



RESOURCING A READY SURFACE FORCE

The Navy invested in meaningful Surface Force reform, and remains committed to doing everything necessary to create a culture of excellence.

» See **A6**



Sailors aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69), the flagship of the Eisenhower Carrier Strike Group, complete their body composition assessment (BCA) on the ship's fore-castle in preparation for the upcoming spring cycle physical readiness test (PRT). Ike is underway conducting a Composite Training Unit Exercise (COMPTUEX) with the Eisenhower Carrier Strike Group in preparation for a future deployment.

MCSN Casey J. Hopkins

NAVY ANNOUNCES UNIVERSAL TRAINING PRECAUTIONS FOR PHYSICAL EXERCISE

From Chief of Naval Personnel Public Affairs

WASHINGTON

Navy released NAVADMIN 108/19, May 10, alerting Sailors and command leadership of the importance of universal training precautions (UTP) to reduce the risk of exercise-related collapse and death during physical exercise, to include the Physical Readiness Test (PRT) and command physical training.

As part of military readiness, Sailors are expected to maintain a high level of fitness. With PRT season ongoing throughout the

Navy, this guidance is especially critical to ensure the safety of all Sailors.

It is imperative for commanders and key leadership personnel, including command fitness leaders (CFL), to foster an exercise culture that promotes UTP, recognizes the early signs of distress and promptly terminates exertional activity when individuals display clear signs of distress. All personnel present during a training evolution or PRT can encourage good performance, but should be on guard for signs that a participant is struggling and be ready to terminate the

evolution.

The Navy's PRT portion of the Physical Fitness Assessment is intended as a measure of long-term health and wellness – not of individual athletic prowess. No one should risk their life by pushing through life-threatening conditions during a PRT.

Some highlights from the NAVADMIN are listed below, but every Sailor should read the full message.

Personal risk factors for exercise-related collapse include:

- Lack of appropriate environmental or exercise acclimatization

- Recent or current illness, accumulated fatigue or dehydration
- Poor baseline conditioning or excess body fat
- A predisposing or underlying cardiac condition
- Exercise-induced asthma
- Sickle cell trait (SCT)
- Prior poor performance on the PRT

Environmental/external risk factors include:

- Exercise at altitude
- High ambient temperature and humidity
- Use of dietary supplements containing stimulants to include energy shots and drinks

If you don't know if you have SCT, find out. SCT disproportionately affects African-Americans.

Commanders are encouraged to exercise a liberal Bad Day PRT policy for those Sailors displaying clear signs of distress during the PRT, allowing Sailors to pri-

» See **TRAINING | A7**

SECNAV stresses urgency to dominate future conflicts during final day of SAS 2019

By MC2 Brittney Kinsey
Defense Media Activity

NATIONAL HARBOR, MD

Secretary of the Navy Richard V. Spencer provided the keynote address during a luncheon on the final day of the annual Sea-Air-Space (SAS) exposition at the Gaylord National Convention Center, May 8, 2019.



MC2 Timothy Hale

Rear Adm. John Nowell, director, Military Personnel Plans and Policy (N13) discusses challenges in manning the Fleet during the Sea Service Update panel at the Sea-Air-Space (SAS) Exposition. The annual exposition, hosted by the Navy League of the United States, brings together key military decision makers, the U.S. defense industrial base, and private-sector U.S. companies for an innovative, educational, and professional maritime based event.

Spencer highlighted several topics concerning the future of the Department of the Navy (DON), including readiness,

partnerships and improving processes.

"The Department of the Navy's strategy for restoring readiness,

strengthening relationships and reforming our

» See **SAS | A7**

Navy housing 2-step process addresses residents' issues

From Commander, Navy Installations Command Public Affairs

WASHINGTON

The Navy has implemented a two-step resolution process for housing residents who have issues or concerns with their current residences.

The process pertains to all Navy housing options – Public Privatized Venture (PPV), community, government-owned or leased, family and unaccompanied.

"Our goal is to simplify the approach to reporting and resolving housing issues going forward," said

» See **HOUSING | A7**

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Sailors participate in Elementary School field day

Volunteering Sailors gathered at Seatack Elementary's field on May 3rd to learn valuable lessons, play games and make memories.

» See **A3**



Seabees help preserve a portion of USS Arizona history

The Seabees and Neuman have taken on the responsibility to cut sections of the previously removed portion of the Arizona and ship them to various approved locations.

» See **B1**

Suffolk native serves with Navy Strike Fighter Squadron

A Suffolk native is currently flying one of the world's most advanced warplanes.

» See **C1**

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U.S. Military service of Asian Americans and Pacific Islanders

From Navy History Heritage Command

Asian Americans and Pacific Islanders of various nationalities and ancestry—Chinese, Japanese, Korean, Filipino, Southeast Asian, Asian Indian, and Polynesian—have a rich legacy of service and sacrifice in the United States Navy dating back to the 19th century. The U.S. Navy had maintained a presence in East Asia since the 1830s to safeguard American interests during the Chinese civil unrest. Ships whose crews counted men of Asian descent on the Asiatic Station protected U.S. commerce, missionaries, and diplomats in the region. During the American Civil War, Chinese men served on dozens of Union vessels. The U.S. gunboat Ashuelot, part of the Asiatic Fleet, operated along the coast of China, up the Yangtze River, and among the Japanese treaty ports and carried a crew in 1883 that was four-fifths Asian-born from Thailand, Japan, or China.

In 1898, the battleship Maine exploded and sank in Havana Harbor. The blast, which killed 266 men, including those of Japanese and Chinese extraction, provided the catalyst for a war with Spain that spread to its colonies in the Far East where the U.S. Asiatic Squadron, commanded by Commodore George Dewey, defeated the Spanish fleet in the Battle of Manila Bay. As a result of the war, the United States gained the Philippines as a territory as well as other island possessions in the Pacific and the Caribbean. These events enabled large numbers of Filipinos and other Pacific islanders to join the U.S. Navy.

Asian Americans continued to turn up on the rolls of U.S. warships. Navy Fireman First Class Telesforo de la Cruze Trinidad, a Filipino, received the Congressional Medal of Honor for rescuing two men after a boiler exploded on board San Diego on 21 January 1915. The destroyer USS Rizal, newly commissioned in 1919, was donated to the U.S. Navy by the Philippine legislature and named in honor of the martyred Philippine patriot Dr. Jose Rizal (1861–1996). Her crew was predominantly Filipino American.

During World War II, Chinese and Japanese American men and women enlisted for military service in great numbers. More than 20,000 Chinese Americans, or one out of every five in the United States, served in the U.S. Armed Forces. Although barred from the naval service and interned by the U.S. government following the Japanese attack on Pearl Harbor, Japanese Americans fought in some of the Army’s most decorated units. Filipino Americans and Korean Americans also participated in the nation’s war effort. Asian Americans served as nurses and as linguists in the Navy’s female reserve program. Chinese American Hazel Ying Lee was one of the 38 Women Air Force Service Pilots who died in the line of duty. Maggie Gee gave pilots their qualifying flights and flew planes for artillery training exercises. The three Ahn siblings, Ralph,

Philip and Susan, from one of California’s first Korean immigrant families, enlisted in the U.S. military in 1942. Lieutenant Susan Ahn Cuddy was the first Korean American woman in the U.S. military and the first female Navy gunnery officer.

Among the many Asian Pacific Americans who distinguished themselves during World War II was Daniel K. Inouye, a Hawaiian native, who was planning to become a medical doctor when the War Department reversed its decision to exclude Japanese American volunteers. Inouye was assigned to Company E, 442nd Regimental Combat Team, fighting in France’s Rhone valley when he received a battlefield commission as a second lieutenant. Injured and under enemy fire, he destroyed three German bunkers that allowed his unit to seize the ridge guarding a critical road near San Terenzo, Italy. His right arm had to be amputated. After a re-evaluation of the military accomplishments of Asian Americans in World War II, President Bill Clinton presented Senator Inouye with the Medal of Honor for his heroism in Italy. After extensive recuperation, he studied law. In 1954, he was elected to the U.S. House of Representatives from Hawaii, further distinguishing himself as the first Asian American member of Congress. Eight years later he continued representing his state as a Senator and held that position until his death in 2012.

Commander Gordon Chung-Hoon, of Chinese-Hawaiian parentage and a 1934 U.S. Naval Academy graduate, commanded the destroyer USS Sigsbee (DD-502) in the Pacific Theater, which earned him the Silver Star, the third highest combat award. On 14 April 1945, when kamikazes attacked Sigsbee and five other destroyers off Okinawa, one plane crashed Sigsbee’s stern. Chung-Hoon received the Navy Cross, the Navy’s highest medal and the nation’s second highest combat decoration for his actions. He retired in 1959 as a two-star admiral and the nation’s first Asian Pacific American flag officer. The Navy honored him in 2009 by naming a guided missile destroyer USS Chung-Hoon (DDG-93).

Asian Pacific Americans continued their honorable service throughout the Cold War. In 1948, President Harry S. Truman issued Executive Order 9981 mandating that “there shall be equality of treatment and opportunity for all persons in the armed services without regard to race, color, religion, or national origin.” The watershed 1965 Immigration Act lifted the heavy restrictions on Asian immigration that prevailed throughout most of the 20th century.

Commander Gordon Ross Nakagawa flew 185 combat missions in the A-6 intruder during four combat deployments to Vietnam. He was the Executive Officer of Attack Squadron 196 flying from USS Enterprise (CVAN-65) when his AGA intruder was shot down during a single plan low level

night strike against Haiphong. He was a Prisoner of War at the infamous Hanoi Hilton from 21 December 1972 to 29 March 1973. Nakagawa continued his service until his retirement in the rank of captain. He remained active in his community until his death on 24 August 2011. His son, Navy Captain Steven Nakagawa, also flew the A-6. On 1 June 2012, he took command of the Naval Air Warfare Center Training Systems Division.

Jim Huen’s father enlisted in the Navy in 1932 and retired as a Chief Petty Officer. After Congress passed an act allowing veterans with honorable discharges to get their American citizenship, his father became a U.S. citizen. Jim Huen, like his father, experienced racism in the Navy. While completing supply officer school in Athens, Georgia in 1965, he encountered prejudice from locals and off base. He completed a seven month Western Pacific deployment aboard USS Delta (AR-9) as the dispersing and food service officer. One of the crewmembers on the ship wore his cover with the words “Go Home Chink” printed on it. The ship had 520 crew members. Huen was one of five supply corps offices and the only Chinese American on his ship. The commanding officer and executive officer were Naval Academy graduates and half the officers were former enlisted. There were at least twelve African Americans on the ship.

Carolyn Hisako Tanaka, a California native, witnessed the government evicting her family from their home and relocating them in an internment camp in Poston, Arizona, following the Japanese attack on Pearl Harbor. This memory did not deter her family from joining the military. Her older brother was a Korean War veteran and her two youngest brothers enlisted in the Army. She was an emergency room nurse when she decided to join them. She served as the Head Nurse at the 24th Evacuation Hospital in Long Bin in 1967. She received the Bronze Star for meritorious service.

Robert K. U. Kihune, a 1959 Naval Academy graduate, had an outstanding 35-year career. He commanded two carrier battle groups, participated in the Navy’s response to the Lebanon crisis, the capture of terrorists in the Achille Lauro hijacking, and the antiterrorism air strikes against Libya. His promotion to Vice Admiral in 1988 made him the first Asian American to reach that rank. As the Commander of the Pacific Fleet Naval Surface Forces, he provided half of the naval forces in support of the First Gulf War. Captain Tem E. Bugarin, the son of a retired senior chief radioman, was the first Filipino to command a surface combatant ship, USS Saginaw (LST-1188) in August 1989. Rear Admiral Eleanor Concepcion Mariano continued her family’s legacy of naval service, which dates back to 1920. Her father, a Filipino master chief petty officer, served 29 years in the Navy’s steward’s branch. Rear Admiral Mariano was the attending physician to the President at

the White House for President Clinton and President George W. Bush. President Clinton promoted her to flag rank in 2000, making her the first Filipino American to reach flag rank.

Asian American and Pacific Islander Sailors continue to excel in the 21st century. Captain David Yoshihara commanded Destroyer Squadron 9 in 2003. His father, retired Navy Captain Takeshi Yoshihara, was the first Japanese American to attend the Naval Academy. Lieutenant junior grade Jeanette Gracie Shin, the first Buddhist chaplain in the Armed Forces, signed her oath of office in the Pentagon in July 2004. Admiral Harry B. Harris Jr. was assigned as the assistant to the Chairman of the Joint Chiefs of Staff in 2011. His former commands include the Sixth Fleet. In May 2015 he assumed command of the U.S. Pacific Command. Vice Admiral Raquel C. Bono, Medical Corps, of Asian American and Hispanic Heritage, served as the command surgeon, U.S. Pacific Command, from November 2011 to June 2013 and was then selected as Director, Defense Health Agency.

Asian American and Pacific Islander Sailors also participated in Operation Enduring Freedom and Operation Iraqi Freedom. Mass Communication Specialist First Class Kenneth Takada, a Japanese-American, completed four deployments in the Fifth Fleet Area of Responsibility and earned five Navy Achievement Medals, the Iraqi Campaign Medal, and the Combat Action Ribbon. He was the combat photographer for a special operations unit for one of his tours. Rear Admiral Jonathan A. Yuen was the Commander, Joint Theater Support, Contracting Command, United States Central Command, Kabul Afghanistan. Lieutenant Manuel Querido, the chaplain with the 3rd Battalion, 11th Marine Regiment, conducted counterinsurgency operations with the Afghan national security forces in 2009. In the same year, Captain Enrique Sadsad, a Philippine-born American citizen, became the commanding officer of Naval Support Activity Bahrain, which supports naval forces in the Middle East. Marcos Sibal served as fleet master chief for Commander, U.S. Seventh Fleet. He retired from his final active duty assignment as Navy Region Hawaii Command Master Chief in 2013.

Navy Captain and astronaut Sunita L. Williams epitomizes the wide range of opportunities for all minorities in the Navy. Of Asian Indian parentage, Williams graduated from the Naval Academy in 1987 and became a Navy helicopter pilot and test pilot. Selected as an astronaut, she traveled on the space shuttle in late 2006 to serve as flight engineer and science officer on the International Space Station. Her four spacewalks as an Expedition-14 crew member established a record for women at the time. She also set a record for women by spending more than six months in Earth Orbit.



U.S. Navy Photos
Connie Mariano was not only the first Filipino-American to become a Rear Admiral in the US Navy, she also was the first female director of the White House Medical Unit, as well as the first military woman to be appointed as the White House Physician.



Gordon Pai'a Chung-Hoon became the first Asian American, U.S. citizen, to graduate from the academy on May 1934. He served during World War II and was the first Asian American flag officer.



Ming Chang served 34 years in the U.S. Navy and became the first naturalized Asian American naval officer to reach flag rank in the United States Military.



Robert Kihune commanded a guided missile destroyer that conducted nightly strikes against North Vietnam while successfully dodging hundreds of rounds of enemy fire without sustaining damage.



NHHC
Capt., USN, Sunita Lyn “Suni” Williams is an American astronaut and United States Navy officer of Indian-Slovenian descent.



Susan Ahn Cuddy joined the Navy in 1942 after Japan bombed Pearl Harbor. She was the first Asian-American woman to join the U.S. Navy and became the first female to operate flexible-mount or turret-mounted machine guns on an aircraft in the Navy.



Dr. Tem E. Bugarin, became the first Philippine to command a Navy warship, USS Saginaw (LST 1188), in August 1989.

The Flagship

Editorial Staff

Military Editor | MCC Shannon Warner
757-322-2860/news@flagshipnews.com

Graphic Designer | Mike Doyle

Flagship, Inc.

MNV Military Manager | Pam Bullock, 757-446-2795
Advertising Inquiries | Pam Bullock, 757-446-2795

Creative Director | Allyson Garner, 757-222-3955

Free Classified Advertising, 757-222-5373
Distribution, 757-222-5629
Home Delivery, 757-222-3900

Commander, Navy Region Mid-Atlantic (CNRMA):
Rear Adm. Charles W. “Chip” Rock
Regional program manager for Navy Region Mid-Atlantic (NRMA):
Public Affairs Director | Beth Baker

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Stories may be submitted via email to news@flagshipnews.com. The Flagship® is published every Thursday by Flagship, Inc., whose offices are located at 150 W. Brambleton Ave., Norfolk, Va. 23510.

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NEWS FROM NAS OCEANA

Sailors participate in Seatack Elementary School field day

By MC3 Mark Thomas Mahmood
Naval Air Station Oceana Public Affairs

VIRGINIA BEACH, VA.

The beautiful, late spring of Virginia Beach provides the perfect opportunity to take the children outside. Giving them an opportunity to exercise, build friendships and learn the importance of teamwork is part of the recipe for a healthy, happy child.

Those three things are part of the curriculum at Seatack Elementary School, an Achievable Dream Academy, which held a field day May 3. Unlike most other elementary schools, students weren't the only ones invited for outdoor games and competition.

An Achievable Dream is a nonprofit organization designed to offer children a quality education in a nurturing environment, an opportunity to develop meaningful relationships with caring adults and a chance to take part in engaging enrichment activities during the academic day and outside of school hours.

Located three miles from

the main gate of Naval Air Station Oceana, it isn't uncommon for Sailors to volunteer at the school. On a typical day, Navy volunteers shake hands with the students as they arrive for school and provide mentorship inside the classroom.

However, May 3 was no ordinary day for the students and volunteering Sailors as they gathered in the school's field to learn valuable lessons, play games and make memories.

Hudson Crabb, physical education specialist at Seatack Elementary School, organized the field day and planned 11 different stations manned by over 60 Sailors, which included horseshoes, tug-of-war, and jump rope.

"We have a partnership with the Navy, and it was great for our kids to see them at this event," said Crabb. "They ran the stations for us and were involved with the kids. It was a win-win for everybody."

Seatack Elementary partners and organizes many events with Hampton Roads military and first respond-



MC3 Mark Thomas Mahmood Operations Specialist 2nd Class Blake A. Harris, key management infrastructure clerk, watches as students from Seatack Elementary School, an Achievable Dream Academy, throw horseshoes during the school's field day event. Naval Air Station Oceana Sailors were invited to the school's event to assist the students with participating in the outdoor games and events.

“ The school had asked for 60 volunteers, and we had over 100 Sailors wanting to sign up.”

Aviation Boatswain's Mate (Handling) 1st Class Elgin Sanders

ers, getting the local community involved in the lives and education of the students.

Vincent Darby, principal of Seatack Elementary

School, said the school's partnership with Naval Air Station Oceana made it possible for them to hold the field day.

"Our Sailors are a part of what we do with the Achievable Dream program," said Darby. "We have Sailors who come to school every morning to shake the students' hands. We have Sailors who show up for staff appreciation events. They've helped us cook and serve breakfast at the school. It was only natural for us to say, 'in order for this event to happen, we have to have enough people to man the stations, and what better resource do we have than our Sailors?'"

Aviation Boatswain's Mate (Handling) 1st Class Elgin Sanders, air field fa-

cilities maintenance leading petty officer, was the liaison between Naval Air Station Oceana and Seatack Elementary School tasked with organizing a team of volunteers for the field day event.

"As soon as we posted fliers and sent emails, the response was overwhelming," said Sanders. "The school had asked for 60 volunteers, and we had over 100 Sailors wanting to sign up."

Sanders said he hopes the event strengthens the bond between Naval Air Station Oceana and Seatack Elementary School.

"We want to let Seatack know that we care about the students, staff and community," said Sanders. "Though we are committed to our operations on NAS Oceana, we will give our

time to help out and give back to the community."

By holding the field day for students, Darby said he knows the students will gain the important life lessons built into some of the events.

"At the end of the day, I want our boys and girls to realize that teamwork is important to success," said Darby. "There are a number of different events where everyone is not going to be successful or the best at every one of them unless you work as a team. When you see those kids pull together and win, it's such a joy. I want the Sailors and the community to see our kids working together."

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NATO PARTNERS VISIT ABRAHAM LINCOLN CARRIER STRIKE GROUP

By MC2 Matt Herbst
USS Abraham Lincoln (CVN 72)
Public Affairs

IONIAN SEA

North Atlantic Treaty Organization (NATO) military representatives from the European theater visited the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72), flagship of the Abraham Lincoln Carrier Strike Group (CSG), May 7.

Rear Adm. Roy Kitchener, U.S. Deputy Military

Representative for NATO, and representatives from Finland, Germany, Greece, Kingdom of Denmark, Poland, Republic of Bulgaria, Spain, and the United Kingdom landed aboard Abraham Lincoln in a C-2A Greyhound, attached to the “Rawhides” of Fleet Logistics Support Squadron (VRC) 40.

The purpose of the visit was to familiarize senior officials with U.S. Navy carrier operations and en-

hance partnerships among NATO allies. The guests toured the ship, visiting spaces such as the hangar bay, bridge and primary flight control, in addition to observing flight operations on the flight deck.

Enhancing interoperability among allies to enhance maritime security and deter threats is an essential focus of the Abraham Lincoln CSG deployment in the region.

“Cooperation with our al-

lies is very important,” Rear Adm. John Wade, commander, Carrier Strike Group 12, said. “We all have interests in peace and stability in this critical and important region. Working together gives us increased capacity and is a deterrent in and of itself.”

The Abraham Lincoln CSG is deployed in support of maritime security co-operation efforts in the U.S. 6th Fleet area of operations. With Abraham Lincoln as

the flagship, deployed strike group assets include staffs, ships and aircraft of Carrier Strike Group 12, Destroyer Squadron 2, the Ticonderoga-class guided-missile cruiser USS Leyte Gulf (CG 55) and Carrier Air Wing (CVW) 7; as well as the Álvaro de Bazán-class frigate ESPS Méndez Núñez (F 104).

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

“ We all have interests in peace and stability in this critical and important region. Working together gives us increased capacity and is a deterrent in and of itself.”

Rear Adm. John Wade



Courtesy Photo
Bert Ortiz accepting award from Kenia Montaño and Joey Pocan of the Small Business Administration, City of Chesapeake Council Member R. Stephen Best, Sr. in the background.

Chesapeake CEO and Navy Veteran Roberto Ortiz is SBA Virginia’s Small Business Person of the Year and National Second Runner Up

From U.S. Small Business Administration

RICHMOND, VA.

Roberto “Bert” Ortiz, President and CEO of Chesapeake-based Aviation Management Analytical Consultants is the U.S. Small Business Administration’s 2019 Virginia “Small Business Person of the Year” and the national “Small Business Person of the Year” second runner up. Ortiz was selected based on his exemplary leadership, giving rise to the creation of jobs and a stronger economy in Virginia and elsewhere. Ortiz was recognized in Wash-

ington D.C. during the 2019 National Small Business Week ceremony Monday and received his local award Wednesday.

Ortiz co-founded AVMAC with fellow Navy Veteran Don Buzard in 2009. Ron Stebbins, the Chief Financial Officer, joined in 2010. The three served in the Navy for three decades each and leveraged their experience in airship integration to form AVMAC. The company makes great use of SBA’s programs; as a SBA-certified 8(a) Business Development Program participa-

“ Bert, a true entrepreneur, brought AVMAC up from modest beginnings over his home garage. Bert has grown AVMAC into a multi-million dollar business across several states with revenues exceeding \$34 million in 2018.”

Michelle Christian,
SBA Mid-Atlantic Regional Administrator

nt and recipient of both the Patriot Express line of credit and SBA 504 debenture loan. In the ten years

since establishing AVMAC, it has grown to nearly 400 employees.

“Bert, a true entrepreneur, brought AVMAC up from modest beginnings over his home garage,” said SBA Mid-Atlantic Regional Administrator Michelle Christian. “Bert has grown AVMAC into a multi-million dollar business across several states with revenues exceeding \$34 million in 2018.”

When he’s not growing his business, Ortiz donates time and money to vets with PTSD; homeless veteran housing; Toys for Tots; and the Virginia Veterans & Family Support or-



Courtesy Photo
Bert Ortiz slicing his congratulatory cake, City of Chesapeake City Council Member S.Z. “Debbie” Ritter in the background.

ganization; to name a few. Ortiz is currently mentoring three small start-up veteran-owned businesses.

About the U.S. Small Business Administration

The U.S. Small Business Administration makes the American dream of business ownership a reality. As the only go-to resource and voice for small businesses backed by the strength of the federal gov-

ernment, the SBA empowers entrepreneurs and small business owners with the resources and support they need to start, grow or expand their businesses, or recover from a declared disaster. It delivers services through an extensive network of SBA field offices and partnerships with public and private organizations. To learn more, visit www.sba.gov.



Bert Ortiz (middle) with Kenia Montaño and Joey Pocan of the Small Business Administration

Courtesy Photo



U.S. Ambassador to NATO and ship sponsor, Kay Bailey Hutchison, along with 10 foreign Ambassadors talk to LT Alexandra Bradley, the medical officer onboard USS San Antonio (LPD 17), during a brief visit and tour of LPD 17, April 30.

Ship sponsor visits USS San Antonio

By MC1 Sean P. Weir
USS San Antonio Public Affairs

NORFOLK

U.S. Ambassador to the North Atlantic Treaty Organization (NATO) and USS San Antonio's (LPD 17) sponsor, Kay Bailey Hutchison, with 10 additional Ambassadors from foreign countries visited and briefly toured the amphibious transport dock ship April 30.

"When I heard that this ship was going to be in town during my visit here I said we are going," said Hutchison. "It didn't matter how

we would fit into my schedule, I knew I was going to come visit."

As Hutchison toured the ship, she saw the progress being made during the final stages of a planned maintenance availability. Hutchison has followed LPD 17 closely since its christening and brought a few mugs she furnished in 2006 for the christening as gifts for some of the crew.

"I invited a few of my colleagues from NATO who all got up at 4 a.m. to come see this wonderful ship. I am so impressed. I am touched by the hospitality," said

Hutchison.

San Antonio is currently at BAE Systems conducting a scheduled maintenance availability period. San Antonio is the first ship named for the city in Texas, and the first amphibious transport dock ship in the San Antonio-class. Her motto is "Never Retreat, Never Surrender."

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

For more news from USS San Antonio (LPD 17), visit www.navy.mil/local/lpd17/.



MC1 Sean P. Weir
Capt. Edgardo Moreno, Commanding Officer of USS San Antonio (LPD 17), talks to U.S. Ambassador to NATO and ship sponsor, Kay Bailey Hutchison, along with 10 foreign Ambassadors during a brief visit and tour of LPD 17, April 30.

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breaking benjamin AUGUST 21	CHRIS YOUNG RAISED ON COUNTRY AUGUST 22	FLOGGING MOLLY SOCIAL DISORDER SUMMER TOUR 2019 AUGUST 23	LUKE BRYAN SILENT REPEAT SEPTEMBER 8
Outlaw WILLIE NELSON FAMILY BONNIE RAITT THE SWEET BROTHERS ALISON KRAUSS LUKE'S NELSON & PROMISE OF THE REAL SATURDAY SEPTEMBER 14	GOT LIVE CONCERT EXPERIENCE SEPTEMBER 17	CHRIS STEPLETON BROTHERS OSBORNE & KENDELL MARVEL FRIDAY, OCTOBER 18	VETERANS UNITED HOME LOANS. AMPHITHEATER AT VIRGINIA BEACH LIVE NATION AMPHITHEATER BOX OFFICE TICKETMASTER 800-745-3000 twitter@liveNationUS facebook/VLiveBeachAmph

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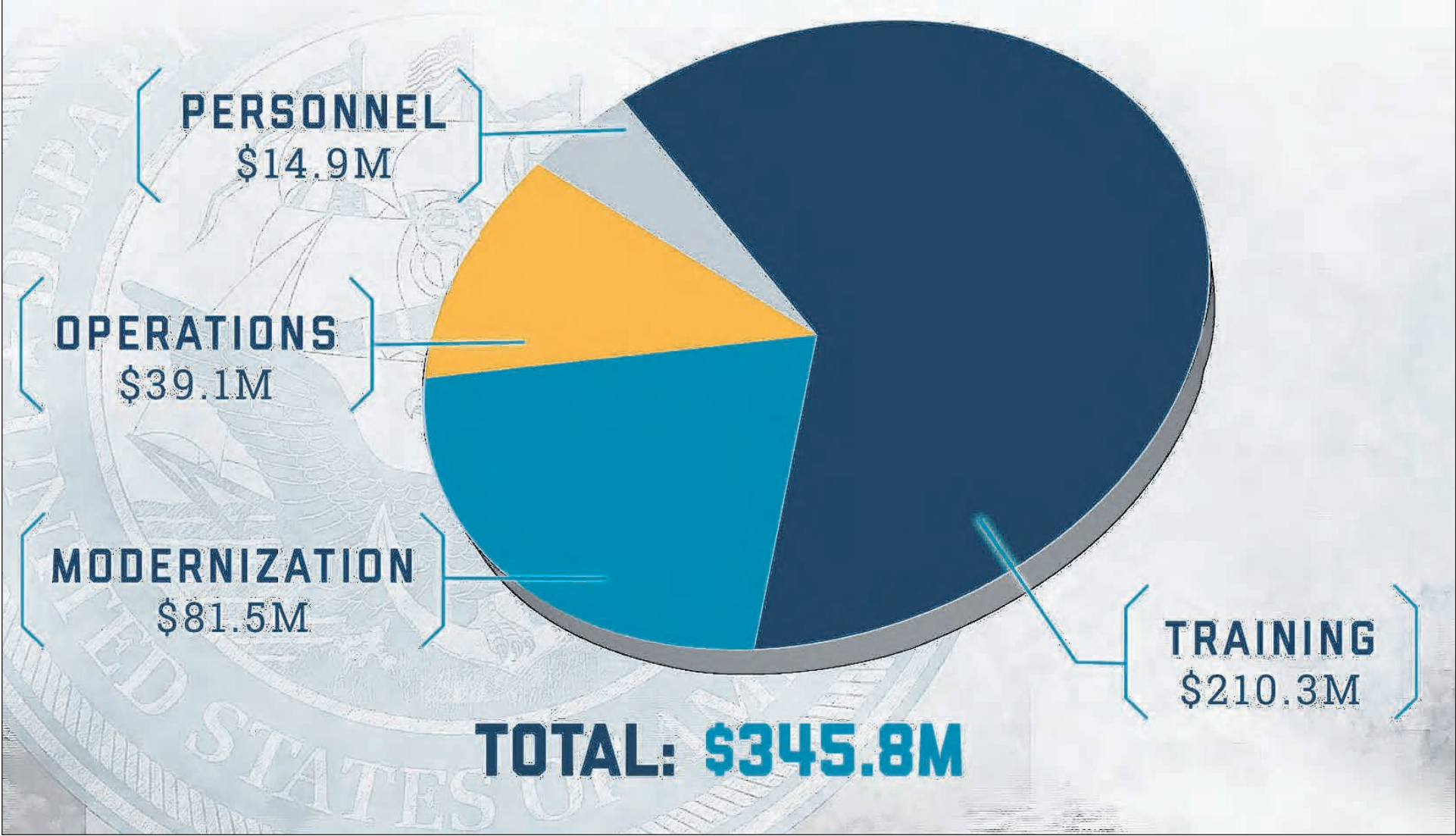
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READINESS REFORM AND OVERSIGHT COUNCIL EFFORTS IN FY20 PB



U.S. Navy photo

Resourcing a ready surface force

From Navy Live

Since the establishment of the Readiness Reform and Oversight Council (RROC), the Navy made significant progress in its reform efforts to deliver a more ready and more capable Surface Force. With the support of Congress, the Navy invested in meaningful Surface Force reform, and remains committed to doing everything necessary to create a culture of excellence. The Fiscal Year 2020 budget reflects that commitment by allocating \$345.8M for readiness reform efforts, with a total \$1.1B projected across Future Years Defense Program (FYDP) for RROC initiatives.

Here, we explain some of the investments in the FY20 budget that will make our fleet safer and more effective, categorized into four functional areas:

Personnel

The FY20 budget request includes \$14.9M for readiness efforts that impact personnel issues. In order to maximize shipboard experience, the Navy examined changes to the Surface Warfare Officer (SWO) career path, Division Officer (DO), and Department Head (DH) billet bases and tour lengths. These new billets will facilitate the addition of a Plans and Tactics Officer (PTO) aboard more ship classes, and will increase the opportunities for single, longer tour assignments in which first-tour Department Heads can “Fleet-up” to second-tour Department Head positions aboard the same ship. This change not only maximizes at-sea experience for the DH, but also positively influences the safety and op-

erational competence of the ship through leadership continuity.

The FY20 budget also allocates funds for Human Performance Expertise on Type Commander (TYCOM) staffs. These experts, with extensive backgrounds in psychology and organizational management, advise TYCOM leadership and implement safety and training process improvements while also assessing human-centric requirements for proposed equipment acquisition projects aboard surface ships.

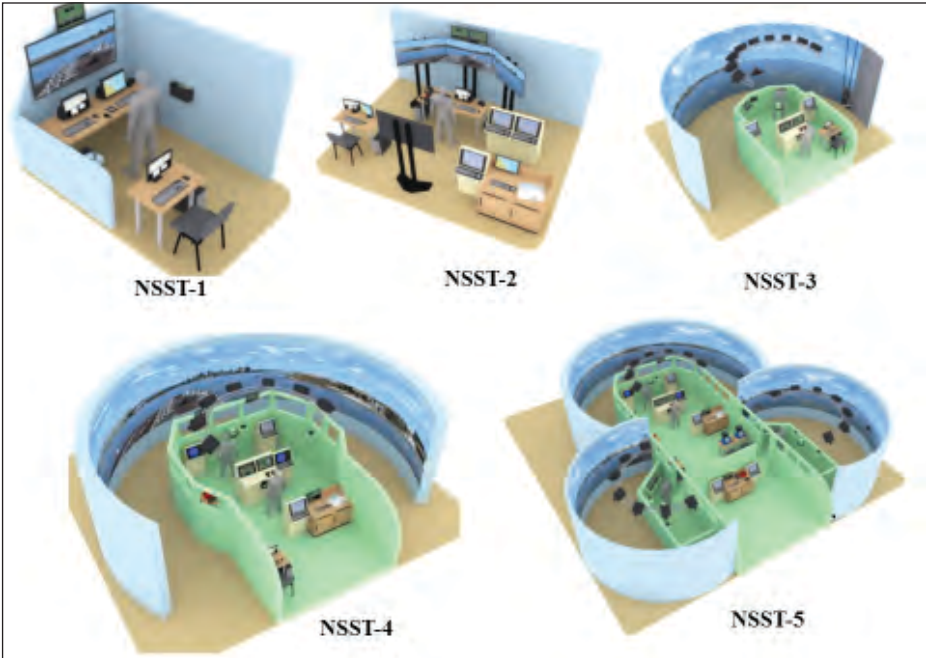
The FY20 budget request also enhances Fleet services by funding additional Embedded Mental Health (EMH) provider billets within each Fleet Concentration Area (FCA). This initiative will increase the timeliness of care provided to our Sailors, thereby improving the readiness of afloat units Navy-wide.

Operations

The \$39.1M allocated for operational efforts in the FY20 budget funds the reestablishment of Second Fleet, as well as the procurement and installation of an additional Automatic Identification System (AIS) laptop for all surface ships.

The reestablishment of Second Fleet will optimize force generation and force employment processes, helping to balance operational requirements among the numbered fleets in a time of increasing great power competition. Vice Adm. Andrew “Woody” Lewis assumed command as Commander, U.S. Second Fleet in August 2018, and Second Fleet will reach initial operating capability this summer.

To promote safe and effective



These renderings show some of the planned Navigation, Seamanship, and Shiphandling Trainers (NSSTs) that will provide more robust mariner skills training capabilities for individual watchstander training, as well as team and unit level instruction.

Naval operations across the fleet, all surface ships will receive an additional AIS laptop, which will also include the latest Electronic Chart Display and Information System (ECDIS). This additional navigational tool will give our watchstanders the latest navigation technology to accurately monitor underway ship positions and movements. Pending successful testing, distribution of the AIS laptops will begin in May 2019.

Modernization

A total of \$81.5M is included in the FY20 budget for surface ship modernization and upgrades. The Navy will continue its effort to install Next Generation Surface Search RADAR (NGSSR) across the Fleet. The NGSSR will ultimately replace the Navy’s current radar systems, and will help Sailors safely navigate when transiting through congested waters. Additionally, the Navy continues to procure more Commercial Off-the-Shelf (COTS) radars for ships in order to ensure our Sailors have the most up-to-date and effective radar systems, thereby enhancing navigational equipment redundancy. Fleet delivery and installa-

tion commenced in April 2019.

Training

Of the \$210.3M allocated for readiness training initiatives in the FY20 budget, a significant portion is for the Mariner Skills Training Program (MSTP). This program is designed to enhance overall mariner skills training for our Sailors and Junior Officers. It includes standing up an initial four-week Junior Officer of the Deck (JOOD) course in the spring of 2019 in San Diego, Norfolk and Newport, as well as the establishment of facilities in various Fleet Concentration Areas for the new Integrated-Navigation Seamanship and Shiphandling Trainers (I-NSSTs). These trainers will be invaluable tools to better train our watchteams on shiphandling and navigation, especially since the I-NSSTs will integrate multiple watch stations and command centers with the ship’s bridge – such as the Combat Information Center (CIC), bearing-takers, and lookouts. The Mariner Skills Training Program also includes curriculum development and instructors for comprehensive individual, team, and unit-level training to include:

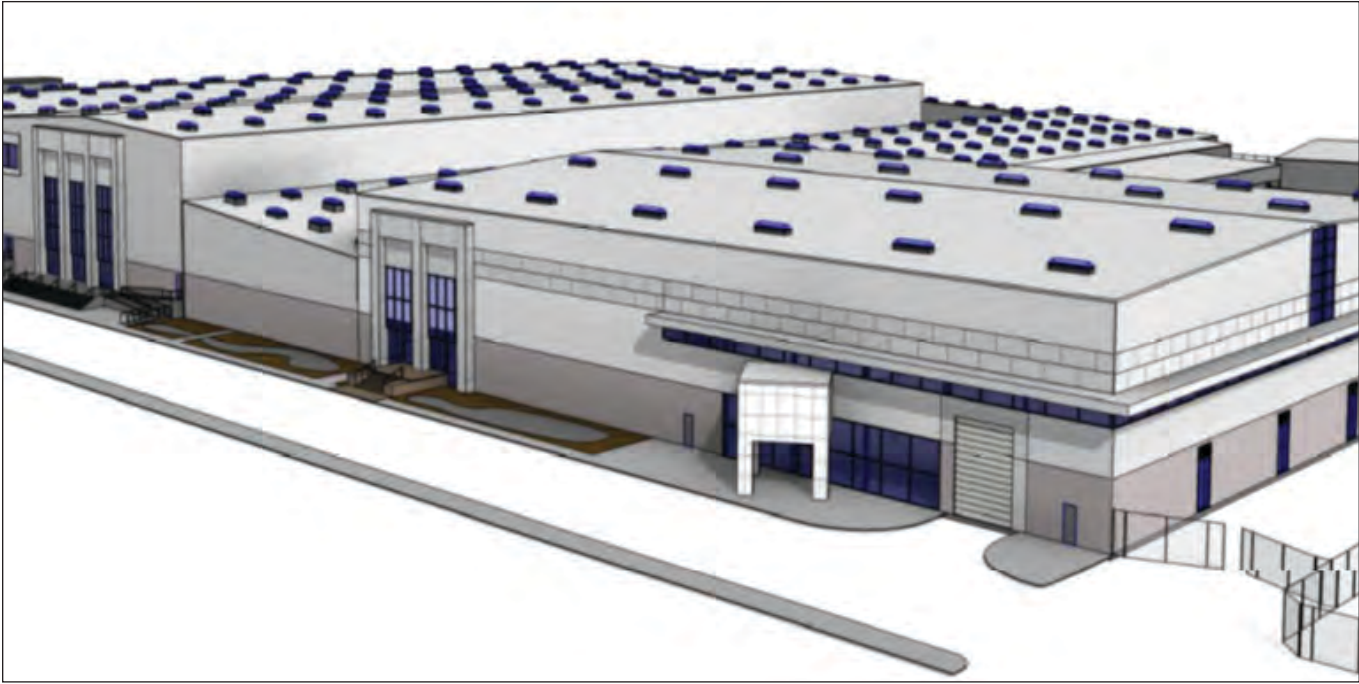
a new six-week Officer of the Deck (OOD) Phase One and a three-week OOD Phase Two course; expanding the Basic Division Officer Course (BDOC); and the fielding of a number of standalone Standards of Training, Certification, and Watchkeeping (STCW) certified mariner skills courses.

The largest and most important component of MSTP is the design and construction of Mariner Skills Training Centers (MSTCs) in Norfolk and San Diego. These centers will consolidate critical navigation, shiphandling and leadership training efforts for our Sailors into one location.

Each facility will house 30 COVE III / NSST-2 simulators for individual training during the Surface Warfare Officer School courses, as well as a number of I-NSSTs to support both individual, team and unit training. MSTCs will also provide a wide variety of instructional courses, including the OOD courses; Radar Observer, Automated Radar Plotting Aid (ARPA) and ECDIS-N radar training; and Bridge Resources Management (BRM) mentoring workshops.

The Way Ahead

Every recommendation stemming from the RROC process is designed to give our Sailors and ships the resources they need for safe and effective operations in order to build a culture of excellence. We’ve made progress on many of the RROC recommendations, but there is certainly more hard work ahead. We recognize that we must remain dedicated and vigilant in pursuit of meaningful and enduring Surface Force reforms. With Congress’ continued support, we will fund and execute every effort that keeps our number one asset – our Sailors – safe as they defend our country in a competitive and dangerous world.



Artist’s Conception of Mariner Skills Training Center San Diego, adjacent to the Littoral Combat Ship training facility.

SAS | Shifting to a sustainable force

Continued from A1

processes has been set,” he said. “And now we’re building on that foundation with a disciplined focus on people, process and capabilities.”

The task of shifting into a more sustainable force is one that will require an increase in velocity for the DON, Spencer explained.

“We want to be capable to dominate future conflicts from the seafloor to space - blue water, the littorals, mountains and desert - and also throughout the information and data domain,” he said.

“And we must execute this vision with truly a sense of urgency. We have the money; we do not have the ability to buy time. We must continually think how we should improve and improve at the speed of relevance so that our Sailors and Marines are always prepared to deliver the fight tonight and win.

Spencer additionally emphasized how learning and risk-taking play key roles in achieving such a vision.

“At every level, the Navy-Marine Corps team must be a continual learning organization, constantly challenging assumptions to find ways to increase readiness and lethality,” he said. “We’re migrating from a culture of risk eradication to one of understanding and managing risk while dynamically changing the way that we will meet the demands of the force.”

Prior to Spencer’s remarks, other military and civilian defense leadership conducted panels on expeditionary warfare, artificial intelligence and the modernization of military training.

During the expeditionary warfare panel, Rear Adm. Jim Kilby, director of warfare integration (N9I) explained that littoral combat ships (LCS), small surface vessels, unmanned surface and undersea vessels are all important pro-

curements expeditionary forces need to shift the battle lines away from shore and align with the national defense strategy.

“In the Pentagon, as we talk about expeditionary operations, we don’t view these amphibious platforms as just a transport ship or a truck,” said Kilby. “They’re much more than that. They provide access, maneuver, sustainment - with an airport, seaport, hospital - and a very capable combat systems suite. So those, in conjunction with things like the Joint Strike Fighter, are really changing the way we view those assets and how they would help us in this great power competition.”

Kilby noted expeditionary advanced basing operations (EABO) are an important key to sustaining maritime superiority in the future.

“When you think about expeditionary advanced basing operations and the ability to use that exquisite sensor and weapons from remote land platforms, connected with the Navy, there’s a powerful ability to sustain our forces in a contested environment,” said Kilby.

“We should think of things in that advanced, integrated, connected mode of the ability to get to integrated fires across [the Navy and Marine Corps]. And those are the kinds of conversations I’ve had ... as we’ve advanced this thinking collectively as a Naval fight vice a Navy fight.”

Panelists also discussed the evolving process of modernizing the Navy’s training and its efforts to improve the reliability, accessibility, usability and convenience of personnel services for Sailors.

“When it comes to modernization, we know that Sailors do not learn better through PowerPoint slides,” said Rear Adm. John Nowell, Jr.,

director of military personnel plans and policy (N13).

“It’s more about: “Can they learn better on a device? Can they learn better digitally? Can they learn better virtually, or with an avatar?”

Part of that process includes transforming the Navy’s human resource experience through consolidation, bringing a host of sites together under services like MyNavy Portal, MyNavy Career Center, the Advancement Dashboard and the Detailing Marketplace.

“We are taking a suite of systems that are not interoperable, and we are collapsing them into one family and then moving them to the cloud,” said Nowell. “We are going to move [these systems] from behind a [common access card], allowing Sailors to access their records, negotiate their orders and do training from their own mobile device. It is about modernizing our personnel system to improve our training and career readiness where the Sailor is resilient, tough and has the support as we develop them as leaders.”

Founded in 1965 and the largest maritime exposition in the United States, SAS brings together the U.S. defense industrial base, private sector U.S. companies and key military decision makers for an annual event to share the most current policies, programs, information and technology relevant to maritime service. SAS takes place May 6-8 and will include speaker and professional development sessions and dynamic maritime and defense exhibits on the latest technology and military equipment.

More information on the 2019 Sea Air Space Exposition can be found on the Navy Live blog.

training | Ensuring the safety of sailors

Continued from A1

oritize personal safety over a PRT score. Sailors who fail to complete any portion of the PRT or demonstrate any early signs of exercise distress are authorized a Bad Day PRT and are required to be examined by medical professionals before attempting the PRT again.

Additionally, Sailors must complete the follow-on PRT within seven days following medical clearance, within 45 days of the body composition assessment date and within the current Navy Physical Fitness Assessment cycle. Any Sailors who fail to complete the Bad Day PRT for a second time must be screened by medical professionals for the possibility of a medical waiver or enrollment in the Fitness Enhancement Program (FEP).

When Sailors observe an emergency during physical training, rapid recognition of symptoms with a timely and accurate response is critical. Some syndromes result in rapid collapse while others may slowly evolve to an initial conscious collapse.

Understanding the syndromes that can lead to exercise-related collapse can assist in guiding treatment. Three syndromes to be aware of are Sudden Cardiac Arrest (SCA), Exertional Collapse Associated with SCT (ECAST) and Exertional Heat Stroke (EHS). Read more about the specifics of these syndromes in the NAVADMIN.

Additionally, after participating in the PRT, participants should be observed for no less than 10 minutes after the test, during an active cool-down period.

All PRT evolutions shall be monitored by cardiopulmonary resuscitation (CPR) trained personnel with an Automated External Defibrillator (AED) readily available. All physical training evolutions (e.g., command physical training, fitness enhancement program (FEP) or Sailor 360) involving moderate exercise shall occur within the Emergency Medical Service (base or 911) response area of an ambulance equipped with a defibrillator, oxygen and hydration.

Finally, all CFLs, first responders, corpsmen and supervisors are strongly recommended to view the videos and other training resources available on the Uniformed Services University’s Consortium for Health and Military Performance (CHAMP) website:

■ Informational videos for Sailors with SCT, first responders, and sickle cell trait awareness for medical personnel can be found at: <https://www.hprc-online.org/articles/sickle-cell-trait-awareness>.

■ Guidance on heat injury prevention and treatment can be found at: <https://www.hprc-online.org/articles/heat-illness-prevention-treatment-and-recovery>.

■ Supplement guidance is available through Operation Supplement Safety, the Department of Defense dietary supplement resource, at: <https://www.opss.org/>.

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

NAVY IMPLEMENTS CHANGE TO EDUCATION PROGRAM ANNOUNCEMENTS



Stock Photo

From Chief of Naval Personnel Public Affairs

WASHINGTON

The Navy announced that education program information, application processes and deadlines will be announced through personalized notifications to eligible Sailors in NAVADMIN 106/19, May 10.

In an effort to reduce administrative distractions, education program announcements will no longer be disseminated through NAVADMIN messages. Instead, these announcements will now be delivered to individuals by notifications within MyNavy Education, according to the Fiscal Year 2020 (FY20) Navy Strategic Education and Academic (SEA) Plan.

To receive the most up-to-date education program information, Sailors are

strongly encouraged to login to MyNavy Education to update their profile and email addresses. Each Sailor can provide up to two email accounts, including work and personal addresses, to which the MyNavy Education system will send an email alert when a new notification is available.

For more information on MyNavy Education notifications and instructions how to update your profile, visit: <https://www.mnp.navy.mil/group/training-education-qualifications/e-graduate-education-and-fellowship-programs>.

The FY20 SEA Plan replaces the legacy Graduate Education Quota Plan and reflects the Navy’s efforts to shift from quota-based approaches to talent management. The plan aims to ensure the highest performing Sailors are encour-

aged and placed in selective graduate level programs that will enhance our warfighting capabilities and sustain our maritime superiority.

As first announced in NAVADMIN 263/18, selections for FY20 SEA Plan in-residence graduate education and joint professional military education opportunities for unrestricted line officers will be made through administrative boards to screen the most fully qualified, due course officers for top-line, key competitive in-residence education programs.

Graduate education supports our National Defense Strategy by developing Navy leaders who understand the art and science of warfighting and can lead in complex strategic environments. Intellectual leadership, groomed through graduate education, goes beyond adaptation of new

technology to include promoting ideas, values, understanding, vision, approaches and actions.

The FY20 SEA Plan provides over 1,200 opportunities for degree and non-degree programs across the full spectrum of communities and ranks. A list and overview of these programs can be found at: <https://www.mnp.navy.mil/group/training-education-qualifications/e-graduate-education-and-fellowship-programs>.

For more news from Chief of Naval Personnel, follow us on Facebook at <https://www.facebook.com/usnpeople/>, Twitter at <https://twitter.com/usnpeople> or visit <https://www.navy.mil/cnp/index.asp>.

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

housing | New resolution process for issues

Continued from A1

Greg Wright, Commander, Navy Installations Command housing director. “Sailors and families should report deficiencies to the property managers immediately. If the issue is not resolved, they need to notify the Navy Housing Service Center or their command, who will advocate on their behalf.”

For PPV housing, the first step is to report any issue to the local PPV property manager. If the issue is not resolved in a timely manner or of quality standards, residents are asked to contact their local Navy Housing Service Center (HSC), which directly reports to the installation commanding officer, or the service member’s chain of command.

For service members or families renting a home in the community, you are urged to first contact your landlord to address your maintenance issue or other concerns with the home. If you believe your concerns have not been properly addressed, then take the next step and contact your local Navy HSC or inform your chain of command.

For government-owned or leased housing, residents with suggestions, concerns or complaints can first contact their local maintenance trouble desk. If your housing issues remain unresolved, contact your Navy HSC or chain of command.

For Sailors living in unaccompanied housing units, the first step to have your concerns addressed is to follow local guidance and contact Navy housing staff. If the issues are not fixed, then contact your unaccompanied housing manager or report your concerns to your chain of command.

“While we work to better understand the extent of the problem, we are moving forward with some immediate actions to help our Sailors and their families address their unresolved issues,” Wright said. “When problems are reported, they will be resolved as quickly as possible.”

To find your local Navy Housing Service Center, visit www.cnmc.navy.mil/ContactHousing.

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

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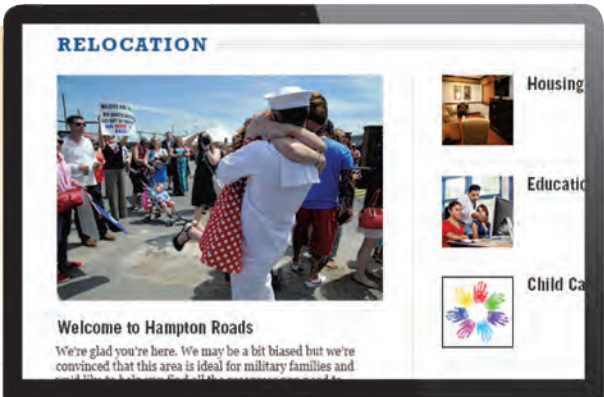
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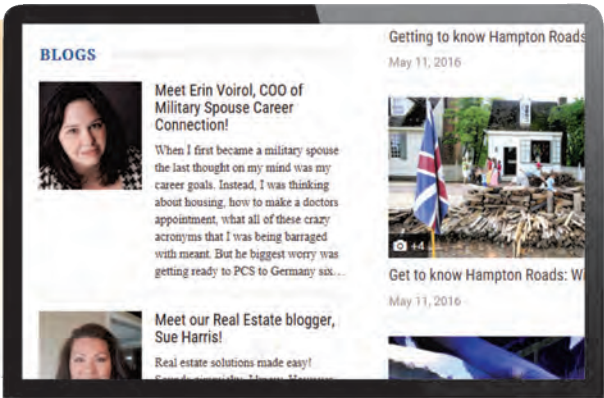
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UCT-2concludes maritime infrastructure assessment

Sailors completed a recompression chamber inspection and maritime infrastructure assessment of the Pohnpei Harbor and Kapingamarangi Atoll

»See B5

SECTION B | FLAGSHIPNEWS.COM | 5.16.2019



Steelworker 3rd Class Cameron Fields, crew leader at Construction Battalion Maintenance Unit 303 detachment Hawaii, cuts a piece of steel salvaged from the USS Arizona. This piece, as well as other historical relics, will be displayed in one of more than 100 locations around the world. These visible pieces will allow the public to consider and discuss the significance of the December 7, 1941 attack on Pearl Harbor and World War II.

MC2 Allen Michael McNair

Seabees help preserve a portion of USS Arizona history

By MC2 Jessica O. Blackwell
NPASE West det Hawaii Public Affairs

PEARL HARBOR

In the aftermath, and from the ashes of December 7, 1941, which propelled the United States into World War II, rose a new call and opportunity to serve in the Navy, the Naval Construction Battalions. Today, they are known as Seabees.

At the time of the attack on Pearl Harbor, the Navy used civilian contractors to construct and support bases and other locations. However, with an increasing need to be able to defend and resist against military attacks, civilians could no longer be used. According to the Seabee Museum and Memorial Park, under international law it was illegal to arm civilians and have them resist

the enemy. “If they did they could be executed as guerrillas.” On January 5, 1942, Rear Adm. Ben Moreell received approval to organize the Naval Construction Force. In a matter of days, the first naval construction unit deployed.

Today, with seven rates ranging from Builder (BU) to Engineering Aide (EA) to Utilitiesman (UT), Seabees are a fully-functioning construction crew. They are strategically placed, ready to deploy at a moment’s notice, and able to build, erect and salvage in various types of environments. Construction Battalion Maintenance Unit (CBMU) 303 Detachment Pearl Harbor is one such unit.

CBMU 303 Detachment Pearl Harbor has the unique opportunity to assist and service the land from which they were

birthed. One of their current projects is assisting Jim Neuman, History and Heritage Outreach Manager at Commander Navy Region Hawaii, and his team with the USS Arizona Relics Program.

“The USS Arizona Relics Program was born in 1995 when Congress authorized the Navy to move pieces of the wreckage out to educational institutions and not-for-profit organizations,” said Neuman

The program is currently focusing on a part of the Arizona that was removed in the 1950’s due to corrosion and safety concerns. Before its removal it acted as a foundation for a makeshift platform where visitors to the Arizona could stand and where ceremonies could be conducted. It was a precursor to the white memorial structure known and visited today.

The Seabees and Neuman have taken on the responsibility to cut sections of the previously removed portion of the Arizona and ship them to various approved locations.

“Mostly people come to us. We have a lot of Pearl Harbor survivors that know about this [effort],” said Neuman. “They will reach out to local museums and share what they would like to see. As long as you are a legitimate educational institution or not-for-profit and the piece will be on public display, you can acquire a piece.”

A sentiment both the Seabees and Neuman have in common is the need to share a piece of history with others.

“Because of the amount of time [the section] has been out here, we want to make sure we get as much of it out to the public as possible,” said Neuman. “It doesn’t help for it to sit here and no one get a chance to see it.”

Builder 1st Class Christian Guzman, attached to CBMU 303 Detachment Pearl Harbor, who has helped lead the Seabees in this

» See SEABEES | B7

USS Rhode Island successfully tests Trident II D5 Missile

From U.S. Navy Strategic Systems Programs Public Affairs

CAPE CANAVERAL, FLA.

The Ohio-class ballistic-missile submarine USS Rhode Island (SSBN 740) along with the U.S. Navy’s Strategic Systems Programs (SSP) conducted a successful test flight of one unarmed Trident II D5 missile, May 9.

This launch marked the 172nd successful test flight of the Trident II D5 missile since its introduction to the fleet in 1989.

This test flight was part of a Demonstration and Shakedown Operation, designated DASO 29. The primary objective of

a DASO is to evaluate and demonstrate the readiness of the SSBN’s strategic weapon system and crew before operational deployment following its engineered refueling overhaul (ERO).

“I’m incredibly proud of Team King’s Bay and the Rhode Island crew. They’ve spent the last nine months preparing for this test and the patrols that will follow. Because of their hard work and dedication, our sea based deterrent remains the most survivable and reliable in the world,” said Rear Adm. Michael Bernacchi, Commander, Submarine Group 10.

Rhode Island completed its ERO in August 2018. An ERO is a com-

TRIDENT II D5 MISSILE

This launch marked the 172nd successful test flight of the Trident II D5 missile since its introduction to the fleet in 1989.

plex, major shipyard availability during which the submarine is refueled and upgraded before returning to support the country’s nuclear deterrence strategy. This ERO extended the life of Rhode Island for more than 20 years.

EROs play a critical role in the future of the U.S. Navy’s submarine force. EROs extend the life of the aging 14 Ohio-class submarines in the Navy’s fleet, scheduled to be replaced by 12 Columbia-class submarines, with the first initial deterrent patrol in 2031.

“USS Rhode Island’s successful test flight to-

» See TRIDENT | B7

EXERCISE NORTHERN EDGE 2019 KICKS OFF IN ALASKA

By Master Sgt. Miguel Lara III
Pacific Air Forces

JOINT BASE PEARL HARBOR-HICKAM, HAWAII

Approximately 10,000 U.S. military personnel are participating in exercise Northern Edge 2019 (NE19), a joint training exercise hosted by U.S. Pacific Air Forces, on and above central Alaska ranges and the Gulf of Alaska, May 13-24.

NE19 is one in a series of U.S. Indo-Pacific Command exercises in 2019 that prepares joint forces to respond to crises in the Indo-Pacific. The exercise is designed to sharpen participants’ tactical combat skills, to improve command, control and communication relationships, and to develop interoperable plans and programs across the joint force.

Personnel from U.S. military units stationed in the continental United States and from U.S. installations in the Indo-Pacific will participate with approximately 250 aircraft from all services, and five U.S. Navy ships. For the first time in 10 years, a

Pacific Fleet aircraft carrier will be participating in the exercise.

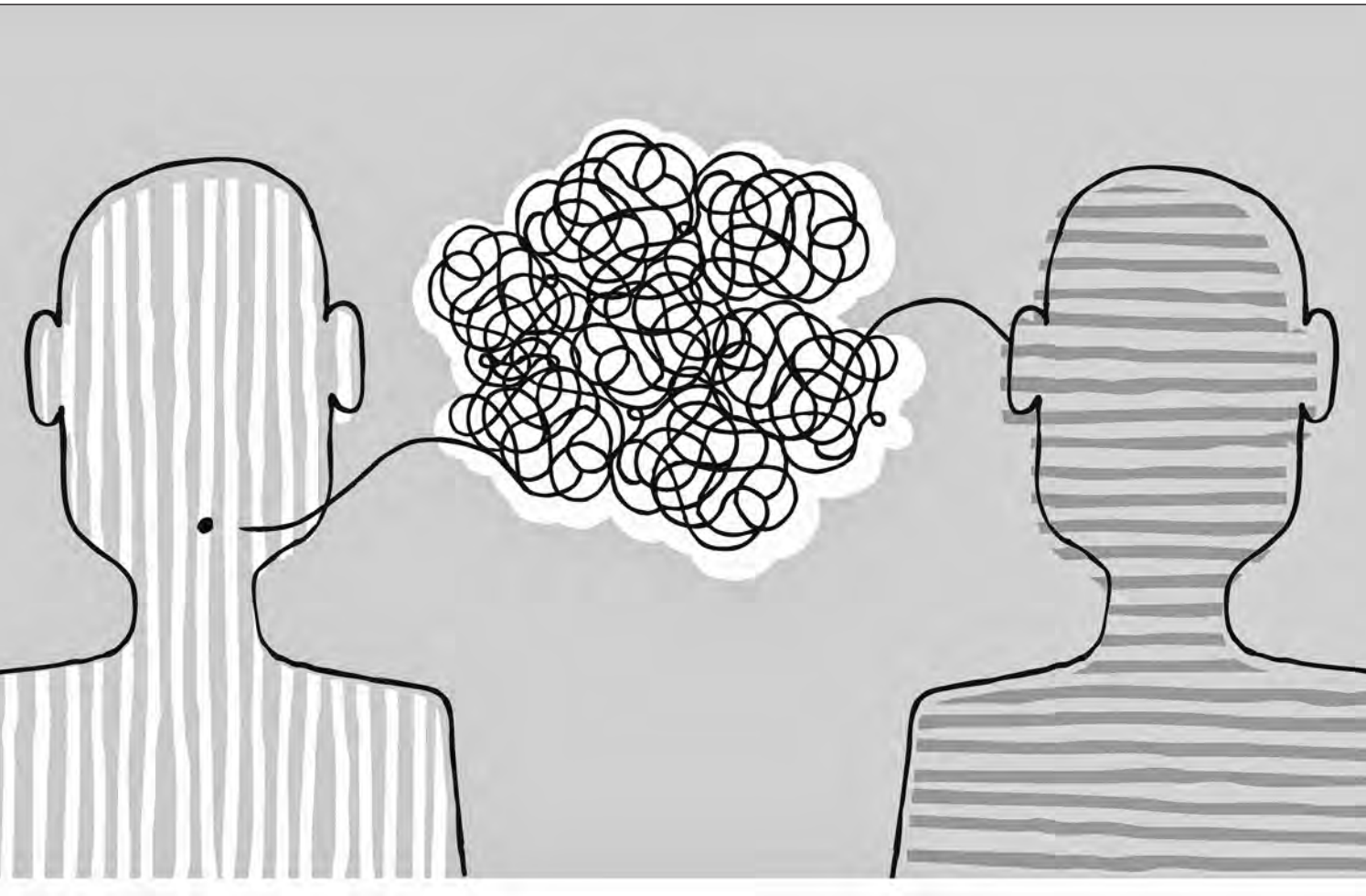
Participants will serve as part of a joint task force, which will help enhance multi-service integration and exercise a wide range of joint capabilities.

Major participating units include: U.S. Indo-Pacific Command, U.S. Pacific Air Forces, U.S. Pacific Fleet, Marine Corps Forces Pacific, Air Combat Command, Air Mobility Command, Air Force Materiel Command, U.S. 3rd Fleet, Air National Guard, Air Force Reserve and U.S. Naval Reserve.

NE19 is the largest military training exercise scheduled in Alaska this year with virtual and live participants from all over the United States exercising alongside live players.

Follow the Northern Edge Defense Visual Information Distribution Service (DVIDS) feature page for full coverage of the exercise.

» See ALASKA | B7



Stock Photo

The importance of this and that

By Lisa Smith Molinari

“Hey, Mom, what’s up?” Lilly appeared on my smartphone screen after I clicked the video call icon. Now that she was a freshman in college, we tried to talk at least once a week.

“Oh, not much,” I said, hearing a jumble of voices in the background. “Where are you, anyway?”

“At the library,” she said. A very good sign, I thought.

“My friends and I came here before class.” Lilly showed the girls piled onto the couch beside her. She wasn’t studying. She was eating a salad, hanging out with friends, and printing her Spanish paper. Oh well, good enough.

We chatted about the usual things — how exams were going, boys, her plans for summer, this and that. Knowing that I was meeting a friend for coffee in an hour, I carried the phone with me while I multitasked, throwing the ball for our dog Moby, folding clothes, emptying the dishwasher, picking an outfit to wear.

“Well, Lil, I’d better go get in

the shower,” I said after we’d talked for thirty minutes.

“No, Mom! Can’t you take the phone with you?” she said.

“In the shower? The phone will get wet!”

“Please! Just put it on the ledge outside the shower, I’ve done it before.”

Lilly didn’t have anything specific to talk about, but I wasn’t about to shut her down. Since Lilly had left for college, we’d been worried about her. For the first time in her eighteen years, she wasn’t happy. This was a foreign concept to our family. Lilly had always been determined to make others smile. As the content third child, she rarely stopped to ask, “What about me?”

It was time for Lilly to talk about herself, and I would need to listen.

When I was young, I didn’t have these conversations with my own mother, though I loved her dearly. She worked as a first-grade teacher, she cooked and cleaned, and created a warm home. She was creative, introducing my brother and I to arts and enriching activities from a

young age. Our modest home was most definitely loving, but we didn’t talk much about thoughts, feelings, fears, or dreams.

Strangely, now that I am an adult, my mother and I talk frequently about everything. I once remembered that she had never discussed the “birds and the bees” with me, and I asked her why.

“Well, I, I,” she stuttered, trying to remember her state of mind so long ago, “back then, experts said wait for children to ask questions, and be prepared. So, I went out and bought the Life Cycle books, and waited for you to ask. But you never did.”

I felt compassion for my mother, trying her best using her stoic German butcher’s upbringing tempered by her sincere intentions. She was right. I never approached her with questions about life. I’d learned the technical stuff in awkward middle school classes. But I was missing the rest — the this and that.

The subtle exchange of seemingly mundane thoughts that somehow provides answers to the

questions that swirl through adolescent minds. Why do I feel bad about myself all the time? Are you proud of me? Is it normal to be afraid to go to college? Do I need a boyfriend? Can I trust my friends? What if I fail? Am I good enough?

When Lilly begged me to continue our call during my shower, how could I refuse?

Our chat continued from my shower, to my closet, to my car, where Lilly described her project poster, her friend Molly, and her salad in minute detail.

“You’re making me hungry,” I said, pulling up to the coffee shop where my friend waited in the parking lot. Scanning for the right combination of words to not make her feel insignificant, I began, “Uh, Lilly, I’m really sorry, but I have to ...”

“Mom, I gotta go! Love you!” Lilly blurted, and I heard a cacophony of laughter before the video blinked out.

In our hour-and-a-half conversation, no crucial questions were asked or answered, no deep philosophies were discussed. But, like mortar between the bricks, the mundane this and that would help Lilly build a strong foundation.



Q: What paper-work do I need to start my application for Military Housing?

A. You will need a copy of your orders, page 2 dependency record, and your most recent LES.

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www.cnic.navy.mil/navylifema

RETIRING AND TRICARE

From TRICARE.mil

When You Retire

- You and your family have a change in status, and your plan options change.
- If you want to keep TRICARE Prime or TRICARE Select with no break in coverage, you must reenroll within 90 days after your retirement date.
- You and your family members need to get new ID cards.

Retroactive Enrollment

If you don’t enroll in TRICARE Prime or TRICARE Select within 90 days of retirement, you may request a retroactive enrollment. Coverage is effective from the date of your sponsor’s retirement. If applicable, enrollment fees would need to be paid back to the retiree-ment date. If you don’t request enrollment within 12 months of your retirement date, you can only enroll in a TRICARE plan during TRICARE Open Season or until you and/or a family member experiences a Qualifying Life Events. You’ll only be eligible for care at a military hospital or clinic if

space is available.

Before You Retire

Remember to schedule your Separation History and Physical Examination (SHPE) between 90 and 180 days before you retire or start terminal leave. The Department of Defense (DoD) and Department of Veterans Affairs (VA) uses the SHPE as a single separation examination to capture your complete medical history.

After You Retire

Here’s a quick look at how TRICARE changes when you retire.

Health Plan Enrollment

When you retire, the status change will disenroll you from TRICARE Prime.

- You must enroll in a TRICARE plan within 90 days after your retirement. You may have to pay annual enrollment fees.
- If you don’t enroll in TRICARE Prime or TRICARE Select within 90 days of retirement, you may request a retroactive enrollment if you do so within 12 months of your retirement.
- You can re-enroll online, on the phone, or

through the mail. >>>Learn More

- If you fail to enroll in TRICARE Prime or TRICARE Select, you will lose all TRICARE coverage and only be able to receive care at military hospitals and clinics if space is available.

Health Plan Options

You and your family may enroll in one of these health plans:

- TRICARE Prime (in Prime Service Areas, Geographic areas in the U.S. where we offer TRICARE Prime. They ensure medical readiness of active duty by adding to the capability and capacity of military hospitals and clinics. Prime Service Areas were also built around the Base Realignment and Closure sites.)
- TRICARE Select
- US Family Health Plan (in specific U.S. locations)
- TRICARE For Life (with Medicare Part A & B coverage)
- TRICARE Select Overseas

Your coverage will begin on the date of your retirement.

Dental and Vision Plan Options

You and your family may qualify to purchase dental coverage through the Federal Employees Dental and Vision Insurance Program (FEDVIP).

If you enroll in a TRICARE health plan, you may qualify to purchase vision coverage through FEDVIP.

For more information, visit www.benefeds.com.

Covered Services

Some services are no longer covered when you retire. These include:

- Hearing aids
- TRICARE Extended Care Health Option services for family members
- Chiropractic care
- Eye exams for all plans except TRICARE Prime

Costs

While on active duty, you paid nothing out-of-pocket and your family’s costs were minimal. As a retiree, you may see an increase in costs. Depending on your TRICARE plan, your new costs may include:

- Annual enrollment fees for TRICARE Prime and TRICARE

Select Group BClick to closeIf you or your sponsor’s initial enlistment or appointment occurs on or after January 1, 2018, are in Group B.

- Copays for TRICARE Prime
- Higher copays and cost shares for TRICARE Select
- Catastrophic cap* increases from \$1,000 per family to:

Group A: If you or your sponsor’s initial enlistment or appointment occurred before January 1, 2018, you are in Group A.: \$3,000 annually per family

Group B: \$3,500 annually per family

- Higher prescription costs

*In the calendar year you retire, any amounts accrued on active duty apply to your retired family cap.

Family Members Eligible for Medicare

Family members who are eligible for Medicare must have Medicare Part B coverage to stay eligible for TRICARE when you retire. If you had Medicare while on active duty, you remain eligible when you retire.

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Recruiting mission centralization

By MC2 Zachary S. Eshleman
Navy Recruiting Command

MILLINGTON, TENN.

In support of its growing recruiting mission, Navy Recruiting Command has adjusted their tactics for bringing Sailors into the Navy Reserve. Specifically, this adjustment led to the centralization of the prior service mission, which focuses on transitioning active duty Sailors directly into Reserve Component without a break in service. This means focusing more recruiting assets into the fleet concentrated areas of Norfolk, San Diego, Seattle and Jacksonville, Florida, and putting elements in Hawaii and Japan.

The recruiters participating in the mission in these areas work with command career counselors at the active duty units, providing training and information sessions with Sailors who are getting close to separating from the active-duty Navy. The purpose of the prior service recruiters, known as reserve benefits advisors, is to expose active duty Sailors to the possibilities and advantages of joining the Navy Reserve straight from active duty without a break in service. Over the course of their time on active duty, it is possible that a Sailor may have little to no interaction with Navy Reservists, so this could be the first time they start to think about it as an option.

For the Navy Reserve, the purpose behind this move lies in the advantages of accessing Sailors directly from active duty without

any break in service. With this seamless transition, Sailors' qualifications, job knowledge, and medical records will not become outdated, saving time and money that would have otherwise been devoted to retraining and requalifying the person.

"By taking someone straight from active duty to the reserve, we're able to immediately employ a fully trained and qualified Sailor," said Lt. Cmdr. John Poissant, the deputy director for prior service accessions. "Also, if the Sailor has critical Navy Enlisted Classifications (NECs), or special qualifications, we can plug them right into our higher demand, critical billets and they'll perform at the level we need them."

Engineman 2nd Class Natalia Cummings-Duckie is one of the Sailors in the Northeast Detachment of the prior service mission, located in Norfolk. This was the first detachment created for this initiative; it was started on October 1, 2018.

"What I try to instill in the Sailors that are thinking about getting out [of the Navy] is that life happens," said Cummings-Duckie, "Sometimes the great job you had set up on the outside might not pan out, or you may not like it after six-months, so it never hurts to use this as an option through your transition."

She says for these reasons, she wants to make sure Sailors at least see the reserve as an option, rather than throwing away all the time they spent building themselves up in the Navy



MC2 Kyle Hafer

During Navy Recruiting Commands' Boston Surge evolution, Electrician's Mate 2nd Class Peter Dicola, a recruiter assigned to Navy Recruiting District New England, speaks to students of Wayland High School about opportunities in the Navy during a scheduled visit. Surge is a new recruiting strategy in support of the national policy to build a 355-ship Navy.

and starting over in the civilian sector.

The second detachment created was Navy Reserve Prior Service Detachment Southwest, based in San Diego. This detachment began operations on January 1, 2019.

"Most of these Sailors we talk to have never really gotten a lot of information about the Navy Reserve," said Builder 1st Class Justin Gomez, a member of the Prior Service Detachment Southwest, "So when we go in there and do our presentations, it's kind of a mind blower for a lot of people, and they tend to have a lot of questions."

As someone who has been on active duty, worked in the civilian world, returned to the reserve and now back on active duty orders, Gomez says he wants to help make the transition as smooth as possible for

these other Sailors. He routinely works through the process with the command career counselors and the Sailors themselves.

Gomez says, one of the best advantages he has while working in the Prior Service Detachment Southwest is that he spent his entire career in the Navy in the San Diego area, so he can connect with the Sailors, and they can see someone like himself who went into the reserve and benefited from it.

He also is excited about this new method of spreading awareness through these detachments, and he believes it's very effective.

"When a recruiter can focus fully on talking to Sailors who are already in the Navy, rather than also having to go to high schools and job fairs in addition to it looking for people to bring into the reserve, it makes the

job a lot more efficient, and it lets you give more time to people who are already in [the Navy]," said Gomez. "It helps make the whole transition smoother, and it helps with Navy retention as well."

Poissant says this new method of educating and training Sailors has been very effective so far, and he is optimistic about the effects it will have on the Navy Reserve end strength.

"I think overall we've had a really positive effect on the number of Sailors coming into the Navy Reserve," said Poissant, "and we've been a force multiplier for the career transition office by spending more time training and educating career counselors and the Sailors on the benefits of the Navy Reserve."

This initiative will certainly help ease the transition out of active duty for

many Sailors, and it's another step in the right direction for Navy Recruiting Command to continue to support the requirements of the Navy Reserve.

Navy Recruiting Command consists of a command headquarters, three Navy Recruiting Regions, 18 Navy Recruiting Districts and eight Navy Talent Acquisition Groups that serve more than 1,330 recruiting stations across the world. Their combined goal is to attract the highest quality candidates to assure the ongoing success of America's Navy.

For more news from Commander, Navy Recruiting Command, go to <http://www.cnrc.navy.mil>. Follow Navy Recruiting on Facebook (www.facebook.com/NavyRecruiting), Twitter (@USNRecruiter) and Instagram (@USNRecruiter).

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AA/EOE

FCC/C10F Intelligence Officer receives Rear Adm. Edwin T. Layton Award

By MC2 William Sykes
U.S. Fleet Cyber Command/U.S. 10th Fleet
Public Affairs

FORT GEORGE G. MEADE, MD.

Cmdr. David Varona, deputy assistant chief of staff for intelligence, U.S. Fleet Cyber Command / U.S. 10th Fleet (FCC/C10F), was named as one of the recipients of this year's Rear Adm. Edwin T. Layton Award for Leadership and Mentorship.

"I am truly honored and humbled to have received this award," said Varona. "Some of the most impressive officers I've been honored to serve with were former winners, three here at FCC/C10F alone. The naval intelligence community has always had strong leaders, so to be selected for this recognition is extremely humbling.

Established by the Director of Naval Intelligence in 2001, the Rear Adm. Edwin T. Layton Award for Leadership and Mentorship recognizes Sailors for outstanding leadership and mentorship

in the furtherance on naval intelligence performance. The awardees have exemplified the leadership qualities of honor, courage, and commitment. Furthermore, each have been clearly recognized as a model leader for the naval intelligence community.

Varona emphasized his selection reflected the successes of his fellow shipmates at FCC/C10F.

"My selection speaks more to the successes of the team I am a part of than anything I've done individually," said Varona. "We are truly fortunate to have some of the best from the Navy intelligence community right here at FCC/C10F, be it civilians, officers, chief petty officers, and our junior enlisted. This award belongs to the FCC/C10F team here and the leadership we have across the ranks."

Captain John Watkins, chief of staff, FCC/C10F, credited Varona's selection to his character.

"Although he gives the

credit for winning the award to his team, Cmdr. Varona's leadership and dedication to his team is why he was selected for this award," said Watkins. "He makes my job easy. He is an incredibly talented leader with contagious enthusiasm and impeccable standards of personal conduct."

When asked what leadership attributes are necessary for intelligence officers just coming into the community, Varona offered some advice.

"First, always be sincere," said Varona. "This is what I've anchored on in my own approach to leadership. If you are honest with your team and honest with your leadership, your intent and desire will be clear and you can focus on the mission. Second, be professionally inquisitive. The credibility you need to do your job effectively is not something easily attainable in standard work hours. Take the time to read and learn. It will pay dividends for you. Third, and finally,

“The success I’ve enjoyed this far would not have happened without the support of my family, my kids, the constant sacrifice of my wife in particular, and the support of my parents.”

Cmdr. David Varona

lean on your senior enlisted. Get out and talk to people, get buy in and perspective from your senior enlisted and listen to what they have to say. The corporate knowledge inherent in our workforce is astounding, and your teams can do amazing things when they are empowered and feel they own part of the solution."

Rear Adm. Edwin T. Layton, the award's namesake, was primarily known for his code-breaking techniques in support of Adm. Chester Nimitz during World War II. His

techniques ultimately contributed to providing information that was vital to winning the Battle of Midway.

Varona also emphasized the importance of family and mentors making an invaluable difference in his career.

"The success I've enjoyed this far would not have happened without the support of my family, my kids, the constant sacrifice of my wife in particular, and the support of my parents," said Varona. "The people closest to me gave me the confidence to

believe in myself from the start. I've had several professional role models I've looked up to in my career, most notably Capt. Jason Hines and Capt. Craig Whittinghill from within our community, and plenty of others from without."

FCC is responsible for Navy information network operations, offensive and defensive cyberspace operations, space operations and signals intelligence. Comprised of over 14,000 Sailors, Reservists and civilians stationed across the world, C10F is the operational arm of FCC and executes its mission through a task force structure similar to other warfare commanders.

For news and information from Commander, U.S. Fleet Cyber Command / U.S. 10th Fleet, visit www.navy.mil/local/FCCC10F/ or follow us on twitter @USFLEETCYBERCOM.

For more news from Commander, U.S. Fleet Cyber Command/U.S. 10th Fleet, visit www.navy.mil/local/FCCC10F/.



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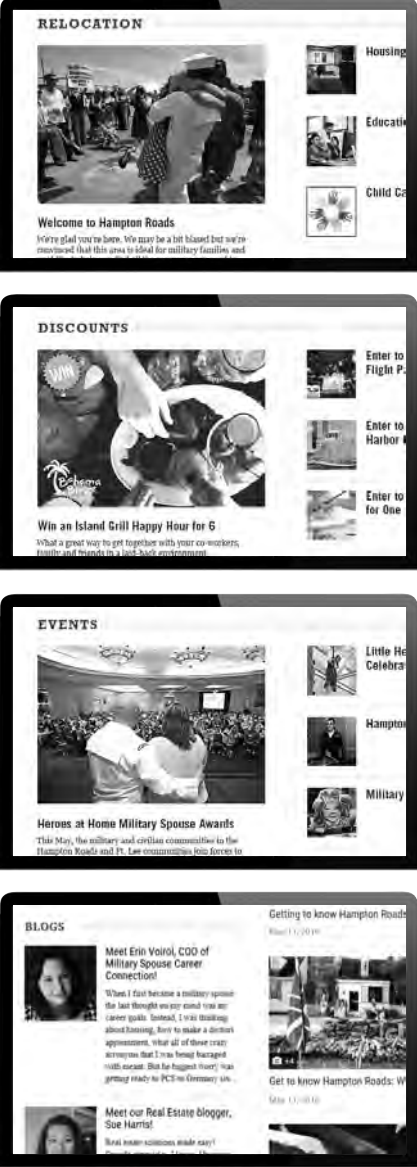
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Sea service members to build with Habitat for Humanity New York City during Fleet Week

Fleet Week New York Public Affairs

NORFOLK

Sea service members will help Habitat for Humanity New York City (Habitat NYC) on revitalization projects in Queens and Brooklyn as part of a Fleet Week New York (FWNY) community service project, May 23-24.

Military personnel will assist each day with two home building projects in Jamaica, Queens; and a painting project in conjunction with “A Brush with Kindness” in Brooklyn.

“We are thrilled to welcome members of the Marines, Coast Guard and Navy back for what will be their seventh Fleet Week New York build,” said Karen Haycox, CEO of Habitat for Humanity New York City. “The sea service

members are some of the most passionate and capable volunteers we have all year. Their dedication to serving others is palpable not only through their military service, but through the hard work they put in on our build sites. During Fleet Week, their mission becomes our mission – to transform lives and communities by building and preserving affordable housing. We thank each and every one of these service members for their service to our country and for spending their hard-earned day off with us.”

Now in its 31st year, FWNY is the city’s time-honored celebration of the sea services. It is an unparalleled opportunity for the citizens of New York and the surrounding tri-state area to meet Sailors, Marines and Coast Guardsmen.



U.S. Navy photo

“ The sea service members are some of the most passionate and capable volunteers we have all year.

Karen Haycox, CEO of Habitat for Humanity New York City

For up-to-date information on all FWNY events, visit the official FWNY website at www.fleetweeknewyork.com, “Like” FleetWeekNewYork on Facebook, or “Follow” @FleetWeekNYC on Twitter. FWNY photos can be viewed on

Flickr and Instagram. Join the conversation on social media by using #FleetWeekNYC. Connect with Habitat NYC on Facebook or follow on Twitter and Instagram at @HabitatNYC.

Habitat NYC, a non-profit organization, transforms lives and

communities by building and preserving affordable homes with hard-working families in need – and by uniting all New Yorkers around the cause of affordable housing. With the help of thousands of volunteers each year, Habitat NYC builds and preserves homes for ownership by low-to moderate income families throughout the five boroughs, creating a stronger and more united New York. Learn more at www.habitatnyc.org.



CE2 Philip Wall

U.S. Navy Construction Mechanic 2nd Class Rob Norton, assigned to Underwater Construction Team 2, conducts a level 2 wharf inspection at Pohnpei Harbor, enhancing regional resiliency during Pacific Partnership 2019. Pacific Partnership, now in its 14th iteration, is the largest annual multinational humanitarian assistance and disaster preparedness mission conducted in the Indo-Pacific. Each year, the mission team works collectively with host and partner nations to enhance regional interoperability and disaster response capabilities, increase stability and security in the region, and foster new and enduring friendships across the Indo-Pacific.

UCT-2 concludes maritime infrastructure assessment in FSM

By MC2 Jasen Moreno-Garcia
CTF 75 Public Affairs

KOLONIA, POHNPEI

Sailors assigned to Underwater Construction Team (UCT) 2, Construction Dive Det. Alpha, completed a recompression chamber inspection and maritime infrastructure assessment of the Pohnpei Harbor and Kapingamarangi Atoll, May 7, as part of Pacific Partnership 2019.

The assessment, which began April 16, will help maintain and expand the harbor port in Pohnpei and improve navigation safety in both Pohnpei and Kapingamarangi Atoll.

“We came to Pohnpei for Pacific Partnership 2019 to inspect the faces of the wharf in the Pohnpei Harbor and do multiple hydrographic surveys, including surveying both the harbor in Pohnpei and Kapingamarangi Atoll,” said Construction Electrician 1st Class Daniel Lehne, the project supervisor.

Capt. Randy Van Rossum, mission commander for Pacific Partnership 2019, spoke

to the PP19 common goal of creating a safer environment for future disaster preparedness.

“I am confident that the planning and hard work we’ve invested thus far will show in our successful collaborative efforts for a long-lasting impact here in Micronesia,” he said.

The UCT 2 Sailors used a single-beam hydrographic survey to create a map of the different water depths along the Pohnpei Harbor and the channel in Kapingamarangi Atoll.

Lehne mentioned that the channel in Kapingamarangi Atoll is currently not only very narrow, but also has a very difficult 90-degree turn. The hard turn and the narrowness prevent larger vessels from transiting during increased sea states.

“The surveys we completed will allow us to formulate a calculated plan using [precision placement of] explosives and other dredging techniques to widen the channel, making it a much safer passage for local ferries and the boats bringing supplies to the

atoll,” said Lehne.

The UCT 2 team also performed a wharf inspection at Pohnpei Harbor using specialized equipment to test the current thickness of the metal wall in the wharf face. The measurements taken will be used as a baseline measurement for future inspections to help track the deterioration of the metal on the face over time.

“We first began by training the Pohnpei port security divers on how to inspect their wharf because it has not been inspected since the 70s,” said Construction Electrician 2nd Class Philip Wall. “We were able to show them underwater testing techniques using an ultrasonic thickness tester and a bathycorometer to test metal thickness and cathodic protection.”

Wall further explained that learning how to perform the wharf inspections would allow the port security members to maintain a safe wharf and eliminate the need of outside assistance to perform such crucial inspections.

This subject matter expert exchange is a cornerstone of Pacific Partnership, which aims to empower nations to improve their infrastructure and ability to respond to disaster emergencies.

The UCT 2 team also inspected a local

recompression chamber at the Pohnpei State Hospital that has been nonoperational since 2015.

“We went to the hospital and did a walk-through of the chamber,” said Hospital Corpsman 1st Class Ryan Kitchens. “We had a checklist and discovered all the deficiencies. We developed a plan alongside the hospital manager to get the chamber operational and help save lives.”

“We put a lot of effort into everything we did working with the locals,” affirmed Lehne. “Instead of just completing another job, we became friends with a lot of the people here – we showed them how we do things so that they can continue doing those operations to make this a safer, more resilient place.”

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

For more news from Commander, Task Force 75, visit www.navy.mil/local/ctf75/.

Congressman John Lewis attends keel laying of namesake ship

By Sarah Burford
Military Sealift Command Pacific

SAN DIEGO

Employees of Military Sealift Command, General Dynamics NASSCO of San Diego and dignitaries from across the country celebrated the keel laying of MSC’s newest ship, USNS John Lewis at the NASSCO shipyard San Diego today.

Kevin Graney, NASSCO president welcomed ship namesake, Rep. John Lewis (D Ga.), and ship’s sponsor, actress Alfre Woodard who attended the ceremony.

“I am absolutely thrilled to be here today in the capacity of sponsor to this great ship,” said Woodard in her remarks. “As a leader, John Lewis is a bright light in the service of our country. May this ship be a beacon in times of darkness.”

The time honored tradition of the keel laying, marks the official start of construction of the ship. Part of the tradition is for the sponsor to weld their initials into the keel plate of the new ship. After a few minutes’ instruction, both Woodard and Lewis, dressed in protective equipment, took torches in hand and stepped into the ship’s history. The steel plate with their initials will be permanently affixed to the ship’s keel, remaining with the vessel through its time in service.

“I tried to promise myself that I would not be overcome, but this is too much,” said Lewis.

USNS John Lewis will serve the United States Navy as a replenishment oiler under the control of MSC. The ship is the and the lead ship of her class of 20 perspective ships that will all be in the Lewis class. The ship honors Lewis, a 17 term congressman and a well-known civil rights activist, known for his courage during the civil rights movement of the 1960s. He organized voter registration drives and community action programs during the Mississippi Freedom Summer. He led over 600 peaceful, orderly protestors across the Edmund Pettus Bridge in Selma, Alabama on March 7, 1965, where the group was attacked by Alabama state troopers in a brutal confrontation that became known as “Bloody Sunday.” Throughout his life, Lewis has remained a devoted advocate of the philosophy of nonviolence, and continues to advocate for peace throughout the world.

“We need great ships, like this one, to carry our men and women in our continued work for peace, because we are one world,” said Lewis.

Following construction



Sarah Burford

Rep. John Lewis (D Ga.) dons protective gear as he prepares to weld his initials into the keel plate of his namesake ship during the keel laying ceremony of USNS John Lewis at the General Dynamics Shipyard in San Diego.

“ We need great ships, like this one, to carry our men and women in our continued work for peace, because we are one world.”

Rep. John Lewis



Sarah Burford

Rep. John Lewis (D Ga.) addresses attendees at the keel laying for his namesake ship, Military Sealift Command's newest fleet replenishment oiler, USNS John Lewis during a ceremony at the General Dynamics NASSCO Shipyard in San Diego.



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SEABEES | *Pieces of USS Arizona wreckage head to educational and not-for-profit institutions*

Continued from B1

project, appreciates the opportunity for he and his team to recover sections for the public worldwide.

“We have a special tie to Pearl Harbor and World War II because that’s how we began. It is of historical significance that we, as Seabees, are able to work on the USS Arizona,” said Guzman.

Neuman explained that the Seabees were the obvious choice when considering how to satisfy the different request through the program.

“It is Navy history, Navy legacy, so it made sense that if we were going to have somebody actually cutting pieces of the [Arizona] wreckage we should have the Seabees do it,” said Neuman. “Because of their legacy, what they do historically and their mission, they have enthusiastically embraced it, which I really appreciate.”

To date, the Seabees of CBMU 303 Detachment Pearl Harbor have completed three phases of the project. Those phases consisted of cutting and shipping out various sized pieces to: Salt River Pima-Maricopa Indian Community in Arizona, the Panhandle War Memorial in Texas, and the World War II Foundation in Rhode Island.

They are currently working on phase four which will be shipped to the Imperial War Museum in London, England.

“Britain was an ally in World War II. When the Empire of Japan surrendered on September 2, 1945, on the USS Missouri, they didn’t only sur-



MC2 Allen Michael McNair Steelworker 3rd Class Cameron Fields, crew leader at Construction Battalion Maintenance Unit 303 detachment Hawaii, cuts a piece of steel salvaged from the USS Arizona. This piece, as well as other historical relics, will be displayed in one of more than 100 locations around the world. These visible pieces will allow the public to consider and discuss the significance of the December 7, 1941 attack on Pearl Harbor and World War II.

render to the U.S. they surrendered to the allies as well. They all signed the document so I’m thrilled that the museum sees the significance,” said Neuman. “They want to tell the whole story of World War II, not just the part they played. Visitors to the museum will be able to see part of the USS Arizona, and I think that’s great.”

The Seabees and Neuman will continue to partner together, work on the removed section of the Arizona and

ship pieces out until there is nothing left.

The Seabees are proud to be a part of this undertaking as well as other jobs they execute around the island of Oahu.

“We have a whole spectrum of skill sets. This project only showcases a snippet of our diverse capabilities,” stated Guzman.

For more news from Navy Public Affairs Support Element, visit www.navy.mil/local/npasehq/.



MC2 Allen Michael McNair Steelworker 3rd Class Cameron Fields, crew leader at Construction Battalion Maintenance Unit 303 detachment Hawaii, cuts a piece of steel salvaged from the USS Arizona. This piece, as well as other historical relics, will be displayed in one of more than 100 locations around the world. These visible pieces will allow the public to consider and discuss the significance of the December 7, 1941 attack on Pearl Harbor and World War II.



John Kowalski An unarmed Trident II D5 missile launches from the Ohio-class ballistic missile submarine USS Rhode Island (SSBN 740) off the coast of Cape Canaveral, Florida, May 9, 2019. The test launch was part of the U.S. Navy Strategic Systems Programs' demonstration and shakedown operation certification process. The successful launch certified the readiness of the SSBN crew and the operation performance of the submarine's strategic weapons system following completion of its engineered refueling overhaul before returning to operational availability.

TRIDENT | *172nd Successful test flight of Trident II*

Continued from B1

day demonstrates not only that this ship’s crew and shipboard weapons system are ready to return to service, but also that the sea-based leg of our nuclear deterrent remains ready, reliable and credible,” said Capt. Mark Behning, deputy director, SSP.

“While we’ve demonstrated today that our efforts to extend the life of our existing D5 missiles and SSBNs are successful, it is imperative that we remain focused on the Navy’s number one priority: on-time delivery of the first Colombia-class submarine,” said Behning.

SSP, along with Naval Ordnance Test Unit, oversees the DASO certification process and provides integrated testing and evaluation capabilities, while various other organizations provide support.

Ohio-class SSBNs carry up to 20 submarine-launched ballistic missiles, and provide the United States with its most survivable and enduring nuclear strike capability. The design allows the submarines to operate for 15 years or more between major overhauls. The Columbia-class submarine will not need to be refueled during its lifetime.

Rhode Island is the fourth U.S. Navy ship to bear the name and was commissioned July 9, 1994. Assigned to Submarine Group 10, Rhode Island is one of five ballistic-missile submarines homeported at Naval Submarine Base Kings Bay, Georgia.

ALASKA | *Joint training exercise hosted by U.S. Pacific Air Forces*

Continued from B1

Note:

U.S. Navy ships participating in Northern Edge include:

- Carrier Strike Group 9
- USS Theodore Roosevelt (CVN 71) with embarked Carrier Air Wing (CVW 11)
- USS Russell (DDG 59)
- USS Kidd (DDG 100)
- USS John Finn (DDG 113)
- USNS Henry J. Kaiser (T-AO 187)

For more news from U.S. Pacific Fleet, visit www.cpf.navy.mil.



MC2 Anthony J. Rivera The aircraft carrier USS Theodore Roosevelt (CVN 71) transits the Pacific Ocean. Theodore Roosevelt is conducting routine operations in the eastern Pacific.

Krystal
Content Creator
Military Spouse

Build a career from anywhere.

Military spouses are at least four times more likely to be unemployed than the national average, often as a result of frequent moves. To help with their journey, Google is offering free tools, training and resources so military spouses can build meaningful careers wherever they are.

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Pungo Offroad Monsters on the Beach this weekend!

Be sure not to miss the Monster Trucks at the Oceanfront this weekend! See page C3 for details!

» See **C3**

SECTION C | FLAGSHIPNEWS.COM | 5.16.2019

SUFFOLK NATIVE SERVES WITH NAVY STRIKE FIGHTER SQUADRON

By MC1 Tom Gagnier
Navy Office of Community Outreach

VIRGINIA BEACH, VA.

A 2009 Kingsfork High School graduate and Suffolk, Virginia, native is currently serving with a U.S. Navy strike fighter squadron which flies one of the world’s most advanced warplanes.

Petty Officer 2nd Class Nathan LeGrand is an aviation ordnanceman with the Gladiators of VFA-106, which operates out of Naval Air Station Oceana. A Navy aviation ordnanceman is responsible for loading the aircraft with missiles and bombs, and handling ordnance when not attached to planes.

LeGrand credits success in the Navy to many of the lessons learned growing up in Suffolk.

“Me, I’ve always just taken it day-by-day, rolling with whatever comes your way,” said LeGrand.

Members of VFA 106 fly and maintain the F/A 18 Super Hornet, one of the most advanced aircraft in the world. The Super Hornet takes off from and lands on Navy aircraft carriers at sea and is capable of conducting air-to-air combat as well as striking targets on land. It is approximately 61 feet long, has a loaded weight of 51,000 pounds, and a max speed of 1,190 miles per hour.

Operating from sea aboard aircraft

carriers, the Super Hornet gives the Navy the power to protect America’s interests anywhere, at any time. The versatile jet has the ability to destroy targets located hundreds of miles inland. Super Hornets are an all-weather aircraft used as an attack aircraft as well as a fighter. In its fighter mode, the F/A-18 is used primarily as a fighter escort and for fleet air defense; in its attack mode, it is used for interdiction and air support.

A key element of the Navy the nation needs is tied to the fact that America is a maritime nation, according to Navy officials, and that the nation’s prosperity is tied to the ability to operate freely on the world’s oceans. More than 70 percent of the Earth’s surface is covered by water; 80 percent of the world’s population lives close to a coast; and 90 percent of all global trade by volume travels by sea.

LeGrand is playing an important part in America’s focus on rebuilding military readiness, strengthening alliances and reforming business practices in support of National Defense Strategy.

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



MC1 Tim Miller
A 2009 Kingsfork High School graduate and Suffolk, Virginia, native is currently serving with a U.S. Navy strike fighter squadron which flies one of the world’s most advanced warplanes.

driving these priorities.”

Though there are many ways for sailors to earn distinction in their command, community and career, LeGrand is most proud of qualifying to supervise for safety when an ordnance team loads weapons.

“I’m responsible for the safety of the evolution. You need to be a petty officer second class or above,” said LeGrand. “I also have three Navy and Marine Corps Achievement Medals. One was for an inspection that we scored really well. It all means something.”

Serving in the Navy is a continuing tradition of military service for LeGrand, who

has military ties with family members who have previously served. LeGrand is honored to carry on the family tradition.

“My father and older brother served,” said LeGrand. “They gave me advice and affected my decision.”

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

“The Navy lets me present myself as a role model to my kids,” added LeGrand.

Take a day trip to the Chesapeake Maritime Museum and enjoy free admission for military families all summer

From Tracey Johns

For the 9th consecutive year, the Chesapeake Bay Maritime Museum in St. Michaels, Md. is participating in the national Blue Star Museums program to offer free, general admission to the nation’s active-duty military personnel and their spouses/partners and up to three children from Armed Forces Day on May 18 through Labor Day on Sept. 2.

Located near the nation’s capital on the Chesapeake Bay’s Eastern Shore, CBMM’s 18-acre waterfront campus offers 12 exhibition buildings to explore in a few hours or over multiple visits. Highlights of the experience include climbing and exploring the 1879 Hooper Strait Lighthouse; taking in an art exhibition; interacting with shipwrights restoring authentic, wooden Chesapeake boats; renting a small craft to paddle the Miles River on your own; taking a river cruise on the 1920 buyboat Winnie Estelle; engaging in numerous hands-on exhibitions and family-oriented activities; and other programming and events.

“The National Endowment for the Arts is proud to celebrate the tenth summer of collaborating with Blue Star Families, Department of Defense, and especially

for the more than 2,000 museums across our nation that make this program possible,” said Mary Anne Carter, acting chairman of the National Endowment for the Arts. “Organizations such as the Chesapeake Bay Maritime Museum are providing wonderful opportunities for military families to share a memorable experience together this summer.”

“We’ve seen the tremendous impact the Blue Star Museums program brings to our military families, and we’re thrilled to be celebrating a decade of support,” said Kathy Roth-Douquet, chief executive officer of Blue Star Families. “Not only are museums fun to explore, they are also great for making memories and strengthening military families as a whole.”

The free admission program is available for those currently serving in the United States Military—Army, Navy, Air Force, Marine Corps, Coast Guard as well as members of the Reserves, National Guard, U.S. Public Health Commissioned Corps, NOAA Commissioned Corps, and their spouses/partners and up to three children. Qualified members must show a Geneva Convention common access card (CAC), DD Form 1173 ID card (dependent ID), or a



The Hooper Strait Lighthouse at dusk.
Courtesy Chesapeake Maritime Museum

DD Form 1173-1 ID card for entrance into a participating Blue Star Museum. The list of 2019 participating Blue Star Museums is at arts.gov/bluestarmuseums.

This year at CBMM, guests can experience the build of a new Maryland Dove, beginning June 1, and the restoration of the 1912 tug Delaware, now underway in the shipyard through 2020. Special exhibitions include On Land and On Sea: A Century of Women in the Rosenfeld Collection, which opens May 18; Beach Finds of the Chesapeake, which continues through June 29; and Deconstructing Decoys: The Culture of Collecting, which continues in CBMM’s Waterfowling building through Nov. 1.

The program excludes festival admission, with CBMM also offering free, year-round general admission to all active military individuals.

Free, on-site parking is available, with many of the historic town of St. Michaels’ shops, restaurants, and inns within walking distance of CBMM. For more information, go to cbmm.org or call 410-745-2916.

Calendar

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



iStockphoto

2019 USO Warrior Classic Golf Tournament

- May 17, 7:15 a.m. Open to public
- Aeropines Golf Course, NAS Oceana, 1001 G Ave., Virginia Beach
- www.hrcv.uso.org/events/48 or call Ted Quinter at 757-390-6719.

Father Nicholas Habets Assembly 1505 of the Knights of Columbus is proud to host the 2019 USO Warrior Classic. USO HRCV receives no government funding and relies primarily on the generosity of local donors who recognize the sacrifices of our local service members and their families. We need them. They need us. We need you to be the force behind our local forces.

Virginia Gymnastics Xcel State Championship

- May 17 - 19
- Hampton Roads Convention Center, 160 Coliseum Dr., Hampton
- www.thehrcc.com and www.vausag.com

The USA Gymnastics Xcel Program is a program offered as an alternative program for competitive gymnasts. Awards include division age group placement awards and division age group all-around awards. All of the gymnasts participating in the Virginia Xcel State Championship have qualified through a series of local competitions. Gymnasts vary in age, from 5 years-old to 19 years-old.

Pungo Offroad Monsters on the Beach!

- May 17-19
- Virginia Beach Oceanfront/boardwalk between 4th and 8th Streets.
- www.liveonatlantic.com

Pungo Offroad Monsters on the Beach, presented by Eastern Truck & Accessories, brings thrills and chills to the Virginia Beach oceanfront as Monster Trucks battle for ultimate sand domination! This family-friendly event is loud, fast, and exciting. Make sure you see the BIGGEST Monster Truck show in the mid-Atlantic ON THE BEACH with a race and stunt course built right on the sand at 6th Street and bleachers overlooking from the boardwalk. Sand dunes and junk cars combine to make the racecourse fast and fun for drivers and spectators alike.

Church Street Jazz Series: Featuring Jonathan Butler

- May 18, 8 p.m. \$50-\$85
- Harrison Opera House
- www.sevenvenues.com

Butler began his singing career at age seven, releasing his first album in 1973 and winning the Best New Artist Grammy in South Africa the following year, at age 12. In 1975 Butler earned three gold records ("Please Stay" went double gold and "I Love How You Love Me" went gold), making history by being the first black artist on white South African radio. Butler's music has purpose, providing comfort and inspiration. When he sings, he testifies to the glory and healing power of love. When he plays guitar, his fast fingers innately find notes of passion and divinity. Jonathan Butler's recording career has carried him far, far beyond his wildest dreams.

Tidewater Comicon

- May 18-19
- Virginia Beach Convention Center, 1000 19th St., Virginia Beach
- www.tidewatercomicon.com

Tidewater Comicon is May 18-19, 2019 at the Virginia Beach Convention Center with Special Celebrity Guests, Comic Book Creators, Voice Actors, and much more. Special guests include: Khary Payton (Walking Dead), Mick Foley (WWE), and more. 2 Full days of Vendors, Artists, Panels, and Contests for fans of all ages.



Courtesy of The Norva

Bad Wolves w/ Hostile Within

- May 19, 7:30 p.m. \$22.50/advance, \$25/day of show
- The Norva, 317 Monticello Ave., Norfolk
- www.thenorva.com

Bad Wolves aren't just a band, they're a sonic wrecking ball that's destroying everything in their path. The act—which is composed of drummer John Boecklin (ex-Devildriver), vocalist Tommy Vext (Divine Heresy, Snot) as well as guitarists Doc Coyle (ex-God Forbid), Chris Cain (Bury Your Dead) and bassist Kyle Konkiel (ex-In This Moment), may seem like they just exploded onto the scene, but the idea has been percolating in Boecklin and Vext's heads since 2015.

Community

■ Submit YOUR events, news and photos

The Flagship welcomes submissions from our readers online.

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

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



Courtesy Virginia Arts Festival

Virginia Arts Festival announces OVATION AWARD Honoring the achievements of Hampton Roads artists

From Virginia Arts Festival

Virginia Arts Festival presented its first Ovation Award to the great, Norfolk-born ballerina Lorraine Graves at a luncheon and ceremony at Slover Library on Saturday, May 4. The Virginia Arts Festival Ovation Award honors the lifetime achievement of artists with a special connection to the Hampton Roads region, and will be presented annually.

"Our region has given the world many great performers," said Robert W. Cross, Virginia Arts Festival Executive Director and Pery Artistic Director. "Lorraine Graves is a superb example—an extraordinary ballerina, and longtime principal with the legendary Dance Theatre of Harlem, Ms. Graves had a distinguished career, performing around the world, and now shares her artistry and wisdom with young dancers in our region as well as nationally. We look forward to celebrating her achievements, and the accomplishments of more great artists in the coming years."

About Lorraine Graves
Lorraine Elizabeth Graves was born in Norfolk, Va., and began her classical training at the Academy of the Norfolk Ballet under the direction of the late Gene Hammett. She was later awarded full scholarships to the School of American Ballet and the American Ballet Center. She attended

Indiana University at Bloomington, where she completed a four-year program in three years, earning a bachelor's degree in ballet with distinction.

Graves began her professional career with the Dance Theatre of Harlem (DTH) and rose to the rank of principal dancer within one year. Three years later, she became ballet mistress, in addition to her duties as a dancer.

Her performance credits with DTH include Giselle, Firebird, Footprints Dressed in Red, The River, Toccata E Due Canzoni, Etosha, Serenade, The Four Temperaments, Agon, Allegro Brillante, and the role of the siren in George Balanchine's The Prodigal Son. She also had leading roles in Frederic Franklin's production of Pas de Dix, Prince Igor, and Scheherazade, and Arthur Mitchell's Rhythmtron, Holberg Suite and Fete Noire.

Ms. Graves' television credits include the role of Myrta in NBC's airing of Dance Theatre of Harlem's Creole Giselle; the Princess of Unreal Beauty in the PBS production of John Taras' The Firebird; and the closing ceremonies of the 1984 Summer Olympics in Los Angeles.

Ms. Graves' guest appearances include performances with the Detroit Symphony Orchestra, New York Philharmonic's Young People's Concert Series, The Norfolk Civic Ballet, The River City Ballet, The Northwest Florida Ballet, and the Virginia Ballet Theatre during the 1996 International Azalea Festival and Dance Theatre of Harlem's 30th Anniversary Celebration at New York's City Center.

Ms. Graves has taught at the North Carolina School of the Arts, The Governor's School for the Arts in Virginia, The Virginia School of the Arts in Lynchburg, The Cornish Institute in Seattle, the Oklahoma Summer Arts Institute, the South Carolina Governor's School of the Arts, DTH's Kennedy Residency Program (now the Pre-Professional Program), the Virginia Ballet Theatre, the Flint Institute of Music, and the Southeastern Regional Ballet Association.

She is a permanent guest faculty member at the Virginia School of the Arts, is on the master teacher faculty at DTH, and is a faculty member at the Governor's School of the Arts in Norfolk. She is an invited guest teacher for the Alvin Ailey American Dance Theatre and also is lead adjudicator for the West Virginia Dance Festival.

The chairwoman of the Norfolk Commission on the Arts and Humanities also is a member of the Mayor's Downtown Task Force; Links, Inc.; and the Todd Rosenlieb Dance Company Board, and is listed in Who's Who in America, Who's Who in Entertainment, Who's Who Among Women, and Marquis' Who's Who.

A lucky military shopper can ride away on a new Polaris in Exchange sweepstakes

From Army & Air Force Exchange Service Public Affairs

DALLAS

Exchange shoppers can get their adrenaline pumping with the Rockstar Polaris sweepstakes.

The Army & Air Force Exchange Service has partnered with Rockstar to offer military shoppers worldwide the opportunity to win one of three Polaris RZR off-road vehicles: RZR 570 ARV, RZR 900 ARV or RSR RS1 ARV. The value of the grand prize is more than \$9,000.

"Enjoying the great outdoors with friends and family is especially important in the lives of service members who spend so much time away from their loved ones," said Air

Force Chief Master Sgt. Luis Reyes, the Exchange's senior enlisted advisor. "The Exchange is honored to give one lucky winner a chance to make memories that will last a lifetime."

Honorably discharged Veterans who have verified their eligibility to shop the Exchange online can enter the sweepstakes. Veterans can find out more on the Exchange's community Hub page at <http://bit.ly/VetForLife>.

Shoppers can enter at ShopMyExchange.com/Sweepstakes from May 1 to 31. One grand-prize winner will be chosen on or about June 1.

No purchase is necessary to enter, and entrants need not be present to win.

Virginia Stage Company and The Governor's School for the Arts collaborate on Roald Dahl's Matilda the Musical

From Virginia Stage

This musical adaptation of Roald Dahl's classic book tells the story of Matilda Wormwood, a young girl with a sharp wit and love for books. With her special brand of ingenuity, she dares to stand against the tyranny of adults who seek to crush her imagination. This multi-Tony award-winning musical provides the perfect opportunity for collaboration between Virginia Stage Company and The Governor's School for the Arts to highlight our local students alongside

some of the top professional actors from around the country.

Unlike most Virginia Stage production which run for 3 weeks, this production will close after 2 weeks and 14 performances.

Roald Dahl's Matilda the Musical begins previews on May 22 with an official opening night on May 25, and continues with performances through June 2. Tickets start at \$20 with discounts for groups, students, and the military. For more information about group tickets and events, contact Tira Dimond at groups@vastage.org.

Interviews can be arranged with members of the cast, crew, creative team, or staff of Virginia Stage Company or The Governor's School for the Arts. All reviews are welcome, and tickets can be provided to anyone who wishes to see the production for these purposes.

This production is fun for the whole family and is suggested for all ages.

Virginia Stage Company is southeastern Virginia's leading theatre destination, serving an audience of over 70,000 annually both at the Wells Theatre and throughout the community. Virginia Stage Company's mission is to "enrich, educate, and entertain the region by creating and producing theatrical art of the highest quality."

Pungo Offroad Monsters on the Beach, this weekend at the Oceanfront!

From Beach Street USA

Pungo Offroad Monsters on the Beach, presented by Eastern Truck & Accessories, brings thrills and chills to the Virginia Beach oceanfront as Monster Trucks battle for ultimate sand domination! This family-friendly event is loud, fast, and exciting. Make sure you see the BIGGEST Monster Truck show in the mid-Atlantic ON THE BEACH with a race and stunt course built right on the sand at 6th Street and bleachers overlooking from the boardwalk. Sand dunes and junk cars combine to make the racecourse fast and fun for drivers and spectators alike.

Monster Trucks battle for individual race honors as well as the weekend-long point series with the overall winner snatching the George Carpenter Cup as "King Of The Beach". 2-Time George Carpenter Cup winner Bryan Wright in Hooked will be back to defend his 2018 title but don't count out Hometown Hero and 2018 individual race winner Steve Simms in Stone Crusher. This stacked Monster Truck lineup also includes Big Foot, Quad Chaos, Dirt Crew, Jester, Krakken and Bad Company.

Races on the sand track also include amateur Tough Truck competitions with cash prizes and bragging rights at stake for the competitors. Rounding out the track activities will be car-eating

Megasaurus, 4-wheeler races and demos with jumps and exciting side-by-side action!

Free activities are also planned throughout the weekend. The Virginia Beach boardwalk will come alive with the Show and Shine truck show and exhibitor displays featuring some of the most exciting new accessories on the market today.

To register your truck in the Show & Shine, presented by Eastern Truck & Accessories, download and submit the Registration Form above!

COMPLETE 2019 MONSTER TRUCK LINEUP:

- Stone Crusher
- Hooked
- Big Foot
- Quad Chaos
- Dirt Crew
- Jester
- Krakken
- Bad Company

There are four shows available throughout the weekend. Each show is approximately 2 hours in length. The Monster Experience starts 90 minutes before show-times.

Friday, May 17, 7:30 p.m.

Saturday, May 18, 12 p.m. & 7:30 p.m.

Sunday, May 19, 2 p.m.



John M. Lesko

Enjoy monster trucks on the beach this weekend at the Virginia Beach Oceanfront!

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Newport News \$795,000
Waterfront brick Georgian, 6 Bdrm, 4 Bth, 2 car garage. Complete with your own boat ramp, covered boat lift, and water/electricity for cleaning your catch of the day!
Michelle Helmsderfer 927-1908

Beautiful Ocean View

Ocean Shore Condominiums \$595,000
Beautifully upgraded condo with balcony overlooking the Chesapeake Bay and water views from master bedroom and living room!
Matthew Zachary 618-3402

Better Than New!

The Parks @ Ceterville Commons \$495,000
Immaculate! Over \$50K in upgrades! Gourmet kitchen, 5 BR/ 4 BA, great rm, utility rm, first fir master BR, sprinkler system & composite deck overlooks pond & open fields
Lorrie Gilbert 285-2192

Welcome Home!

Vance Level \$439,900
Huge backyard w/ screened-in porch. Gourmet Kitchen w/ granite, SS appliances, double oven. Master w/sitting area & lots of closet space. Two car upgraded side load garage
Carmen Anthony 995-3463

Mid Century Modern Gem

Lochaven \$420,000
This amazing 5 bedroom 3 bath 3600 sq foot home boasts mid century modern character! The floor plan is perfect for entertaining large dinner parties or family gatherings. Very close to NIT, NOB, and ODU.
Stacey Braithwaite 202-3435

Golf Course & Lake view

Las Gaviotas \$359,900
Nicely kept 4 BR/ 2.5 BA home offers a formal LR, DR, family rm w/ gas FP updated kitchen, deck, invisible fence, sprinkler system & newer roof. Convenient location & more.
Paula Johnson-Irby 477-0531

Now 2 Full Baths!!!!!!

Pungo \$350,000
Seller has opened up the wall so that it gives you the open floor plan to be able to see all that is happening with family and friends.
Cheryl Hickok 717-7325

Great Neighborhood Amenities

Warrington Hall \$269,000
This home offers a beautiful functional open concept. Wood flooring, 9' ceilings, beautiful white cabinets & an attached garage. Convenient to shopping, park & restaurants.
Richard Calderon 897-9299

New Construction

Truxton \$245,000
New construction in Portsmouth. 4 or 5 bedroom floor plan available. Maybe able to select paint, flooring, cabinets & granite from builders selections. Call now for more details.
Angelia Williams Graves 237-0494

Move In Ready!

Fox Hill Area of Hampton \$220,000
All brick, 4 Bdrm, 2.5 Bth w/ oversized 2 car garage, corner lot complete with 13x20 patio perfect for backyard lounging and entertaining. New UP flooring in den, half bathroom and kitchen.
Michelle Helmsderfer 927-1908

Great Location!

Kempville Lake \$194,999
Townhome on cul-de-sac w/ 2 BR up each w/ bath plus half BA down. Kitchen w/ breakfast area. All appl., convey. Fresh paint & new carpet. Deck & shed.
Sue Hawker 576-9055

Remodeled 4BR!

Hodges Manor \$167,500
A steal at \$175k! New laminate flooring & carpet, updated kitchen/baths, HUGE yard, 1435 SF, quiet street in established neighborhood.
Kathryn Sharpe 692-1964

New Construction

Villa Heights \$225,000
4br/2.5ba and 2000 sf with custom cabinets, granite countertops, hardwood throughout, a huge master suite, 2nd fl laundry, great porch & huge backyard. Available NOW!
Angelia Williams Graves 237-0494

Shore Dr. 2BR Condo

Cape Henry/Shore Dr. \$224,500
Renovated 2BR / 2BA, 2nd Floor, LOTS parking, Pets OK, Pool, 1 Block to Beach, Private storage shed. Between Great Neck Rd and Lesner Bridge
Anne "Cookie" Page 536-7534

Move-In Ready!

Norva Homes \$189,900
Charming Cape Cod in the heart of Norfolk. Huge family rm w/ FP & hardwood flrs, Remodeled Kitchen & Baths. 2 BR down & 2 BR up. Fenced yard w/ Lg det garage.
Kathy McLaughlin 620-3684

3.9 Miles to Norfolk Naval Base

Bayview Beach \$157,800
Live Near Beach! Less than one mile! Charming 2 bedrm, with lg family rm/fireplace, Det. Garage! Why Rent-invest for less with these rates!
Debbie Rountree 648-0999

The Band Fozzy Performs at the Virginia Beach Lunatic Luau this Friday

Yiorgo

The band Fozzy is returning back to their roots, at the Virginia Beach Lunatic Luau this Friday, May 17th, the site where Fozzy kicked off their world Judas Rising Tour back in 2017. Since then, they have spanned the globe and have been performing all over the world to rave reviews.

Fozzy has always been about bringing good times back to rock and roll with their brand of sweaty, loud, spandex-clad performances that always leave the fans wanting more. We are indeed very fortunate to have the band bring it back to us again here in Virginia Beach.

Chris Jericho, the lead singer and founding member of the heavy metal band Fozzy, multiple world champion pro wrestler extraordinaire as well as a New York Times best-selling author and podcast giant, talked to us about his passion of music and shares a wrestling story or two.

Chris Jericho: I always wanted to be in a rock and roll band and I always wanted to be a wrestler. I have been playing in a band since I was 13 years old. I like both and I can do both. Rich Ward and I started Fozzy back in 2000. It's been very gratifying because we

spent a lot of time building this thing. We harnessed it, manifested it and the last 7-8 years, we have made Fozzy our priority.

Yiorgo: Who are the band members for Fozzy?

C J: Rich Ward plays guitar and backing vocals; Frank Fontsero is on drums and percussion. The three of us have been in the band from the start. We also have Paul Di Leo on bass guitar and backing vocals and Billy Grey on guitar and backing vocals. They have been with us for the last 8-9 years. It's all about the chemistry. You know its cool to have dragons flying through the ceiling and fireworks going off, but for us, we are the show.

Y: In the past, Fozzy's music has been featured for several World Wrestling Entertainment (WWE) pay-per-views. How did that happen?

C J: We submit the song and if they like it they use it. With "Judas" and NXT, it really was a perfect fit. NXT is more of a rebel, sexier, younger, with a more contemporary vibe, we thought it would be a perfect mix to use "Judas" with NXT and it actually came through HHH. I sent him the song, he loved it and he said, "You can submit it to WWE if you want, but I want to use it for NXT Chicago". I was like, yea dude lets do that! From every album they have used something. They have used "Enemy", "Lights Go Out", and "Judas".



Courtesy photo

■ **DATE:** May 17

■ **TIME:** Doors open at 2 p.m.

■ **WHERE:** Veterans United Home Loans Amphitheater

Y: Can you tell the story about winning the Universal Championship, going home and telling your wife how you just beat the Rock and Stone cold Steve Austin to become the Universal Champion?

C J: I got home all excited, I told her and she said, "That's nice

dear, now don't forget to take out the garbage." You know sometimes when you go on the road and live the life as a rock star or a big WWE superstar, you come home and you realize I still have to clean the hamster cage or whatever, change the dippers and unclog the toilets. That's the balance and why I'm able to do what I do because when I go home all I do is family stuff. I don't have any friends in Tampa, not in a bad way, and if we want to go out that's something else. Plus I want to give the love of my life, my beautiful wife a break, because when I'm on the road, she is a single mom with our three kids, a 15-year old son and 12-year old twin daughters that I love very much. My wife Jessica is my Rock.

Y: Thank you Chris for your time. So fans, fasten your seatbelts and you are sure to enjoy the ride that Fozzy will take you on May

17th at the Virginia Beach Lunatic Luau and everywhere else as they continue to perform all over the world.

For more info and tickets for the Virginia Beach Lunatic Luau go to <https://lunaticluau.com/luau-news/announcing-the-2018-lunatic-luau/>.

For more info on the band Fozzy go to <http://www.fozzyrock.com/fozzy/>.

Chris's podcast can be heard on <http://www.westwoodonepodcasts.com/pods/talk-is-jericho/>.

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



Brandpoint image

Ready, set, mow: An easy 10-minute lawn mower tuneup

From Brandpoint

The incredible look of lush, green grass. The feel of soft lawn beneath your toes. The smell of the freshly cut yard on a warm sunny day. A healthy lawn starts with good maintenance and the most important step is mowing. Is your lawn mower ready to go?

A lawn mower is an investment, and if you take a few proactive maintenance steps, you'll keep it running efficiently all season long. However, research from Briggs & Stratton Corp., the world's largest manufacturer of small engines for outdoor power equipment, found that only 30 percent of mower owners are performing regular maintenance.

Think lawn mower maintenance is a time-consuming headache? It doesn't have to be. All it takes is 10 minutes and you'll give your gas-powered mower the tuneup it needs to run its best and extend its life.

Expert tip for before you get started: Disconnect your spark plug wire and leave it disconnected for the entire tuneup.

Step 1: Lube it up

Oil is the lifeblood of the engine, so it's essential to change it with each passing season. Over time oil gets dirty and can harm the machine components. Be sure to use new oil made specifically for small engines of outdoor power equipment. This will help ensure maximum efficiency and protect the engine.

Wondering what type of oil you need for your mower and how much to use? Access an interactive oil finder tool to help answer those questions and more at www.BRIGGSandSTRATTON.com/oilfinder.

Keep in mind, changing the oil on your mower is faster, easier and less messy when you use an affordable oil removal kit. These kits allow you to easily extract old oil and

add new with minimal mess and headache. And, Briggs & Stratton's EXi engines never need an oil change - ever, due to Just Check & Add technology. Simply check and add oil as needed.

Step 2: Let the air flow

As you can imagine, lawn mower air filters catch all kinds of dirt and debris while you mow the lawn. Over time, this debris can block the airflow needed for your engine to run well. If you own a walk-style mower, the engine likely has a paper or foam filter.

Pleated paper air filters should always be replaced once visually dirty. If your mower uses a foam filter, you may be able to clean it by hand using dish soap and hot water, allowing it to dry completely before replacing it back in the machine.

Keep in mind, changing the air filter should be done seasonally and is surprisingly simple. Take off the filter cover using a screwdriver if necessary, remove the old filter and replace it with a new one. If your mower uses a foam filter, there are likely extra steps involved, so be sure to check your engine operator's manual or the new

filter box for instructions.

Step 3: Get fresh gas

Did you know that gas can go bad in as few as 30 days? This bad gas can potentially clog the engine's fuel system, which could lead to your mower not starting and require costly repairs. Adding a fuel treatment like STA-BIL, the official fuel additive for Briggs & Stratton engines, to your red gas can every time you fill it can help prevent this type of damage. Learn more at keepfuelfresh.com.

Once you complete these three simple steps, reconnect the spark plug wire and you're ready to mow. In just minutes you can tune up your mower and help it work at peak performance so you can mow efficiently and then sit back and enjoy your freshly cut lawn. For easy-to-access instruction, check out www.BRIGGSandSTRATTON.com/askalexa to have Alexa help you with an easy oil change and provide information about which oil to use.



Courtesy of Warner Bros. Pictures

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.

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.

SHAFT

JJ, aka John Shaft Jr. (Usher), may be a cyber security expert with a degree from MIT, but to uncover the truth behind his best friend's untimely death, he needs an education only his dad can provide. Absent throughout JJ's youth, the legendary locked-and-loaded John Shaft (Jackson) agrees to help his progeny navigate Harlem's heroin-infested underbelly. And while JJ's own FBI analyst's badge may clash with his dad's trademark leather duster, there's no denying family. Besides, Shaft's got an agenda of his own, and a score to settle that's professional and personal.

ROCKETMAN

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

ANNABELLE COMES HOME

Determined to keep Annabelle from wreaking more havoc, demonologists Ed and Lorraine Warren bring the possessed doll to the locked artifacts room in their home, placing her "safely" behind sacred glass and enlisting a priest's holy blessing. But an unholy night of horror awaits as Annabelle awakens the evil spirits in the room, who all set their sights on a new target—the Warrens' ten-year-old daughter, Judy, and her friends.

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, May 17
7 p.m. Breakthrough (2019) (PG)

Saturday, May 18
1 p.m. Breakthrough (2019) (PG)
4 p.m. SHAZAM! (3-D) (PG-13)
7 p.m. The Curse of La Llorona (R)

Sunday, May 19
1 p.m. SHAZAM! (PG-13)
4 p.m. Little (PG-13)
7 p.m. Pet Sematary (2019) (R)

NAS Oceana, Aero Theater – 433-2495

Friday, May 17
6 p.m. Breakthrough (2019) (PG)
9 p.m. The Curse of La Llorona (R)

Saturday, May 18
12 p.m. Dumbo (2019) (PG)
3 p.m. Little (PG-13)
6 p.m. Breakthrough (2019) (PG)

Sunday, May 19
12 p.m. SHAZAM! (3-D) (PG-13)
3 p.m. Hellboy (2019) (R)
6 p.m. The Curse of La Llorona (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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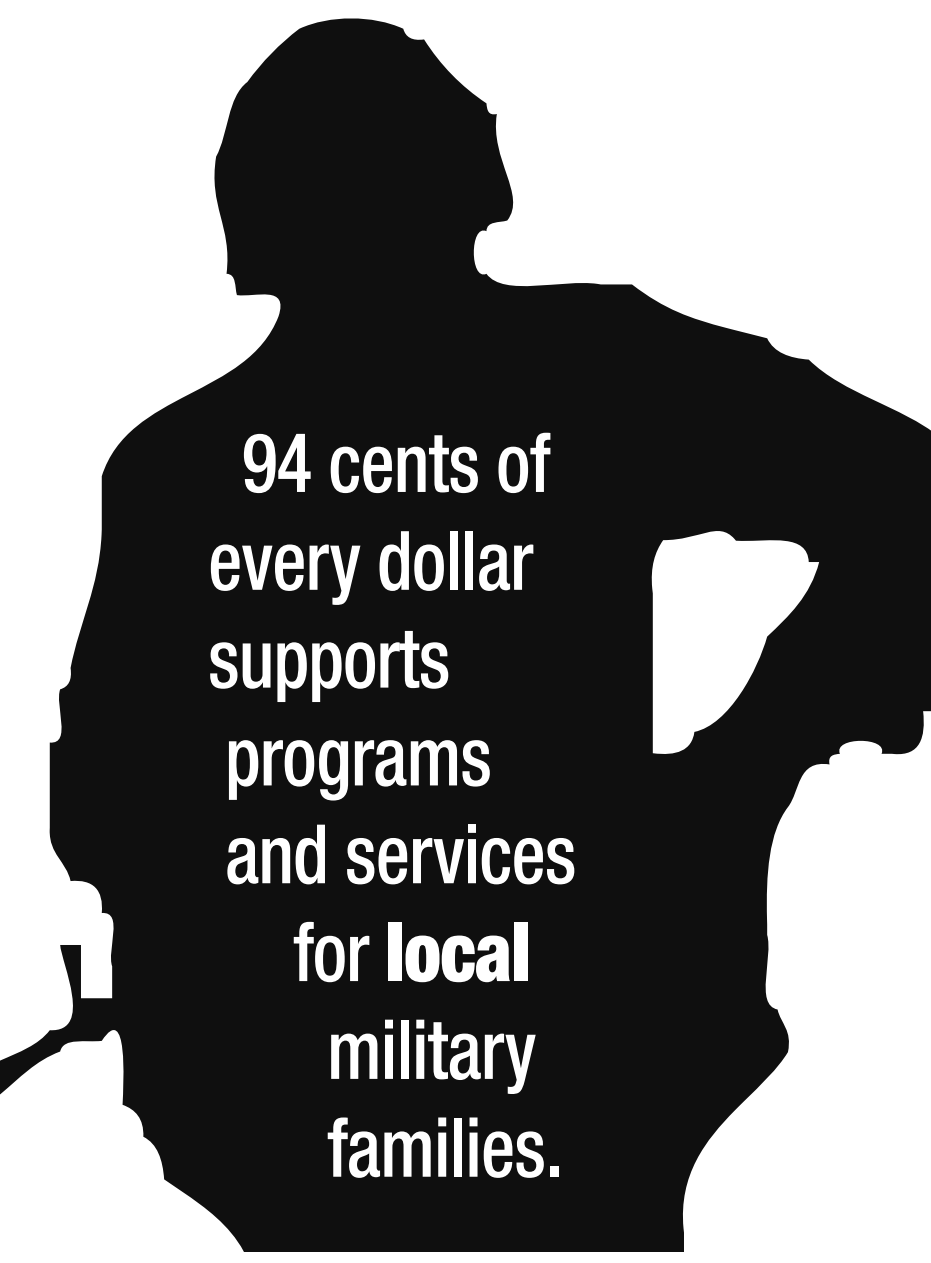


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Announcements

ACCLAIMED FICTION AUTHOR
T. L. SCOTT BOOK SIGNING T. L. Scott will be at your Norfolk NEX 18 and 19 May. He is the author of A Life Worth Living, Fault Line, and his newest release Levels as well as two children's picture books. Stop by your Navy Exchange, get your own signed copy of these exciting titles, and get to meet the author. You can also get your copy from Amazon or Barnes and Noble.



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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CHAPTER 7 TRUSTEES**
The United States Trustee seeks
resumes from persons wishing to
be considered for appointment to
the panel of trustees who adminis-
ter cases filed under chapter 7 of
title 11 of the United States Code
(Bankruptcy Code). The appoint-
ment is for cases filed in the United
States Bankruptcy Court for the
Eastern District of Virginia, Norfolk
and Newport News Divisions. Chap-
ter 7 trustees receive compensation
and reimbursement for expenses
under 11 U.S.C. §§ 326 and 330.
Trustees are not federal govern-
ment employees. For additional
information, qualification require-
ments, and application procedures
go to [http://www.justice.gov/ust/
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SEL. 78K mis., heated seat, serviced,
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EXL. Clean car fax, one owner, mint
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Va. Dir. 757-481-7777. Process Fee
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inspected. \$6,450 757-439-8017.
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**Pick
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HOT
LX. Excellent condition, auto, air,
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Coupe, black, 56k miles, loaded,
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Autos for Sale

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2 door coupe, lipstick red, mint con-
dition, 5 spd, loaded, sunroof, \$6990
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EX Silver, auto, AC, loaded, alloys,
nice van! \$15,950 Processing fee
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7K original mis., factory warranty,
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PRICE \$64,800. HAVE ANOTHER
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Complete restoration, award winner,
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Trucks and SUVs

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MUST SEE
Looks and runs great, auto, air, loaded, leather, sunroof, inspected \$6990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

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Navigation, leather, sunroof, 4WD, new inspection, warranty, looks great. \$16,500. Call for details 675-0288. Va. Dir.

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LOOK
Mint condition, clean car fax, auto, air, loaded \$4450. 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

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TOYOTA 2015 VENZA

53k mi, clean CarFax, auto, Ac, loaded, must see - hard to find with these mi.! \$17,850 Processing fee \$395 (757) 717-1715 or (757) 963-2299

TOYOTA 2016 RAV4
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Early home delivery.
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Auto Accessories, Parts, etc.

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Fun and Games

Super Crossword

SIX-WAY
ARRANGEMENT

ACROSS
1 Taken — (surprised)
6 Beach flier
13 Opens, as some jackets
20 "Gig" star Leslie
21 Talk-show host Hall
22 River of Washington, D.C.
23 Teaching a dog to stay in a pen
25 Law
26 Ease off
27 Many, informally
28 One, in Berlin
30 "Invisible" singer Moyet
31 Epsom product
33 Mineral required only in minute amounts
36 Tex-Mex snack
37 Less tough
40 Davelop
41 Sorority letter
44 Learning by repetition
45 Brooklyn art institute
46 EMT skill
49 The mark "M"
53 Quietude
54 "The Cosby Show" son
55 "I love," in Latin
56 False identity
57 Castro of Cuba
58 Pulitzer winner Dove
59 "NY Ink" design
60 Stoop (over)
61 Regard as
63 Fretted
65 Very slow pace
67 Feature of the starts of 23-, 33-, 49-, 86-, 100- and 114-Across
70 Petri dish gelatin
71 "Howdy"
74 Use a pressing tool
75 Lacking color
78 Tippling type
79 Tennis
80 Use as a dining surface
82 Took to the slopes
83 Suffix with Timor
84 Musk of Tesla
85 Lacking color
86 One who may carry around a plate of hors d'oeuvres
89 Tarzan player Ely
90 Emmy winner Woodard
91 Got a perfect score on
92 Broadway loc.
93 Camporee participant
94 "Jobs" star Kutcher
96 Terminal guesses, for short
100 Free rein
104 Involve in strife
107 Cautions
108 Mythical bird
109 Artist's prop
111 Teachers' org.
112 Put in position
114 Have a pronounced response
118 Forced out
119 Confess having done
120 Author Zora — Hurston
121 People on a quest
122 Unintended radio silence
123 Grant giver
DOWN
1 Allow in
2 Entertainer Streisand
3 Syrian's language
4 Bivouac bad
5 Posed to propose
6 "No Exit" dramatist
7 History units
8 Laos locale
9 Mil. title
10 Start to cycle?
11 Having one dimension
12 Sound reasoning
13 Raises
14 Very
15 Least fresh
16 "Sorry, can't, I'm late"
17 Make smile
18 "Cry, the Beloved Country" novelist Alan
19 Smell
24 Stubbable body part
29 Closed in on
32 "Unh-unh"
33 One of the Jackson 5
34 Film segment
35 Pencil tip
38 Naval fleet
39 Cries hard
42 Steady
43 Elba, for one
45 — donna (vain sort)
46 Group of matching dishes for fancy meals
47 1975 World Series MVP
48 Open-top, two-seat car
49 More apt to attract attention
50 City in Texas
51 Movement around an axis
52 Yang's partner
54 Calc prereq, often
57 Flowerless plant
61 Fix, as holey socks
62 Braggart's problem
64 Employees' check time
66 "— pigs fly!"
68 Weeper of Greek myth
69 Get along
72 Seafood chain
73 Sharp scolding
76 Churchill's title
77 Rough-
81 Dental buildup
82 "Undo" mark
86 Dough
87 Yearn
88 Champagne bucket
90 Protective sheet of film
93 Punched, e.g.
94 Bow (to)
95 Trojan War sage
97 Resident of an island kingdom
98 Danny of "Ofi Key"
99 One doing in a dragon, e.g.
100 Bulk buys
101 Full of zip
102 Knot again
103 U.S.-Can. air watch
105 Body of eau
106 Fair-haired
109 Kett of old comics
110 Bubbly wine, familiarly
113 Zine staffers
115 Doc's go.
116 Spain's El —
117 Prefix with colonial

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
20						21						22						
23					24							25						
26				27					28		29		30					
31		32							33	34		35						
36						37	38	39			40							
			41	42	43		44				45					46	47	48
49	50	51				52					53				54			
55				56						57					58			
59				60						61	62		63	64				
65			65				67	68				69			70			
71					72	73		74				75	76	77			78	
79					80		81				82						83	
84					85					86	87					88		
89				90						91				92				
			93							94			95		96	97	98	99
100	101	102						103				104	105	106				
107							108					109	110				111	
112						113		114		115	116						117	
118								119								120		
121										122						123		

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Sudoku

		8				3	1		
			7						
					9			6	
1				2					9
		5				1			9
			2	9		6			3
7				8			4		
	4				3	1			7
			3	4					8
6						8		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: Z equals U

SD OURP EITUMUI SO VKUNZTPN

DKUR NPTUKEBSYP FUUN

YEKHSOM, CUZ REC PHN ZV

FSBM IETJZPK ISJZUK.

Last week's CryptoQuip answer

When my pooch really wants something accomplished, he goes at it with dogged determination.

Religious
Services

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last week's answers

Answers
REENACTS
AERONAUT
TRANSUBSTANTIAL
TESSALITO
CAROLETIME
ALEXSC
RELIT
TRICHOLOGICAL
ETC
NOTIP
TRIBECAFILM
BUSHROLOLL
ANTI
PAULSON
OHBOY
SAMRADIAL
TRIDIMENSIONAL
RAMONA
ABOVE
WISER
SCARS
REHIRE
ERODES
TERODIAL
IMMEMORIAL
ESCROW
CUD
DRUMS
ORECARS
EUSES
OEL
STREET
FESTIVAL
ATIDE
AFB
PCS
OFFICIAL
TILDE
ASS
LARD
CHAFES
LOON
SEPARATION
OVERRODE
PAIRDONE

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



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