with the laser beam.

According to Sivaram, atomically thin layers of transition metal dichalcogenides (TMDs), such as MoS2, are promising components for flexible devices, solar cells, and optoelectronic sensors due to their high optical absorption and direct band gap.

“These semiconducting materials are particularly advantageous in applications where weight and flexibility are a premium,” he said. “Unfortunately, their optical properties are often highly variable and non-uniform making it critical to improve and control the optical properties of these TMD materials to realize reliable high efficiency devices.”

“Defects are often detrimental to the ability of these monolayer semiconductors to emit light,” Sivaram said. “These defects act

as non-radiative trap states, producing heat instead of light, therefore, removing or passivating these defects is an important step towards high efficiency optoelectronic devices.”

In a traditional LED, approximately 90 percent of the device is a heat sink to improve cooling. Reduced defects enable smaller devices to consume less power, which results in a longer operational lifetime for distributed sensors and low-power electronics.

The researchers demonstrated that water molecules passivate the MoS2 only when exposed to laser light with an energy above the band gap of the TMD. The result is an increase in photoluminescence with no spectral shift.

Treated regions maintain a strong light emission compared to the untreated regions that exhibit much a weaker emission. This suggest that the laser light drives a chemical reaction between the ambient gas molecules and the MoS2.

“This is a remarkable achievement,” said Berend Jonker, Ph.D., senior scientist and principal investigator. “The results of this study pave the way for the use of TMD materials critical to the success of optoelectronic devices and relevant to the Department of Defense mission.”

The research team includes Saujan Sivaram, Ph.D.; Aubrey Hanbicki, Ph.D.; Matthew Rosenberger, Ph.D.; Hsun-Jen Chuang, Ph.D.; Kathleen McCreary, Ph.D.; and Berend Jonker, Ph.D., from the NRL Materials Science and Technology Division, and Glenn Jernigan, Ph.D., from the NRL Electronics Science and Technology Division. Sivaram and Rosenberger hold National Research Council (NRC) fellowships at NRL. Chuang holds an American Society for Engineering Education (ASEE) fellowship at NRL. The research results are reported in ACS Applied Materials & Interfaces; DOI: 10.1021/acsami.9b00390.

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DOD official: Updated Transgender Policy based on treating all with dignity

By Jim Garamone
Defense.gov

WASHINGTON

Updates to the Defense Department’s transgender policy take effect today, and defense officials stressed the policy is anchored in the core value of treating all service members with dignity and respect.

Anthony Kurta, performing the duties of the deputy undersecretary of defense for personnel and readiness, told Pentagon reporters that all those most immediately affected by the update have the

information they need about the policy.

Anyone currently serving or anyone under contract to enter the military who has been diagnosed with gender dysphoria is grandfathered, he said. “They remain under the 2016 policy for the remainder of their careers,” Kurta said. They can reenlist and stay in the military.

But beginning today for those wishing to join the military, “a diagnosis of gender dysphoria is presumptively disqualifying under the new policy, just as it is under the 2016 policy, absent a

waiver,” he said.

There are recognized exceptions, Kurta said. Applicants must demonstrate stability in their biological sex for 36 months and “be able to meet all applicable standards of those associated with their biological sex,” he said.

For those currently serving, future diagnoses of gender dysphoria will be dealt with on an individual basis, he said. “If the service member can continue to meet all standards, including deployability standards, and all those associated with their biological sex, then the service member can continue to

serve without waiver,” he explained.

For those who require gender transition to treat their gender dysphoria or who cannot or will not meet the standards will be referred to the disability evaluation system. Kurta stressed that under the policy, all service members will be treated with dignity and respect, and every service member is able to express their gender identity. “DOD will take no action solely based on gender identity,” he said.

Gender Dysphoria

By definition, gender dysphoria means there is clinically significant distress that impairs an individual in work or other important areas. Medical providers would provide treatment for the condition. “Very often the first step in treatment is behavioral health counselling,” Kurta said.

If through counselling, individuals decide they can meet all

standards and can serve in their biological sexes, “nothing happens,” he said. “They just continue receiving any treatment they need.”

If gender transition is needed to treat the condition, the case would be referred for determination of separation.

DOD officials have some numbers available, Kurta said, but the department doesn’t track transgender status of service members. “It’s something we don’t ask of people,” he added. A workplace and gender relations survey conducted in 2016 showed just under 9,000 service members consider themselves transgender individuals.

The department knows that 1,400 service members have been diagnosed with gender dysphoria. Fewer than 10 service members are receiving gender reassignment surgery.

Five teams to compete for Sustainment Data Challenge for Readiness

From Research, Development and Acquisition Public Affairs

WASHINGTON

The first Navy-wide Sustainment Data Challenge is entering its final phase of competition as five remaining teams were selected April 8 to continue with the challenge.

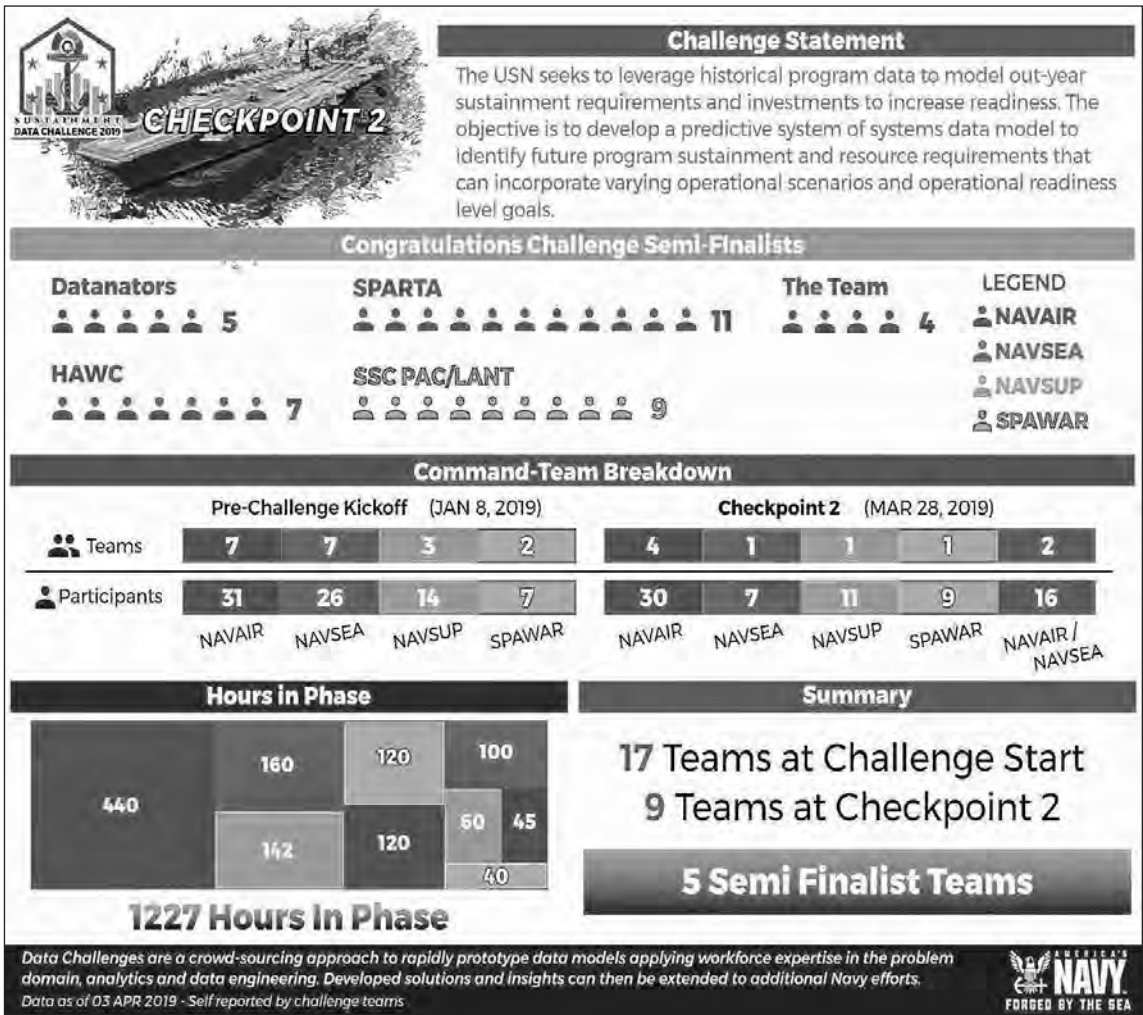
Imagine trying to make sense of five years of usage data (3.65GB) from a multitude of different sources and formats to provide much needed insights and working prototypes in less than five months. Nine teams, dwindled down from 17 at the start of the year, did exactly that during the competition’s second checkpoint.

The nine self-formed data challenge teams from across the Navy brought data expertise and a desire to produce meaningful solutions to the Navy’s sustainment planning problem. Based on team’s inventive approaches and novel data insights, the teams presented projects at checkpoint two.

Sponsored by Assistant Secretary of the Navy, Research, Development and Acquisition (ASN RDA), Chief of Naval Operations and the Office of the Chief Management Officer the challenge is to develop prototype predictive system-of-systems analytical model(s) to identify future program sustainment requirements and resources that consider dynamic operational scenarios to achieve Navy readiness goals. The ability to apply, scale and extend the solutions to additional Navy programs is anticipated.

Shirley Franko, Sustainment Program Baseline lead for ASN RDA, stated, “Expectations for resulting solutions are high. Leveraging the creativity of our subject matter experts and the power of data analytics is enabling innovative modeling that could optimize our highly complex Sustainment system to enable readiness while reducing risk.”

Competing teams recently briefed key stakeholders to determine which teams will continue



U.S. Navy graphic An info graphic depicting the Sustainment Data Challenge to create a prototype predictive system-of-systems analytical model to identify future program sustainment requirements and resources to achieve Navy readiness goals. Five teams will compete to present their solutions at the Sustainment Data Challenge summit.

to the next phase. Based on team’s approach, technical viability and innovation along with an ability to deliver a solution by May, five teams were selected to continue to the finals.

“There is a razor-thin margin separating each of the teams,” said Capt. William Sherrod, commander, Naval Air Forces Sustain Program Baseline Lead. “Those selected to advance to the next phase show great promise in

producing a series of models that are scalable across naval aviation as well as offer a more holistic view of aviation sustainment.”

The remaining five teams have less than a month to finalize their analysis and deliver a working prototype model. From there, teams move on to the Sustainment Data Challenge summit where the selected finalists will present their solutions for winner selection. Based on current ef-

forts, one or more teams are likely to have an opportunity to mature and expand their solutions after the challenge finals.

Franko observed, “The teams’ outstanding efforts and enthusiasm are clearly evident, the speed and agility of the Navy’s Data Challenge process have worked very well and I’m really looking forward to seeing how we can use these ideas to solve Sustainment challenges on real programs.”

South Texas community meets the Blue Angels

By Burrell Parmer
Navy Recruiting Command

CORPUS CHRISTI, TEXAS

The community of South Texas had the opportunity to “Meet the Blues” at Veterans Memorial High School prior to the annual Wings over South Texas Air Show, April 13 – 14.

More than 300 families and veterans attended the event and were afforded the opportunity to meet some of the top acts performing in the air show being held aboard Naval Air Station Corpus Christi.

“We get to come here for a couple of days and be able to show the public what is great about the Navy and Marine Corps,” said Capt. Eric Doyle, of League City, Texas, commanding officer, U.S. Navy Flight Demonstration Squadron, the Blue Angels. “The ‘Meet the Blues’ provided the community the opportunity to meet some of the great Sailors and Marines who make up our great team. Hopefully, it inspires them to serve in America’s Navy and Marine Corps or in some other capacity in their community.”

Joey Villareal of Corpus Christie brought his son, Jacob, to meet the Blues Angels.

“This is great to be able to meet the pilots;



Burrell Parmer Hospital Corpsman 1st Class Clarence Presley of Pompano Beach, Fla., an aviation medicine supervisor assigned to the U.S. Navy Flight Demonstration Squadron, the Blue Angels, signs a poster for a youth during ‘Meet the Blues’ held at Veterans Memorial High School.

you see them in the air, but to be able to have one-on-one contact with them means a lot to my son,” said Villareal. “The Blues are the crème de la crème. They are positive role modes and my son wishes to be one of them.”

According to Doyle, many of the crew began their aviation careers in Corpus Christi and that NAS Corpus Christi was home to the Blue Angels in the 1950’s.

He shared his keys to success with the audience.

“Trust and teamwork are the two things that make the Blue Angels successful,” said Doyle, a 1996 graduate of Texas A&M University. “All the Sailors and Marines you see with me today are the reason why we can bring demonstrations across the country to 32 cities every year.”

After introductions, the pilots and main-

tainers posed for photos with the attendees and signed autographs.

The mission of the U.S. Navy Flight Demonstration Squadron is to showcase the pride and professionalism of the United States Navy and Marine Corps by inspiring a culture of excellence and service to country through flight demonstrations and community outreach.

Future USS Richard M. McCool, Jr. keel authenticated

From Team Ships Public Affairs

PASCAGOULA, MISS.

The keel for the future USS Richard M. McCool, Jr. (LPD 29) was laid April 12 during a ceremony at Huntington Ingalls Industries Ingalls Shipbuilding Division. Shana McCool and Kate Oja, who are the ship’s sponsors and granddaughters of the namesake, authenticated the keel by etching their initials into the keel plate. This tradition symbolically recognizes the joining of modular components, and it is the beginning of the ship. “We are honored to have Ms. McCool and Ms. Oja with us today to recognize this major ship event,” Capt. Brian Metcalf, LPD 17 class program manager for Program Executive Office (PEO) Ships, said. “The San Antonio class has proven essential to expeditionary warfighters, and we are excited to bring the 13th and final ship of the Flight I configuration to the fleet.” The ship is named in honor of Navy veteran and Medal of Honor recipient, Capt. Richard M. McCool, Jr. and is the Navy’s

13th San Antonio class amphibious transport dock ship. McCool was awarded the Medal of Honor in 1945 for the heroism he displayed after his ship was attacked by kamikaze aircraft in the Battle of Okinawa. Despite suffering from shrapnel wounds and painful burns, he led efforts to battle a blazing fire on his ship and rescue injured sailors. Fabrication on LPD 29 began July 30, 2018, and it is scheduled to be delivered in 2023. Eleven San Antonio class ships have been delivered to date, the most recent being USS Portland (LPD 27), which was commissioned in 2018. LPD 28 and 29 will serve as transition ships to LPD 30, the first ship of the Flight II. LPD 17 Flight II ships will replace the Navy’s aging LSD 41/49 class ships. The LPD 17 San Antonio class amphibious transport dock ships are designed to transport and deploy combat and support elements of Marine Expeditionary Units and Brigades. The LPD 17 Flight I ships carry approximately 720 troops and can transport air cushion or amphibious assault vehicles. These ships support amphibious



Samantha Crane Shana McCool (left) and Kate Oja, ship sponsors of the future USS Richard M. McCool Jr. (LPD 29), speak about their grandfather during the keel authentication ceremony for the ship at Huntington Ingalls Industries Pascagoula shipyard April 12. Then a Navy captain, McCool received the Medal of Honor for his heroic actions in rescuing survivors from a sinking destroyer and for saving his own landing support ship during an enemy attack while injured.

assault, special operations and expeditionary warfare missions through the 21st century. As one of the Defense Department’s largest acquisition organizations, PEO Ships is responsible for executing the development and procurement of all destroyers, amphibious ships, special mission and support ships, and special warfare craft. For more news from Naval Sea Systems Command, visit www.navy.mil/local/navsea/.

New technology keeps Sailors safe, out of minefields

By Ashley Conner
Naval Surface Warfare Center Panama City Division

PANAMA CITY, FLA.

Engineers at Naval Surface Warfare Center Panama City Division (NSWC PCD) recently completed a flight test using a device that will prevent Navy personnel from having to enter a minefield during mine hunting and clearing missions. “The Airborne Surface Quad Thruster Interface Device, or ASQUID, attaches to the side of a MH-60 helicopter. Once the helicopter is in the right location, the ASQUID lowers the MK-18 into the water and they are able to search for mines,” said Tim Currie, NSWC PCD Technical Program Manager for Aviation Systems and Mission Package in service engineering agent. “Once the mine sweep is complete, the helicopter can fly over the area and the ASQUID can retrieve the MK-18.” The MK-18 is an underwater drone the searches for mines and is currently delivered to mine fields using a rigid-hulled inflatable boat (RHIB). The RHIBs are slow, can’t be used in rough waters, and puts Sailors in close proximity to

dangerous minefields. “This new delivery method increases the time and speed that the MK-18s are delivered,” said Currie. “They are able to stay on station longer because they don’t waste their internal batteries getting to the minefield. Sailors are our most valuable asset and this new technology puts them out of harm’s way.” NSWC PCD engineers partnered with Naval Underwater Warfare Center Keyport engineers to perfect the technology and Air Test and Evaluation (HX) 21, an MH-60 helicopter test squadron, completed the flight test to certify the design. “We wanted to make the ASQUID easy for any MH-60 crew to operate,” said Currie. “Instead of creating our own controller, we purchased XBOX controllers, something we thought a lot of Sailors would be familiar with operating.” The ASQUID was a Naval Innovative Science and Engineering (NISE) funded project that was deemed a successful experiment and will be on display at the Department of Defense Lab Day in Washington D.C. April 25.



Ashley Conner The Airborne Surface Quad Thruster Interface Device, or ASQUID, attaches to the side of a MH-60 helicopter and allows the crew to lowers a MK-18 into the water to search for mines preventing Navy personnel from having to enter a minefield.

WWII veteran recognized during boot camp graduation

From Naval Service Training Command

GREAT LAKES, ILL.

Nick J. Korompilas, a World War II Navy veteran, was recognized for his heroism during a graduation at Recruit Training Command, 12 April. Pharmacist’s Mate Third Class Korompilas was recognized by Rear Adm. Mike Bernacchi, commander, Naval Service Training Command (NSTC) for his actions 74 years to-the-day before, saving the life of a shipmate when his ship, the USS Mannert L. Abele (DD 733), was sunk on 12 April, 1945. While operating near Okinawa, Japan, the ship came under attack by Japanese aircraft, including kamikaze aircraft. “After reaching the main deck to abandon ship with the others from the forward battle dressing station in the wardroom, Petty Officer Korompilas courageously returned aft through the wardroom to the galley to rescue the Chief Commissary Stew-

ards. Although the vessel was in immediate danger of submerging, he led the severely burned and dazed man to safety,” according to his citation. For his actions, he was awarded the Navy and Marine Corps Medal. During the ceremony at Recruit Training Command, Bernacchi represented the medal with the ceremony due this significant award, as well as the American Campaign Medal, Asiatic-Pacific Campaign Medal with two engagement stars, and the World War II Victory Medal, all of which Korompilas earned during his service. The Navy and Marine Corps Medal falls in order of precedence just below the Distinguished Flying Cross and above the Bronze Star. To receive this award, there must be an evident act of heroism when there is very specific life-threatening risk to the award recipient. Recognizing Korompilas was not only a fitting tribute to his heroism, but holds up his actions as a role-model for the recently graduated Sailors to live up to.



MC1 Spencer Fling Nick J. Korompilas, a World War II Navy veteran, is congratulated by Rear Adm. Mike Bernacchi, commander, Naval Service Training Command, after being presented with the Navy and Marine Corps Medal during a pass-in-review graduation ceremony at Recruit Training Command. Korompilas saved the life of a shipmate when his ship, USS Mannert L. Abele (DD 773) was sunk on 12 April, 1945. More than 35,000 recruits train annually at the Navy’s only boot camp.

“We want our Sailors to be able to perform under pressure – to be tough,” said Bernacchi. “We train them to act under stressful conditions, to take the actions needed to fight and save their ships, and take care of their shipmates. Petty Officer Korompilas’ actions 74 years ago exemplify exactly what we train our Sailors to do, he is a great example of the type of courage that makes a US Sailor. What an

honor to have him with us today.” NSTC oversees 98 percent of initial officer and enlisted accessions training for the Navy, as well as the Navy’s Citizenship Development program. NSTC also includes Recruit Training Command (RTC), the Navy’s only boot camp also at Naval Station Great Lakes, the Navy ROTC program at more than 160 colleges and universities, Officer Training Com-

mand (OTC) Newport, Rhode Island, and Navy Junior Reserve Officers Training Corps (NJROTC) and Navy National Defense Cadet Corps (NDCC) citizenship development programs at more than 600 high schools worldwide. For more news from Naval Service Training Command, visit <https://www.public.navy.mil/netc/nstc/index.aspx>

CSG 8 Receives MUC for 2015-2016 Deployment

By MC3 Michael Chen
USS Harry S Truman

ATLANTIC OCEAN

Carrier Strike Group Eight (CSG-8) received the Meritorious Unit Commendation (MUC) award, March 11, for its 2015-2016 deployment, in support of Operation Inherent Resolve.

The award was approved by the Honorable Richard V. Spencer, Secretary of the Navy, “after the recommendations of the chain of command, including the Chief of Naval Operations, and the recommendation of the Navy Department Board of Decorations and Medals,” according to a memorandum released by the Secretary of the Navy.

All personnel assigned to CSG 8 between Nov. 16, 2015, and July 13, 2016, including the flagship Nimitz-class aircraft carrier USS Harry S. Truman, Carrier Air Wing (CVW) 7, Destroyer Squadron (DESRON) 28 and CSG-8 staff, are authorized to wear the MUC. More than 6,000 Sailors and Marines that deployed with the strike group will have the award added to their records.

“I am pleased to see the hard-working Sailors that took part in that deployment being rewarded,” said Senior Chief Navy Counselor James Osbourne. “The hard work and dedication of our Sailors and the drive to accomplish the mission was crucial to our success. I remember the deck plates humming 24 hours a day with Sailors doing their part to contribute to a successful deployment. I am glad to see them all be recognized. I know that in my career, that was the most impactful deployment I have ever been a part of.”

The MUC is awarded to a unit

for exceptionally meritorious conduct in performance of outstanding services during a period of military operations against an armed enemy.

From November 2015 to July 2016, CSG-8 and Harry S. Truman completed a record-setting deployment with 2,054 combat sorties that delivered more than 1,598 pieces of precision guided munitions, substantially degrading ISIS resources and leadership

CSG-8 and Truman recently

completed another historic deployment in December 2018, setting a new precedent for the fleet with the first ever Dynamic Force Employment (DFE) deployment.

“I am not sure if we will get awarded for our deployment in 2018 but it wouldn’t surprise me if we did because that was another successful deployment and HST accomplished so many great things showing the world that we can go anywhere. We truly defined DFE and we did it well,”



MC3 Joseph A.D. Phillips

An F/A-18 lands aboard the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75). Harry S. Truman is participating in a sustainment exercise with the Harry S. Truman Carrier Strike Group, an integrated, comprehensive exercise designed to ensure the strike group is ready to meet all mission sets and carry out sustained combat operations from the sea.



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said Osbourne.

DESRON 28 units during the awarded period include: DESRON 28 staff, Ticonderoga-class guided-missile cruiser USS Anzio (CG 68), and Arleigh Burke-class guided-missile destroyers USS Ramage (DDG 61), USS Gonzalez (DDG 66), USS Bulkeley (DDG 84) and USS Gravelly (DDG 107).

CVW 7 units during the awarded period include: CVW 7 staff, the “Rampagers” of Strike Fighter Squadron (VFA) 83, the “Jolly Rogers” of VFA 103, the “Fist of the Fleet” of VFA 25, the “Pukin’ Dogs” of VFA 143, the “Patriots” of Electronic Attack Squadron (VAQ) 140, the “Wall-bangers” of Carrier Airborne

Early Warning Squadron (VAW) 117, the “Proud Warrior” of Helicopter Maritime Strike Squadron (HSM) 72, the “Nightdippers” of Helicopter Sea Combat Squadron (HSC) 5 and the “Rawhides” of Fleet Logistics Support Squadron (VRC) 40 detachment 3.

Harry S. Truman is currently underway conducting a Sustainment Exercise (SUSTEX) with CSG 8 ships and squadrons to maintain qualifications and a deployment-ready status. *For more information, visit <http://www.navy.mil/>, <http://www.facebook.com/usnavy/>, or <http://www.twitter.com/usnavy/>. For more news from USS Harry S. Truman (CVN 75), visit <http://www.navy.mil/local/cvn75/>.*

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U.S. Navy photo

Abraham Lincoln visits Palma de Mallorca

By MC3 Amber Smalley
USS Abraham Lincoln (CVN 72) Public Affairs

MEDITERRANEAN SEA

The Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) arrived in Palma de Mallorca, Spain, as part of a scheduled port visit, April 15.

The visit marks the first liberty port call for Abraham Lincoln Sailors since departing Norfolk, April 1, and the first visit of a U.S.

Navy aircraft carrier in Palma de Mallorca since the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) arrived in 2014.

“I am looking forward to pulling into Palma because this is the first port for Abraham Lincoln in about seven years,” Capt. Putnam H. Browne, commanding officer of Abraham Lincoln, said. “It will be a nice time for all Sailors, especially those who have never pulled into port before. I am ex-

cited to experience Palma with them and engage with our Spanish navy partners. We’re so grateful to the city for hosting us here.”

“I am excited to continue working alongside our Spanish allies and experience more of their culture while in Palma,” said Explosive Ordnance Disposal Technician 3rd Class John Garnett, a Sailor attached to Abraham Lincoln.

While in Palma de Mallorca,

Sailors will volunteer at a local food bank and participate in sporting competitions with troops from the Spanish army. Sailors will also immerse themselves in Spanish culture by taking tours of the region and experiencing local scenery and establishments.

Abraham Lincoln is deployed as part of an ongoing rotation of forward-deployed forces in support of maritime security cooperation efforts in the U.S. 5th, U.S. 6th and U.S. 7th Fleet areas of operation. With Abraham Lincoln as the flagship, deployed strike group assets include staffs, ships and aircraft of Carrier Strike Group 12, Destroyer Squadron 2, Ticonderoga-class guided-missile

cruiser USS Leyte Gulf (CG 55) and Carrier Air Wing (CVW) 7; as well as Alvaro de Bazan-class frigate ESPS Méndez Núñez (F 104).

Abraham Lincoln departed its homeport earlier this month to support maritime security operations along with other coalition maritime forces and is scheduled to travel around the world to execute a homeport ship from Norfolk to San Diego.

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

For more news from USS Abraham Lincoln (CVN 72), visit www.navy.mil/local/cvn72/.



MC3 Skyler Okerman

The aircraft carrier USS John C. Stennis (CVN 74), front left, the French Marine Nationale aircraft carrier FS Charles de Gaulle (F 91), front right, the guided-missile destroyer USS McFaul (DDG 74), the guided-missile cruiser USS Mobile Bay (CG 53), the Royal Danish navy frigate HDMS Niels Juel (F 363), and the French air defense destroyer FS Forbin (D 620) transit in formation in the Red Sea, April 15, 2019.

Maritime Exercise with Charles de Gaulle, John C. Stennis Strike Groups in Red Sea

By MC3 Jacob L. Greenberg
USS John C. Stennis (CVN 74)

RED SEA

Maritime forces from France’s Charles de Gaulle Carrier Strike Group and the John C. Stennis Carrier Strike Group participated in a naval passing exercise (PASSEX) in the Red Sea, April 15.

The Charles de Gaulle Carrier Strike Group, composed of France’s Marine Nationale aircraft carrier FS Charles De Gaulle (R 91), F70AA-class air defense destroyer FS Forbin (D 620), and the Royal Danish Navy Iver Huitfeldt-class frigate HDMS Niels Juel (F 363), along with the John C. Stennis Carrier Strike Group, composed of the aircraft carrier USS John C. Stennis (CVN 74), guided-missile cruiser USS Mobile Bay (CG 53), and guided-missile destroyer USS McFaul (DDG 74), conducted dissimilar

aircraft training, a nighttime gun exercise (GUNEX), a liaison officer exchange program, and a photo exercise.

“French Rafale aircraft and American [F/A-18] Super Hornets conducted air-to-air combat and tanking (refueling) training,” said Cmdr. Desobry Bowens, Carrier Air Wing Nine’s operation officer (CAG-Ops) embarked aboard the John C. Stennis. “The Rafales also performed touch-and-go procedures on the [John C. Stennis’] flight deck.”

The ships and their crews were put through several integrated training events.

“We did a liaison officer exchange, where their CAG-Ops and admiral spent time aboard the John C. Stennis, and our admiral went to the Charles De Gaulle,” said Bowens. “We also exchanged landing signal officers from both aircraft carriers to

cross-train. Both carriers have similar aircraft landing equipment.”

Conducting joint operations and exercises in the region with allied NATO partners is beneficial to everyone involved.

“[This] PASSEX enhances partnerships with our NATO allies, and promotes interoperability,” said Bowens. “We can better understand how each other operates. [The John C. Stennis Carrier Strike Group’s] mission often includes presence operations, and when we work in combined airspace, we show strength through resolve. We’re not just two aircraft carriers passing by each other at sea, we’re working together.”

A similar viewpoint was shared by French leadership.

“This PASSEX with John C. Stennis strike group, a few days only after entering the Red Sea,

emphasizes Charles de Gaulle’s come back at its highest level,” said Capt. de Saint Germain, commanding officer of Charles de Gaulle. “That kind of interaction is the best way to increase our interoperability with our American ally.”

The John C. Stennis also provided targets for French Rafales to strafe at during the nighttime GUNEX.

PASSEX is just one of many exercises conducted by partnerships in support of regional security and stability. The exercise concluded with a photo exercise, capturing the strength through unity that multi-national navies have while operating together.

This PASSEX is one of the many ways the U.S. Navy works with France’s Marine Nationale in the U.S. 5th Fleet area of operations. In January 2019, USS

John C. Stennis and France’s Marine Nationale F70AA-class air defense destroyer FS Cassard (D 614) culminated weeks of interoperability training

The John C. Stennis Carrier Strike Group is deployed to the U.S. 5th Fleet area of operations in support of naval operations to ensure maritime stability and security in the Central Region, connecting the Mediterranean and the Pacific through the western Indian Ocean and three strategic choke points.

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

For more news on John C. Stennis, visit www.stennis.navy.mil or follow along on Facebook at www.facebook.com/stennis74.



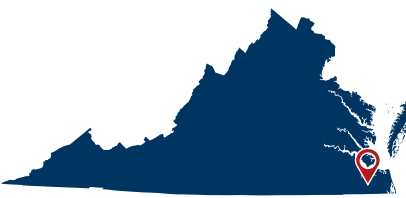
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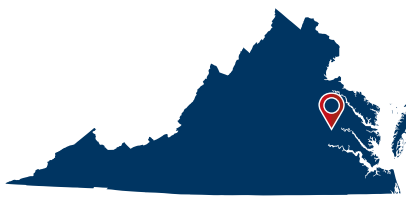
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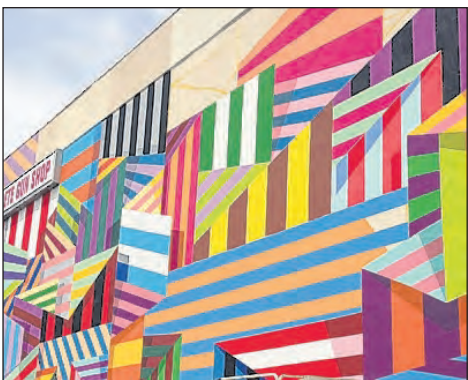
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Starting April 19, you can take a free walking tour of Norfolk's NEON District, and see the murals and sculptures that have made the area one of the most talked about.

» See **C2**



Courtesy Virginia Zoo

From Ashley Grove Mars

NORFOLK

The Zoo is kicking off Spring with two new babies - a bongo calf and porcupette were recently born and can soon be seen on exhibit.

A crested porcupine baby, called a porcupette, was born to parents Wilma and Flapjack on March 26, 2019. This is the second offspring for the parents. Keepers call the baby, a female, Stompers. She weighed just over a pound at birth and is already starting to nibble on solid foods. Mom and baby are expected to be off exhibit in the ZooFarm for another week or so while they bond and the exhibit is babyproofed. Crested porcupines are native to various regions in Africa. The species can grow up to 25 to 32 inches long and weigh from 25 – 32 lbs. There are no major threats to this species.

An Eastern bongo calf, a male,

was born to mom Betty on Friday, April 5, 2019. He weighed 48.5 lbs. at birth, and is the seventh offspring for mom, Betty and fifth for father, Bob. The calf, who Keepers named Boomer, brings the herd total to eight. Betty and new baby are out on exhibit with the rest of the herd and can be seen in their exhibit in the Africa – Okavango Delta at various times throughout the day, depending on weather conditions and their activity levels. Bongos are large-bodied, relatively short-legged antelope with long spiraling horns that make one complete twist from base to tip. Bongos inhabit low-land forest of Kenya.

The Zoo is open daily from 10 a.m. to 5 p.m. Family memberships start at just \$129, daily admission is \$14.95 for children and \$17.95 for adults. Visit virginiazoo.org for more info.



Courtesy Virginia Zoo

Huggies grant supports hugs from volunteer cuddlers at CHKD

From Norfolk.gov

NORFOLK

Children’s Hospital of The King’s Daughters has received a \$10,000 grant from Huggies “No Baby Unhugged” program to support its volunteer cuddler program.

The grant was one of eight given to hospitals throughout the country this year to start or support ongoing programs that increase human touch of newborns in neonatal intensive care units. At CHKD, the grant will be used to buy recliner chairs and footstools and to pay for expenses such as volunteer immunizations, uniforms, and background checks.

CHKD opened its NICU in 1972. Today, it’s the most advanced in the region, admitting about 550 babies a year. The volunteer cuddler program began in 2003 with nine cuddlers, a number that’s since grown to 39. Last year, they logged 1,600 hours of hugs. Cuddlers must first have 60 hours of volunteering in other parts of the hospital before taking on this important position. For more information about volunteering at CHKD, visit www.chkd.org/volunteer.



Dale Pearson, CHKD’s longest running volunteer cuddler, has been comforting NICU babies for the past 15 years. She’s a polio survivor who spent time in the hospital as a child growing up in Maine, and remembers seeing others in “iron lung machines” in wards far different from the cheerful units at CHKD. The Portsmouth resident comes to CHKD every week to bring comfort and cheer to hospitalized children.

“Hugs are critical to our babies here at CHKD,” said Laura Biava, director of patient care services at the NICU. “Not only do cuddlers provide touch to help babies develop and grow, but they also reduce the burden and stress for families and staff who can’t always be there to cuddle their babies.”



iStockphoto

CalendarCommunity

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

Elle King “Shake The Spirit” Tour

- April 19, 8 p.m. \$25 advance, \$29.50 at door
- The Norva, 317 Monticello Ave., Norfolk
- www.thenorva.com

Known for her fantastic live set, Elle was singled out by New York Magazine as “one of the 10 female acts that will dominate SXSW,” Entertainment Weekly wrote “Elle King had a hot set and proved she can jump between genres with the greatest of ease...” Yahoo called her a “Badass blues-rock powerhouse,” Entertainment Tonight continued “King’s firecracker personality becomes (even more) larger than life when she hits the stage, where she flips her hair, swigs from her cup and sings each and every song like it’s her last” and The Austin Chronicle declared “...Elle King’s powerful bluesy vocals ripping ribald and defiant.” Elle has performed her single “Ex’s & Oh’s” on The Today Show, Tonight Show Starring Jimmy Fallon, Late Night with Seth Meyers, and VH1 Big Morning Buzz Live in support of the release of her debut album LOVE STUFF which has received overwhelming critical acclaim.

2019 SGK Gun Show

- April 19, 9-5 p.m. April 20, 10-4 p.m. \$10
- Virginia Beach Convention Center, 1000 19th Street, Virginia Beach
- www.sgkshows.com

The gun show is an American tradition that traces its roots to the early days of our country’s settlement, when hunters and trappers ended their season in a “rendezvous.” Like those early meetings, the contemporary gun show is an event that allows participants to view, buy, sell, and trade a wide variety of shooting and sporting products. Gun shows contain a mix of accessories and weaponry. Displays range from rare and collectible civil war weaponry to the most recent hunting and shooting products. General merchandise also found at the show include army surplus, shooting supplies, historical collectibles, and other forms of militaria. The gun show is an organized and legal event that promotes understanding of the shooting sports, appreciation of American history, and an opportunity to view historic and contemporary weapons. A variety of people, from professionals to blue-collar workers, attend gun shows. Gun show patrons attend the shows as collectors, hobbyists, sportsmen, and hunters; many also attend because they are interested in home defense.

Easter Egg Hunt at Wave Church

- April 20, 9 a.m.-12 p.m.
- Wacve Church, Great Neck Campus, 1000 North Great Neck Rd.
- www.wavechurch.com

Wave Church has so much in store for the entire weekend as we present the Easter story in a relevant way. Wave Church’s Easter Weekend begins on Saturday, April 20th with a free Easter Egg Hunt for the whole community. This celebration includes 75,000 candy-filled eggs, a skydiving Easter Bunny, petting zoo, food trucks, games, bounce houses, and fun for the whole family! Easter Sunday morning, April 21st, the fun continues with an incredible service, powerful praise and worship, a fun program for all children and middle school students, and a petting zoo after each service!

NSA HR Northwest Spring Fling Eggspo!

- April 20, 10 a.m. - 12 p.m. Free
- Mariner Community Recreation Center Field, 237 Relay Rd., Bldg. 237, Chesapeake
- 757-421-8250

Join us for the Spring Fling Expo on Saturday, April 20, 10 a.m. to 12 p.m. in the field next to Mariner Community Recreation Center. Come and enjoy a day of fun with bounce houses, rock wall, face painting, egg hunt, & more! There’s lots to see and do! Egg hunt will start at 11 a.m. with 0-12 months followed by 1-2, 3-4, 5-7, and 8-12 years old. Call 421-8250 for more information.

HSR HR Portsmouth Underwater Easter Egg Hunt!

- April 20, Noon - 3 p.m.
- NSAHR Portsmouth - Riverview Aquatics Center 840 Sterling Cook St. Bldg. 252, Portsmouth
- 757-953-5095

Join NSA HR Portsmouth MWR Aquatics on Saturday, April 20 for a free Underwater Easter Egg Hunt from 12 to 3 p.m. Enjoy fun, games, prizes, music, and photos with the Easter Bunny!

NAVSTA Norfolk - Easter Eggspedition

- April 20, 10 a.m. - 1 p.m.
- NAVSTA Norfolk - Parade Field, 1570 Gilbert St., Norfolk
- 757-445-6663

On Saturday, April 20 from 10 a.m. to 1 p.m. Naval Station Norfolk MWR is hosting an Easter Eggspedition. Come dressed as a cute bunny to participate in th Bunny Hop Run and Easter Egg Hunt! Call 757-444-4814 to register and for more information.

Hunt Club Farm Easter Spring Fling & Egg Hunt

- April 20 & 21, 10 a.m. - 5 p.m. \$15/child, \$9/adult
- Hunt Club Farm, 2388 London Bridge Rd., Va Beach
- www.huntclubfarm.com

Children’s Easter Egg Hunt, Visits with the Easter Bunny, Farm Tour Hayrides, Petting Farm Admission, Unlimited Inflatable Amusements, Live DJ with Music and Farm Games, Costumed Characters, Visit with Live Bunnies & Chicks, Artisan & Vendor Village!

■ Submit YOUR events, news and photos

The Flagship welcomes submissions from our readers online.

Please submit **events** here: www.militarynews.com/users/admin/calendar/event/

Please submit **news** and **photos** here: www.militarynews.com/norfolk-navy-flagship/submit_news/



Courtesy Norfolk.gov

Norfolk Coaches Inspire Youth through a New Mentorship Program

From Norfolk.gov

NORFOLK

Norfolk Recreation, Parks & Open Space (RPOS) kicked off a new mentorship program called #TURNT on April 6th for youth ages 10 to 16 at the Norfolk Boxing Center. The purpose of #TURNT, which stands for Transforming, Unifying, Recognizing Norfolk Teens, is to teach leadership, life skills, personal development and engage in physical fitness and team building in a fun and interactive environment. Over 65 Norfolk youth were in attendance.

The session opened with remarks from Mayor Kenneth Cooper Alexander, Councilman Paul Riddick, Councilwoman Andria McClellan, Councilwoman Courtney Doyle, Sheriff Joe Baron and Director of Recreation, Parks & Open Space Darrell Crittendon. Coaches Hank and Sandra Sawyer, Lake Taylor High School Football and Girls Basketball, facilitated a session on leadership, character, emotional intelligence, and the importance of having a high moral compass and being a person of influence. Coach Mustafa McDowell of Team Norfolk Boxing also provided a boxing demo and tips on conflict resolution.



Courtesy Norfolk.gov

“The program was previously named “Coach’s Corner. Our coaches and participants changed the name to #TURNT to better connect with area youth and promote a place for personal growth. We are excited to be a catalyst for the development of our future leaders,” said Darrell Crittendon, Director of RPOS.

Hampton Roads Transit (HRT) provided bus passes to participants for future sessions. #TURNT takes place on the first Saturday of each month through September. Below is the complete schedule. All sessions are free. Register by calling a participating recreation center.

- Session #2: May 4 @ Huntersville Recreation Center (664-7434)
- Session #3: June 1 @ Lakewood Athletic Office (441-5834)
- Session #4: July 6 @ Berkley Recreation Center (441-1912)
- Session #5: August 3 @ East Ocean View Recreation Center (441-1785)
- Session #6: September 7 @ Titus-town Recreation Center (441-1259)
- Time: All sessions are 11 a.m. – 1 p.m.
- Lunch & Transportation: Provided by RPOS staff; pick-up and drop-off available at participating recreation centers.

Free NEON District Art Tours Begin April 19 through NEON Festival in October

From Norfolk.gov

NORFOLK

Downtown Norfolk Council has partnered with Norfolk Tour Company to offer free monthly walking tours of the NEON District April through October. The tours explore the District that now has more than 87 pieces of public art and a multitude of local businesses that make up the neighborhood fabric.

Art installations include murals, statues and lighting from works by nationally celebrated visual artists like Esteban del Valle and HENSE, to local heroes like Carl Medley III and Hannah Kirkpatrick, to the world-renowned Chrysler Museum of Art.

Each tour also highlights a NEON District business or partner, which provides tour attendees with a special experience or promotional offer.

“We want to welcome new visitors through these tours,” said Rachel McCall, special projects manager with Downtown Norfolk Council. “We hope it creates a relationship with our businesses and repeat visits throughout the year.”

- April 19, 6:30 p.m., Chrysler Museum of Art
- May 18, 7 p.m., d’Art Center
- June 14, 7 p.m., Virginia Opera
- July 19, 7 p.m., Norfolk Printing Company

- August 16, 7 p.m., Zeke’s Beans & Bowls
- September 20, 6 p.m., Be a Local LoveVA
- October 17 & 18, NEON Festival

No rsvp is needed to join the tour. Facebook event pages offer more information and tour details.

“Each tour will be a little different, and we are working with the local businesses to offer after-hours access, refreshments or product samples,” said Joshua Weinstein with Norfolk Tour Company. “For April 19, visitors will enjoy a talk about the Chrysler Museum of Art’s The Torchbearers statue in addition to an after-hours tour of the Chrysler Museum Glass Studio.”

These popular tours started last summer, and participants include locals and tourists. One group included professors from China who were visiting Old Dominion University.

Norfolk Tour Company was founded in 2018 by Joshua Weinstein, who has spent years crafting tour programming of Norfolk’s historic cemeteries, the Chrysler Museum and the NEON District. In addition to local walking tour programs focusing on history, public art, architecture and food, Norfolk Tour Company also provides tours, step-on guides, escorts and tour assistants to out-of-town groups visiting Norfolk. For more information, please visit toursofnorfolk.com.



Courtesy Virginian-Pilot

Admirals win season finale thanks to three point night from Rodriguez

By Kristopher Clark

NORFOLK

Alex Rodriguez scored two goals and added an assist as the Norfolk Admirals edged the Greenville Swamp Rabbits Saturday Night at Scope. Ben Duffy also added a goal for the Admirals. The Admirals finish the season with a record of 27-36-6-3 and 63 points.

Norfolk jumped out front early with a goal from Alex Rodriguez. Mitch Hall played the puck around the boards for Darian Romanko. Romanko dropped a pass back into the circle for Rodriguez who shot the puck over the stick of Kyle Hayton and into the net to give Norfolk a 1-0 lead at 2:02 of the first period.

The Admirals extended their lead with a goal from Christian Horn. Eric Roy played the puck out of his own defensive zone. Roy found Luke Nogard who tipped the pass to Horn skating through the neutral zone. Horn entered the Greenville zone and fired off a shot that beat Hayton to the stick side to give Norfolk a 2-0 lead at 4:41 of the first period.

Norfolk would strike again courtesy of Alex Rodriguez once again. Greenville was not able to clear the puck out of their zone



Paul Jensen

which led to an opportunity for Norfolk. Domenic Alberga received a pass in the right circle. Alberga fired a one touch pass to Darik Angeli in the left circle. Angeli then fed a pass back-door to Rodriguez who had an easy tap-in goal to give Norfolk a 3-0 lead at 15:43 of the first period.

Greenville got on the board with a late goal from Austen Brassard. Kamerin Nault got the puck after it was played around the boards by Michael Pelech. Nault found Brassard who fired off a shot which beat Reichenbach between the legs to cut the Norfolk lead to 3-1 at 17:34 of the second period.

The Swamp Rabbits cut the Norfolk lead to 3-2 with a goal from Michael Pelech. Zach Franko played a puck to Pelech at the side of the Norfolk net. Pelech back-handed a shot that beat Reichenbach to make the score 3-2 at 6:50 of the third period.

Greenville would tie the game with a power-play goal from Brendan Harms. Clint Lewis played the puck from the right point to Adam Larkin. Larkin passed the puck into the left circle for Harms, who shot the puck and beat Reichenbach between the legs to tie the game at three goals apiece.

The Admirals reclaimed their one-goal lead with a goal from Ben Duffy. Mitch

Ferguson played the puck to Alex Rodriguez as he entered the Greenville zone. Rodriguez played a pass to Duffy who fired off a backhand shot over the glove of Hayton to give Norfolk a 4-3 lead.

Norfolk would hang on and win by a 4-3 final score. Ty Reichenbach made 34 saves on 27 shots to win his 22nd game of the year while Kyle Hayton made 19 saves on 23 shots to take the loss for Greenville.

The Admirals have concluded their season for 2018-19. 2019-20 Season Tickets are on sale now! Call the Norfolk Admirals sales office at 757-640-1212 to get ready for next season!



Brandpoint image

5 tips to make your healthy goals a reality

From Brandpoint

Making small, sustainable changes in your lifestyle can result in big health improvements.

Here are five tips to kick-start your goals with small, healthful changes that can become part of your life - for good.

1. Goal: Exercise one hour every day

Kick-start: Add movement every day in 5- to 10-minute increments. Take a short walk around the office, stroll outside during the lunch hour or after dinner, jump on that exercise bike in the basement for a spin each morning or dance to music while you're getting dinner ready. Sticking to a short period of movement a few times a day is a great way to boost energy and start building the exercise habit. While most of us find it hard to commit to big chunks of time, it's tough to say no to 5 or 10 minutes. Arrange to walk with a friend if that helps keep you on track.

2. Goal: Drink eight glasses of water every day

Kick-start: Increase water consumption by one glass at a time - when you first wake up, or before lunch and dinner. Drinking water before meals helps you feel full and

aids digestion. If water doesn't entice you, make it easier for yourself by finding a water bottle that's easy to carry around. Add a splash of lemon or lime for flavor. Once you're in the habit of drinking water before one meal, it will be easier to add a glass before other meals as well.

3. Goal: Cut out all sugar

Kick-start: Find healthy alternatives to reduce your sugar cravings. Try Monk Fruit In The Raw, a zero-calorie sweetener made from the vine-ripened monk fruit, which is native to Southeast Asia. This certified vegan, naturally gluten-free product can be added to recipes, smoothies and more.

4. Goal: Cut out all snacking

Kick-start: Find healthy, easy-to-prepare snacks to stave off cravings for junk food, and to prevent you from overeating at mealtime. Small handfuls of nuts, raw veggies and fruits are obvious choices. Limit your snacks to 2-3 times per day. If your sweet tooth is your downfall, use a natural sweetener to sprinkle or drizzle on berries, or add a spoonful to your tea or coffee.

5. Goal: Stick to a specific diet

Kick-start: Examine the diet you're trying, whether it's keto or paleo or something else, to identify the most important el-

ements, and don't go cold turkey. The keto diet is mostly about cutting carbs and sugars, plus highly processed sugar-free diet foods. The paleo diet also emphasizes proteins, cutting all dairy and sugar. Because both of these trending diets recommend eliminating sugar and any artificial sugar substitutes, a sweetener such as Monk Fruit In The Raw is a great alternative. Cutting all carbs or dairy can be too challenging for most people - try reducing the "forbidden items" gradually to wean yourself from your usual eating habits.

Don't give up on your goals. Adjusting your expectations will help you adapt more healthful habits you can stick with for a long, healthy life. Take that first step by adding the following recipe for Granola and Yogurt Parfaits to your routine:

- Nutty Grain-Free Granola and Yogurt Parfaits
- 4 Servings
 - Prep time: 20 minutes
 - Cook time: 45 minutes
 - 1 cup Brazil nuts, roughly chopped
 - 1 cup walnuts
 - 1 cup pumpkin seeds
 - 1/2 cup almond meal
 - 1/4 cup flax seeds

- 1/4 cup chia seeds
- 2 egg whites
- 1 tablespoon coconut oil, melted
- 6 packets Monk Fruit In The Raw
- 1 cup blackberries
- 1 and 1/2 cups unsweetened whole milk Greek yogurt

Directions:

Preheat oven to 325 degrees. Line a baking sheet with parchment paper. In large bowl combine Brazil nuts, walnuts, pumpkin seeds, almond meal, flax seeds, chia seeds, egg whites, coconut oil and monk fruit. Mix until thoroughly combined. Spread mixture on baking sheet. Bake 45 minutes, stirring every 15 minutes until lightly browned and fragrant. To serve, divide a few blackberries among 4 parfait glasses. Top with a spoonful of yogurt and 2 tablespoons of granola. Repeat layering once more, finishing with granola on top. Store leftover granola in an airtight container at room temperature for up to 1 month.



Statepoint image

Updating your cell phone service and data plans is a great way to reduce your monthly budget.

3 ways military families and veterans can stretch their budget

From Statepoint

“How can we make our money go further?” The eternal question being asked by families everywhere, every day. While military families are no strangers to the same budgeting dilemmas as everyone else, the good news is that there are plenty of ways that our servicemen and women, veterans and their families, can stretch their dollar and live more affordably.

Bank Smart

Think before you bank. Does your bank make it easy to conduct transactions overseas? Does it have specially trained staff familiar with military and veteran home lending opportunities? Does it provide financial education to those who have

served?

Your money will go further when you select a bank that understands the needs of active duty service members, veterans and their families. What’s more, when you need a loan, shop around and thoroughly research special military discounts and repayment plans that are flexible and personalized for your needs.

Connect for Less

Military families know better than anyone else the importance of staying connected. But all that video calling and photo sharing can be pricey if you’re paying for hefty data bundles and cell phone plans. Instead, opt for a wireless provider that offers great deals for veterans, service members and their families.

T-Mobile ONE Military offers all the benefits of T-Mobile ONE -- unlimited talk, text and data, texting and data (including texting and data abroad in over 210 countries) and complimentary Netflix at a discounted rate on up to 12 phone lines.

And if you’re in the market for a fancy new phone – now really is the time to switch. T-Mobile recently announced a trade-in deal on all the 2018 smartphones from LG, Samsung and even the new iPhones. Available for a limited time, you can currently get the latest iPhone XR for just \$10 per month when you trade in your old phone. And when you combine the trade-in deal with T-Mobile ONE Military, you can get four lines of unlimited

and four iPhone XRs for just \$35 per month a line – all on America’s fastest 4G LTE network.

Leverage Tax Breaks

One of the largest financial benefits of military service are the tax breaks. Make sure you leverage all the tax breaks available to you and your family -- from exclusions offered to those serving in combat zones to moving expense deductions to job search cost deductions when you re-enter civilian life.

Then, take the money saved from these deductions and invest it into your family’s financial wellness. Great places to divert your tax savings include a rainy-day fund or a retirement account.

When working out your family’s finances, it’s important to keep in mind these special discounts and opportunities available exclusively to military families. Simple choices will help you stretch your budget and get on the path towards greater financial wellness.

Seasonal allergies: 8 tips that offer relief

From Brandpoint

Spring. The time of year when, as poet Alfred Lord Tennyson famously said, a young man’s (and woman’s) fancy “lightly turns to thoughts of love.” That is, of course, if you’re not sneezing, coughing or dealing with itchy eyes. Spring allergies seem to get worse every year. Is there anything you can do to avoid them?

Yes, says allergist Dr. Todd Mahr, president of the American College of Allergy, Asthma and Immunology (ACAAI). “You might feel like suffering from allergies is going to happen every spring no matter what, but there are ways to help alleviate your symptoms.”

These 8 tips will help you enjoy the season instead of sitting it out indoors.

1. See an allergist. Before the season kicks in, make an appointment with an allergist to find out exactly what is causing those itchy, watery eyes. Discovering the allergen that you’re reacting to is the first step in treating it. The ACAAI’s Allergist Locator can help you find a board-certified allergist in your area.
2. Find out if it’s allergies or asthma. Or both. The symptoms from asthma can be similar to those of allergies. Allergies plus asthma can be a one-two punch for some allergy sufferers. Almost 75 percent of asthma sufferers also have allergies. Your allergist can diagnose what’s causing your symptoms and offer suggestions for treatment, so you can start living the life you want to live.
3. Consider allergy shots ... They may be the best way to treat tree, grass, mold, dust mite, cat and dog allergies. Allergy shots are immunotherapy. That means your allergist will gradually give you increasingly larger



Brandpoint image

- doses of whatever you’re allergic to. There are also tablets that melt under your tongue to treat allergies to ragweed, grass pollen and dust mites. Both forms create a tolerance within your immune system.
4. ... or get a prescription. Research has shown that most allergy sufferers find prescription medications more effective than those they can get over the counter. But most people don’t go in search of a prescription. An allergist can discover exactly what you’re allergic to and prescribe the right medication to ease your symptoms.
5. Start medication before the season hits. Don’t wait. Much like successful pain management involves getting in front of pain before it kicks into high gear, by taking your allergy medications before the worst symp-

- toms develop, you’ll be doing a lot to alleviate those symptoms.
6. Commit to a thorough spring cleaning. It’s not just to give the house a fresh look after the long winter. A deep clean will reduce allergens like mold, which build up in basements and other areas where you might not go every day. It’s also a great way to get rid of the pet hair and dander that have built up in places like your sofa. Wash throw rugs regularly, too, in hot water.
7. Wash the day away before going to bed. Take a shower and wash your hair before hitting the hay to rinse away pollen and other allergens you’ve picked up during the day. Similarly, wash your sheets and bedding once a week in hot water.
8. Use the AC. It’s tempting to throw open

- the windows and let that fresh spring air waft into the house. The only problem is, pollen and other allergens will waft in with it. Instead, use your air conditioner and make sure the filter is clean. Change your filter every three months and use one with a MERV rating of 11 or 12.
- With a few commonsense tactics, you can get ahead of your allergies and keep them in the rear-view mirror all season long.
- ACAAI allergists are board-certified physicians trained to diagnose allergies and asthma, administer immunotherapy and provide patients with the best treatment outcomes. For more information and to find relief, visit AllergyandAsthmaRelief.org.



Taron Egerton stars as Elton John in "Rocketman."

Paramount Pictures/David Appleby

coming to theaters

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 Per-

fection -- 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 19
6 p.m. Us (R)

Saturday, April 20
1 p.m. Wonder Park (PG)
4 p.m. Captain Marvel (3-D) (PG-13)
7 p.m. Us (R)

Sunday, April 21
1 p.m. Fighting With My Family (PG-13)
4 p.m. Captain Marvel (PG-13)
7 p.m. Hotel Mumbai (R)

NAS Oceana, Aero Theater – 433-2495

Thursday, April 18
6 p.m. Captian Marvel (PG-13)

Friday, April 19
6 p.m. Us (R)
9 p.m. Hotel Mumbai (R)

Saturday, April 20
12 p.m. Captain Marvel (PG-13)
3 p.m. Wonder Park (PG)
6 p.m. Hotel Mumbai (R)

Sunday, April 21
12 p.m. Wonder Park (PG)
3 p.m. Tyler Perry's A Madea Family Funeral (PG-13)
6 p.m. Us (R)

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

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Announcements

3388 PRINCESS ANNE RD STE 411
3388 Princess Anne Rd Ste 411 Nails Plus Day Spa (Wine & Beer on premise) Peiwei Wu- Manager Member Virginia Beach VIRGINIA ALCOHOLIC BEVERAGE CONTROL AUTHORITY 2901 Hermitage Road P.O. Box 27491 www.abc.virginia.gov Richmond, VA 23220 RETAIL LICENSE APPLICATION- PART TWO (POSTING AND PUBLISHING)
Full name(s) of owner(s)
New Nails Plus 168 LLC
Trading as:
Nails Plus
3388 Princess Anne Rd Ste 411 Virginia Beach, VA 23456-2612
The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Day Spa license to sell or manufacture alcoholic beverages. Peiwei Wu, Manager Member
Note: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200

PUBLIC AUCTION
Public Sale - American Patriot Self Storage - 830 Broad St., Ports, VA Auctioning 3 Units:3C2, CC106 and 4C2. Bid from home via www.storage-treasures.com. Terms: Cash, Debit Card or Money Order. Bidding opens 04/18/19 and closes approx 12:30pm 04/25/19.

PUBLIC NOTICE
Notice is hereby given that Ernie Styron has requested authorization from the Virginia Marine Resources Commission to construct a 4-foot by 16-foot finger pier and a boatlift as an addition to an existing private pier along Sterns Creek at 2324 Sterling Point Drive in Portsmouth. Send comments/inquiries within 15 days to: Marine Resources Commission, Habitat Management Division, 380 Fenwick Road, Building 96, Fort Monroe, VA 23651. Payment will be made by Ernie Styron, c/o Waters Wedge Construction, LLC, P.O. 3457, Portsmouth VA 2370. The agent, Corey Punch, may be reached at (757)818-3378 or via email cpunch@netzero.net.

SENIORS BUS TOUR TO NOVA SCOTIA
PEI & NEW BRUNSWICK, 9/19-9/29; TRANSPORTATION, LODGING, & MEALS INCLUDED. \$1199. CALL MARY STEDMAN 757-436-3814; DEPOSIT \$75 DUE NOW.

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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.

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ESTATE SALE
1021 E. Princess Anne Rd., Norfolk Wed. & Thurs., 4/17 & 4/18 8:30 AM-3 PM
Lg warehouse full of assorted items, furniture, household goods, glassware, antiques, paintings, prints, boat items, rolls of rope, boxes of sandpaper, tools, old store stock of new jeans & other clothing, lamps, lots of assorted office furniture, metal pallet racks, ladders, hand trucks, large safe, tons of different stuff. Everything Must & Will Be Sold Cash/Check Only. Larry Zedd, Va Beach Antique Co. 422-4477.

Flea Market/Bazaars

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Share condo, private bed, bath & TV, available now. \$650/mo. Mary 757-471-1559

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ESTATE OF RODNEY W. SIMMONS SATURDAY, APRIL 20, 10:30 AM. *2015 HARLEY DAVIDSON TRI GLIDE MOTORCYCLE

*2008 HARLEY DAVIDSON SCREAMING EAGLE DYNA

*2007 HARLEY DAVIDSON ULTRA CLASSIC

*2004 HARLEY DAVIDSON WIDE GLIDE

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Autos for Sale

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78K, serviced, clean. \$4975. 439-0582. va dir

CHEVROLET 2010 IMPALA



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CHRYSLER 2008 TOWN & COUNTRY
 Touring. Beautiful burgundy finish, slow away seats, auto, air, loaded, inspected. \$5,990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

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

FERRARI 1989 328



GTS, RED EXT. W/TAN INTERIOR, 32K MILES, EXTREMELY RARE, 5-SPEED MANUAL, IN NEW CONDITION, ALL SERVICE RECORDS, UPGRADED 134 AC, FERRARI CAR COVER, TOOLKIT, NEW TIRES FULLY SERVICED. 2-OWNERS CLEAR CARRY. MUST SEE TO BELIEVE! 757-373-3257

FORD 2003 MUSTANG



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

FORD 2004 THUNDERBIRD



Restored, Blue, always garage kept, 2 tops. \$10,500. 757-761-0243

HONDA 2006 ACCORD
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HONDA 2006 CIVIC

LX, excellent condition, auto, air, loaded, inspected. \$2,990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

HONDA 2016 CIVIC



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

HONDA 2017 ACCORD



Excellent condition. Only one owner. Non-smoker. Well maintained. Auto-dimming mirror. Dark Blue. No accidents or mechanical issues. Mostly highway driving. 75,550 miles. \$14,895 (757) 229-1895

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LEXUS 2006 GS 300



Navigation, AWD, serviced, clean, 101K mis., \$8900. 439-0582. va dir.

LINCOLN 1978 MARK V
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TOYOTA 2010 COROLLA

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

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

VOLKSWAGEN 2008 PASSAT



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

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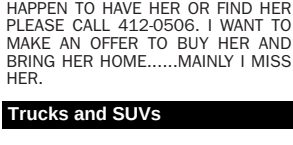
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2003 Ford F250 XL; Automatic; 5.4L V-8 224,700 MILES Runs Great! \$6500 FIRM Call: 757-460-0999

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

FORD 2007 ESCAPE



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

FORD 2007 RANGER



XL standard cab, 5 speed manual, white 124,500 miles, 4 cyl, 2.3 L, 6' bed, liner, newer tires, battery, new pressure plate, clutch, bearing, Carfax available, 2 door, 2WD \$4995 obo. 757-576-5003 talk or text

FORD 2011 F150



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

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SE Double cab, LOW MILES 108k. 4WD, mint cond, garage kept, auto, air, loaded, \$8850 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

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Fun and Games

Super Crossword

ACROSS

1 Firing sound
6 Frog sound
11 Kerfuffles
15 Soldiers of Seoul
19 Old Aegean region
20 Singer with the 2013 #1 hit "Royals"
21 Typesetter's option
22 Saber's kin
23 Film that's both funny and gloomy
25 Thin material used in painting and baking
27 Bulls scores
28 Putt-putt
30 Yard sale proviso
32 With 40-Across, classic grape drink
33 Step inside
34 "Mirage" actor Edward James —
38 Boolean logic operator
40 See 32-Across
42 Opening bets
45 Overhead air circulator

DOWN

48 Films, TV, hit songs, etc.
51 Fancy snack
52 — McAn
54 See 50-Down
55 Chilly powder
56 "The Simpsons" shopkeeper
57 Clock setting in NYC
59 "... man — mouse?"
61 Sketched
63 Priest
64 Homeland
69 "— Brockovich"
71 Cynic's look
72 Sheep group
73 — vu
75 Metal debris
79 Pianist Hines
81 Alternative medical practices
84 Rubble maker
87 TVs "Better Call —"
89 "— hoo!" ("Hello!")
90 Equal: Prefix
91 Subpar mark
92 High cards
94 FBI agent
96 Bulky brass

ACROSS

98 Michigan county or its seat
101 Important biblical meal
104 Clownish type
105 Really bug
107 Give and take
109 — chi
110 Sales talk
111 Of Tehran
114 Fish story
116 Pulitzer winner William
118 Dictionary, e.g.
122 Film theaters
127 Ethiopia, formerly
128 Playing card apt to this puzzle's theme (hint: see the ends of the longest answers)
130 "That's — bad idea"
131 One fibbing
132 Barbecue
133 Ruhr Valley's chief city
134 Tie feature
135 Many August babies
136 Determined to carry out
137 Sown things

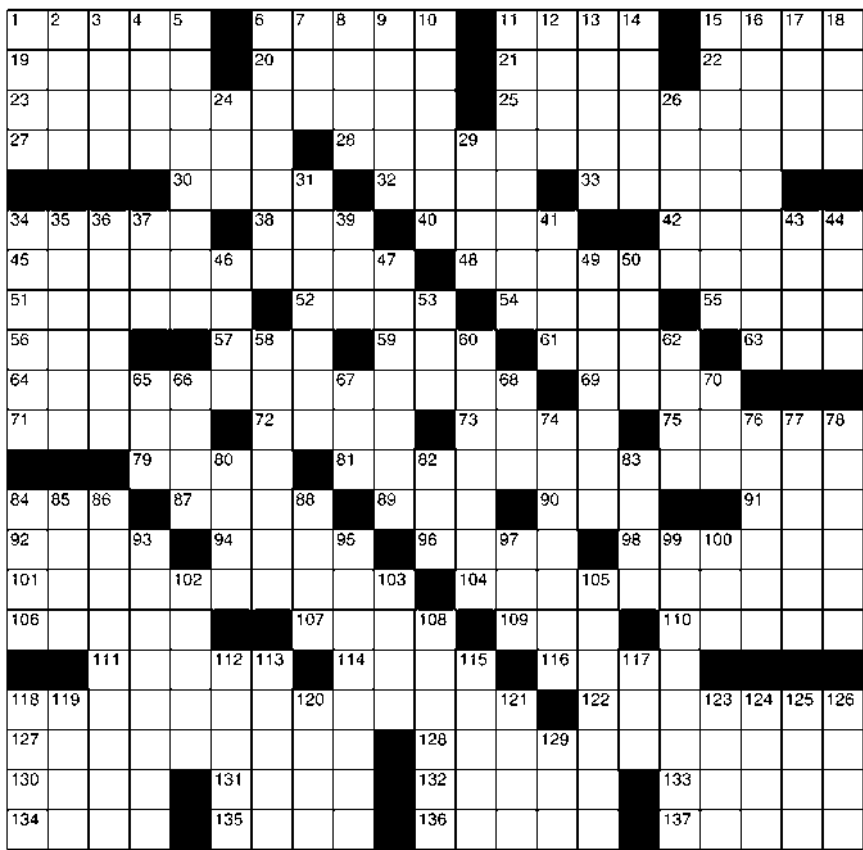
DOWN

37 Suffix with bolf
39 Rally cry
41 Imitated
43 Winged god
44 Makes a dress, e.g.
46 At no time, to poets
47 12 p.m.
49 Quaker products
50 With 54-Across, service charges
53 "D.C. Cab" actor
58 Slobby sort
60 Difficult and lining
62 Far-reaching
65 "— haw!"
66 Epochs
67 Java holder
68 "— outh"
(ump's call)
70 Gun rights org.
74 Relative of handball
76 Nickname for Yale
77 "Remington —"
78 Singer Crow
80 Sauce brand
82 Kiddie
83 Halo-worthy
84 Fish story
85 Univ. sports org.

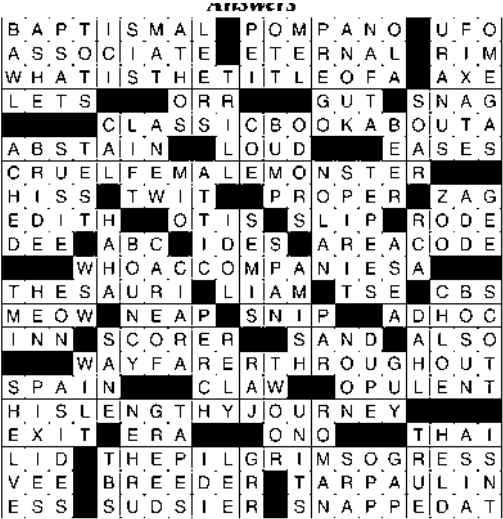
DOWN

86 Serve as evidence of
88 Racing units
93 Eyes
95 They begin on January 1
97 Iota
99 Failures to attend
100 Domino dot
102 Big names
103 Broccoli — (salad green)
105 "Honest Abe"
108 Fork parts
112 Sam of "Backtrack"
113 Many a navel
115 Bête — (pet peeve)
117 Certain PC pic file
118 Echelon
119 Very dark, to poets
120 "Gotta run!"
121 Make a sweater, e.g.
123 Additionally
124 Think deeply and at length
125 Under the covers
126 IDs for the IRS
129 "Xanadu" rock gp.

PICK A CARD



last week's answers



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

Sudoku

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

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: J equals W

JSQL MJV EOFKGFYNR GOLN
MVHQMSQY JSFKQ JVYIFLH VL
O MORI, UVTKN AVT ROA
MSQA OYQ UVL-EVFLQN?

Last week's CryptoQuip answer

Well-known fairy tale featuring a group of wrinkly-skinned dogs: "The Three Little Pugs."

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