



MC3 Ryan C. Pitt

A THOUSAND POINTS OF LIGHT: GHWB SAILORS HONOR NAMESAKE WITH COMMUNITY SERVICE

By MC3 Jennifer M. Kirkman
 USS George H.W. Bush Public Affairs

PORTSMOUTH, VA.

“I have spoken of a thousand points of light, of all the community organizations that are spread like stars throughout the Nation, doing good. I will go to the people and the programs that are the brighter points

of light, and I will ask every member of my government to become involved. The old ideas are new again because they are not old, they are timeless: duty, sacrifice, commitment, and a patriotism that finds its expression in taking part and pitching in.” – President George H.W. Bush, January 20, 1989

These famous words were part of the President’s inaugural address on January 20, 1989 and are the driving motivation behind the largest single-day Hampton Roads community service project coordinated by a Norfolk-based aircraft carrier.

In recognition of the “Thousand Points of Light” speech, over 1300 Sailors stationed

aboard the aircraft carrier USS George H.W. Bush (CVN 77) volunteered June 13 to honor the memory of their namesake.

“The 41st President’s selfless service to the nation is a true inspiration,” said Capt. Sean Bailey, the ships commanding officer.

The “Thousand Points of Light” community relations event started last year, as a birthday tribute to the former Naval aviator and philanthropist.

This year’s event was even bigger than the previous year, with approximately 250 more volunteers.

» See **SERVICE | A7**



Bill Mesta

Hospital Ship USNS Comfort departs Norfolk for medical mission

From Military Sealift Command Public Affairs

NORFOLK

The U.S. Navy hospital ship USNS Comfort (T-AH 20) left from Naval Station Norfolk, June 14, to begin its deployment to South America, Central America, and the Caribbean.

During its deployment, Comfort will provide

medical assistance in support of regional partners and in response to the regional impacts of the Venezuela political and economic crisis.

“We are embarking on a five-month deployment to the U.S. Southern Command area of responsibility to embark on a humanitarian assistance mission,” said Capt. B.J. Diebold, Comfort’s mission commander. “Our mission will consist of multinational personnel from across our partner nations as well as allied personnel, non-governmental organizations, and U.S. Navy personnel.”

While deployed, Comfort’s mission will include

» See **COMFORT | A7**

New President announced for Naval War College

From Secretary of the Navy Public Affairs

WASHINGTON

Secretary of the Navy Richard V. Spencer announced June 14 that Rear Admiral (lower half) Shoshana S. Chatfield will be the new president of the Naval War College.

“Rear Admiral Chatfield is a historic choice for the Naval War College. She is the embodiment of the type of warrior-scholar we need now to lead this storied institution as it educates our next generation of leaders,” said Spencer. “As our Education for Seapower (E4S) Study noted, our capacity for critical thinking in an age of increasing complexity will be our most important strategic advantage. Admiral Chatfield will play a pivotal role in leading the War College as it integrates into the new Naval University system we are now establishing to foster a culture of continuous learning in the naval



U.S. Navy

The official photo of Rear Adm. Shoshana Chatfield, Naval War College (NWC) President. Chatfield is the first woman president in the history of the Naval War College. Established in 1884, NWC is the oldest institution of its kind in the world. More than 50,000 students have graduated since its first class of nine students in 1885 and about 300 of today’s active duty admirals, generals and senior executive service leaders are alumni.

» See **PRESIDENT | A7**

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Juneteenth jazz concert

Project 1619 Inc. and the National Park Service will celebrate Juneteenth with a free jazz concert at the Fort Monroe Theater on Saturday, June 22 at 7:00 p.m. The concert is free and open to the public.

» See **C1**



Chief Petty Officer Scholarship Fund

Since 1994, the Chief Petty Officer Scholarship Fund (CPOSF) has given opportunities to non-uniformed spouses and dependent children of active, reserve, retired and deceased chief petty officers in the U.S. Navy.

» See **B6**

Limpet Mine attack in the Gulf of Oman

U.S. Naval Forces in the region received two separate distress calls at 6:12 a.m. from the motortanker (M/T) Altair from the M/T Kokuka Courageous.

» See **B1**

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NEWS FROM NAS OCEANA



WWII veterans, Sgt. Andy Valero, Lt. Col. Butler Redd Jr. and Chief Petty Officer Felix Maurizio, pose for a photo during a Battle of Midway Commemoration event at the Dam Neck Annex Chapel. The event, presented by Training Support Center Hampton Roads (TSCHR) was designed to give Sailors and civilians the rare opportunity to meet three WWII Veterans that embody the values of today military.

MC2 Jacob Richardson

TSCHR hosts D-Day Battle of Midway Commemoration Ceremony

By Robin R. Holland
Training Support Center Hampton Roads Public Affairs

VIRGINIA BEACH

Sailors are drilled on the Navy’s core values of Honor, Courage and Commitment from the very beginning of their careers, but the meaning of the term can sometimes be difficult to put into perspective.

On June 6, Nearly 200 Sailors and civilians at Training Support Center Hampton Roads (TSCHR) were given the rare opportunity to meet three WWII Veterans that not only embody those values, but clung to

them in the face of physical harm.

Lt. Colonel Butler Redd Jr., U.S. Army veteran and U.S. Air Force retired, honorable served 26 years, participating in WWII, the Korean War and the Vietnam War. He enlisted in the Army in 1943, went into the Air Force ROTC at Tuskegee 1946, eventually being commissioned as Communications Officer, US Air Force in 1952

Chief Petty Officer Felix Maurizio, U.S. Navy retired, served 22 years of honorable service, serving in WWII, and participated in the battles of D-Day, Iwo Jima,

and Okinawa.

Sergeant Andy Valero U.S. Army retired, served three honorable years during WWII as a member of 9th Division, 47 Regiment “I” Company. His first assignment was to replace troops after the Battle of the Hurtgen Forest, which led to the Battle of the Bulge. He was at the Ludendorff Bridge, sometimes referred to as the Bridge at Remagen and held guard duty at Dachau concentration camp.

As three veterans spoke to students and staff members of the experiences.

“The Battle of Midway and D-Day marked turning points in WWII and were testaments to the U.S. Navy’s global maritime dominance. Success at Midway put the allies on course to the victory in the Pacific; the amphibious landings on D-Day resulted in Allied Foothold on the continent and began the march to victory in Europe,” said Lt. Cmdr. Michael Bubulka, TSCHR executive officer. “Had the U.S. Navy lost the day at Midway, especially coming only six months after the devastating attack at Pearl Harbor, the outcome of the war in the Pacific would surely have produced a different world than the one we live in today.”

TSCHR leadership, Sailors and staff members would like to express their thanks to the WWII heroes’ for their remarks and the sacrifices they have made in the protection of the United States.

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MC3 Adam Ferrero

Sailors assigned to the Nimitz-class aircraft carrier USS George Washington (CVN 73), members of the Mount Vernon Ladies' Club, and Supervisory of Shipbuilding (SUPSHIP) Sailors and employees listen to a speech from Capt. Glenn Jamison, the commanding officer of George Washington, during the Key of Bastille ceremony on the flight deck. Members of the Mount Vernon Ladies' Association present the crew of the George Washington with a replica of the Bastille Prison Key during the ceremony.

Mount Vernon presents USS George Washington with replica key to Bastille, Commander in Chief Flag

From USS George Washington Public Affairs

NEWPORT NEWS

The Mount Vernon Ladies' Association presented the crew of the Nimitz-class aircraft carrier USS George Washington (CVN 73) with a replica Key to Bastille and replica Commander in Chief Flag in a ceremony on the flight deck, June 4.

The original Bastille key was a gift from the Marquis de Lafayette to President George Washington. The two had developed a strong bond during the American Revolution and Lafayette's experience in the United States inspired his participation in the French Revolution upon his return home to France. As the commander of the Paris National Guard, he took command of the famed Bastille Prison after French citizens stormed it in response to food shortages and starvation in the city.

The replica key was made from USS

George Washington's own metal. Two other copies were made, one presented to President Donald Trump and the other to French President Emmanuel Macron.

The Mount Vernon Ladies' Association also presented the George Washington crew with a replica Commander-in-Chief Flag that was flown over Washington's tomb at Mount Vernon. Also known as the Headquarters Flag, it is believed to be the earliest surviving thirteen-star flag representing the United States.

The crew of George Washington decided to honor their namesake by designing a command logo patch, modeled after the Commander in Chief Flag, which can be worn on the shoulder flap of the Navy Working Uniform (NWU) Type III. The patch was unveiled to the crew and guests from Mount Vernon at the flight deck ceremony.

"Now it is my pleasure to present to you yet one more way the Commander in Chief

Standard will be flown," said Command Master Chief Maurice Coffey, command master chief of George Washington. "Spirit of Freedom – here is your new command logo patch. I hope you will all join me in wearing this patch proudly as a symbol of George Washington's leadership and legacy and share the story behind this Commander in Chief Standard with everyone that asks."

Since USS George Washington returned from Japan, the ship and the Mount Vernon Ladies' Association have formed an even stronger bond with the shared goal of keeping George Washington "first in the hearts of his countrymen."

"I'm honored that we can host the team from Mount Vernon and grow the relationship our ship has with its namesake and the people who are looking to keep George Washington's name and estate at the forefront of today's society," said Capt. Glenn Jamison, commanding officer of George



MC3 Adam Ferrero

The Key of Bastille and the Commander in Chief Standard are presented to the crew of the Nimitz-class aircraft carrier USS George Washington (CVN 73) by members of the Mount Vernon Ladies' Association on the flight deck. The actual Bastille Prison Key was once given to George Washington by his close friend, the Marquis de Lafayette, in 1790.

Washington.

The Bastille Key and Commander in Chief flag will be prominently displayed in the ship's museum following the completion of its renovation during refueling complex overhaul.

Join the conversation with GW online at www.facebook.com/USSGW and www.twitter.com/GW_CVN73. For more news from USS George Washington, visit www.Navy.mil/local/cvn73/.

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Navy SEAL bolsters Reserve drill weekend suicide prevention training

By MC2 Craig Z. Rodarte
CNRFC Public Affairs

NORFOLK

The enemy is hiding in a ditch just feet from your location, armed with assault rifles and an intent to kill you. Seconds before they attack, your canine companion detects them, lunges and takes two fatal shots as you are hit with a career-ending bullet to the upper leg.

After a distinguished career as a Navy SEAL, James Hatch continued to engage enemies but these enemies were not hiding. The pending battles were personal but not uncommon, especially for current or prior servicemembers. Hatch had developed mental health issues. Suicidal ideations conjured constantly along with accompanied alcohol and opioid addictions, as he started a new life, civilian life.

His new life quickly brought him straight to a mental hospital for treatment for addiction and post-traumatic stress disorder and then for follow-on extended counseling and therapy sessions. Hatch now brings his story of mental health issues and the need for proper treatment to as many people as he can through speaking engagements and through his work at a non-profit organization providing care for working dogs.

“I speak on the reputation of mental health issues and I try to help people realize they need to help each other out,” said Hatch. “Anybody is a candidate to suffer from depression, suicidal ideations or substance abuse, and anybody can help.”

To enrich an annual learning experience, Navy Operational Support Center (NOSC) Norfolk

leadership coordinated and supplemented the required Navy’s General Military Training on suicide prevention with a presentation from the 24-year veteran, expert military dog handler and recognized author.

“NOSC Norfolk is responsible for 117 Reserve units, so the idea was to supplement mandatory suicide prevention training to make it more dynamic and give suicide prevention a different approach than traditional training,” said Lt. Ashley Saylor who serves as the training officer for NOSC Norfolk.

For the more than 1,000 Reserve Sailors at the presentation who were familiar with the traditional mandated training, Hatch’s story resonated in comparison to traditional mandated training.

“If every suicide prevention training was like this — I would welcome hearing personal stories from real people, it was phenomenal,” said Intelligence Specialist 1st Class Ryan Cawley. “Having someone that can relate to you and isn’t droning away on a presentation — I was engaged the entire time.”

The key message of the presentation centered on the fact that a lot of people do not ask for help due to fear of the stigma attached to mental health issues. Hatch stressed that the fear must be overcome and that it’s not only acceptable to seek help, but also necessary.

“Seeing the proverbial tough guy explain that it’s ok to be vulnerable and find help was great to see and hear,” said Ship’s Serviceman 3rd Class Anthony Spence.

The road to recovery was not swift for Hatch, but eventually he



MC1 Lorenzo John Burleson

James Hatch, retired Navy senior chief and Navy SEAL, speaks to Reserve Sailors assigned to Navy Operational Support Center Norfolk during suicide prevention training at the Gator Theater on Joint Expeditionary Base Little Creek-Fort Story, May 18. Hatch was invited to the Reserve center’s drill-weekend to share his story and struggle with suicidal ideations to help promote a culture supportive of psychological health and to encourage Sailors to seek help.

“If you’re having mental health issues for any particular reason, it’s important you go talk to a professional, get what you need to get better so you can get back to work and get healthy.”

James Hatch

used the resources at his disposal. He realized that much like a physical ailment, mental issues need the attention of professionals and support for rehabilitation.

“If you sprain your ankle, you’ll go see a doctor — let’s say to get a brace, to help recover from that physical injury,” said Hatch. “If you’re having mental health issues

for any particular reason, it’s important you go talk to a professional, get what you need to get better so you can get back to work and get healthy.”

The presentation mirrored the standard Navy training in that it is important to realize no one is immune from mental health issues and that anyone can provide the support needed to help someone struggling through issues, addictions and suicidal ideations.

“You might be the person who is struggling right now, but in a couple weeks you also might be the person who reaches out and pulls someone through a tough time,” said Hatch. “You still have something to offer and are able to serve other people. The qualities that qualified you to enter the Navy are still there, you just have to figure out how you’re going to use them.”

The Navy Reserve’s suicide prevention coordinator, Lt. Cmdr. Evelyn Palm, weighed in on Hatch’s message.

“There is no room for stigmatization in our Navy,” said Palm. “The bond we share as Sailors is a great supportive mechanism to

promote peer connectedness and an excellent strategy to utilize to support one another. ‘Every Sailor Every Day’ is a reminder that suicide prevention is an all hands responsibility.”

According to the Navy Suicide Prevention Branch, a majority of Sailors who die by suicide experience a combination of stressors prior to death that have been historically associated with suicide in the Navy. Stressors include:

- Intimate relationship problems
- Loss (death of a friend or loved one, etc.)
- Disrupted social network
- Disciplinary and/or legal issues
- Work problems (performance and conduct, work relationships, etc.)
- Sleep problems
- Financial strain

The Navy and Marine Corps Public Health Center states that understanding suicide warning signs and risk factors can empower Sailors to help identify, prevent and intervene early to save lives.

For more news from Commander, Navy Reserve Force, visit www.navy.mil/local/nrfl.



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MC2 Kris R. Lindstrom

NMCP 2nd Annual Corpsman Challenge

Navy Medical Center Portsmouth’s Corpsman Challenge was done in conjunction with the command picnic as part of the celebration of the 121st birthday of the U.S. Navy Hospital Corps.



Hospital Corpsman 3rd Class Ian Wilkinson, left, from Virginia Beach, and Hospitalman Alex Brooke, from New York, flip a tire on the obstacle course during Naval Medical Center Portsmouth’s (NMCP) 2nd Annual Corpsman Challenge. NMCP’s Corpsman Challenge was done in conjunction with the command picnic as part of the celebration of the 121st birthday of the U.S. Navy Hospital Corps.

Sailors from the Directorate of Surgical Services at Naval Medical Center Portsmouth (NMCP) transport a mock patient mannequin to the helicopter landing zone during NMCP’s 2nd Annual Corpsman Challenge. NMCP’s Corpsman Challenge was done in conjunction with the command picnic as part of the celebration of the 121st birthday of the U.S. Navy Hospital Corps.

Naval Safety Center rolls out updated Safety Program Manual with 'Safety Road Show'

By Aaron Strickland
Naval Safety Center Safety Promotions
Public Affairs

NORFOLK

Beginning this month, Naval Safety Center (NSC) subject matter experts are taking to the road to roll out the updated Navy Safety Program Manual, OPNAVINST 5100.23H. Over the next three months, the Safety Road Show stops at 44 bases worldwide, allowing NSC’s experts the opportunity to highlight changes in the new instruction manual. “The new instruction manual documents and assigns authority to improved safety business practices the Navy can employ to be safer on and off duty every day,” said Naval

Safety Center Shore Safety Programs Director Jonathan Wilson. “We are excited to give naval safety professionals around the world hands-on briefings detailing how they can put this instruction to work.” Among many changes, the revised OPNAVINST 5100.23H, approved in March and going into effect Oct. 1, details the revision of Base Operating Support services; the creation of a Naval Safety Program Management System; codifies how the Recreational Off-Duty Safety (RODS) program will follow a Safety Management System (SMS) concept; establishes “trip wires” to assist commands in reporting risk and hazard information up chains of com-

mand; and requires proactive, frequent communication across the Fleet to build awareness and drive safety actions. In addition, the new instruction manual shifts naval safety to an agency focus and outlines how accountability, authority, responsibility and subject matter expertise will now be shared at the Echelon 2 level. The road show, which begins June 18 at Naval Station Norfolk and ends Sept. 27 at Naval Station Rota, Spain, will give safety professionals details on changes, set expectations and give users an opportunity to ask questions to NSC experts. “You hear it said a lot, but the road show really is a win-win for the Safety Center and the Navy safety team,” Wilson said. “Safety Center has the opportunity to flesh out the new instruction, and our safety teams have an opportunity to see how they can make their work centers safer.”

Chief Petty Officer Scholarship Fund gives opportunities to further education

By MC3 Katie Cox
Navy Public Affairs Support Element East

NORFOLK

Since 1994, the Chief Petty Officer Scholarship Fund (CPOSF) has given opportunities to non-uniformed spouses and dependent children of active, reserve, retired and deceased chief petty officers in the U.S. Navy. The CPOSF has had the honor of offering scholarships to further the education of applicants and is 100 percent supported by charitable donations and volunteers. One of the original founders of the CPOSF, Duane Bushey, chairman of the CPOSF and the 7th Master Chief Petty Officer of the Navy (MCPON), said he remembers how everything first began. It all started with the commissioning of the USS Chief (MCM 14). Bushey was walking past the pentagon with a former Sailor when they asked him “Do you remember your first chief?” Bushey said, “Absolutely, I’m still affected today by the things he taught me.” Bushey’s wife became the sponsor for the commissioning and he attended the first meeting to see how they could get involved in fundraising. During the meeting he said, “What is the name of the ship? It’s the USS Chief. Let’s go out and ask every chief to donate one dollar. We can ask every Chiefs Mess for \$100 and we can give them a plaque made from the wood of a ship.” He was told it wouldn’t happen, that they couldn’t raise that much money in



U.S. Navy

such a short amount of time. They persisted anyways and six weeks later raised more than enough money needed. During the ceremony over 750 chiefs went to the commissioning of the Chief. The turnout was so successful that afterwards they decided to start a scholarship fund. In the first year the CPOSF gave two \$500 scholarships. Now, in 2019, the CPOSF is up to about \$110,000 worth of scholarships each year. “We’re proud that we’ve awarded over \$1,360,000 to qualified candidates since 1998,” said, John Benwell, an active coordinator for the CPOSF and the Hampton Roads CPOSF (HRCPOSF) Golf Tournament. “The Chief Petty Officer Scholarship Fund provides major opportunities for service members and the civilian community at its’ fundraising events. It has great leadership and comradery with the common goal of assisting chief petty officer families with college expenses.” Each year the CPOSF holds several fundraising events to raise money for scholarships. Some examples are the Best of the Mess Event, the Master Chief Petty Officer of the Navy Walker Legacy Ride, and the HRCPOSF Golf Tournament. “We are a non-profit that funds for a need,” said Joe Schnurbusch, president of the CPOSF and deputy di-

rector of the Norfolk Navy and Marine Corps Relief Society. “At the end of the day we’re all trying to help someone go to school and have more opportunities.” Fundraising events such as the HRCPOSF Golf Tournament showcase the generosity of the sponsors, donors and players. Last year, the golf tournament had a success of 70 players and raised \$7,000. The 14th annual HRCPOSF Golf Tournament is slated for June 28th and it will be held at the Eagle Haven Golf Course on Joint Expeditionary Base Little Creek. “Right now, we are limited because of the amount of money that comes in,” said Bushey. “We would appreciate an increase in donations, so that any applicant that is qualified can be funded and supported with a better education. We can’t reach that goal without help. If every chief on active duty in the United States Navy took out an allotment and was given \$5 a month, think about how much money there would be for the Chief Petty Officer Scholarship Fund.” For more information about the CPOSF or to make a donation, go to <https://www.cposf.org>. For more information on registering for the HRCPOSF Golf Tournament, go to <https://cpofsnorfolk.wixsite.com/golf>.



Public Safety Technology Specialist (#01127)

The Old Dominion University Police Department is seeking candidates for an Information Technology Specialist II position. This position will serve as the technical and training support person for all desktop, mobile, server, CISCO Switch, Palo Alto firewall, body and police camera system, 911 equipment in the Public Safety Department, and the University Wide Access Control system. This position opens June 10, 2019 and is open until filled.

To review position requirements and submit an application, please visit <http://jobs.odu.edu/postings/10332> and follow the online instructions.

AA/EOE



MC3 Ryan C. Pitt
Sailors assigned to the aircraft carrier USS George H.W. Bush (CVN 77) box items during a volunteer event. As a birthday tribute to the ship's namesake, and representing his famous "Thousand Points of Light" speech, approximately 1,300 GHWB crew members took part in a single-day community relations event across the Hampton Roads area.

SERVICE I

Over 1300 Sailors volunteered

Continued from A1

It covered over 56 different venues within the Hampton Roads area that spanned from Williamsburg, Virginia, to Virginia Beach, Virginia.

Sailors lent a helping hand by providing maintenance at local parks and beaches, assisting at donation centers, stocking shelves at food banks, and participating in events with elderly veterans and children at area youth groups.

"I'm very proud to represent the Sailors of George H.W. Bush out here," said Bailey. "Today we took the time to give back to the Hampton Roads community, a community that is so supportive of its military."

GHWB is at Norfolk Naval Shipyard undergoing a docking planned incremental availability (DPIA).



U.S. Navy
Sailors assigned to the aircraft carrier USS George H.W. Bush (CVN 77) stack lumber at a Virginia Beach Parks and Recreation facility. As a birthday tribute to the ship's namesake, and representing his famous "Thousand Points of Light" speech, approximately 1,300 GHWB crew members took part in a single-day community relations event across the Hampton Roads area.

COMFORT I

Ship embarking on five-month deployment

Continued from A1

stops in Colombia, Costa Rica, Dominican Republic, Ecuador, Grenada, Haiti, Jamaica, Panama, Saint Lucia, and St. Kitts and Nevis.

U.S. military medical personnel aboard Comfort will work alongside a variety of governmental agencies to provide medical assistance to communities based on needs identified by host-nation health ministries, and to relieve pressure on host nation medical systems in countries hosting Venezuelans who have fled the country's crisis.

"This deployment responds directly to the man-made crisis Maduro's regime has created," said U.S. Navy Adm. Craig Faller, commander of U.S. Southern Command, which will oversee the deployment. "Comfort medical teams will be working alongside host nation medical professionals who are absorbing thousands of Venezuelan migrants and refugees. The Venezuelan people are desperately fleeing their homeland for hope of a better way of life. We are committed to finding ways to support the Venezuelan people and our regional partners who share the goal of seeing a legitimate, democratic government reinstated in

Venezuela."

This marks the hospital ship's seventh deployment to the region since 2007, second deployment to the Western Hemisphere in the last six months, and reflects the United States' enduring promise of friendship, partnership, and solidarity with the people of the Americas. The USNS Comfort deployment is part of the Caribbean 2020 Strategy to increase the security, prosperity and well-being of the people of the United States and the Caribbean.

"We are deploying with 197 credentialed medical professionals that are joint forces, that's public health, U.S. Navy, and U.S. Army providers aboard, combined with my full staff of over 800 people," said Capt. Kevin Buckley, commanding officer, USNS Comfort Medical Treatment Facility. "Currently, we also have 13 multinational providers, including personnel from Canada, Mexico, Brazil, and Costa Rica. There's potentially approximately 100 medical providers coming from the civilian non-governmental organizations (NGO) partners as well as other host nations that may be joining us during the mission stops."

A team of Military Sealift Command civil service mariners will oversee the ship's operation and navigation for Comfort's deployment.

As part of the planning for Comfort's deployment, the health ministries in each country will determine how patients are seen. The majority of patients will be treated

“ We expect to help thousands of people while we are on this mission and impact lives. We will be providing surgeries for patients onboard USNS Comfort.

Capt. Kevin Buckley

at Comfort's land-based medical sites. Select patients may be chosen for the hospital ship's onboard surgical services.

The medical and dental capabilities provided during this deployment will assist communities with a wide range of health services. These services will include basic medical evaluation and treatment, preventive medicine, dental screenings and treatment, optometry screenings, eyewear distribution, general surgery, ophthalmologic surgery, public health training, and additional specialties as required.

"We expect to help thousands of people while we are on this mission and impact lives," Buckley said. "We will be providing surgeries for patients onboard USNS Comfort. These will be low-risk surgeries

with high economic impact. The surgery services we will provide have some of the biggest impact economically and help not only the patients themselves but help their families."

A U.S. Navy hospital ship has the capacity to provide afloat, mobile, acute surgical medical facilities to the U.S. military, and is an optimal platform to provide hospital services in support of humanitarian assistance and disaster relief operations worldwide.

"It is a great honor to have this opportunity, and we are really looking forward to this mission and to continuing building the strength of our partnerships throughout the region," added Diebold.

Comfort's deployment demonstrates the U.S. commitment to the Americas and is part of a continuum of support provided by U.S. Southern Command. USSOUTHCOM-sponsored civic assistance and humanitarian missions happen in close cooperation with partner nations in the region as well as with U.S. interagency partners. Similar missions include Continuing Promise, New Horizons, Beyond the Horizon, medical readiness training exercises and the Medical Civil Action Program.

USSOUTHCOM is one of the nation's six geographically focused unified commands, with responsibility for U.S. military operations in the Caribbean and Central and South America.

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

PRESIDENT I

Chatfield is first woman to serve in role

Continued from A1

services."

Chatfield will be the first woman president in the history of the Naval War College. She earned her doctorate in education from the University of San Diego. She is a naval aviator (helicopters) who commanded at both the squadron and wing levels. She also served as a Provincial Reconstruction Team Commander in Farah Province, Afghanistan. She is currently serving as Commander, Joint Region Marianas, Guam.

Established in 1884, NWC is the oldest institution of its kind in the world. More than 50,000 students have graduated since its first class of nine students in 1885 and about 300 of today's active duty admirals, generals and senior executive service leaders are alumni.

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

For more news from Secretary of the Navy, visit www.navy.mil/local/secnav.



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AREA THREE NJROTC CADETS ATTEND LEADERSHIP ACADEMY AT THE NAVY'S ONLY BOOT CAMP

Damage Controlman 1st Class Scott Smith, a facilitator in the USS Chief Recruit Fire Fighter Trainer, shows Area 3 Navy Junior Reserve Officers Training Corps (NJROTC) cadets how to properly operate a fire hose at Recruit Training Command (RTC) on Naval Station Great Lakes, Illinois, June 12. More than 80 cadets and instructors attended the 2019 Annual NJROTC Leadership Academy. For more than twenty-five years NJROTC areas have hosted summer Leadership Academies across the country.

Scott A. Thornbloom

By Scott Thornbloom
Naval Service Training Command

GREAT LAKES, ILL.

Naval Service Training Command (NSTC), welcomed more than 80 Area Three Navy Junior Reserve Officers Training Corps (NJROTC) cadets, Naval Science Instructors (NSI) and staff members to the annual 2019 NJROTC Leadership Academy and Sail Training on Naval Station Great Lakes, June 10-15.

Top cadet sophomores and juniors from more than 20 high schools in six states throughout the Midwest attended the week-long course. The cadets from Illinois, Kentucky, Minnesota, Nebraska, Ohio and West Virginia are slated to be the leaders of their NJROTC units in the upcoming school year.

For the first time, the cadets were housed and extensively used facilities at the Navy's only boot camp, Recruit Training Command (RTC). Several Recruit Division

Commanders (RDCs) and RTC staff members also assisted during the week with inspections and training sessions. This was in conjunction with RTC's personnel still conducting their ongoing mission of training the Navy's newest enlisted recruits.

"RTC really accommodated the cadets on a number of training evolutions. The fire fighter training, seamanship training and other training held at RTC really gave the cadets an in depth look at how recruits train to become (U. S. Navy) Sailors," said retired U. S. Navy Lt. Cmdr. Don Wisneski, NSI at Harding High School in St. Paul, Minnesota.

This year's graduation ceremony was held in Ross Theater on Naval Station Great Lakes. Each cadet was recognized for receiving a silver shoulder cord at a dining-in the evening before the grad ceremony and for successfully completing the academy curriculum,

inspections, drills and physical training.

"The whole reason we have NJROTC is to make you better citizens. It's to make you better people, with that higher character, that greater courage and to treat each other with respect," U. S. Navy Rear Admiral Jamie Sands, the NSTC commander told the cadets during a meet and greet on June 14. "All these are aspects of good citizenry -- to have a mindset of service, regardless of what you end up doing in your life. It's really fundamentally important stuff that you're getting exposed to in Junior ROTC."

Along with Lt. Cmdr. Wisneski, this year's academy was run by more than 25 NJROTC Area Three Naval Science Instructors (NSIs), staff members and former academy cadets. The academy has been held on Naval Station Great Lakes for the past 20 years.

According to retired U. S. Mar-

ine Corps Lt. Col. Kenneth Knotts, officer in charge of this year's leadership academy, the mission of the academy was to once again prepare cadets to be the leaders in their units.

"I'm hoping the cadets were able to take on and apply the leadership training they received," Knotts said. I hope they enjoyed the sail and, for the first time, kayak training. I hope the cadets were excited to experience RTC and some of the same training recruits have to accomplish to become Sailors."

He added he hoped the cadets were able to take away and take back to their units a sense of teamwork and other perspectives on leadership.

Knotts said one of the most prominent events during the week was a military dining-in June 14. Dining-in is a formal military ceremonial dinner for members of a company or unit, which includes

the dinner and other events to foster camaraderie and esprit de corps. The cadets also received their silver aiguillette, or shoulder cord, at the dining-in. The silver shoulder cord signifies the successful completion of the leadership academy and that the cadet is ready to assume a leadership position within their unit. At the end of the graduation ceremony on June 15, each cadet came up on stage to be congratulated by NSTC's Command Master Chief Jimmy Hailey and official party members.

"Character and Core Values, that's what our Navy Junior ROTC is all about," Hailey said. "(NJROTC is) helping you discover good character traits that will make you better leaders, students and members of our society. You're the best of the best, the leaders of tomorrow, not only in your respective units, but also in

U.S. CENTCOM statement on June 13 Limpet Mine attack in the Gulf of Oman

By Capt. Bill Urban
U.S. Central Command Public Affairs

TAMPA

U.S. Naval Forces in the region received two separate distress calls at 6:12 a.m. local time from the motor tanker (M/T) Altair and a second one at 7 a.m. local time from the M/T Kokuka Courageous.

Both vessels were in international waters in the Gulf of Oman approximately 10 nautical miles apart at the time of the distress calls. USS Bainbridge was approximately 40 nautical miles away from the M/T Altair at the time of the attack, and immediately began closing the distance.

At 8:09 a.m. local time a U.S. aircraft observed an IRGC Hendijan class patrol boat and multiple IRGC fast attack craft/fast inshore attack craft (FAC/FIAC) in the vicinity of the M/T Altair.

At 9:12 a.m. local time a U.S. aircraft observes the

FAC/FIAC pull a raft from the M/T Altair from the water.

At 9:26 a.m. local time the Iranians requested that the motor vessel Hyundai Dubai, which had rescued the sailors from the M/T Altair, to turn the crew over to the Iranian FIACs. The motor vessel Hyundai Dubai complied with the request and transferred the crew of the M/T Altair to the Iranian FIACs.

At 11:05 a.m. local time USS Bainbridge approaches the Dutch tug Coastal Ace, which had rescued the crew of the M/T Kokuka Courageous who had abandoned their ship after discovering a probable unexploded limpet mine on their hull following an initial explosion.

While the Hendijan patrol boat appeared to attempt to get to the tug Coastal Ace before USS Bainbridge, the

USNS Amelia Earhart donates essential supplies, builds friendship in Subic Bay

By Grady Fontana
Military Sealift Command Far East

OLONGAPO, PHILIPPINES

Members of Military Sealift Command's (MSC) dry cargo ship USNS Amelia Earhart (T-AKE 6) and Military Sealift Command Far East visited three locations in Olongapo City, Philippines, to participate in community outreach events during a routine port visit at Subic Bay Metropolitan Authority (SBMA), June 14.

The team visited the Subic Bay Children's Home, Social Development Center, and the Foundation for Differently-Abled Persons to deliver donations from the crew of Amelia Earhart that included clothes, snacks, school supplies and more than 660 lbs. of rice.

"It's encouraging to see the immediate reward and positive impact from the dedication and contributions of Amelia Earhart's crew," said Navy Lt.



Grady T. Fontana

Children from Subic Bay Children's Home in Olongapo, Philippines, welcome visiting members from dry cargo ship USNS Amelia Earhart (T-AKE 6), during a community outreach event, June 14.

Eric R. Bryan, chaplain, MSC Far East. "It's special when a partnership addresses and supports one another's needs. Moments like these strengthen the relationship we have with the people here in Olongapo and the region."

According to civilian mariner Robert Misenas, meeting with the local population is an important way to bridge cultures and participate in the community.

"This is my first time at the Subic Bay Children's Home, but the ship has sent crew members here before," said Misenas, a boatswain mate with Amelia Earhart and 21-year MSC

veteran. "Usually when the ship arrives here, we try and do something in the community, if time allows. This time we were able to take donations of clothes, snacks, and school supplies, as well as purchase rice with donations from the crew."

The Subic Bay Children's Home presented Misenas and civilian mariner Mohammad Motombo, also with Amelia Earhart, a certificate of appreciation in recognition of the donations.

Additionally, the MSC members



Courtesy Photo

JUNE IS PTSD AWARENESS MONTH

From ptsd.va.gov

Post-Traumatic Stress Disorder (PTSD) can result from experiencing or witnessing any number of traumatic or life-threatening events, from combat to motor vehicle accidents to sexual assault.

Up to half of those seeking treatment for substance use disorders (SUD) also meet the criteria for either current or lifetime PTSD. Co-occurring PTSD and SUDs can create the need for a more difficult treatment plan, in addition to an increased risk of physical health problems, legal issues and suicide attempts.

IS IT PTSD?

When you have PTSD, it’s hard to feel safe. The traumatic event – natural disaster, combat, sexual assault, accident – can take hold, and you find you can’t stop thinking about it. Maybe you have nightmares and trouble sleeping. Maybe you feel on edge and unsettled or don’t find pleasure in things you used to enjoy.

Maybe you feel it’s just easier to be alone. Feelings like these are common after going through a trauma. For most people, they pass in a few weeks or

months, but for others they are long lasting.

PTSD symptoms fall into four categories: reliving or re-experiencing the event, avoiding things or places that remind you of the event, negative changes in beliefs and feelings, and hyperarousal or being on guard. For someone to be diagnosed with PTSD, they need to have symptoms in all four categories.

PTSD symptoms can happen at any age, and they come and go. Only a mental health care provider can diagnose you with PTSD. And, knowing if you have PTSD is the first step to getting effective treatment. So, it is important to talk with a doctor if you think you have symptoms. There are effective treatments even if you have been living with symptoms for years.

Keep in mind that you’re not alone. And, there are treatments that will help you feel better and take back control of your life. Be the advocate – take that first step for yourself.

Learn more about PTSD symptoms at the National Center for PTSD. The PTSD Coach app and PTSD Coach Online can also help you learn about PTSD symptoms and practice skills to manage those symp-

Get help for PTSD

- If you need help right away:
- Call 1-800-273-8255
 - Press “1” if you are a Veteran.
 - Chat online with a counselor
 - Call 911 or visit a local emergency room

LEARN MORE

Learn more about PTSD from the Department of Veterans Affairs' National Center for PTSD at www.ptsd.va.gov.

Learn more about mental health and substance use disorders from www.mentalhealth.gov.

If you or someone you know is in crisis, contact the Veterans Crisis Line via phone at 1-800-273-8255 (Press 1) or text at 838255.

toms. You can even track your PTSD symptoms in the app. The PTSD Treatment Decision Aid is another online tool that can help you decide which treatment is best for you. Other useful resources are the Understanding PTSD and PTSD Treatment booklet, and the National Center for PTSD’s whiteboard videos.

There are currently about 8 million people in the United States with PTSD.

Even though PTSD treatments work, most people who have PTSD don’t get the help they need. June is PTSD Awareness Month. Help us spread the word that effective PTSD treatments are available. Everyone with PTSD—whether they are Veterans or civilian survivors of sexual assault, serious accidents, natural disasters, or other traumatic events—needs to know that treatments really do work and can lead to a better quality of life.



Take Command of your health during Men’s Health Month

By TRICARE.mil Staff

Men, are you taking command of your health? Taking command of your health means making positive decisions each day that contribute to your overall physical and mental wellness.

Men’s Health Month is a great time to focus on taking preventive steps and making small changes to your lifestyle. You can start by getting familiar with the preventive services that TRICARE covers and health issues that more frequently affect men. According to the Centers for Disease Control and Prevention, the leading cause of death among men in the U.S. is heart disease. Some of the factors that lead to

heart disease and stroke are preventable, especially with early detection and timely treatment.

Here are a few tips for men to get and stay healthy, happy, and strong:

VISIT YOUR DOCTOR

Make an appointment. A yearly Health Promotion and Disease Prevention Examination is covered if enrolled in TRICARE Prime or TRICARE Select. TRICARE covers clinical preventive screenings. Your doctor can help you decide what tests you need based on your age and risk factors. Some important health tests for men include:

- Blood pressure and cardiovascular

screenings

- Colorectal, prostate, testicular and skin cancer exams

DEVELOP A GOOD RELATIONSHIP WITH YOUR PROVIDER

During your visits, be honest about your health concerns. Open communication can prevent misdiagnoses and unnecessary tests. Use these tips for talking to your doctor from the National Institutes of Health before your next appointment. And if you don’t have a primary care manager or need help finding a doctor, use Find a Doctor on the TRICARE website.

BE AWARE OF SIGNS AND SYMPTOMS

Notice potential health concerns, beyond when you’re sick or injured. Pay attention to that mole, persistent cough, or other symptom that seems new or unusual. Get familiar with your family’s health history. Your provider can assess your risk of disease based on your family history and other factors.

DEVELOP A HEALTHY LIFESTYLE

Exercise regularly, get enough sleep, and eat healthy balanced meals to stay in control of your mental and physical health. If you feel depressed, seek help. Your doctor can help you identify problems, like being overweight or feeling anxious. Learn about mental health services that TRICARE covers.

This June, take steps to get healthy, schedule the health care visits you need, and take command of your health. Go to the Military Health System Men’s Health Month spotlight to learn more about health issues important to men.



I’m a single sailor, what kind of housing do I get?

A. Navy Housing is dedicated to providing suitable, affordable and safe living quarters for single Sailors who live in Unaccompanied Housing (UH). The Navy Housing authority is responsible for barracks and dormitory housing operations and the facilities/public works organization are responsible for the physical construction and renovation of these buildings. Navy Housing and Public Works closely work together to assure newly-constructed buildings and renovations meet Navy requirements, and are outfitted with furnishings, fixtures and equipment to meet Sailors’ needs. Talk to your Chain of Command and Housing Support Center for more information regarding your specific situation.

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- Suicide Prevention
- SAPR Support

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MC3 Cameron Pinske

Gary Sinise and the Lt. Dan Band perform for patients, staff and family during the Invincible Spirit Festival held at Naval Medical Center San Diego (NMCS D). This year is the seventh year the Invincible Spirit Festival has come to NMCS D where festivities included activities for families, food prepared by Chef Robert Irvine and Team Irvine, and a concert performance by Gary Sinise and the Lt. Dan Band.

The Gary Sinise Foundation brings honor, gratitude and Rock & Roll to ‘Invincible Spirits’ at NMCS D

By MC1 Vernishia R. Vaughn
Naval Medical Center San Diego Public Affairs

SAN DIEGO

Actor, director, musician and honorary chief petty officer Gary Sinise, along with celebrity chef Robert Irvine, brought his seventh annual Invincible Spirit Festival back to Naval Medical Center San Diego (NMCS D) June 15.

The Invincible Spirit Festival tour at NMCS D is the 21st tour, but the seventh one at NMCS D, and has a simple mission: to lift the spirits and boost morale of NMCS D staff, wounded service members, veterans, their families and caregivers, and to help keep them strong by delivering a message of appreciation and support for all who serve.

NMCS D Commanding Officer Capt. Bradford Smith said during his remarks at the festival, “Without the support of the community there is no way that we can do what we do each and everyday. And it’s people like Gary Sinise and the Gary Sinise Foundation who really make that possible.”

Before the festival kickoff, Sinise visited retired and active-duty patients. During his visit Sinise, whose family has strong ties to the military, extended an invitation to those in attendance to enjoy the concert and grab food prepared by celebrity chef Robert Irvine and Team Irvine.

For one patient, a visit from Sinise has made her stay at NMCS D much better. “I thank you for being so supportive of our

men and women in service,” said Mary Lefler to Sinise. “It means the world to me that you’d come visit, and it’s a moment I’ll always remember.”

The Invincible Spirit Festival is one of the many programs organized by the Gary Sinise Foundation in its ongoing mission to support veterans, wounded warriors, caretakers and families.

“It’s a good feeling to be able to pop in and bring a little joy,” said Sinise.

Spirits were sure to be lifted as food was served by Irvine alongside plenty of family-friendly activities including a classic car show, rock wall, face painting, and a burger flipping competition where every burger flipped and caught by Sinise earned him a \$5,000 donation from the Team Irvine Foundation, and music by Sinise and the Lt. Dan Band.

“We do the Invincible Spirit Festivals because there are a lot of invincible spirits here,” said Sinise.

Sinise’s hope for every man and woman serving this country is this: although they go through a lot of challenges while serving, they come out okay in the end. That hope was inspired by the Lt. Dan character he played in the movie, “Forrest Gump.”



Celebrity chef and honorary chief petty officer Robert Irvine looks on as Hollywood actor, musician, humanitarian, and honorary chief petty officer Gary Sinise attempts the Irvine Burger Flip Challenge during the Invincible Spirit Festival held at Naval Medical Center San Diego (NMCS D).

“Lt. Dan played a great role in my life in more ways than one,” said Sinise.

With a mission to provide hope, comradery and support, the day-long festival is a reminder to celebrate the courage of our country’s injured heroes and their families, as well as to show gratitude to the dedicated hospital staff.

For more news from Naval Medical Center San Diego, visit www.navy.mil/local/sd/.

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NAVSEA ship experts say history should inform the future in Naval shipbuilding expansion

By Benjamin McKnight, III
Naval Surface Warfare Center, Carderock Division Public Affairs

WEST BETHESDA, MD.

Lessons learned from history helped focus the nation’s shipbuilding efforts moving into World War II and beyond, according to Dr. Norbert Doerry and Dr. Philip Koenig, both from Naval Sea Systems Command. The two men were the June speakers for the monthly Rear Adm. David Taylor Naval Architecture Lecture Series at Naval Surface Warfare Center, Carderock Division, in West Bethesda, Maryland, on June 13.

The lecture, titled “Naval Shipbuilding Expansion: the World War II Surface Combatant Experience,” took the audience through four eras that the two speakers identified as being instrumental in the successes of the U.S. Navy expansion efforts during the second world war. Although World War II was the primary focus of the lecture, Koenig said it was equally important to discuss the years prior to have a better understanding of the U.S. Navy during and after World War I.

“They say you can learn a lot from failure,” said Koenig, director of NAVSEA’s Industrial and Economic Analysis Division. “So we want to look at the failed World War I industrial expansion, and then see what happened correctly in World War II.”

Koenig began with the World War I era, going up to 1922, followed by the treaty period from 1922-1936. After that was the pre-World War II era of 1936-1941 and finally World War II from 1941-1945, the latter of which was covered by Doerry, technical director of the NAVSEA Technology Office. According to Doerry, World War II was the last “industrial war” for the United States, but he said the current international landscape could possibly require the nation

to be able to navigate a modern version of such.

“There’s nobody in the government who has experienced our last industrial war, and most of those people who have aren’t even alive now,” Doerry said. “We would be closer in tune to the World War I experience in terms of the people in leadership within the Navy and industrial practices.”

During World War I, the Navy acquired 273 destroyers. Only 41 of those vessels made it to sea before the end of the war, with the rest being commissioned after the war. In the time between the first and second war, 105 of those ships were lost or scrapped, and the rest served during World War II, Koenig said.

At the time, the biggest challenges for the Navy were that preparations for the mass production of ships was not a priority because there was no precedent for World War I. Furthermore, the ship types that were actually needed in combat differed from what was built in the pre-war era. Following World War I, naval treaties slowed the production of sea vessels, but when the treaty restrictions ended and a second world war was on the horizon, the Navy became proactive and Congress authorized the construction of more than 180 new destroyers. Because the shipbuilding process takes time, the Navy was comprised mostly of ships built during World War I and treaty eras going into the first year of World War II.

“Those World War I destroyers were the best destroyers in the world in 1916, but this is 1941,” Doerry said. “(Secretary of Defense) Donald Rumsfeld said in 2004, ‘You go to war with the Army you have, not the Army you might want or wish to have at a later time.’”

By year three of World War II, at least a



Photo (digitally re-touched) courtesy of Martin Joseph Sullivan

The USS Strong (DD-758) is an Allen M. Sumner-class destroyer, the second destroyer to be named for James H. Strong, a notable naval commander of Union forces during the American Civil War. The Strong was built 1943 in San Francisco by the Bethlehem Steel Company for action in the Second World War. The Sumner class destroyer was uniquely characterized by its dual up-gunned twin 5"/38 cal-gun mounts, added anti-aircraft weapons and additional ships length and maneuverability; all a significant improvement over the older Fletcher class destroyers.

quarter of the Navy’s destroyer fleet consisted of more ships that were modern, although the biggest bulk of vessels were pre-war era ships that were still in construction during the first two years of the war. It was not until the final year of the war that the fraction of commissioned destroyers authorized between 1942 and 1943 approached half the destroyer fleet. However, in the seven-year span from the end of the pre-war era to the end of World War II, the number in gross tons of steel merchant ships produced per year skyrocketed from a nearly negligible amount to almost 13 million tons at its peak in 1943.

Most of the heavy losses of destroyers in the war happened in the first few years when the fleet was still mostly outdated ships and according to Doerry, there are very few exceptions where ships designed during the war entered prior to the end of fighting. He said that production of ships was not an easy feat, but a doable one with the right allocation of efforts.

“High-volume production will not happen without expansion in industrial capacity, both in the shipyards and in their supply chains,” Doerry said.

As the demand for faster-produced ships increases in today’s world, Doerry and Koenig stressed the importance of the Navy being able to adapt with the rapidly evolving technologies that go into shipbuilding. From design features to weapons and computerized systems, they said a slow response to a threat will put lives at risk. U.S. military conflicts since the Cold War have been primarily land fights, deemphasizing the nation’s need to expand the fleet. Since then, Doerry said the naval ship acquisition processes have changed and with the onset of this Great Power Competition, the Navy must ensure that the new approach to fleet expansion draws from the lessons of previous failures and successes.

For more news from Naval Surface Warfare Center Carderock, visit www.navy.mil/local/nswcc/.



Shannon R. Haney

Logistics Specialist 2nd Class Holland Brown displays the USS Missouri Forever Stamp during the the Commemorative Forever Stamp Dedication Ceremony aboard the World War II battleship USS Missouri (BB-43).

NAVSUP FLC PEARL HARBOR SUPPORTS USS MISSOURI STAMP DEDICATION CEREMONY

By Shannon Haney
NAVSUP Fleet Logistics Center Pearl Harbor Office of Corporate Communications Public Affairs

PEARL HARBOR

Naval Supply Systems Command (NAVSUP) Fleet Logistics Center (FLC) Pearl Harbor Regional Mail Center personnel supported the USS Missouri Commemorative Forever Stamp Dedication Ceremony June 11.

Logistics Specialist 1st Class Maria Garcia and Logistics Specialist 2nd Class Holland Brown welcomed and ushered guests as they arrived for the

ceremony aboard the World War II battleship USS Missouri (BB 43).

“It is such an honor to be a part of a ceremony that unites two significant pieces of history: the USS Missouri and the time-honored United States Postal Service,” said Brown. “It is necessary to commemorate this moment to keep our history and postal traditions alive and I am so happy to be able to represent my shipmates, my command and my country by doing so.”

The stamp’s release coincided with the 75th anniversary of the ship’s com-

missioning on June 11, 1944.

The stamp art depicts Missouri from a low vantage point almost at sea level, cutting through the water at a moderate speed commensurate with entering or leaving port. Large and imposing in the frame, Missouri is shown in the disruptive camouflage she wore from her commissioning until a refit in early 1945. Clouds loom in the background, tinged with gold and rose from the sun’s rays.

The stamp is a tribute to the last American battleship that played such a

historic role in World War II and served as the site for Japan’s official surrender on September 2, 1945. During decades of service, the Missouri earned numerous combat awards and citations, which also included deployments during the Korean War and Operation Desert Storm. Decommissioned in 1992, the ship now rests as a memorial and museum at the Battleship USS Missouri Memorial in Pearl Harbor.

NAVSUP FLC Pearl Harbor is one of eight FLCs under Commander, NAVSUP. Headquartered in Mechanicsburg, Pennsylvania, and employing a diverse, worldwide workforce of more than 22,500 military and civilian personnel, NAVSUP’s mission is to provide supplies, services, and quality-of-life support to the Navy and joint warfighter.

For more news from Naval Supply Systems Command, visit <http://www.navy.mil/local/navsup/>.



MC2 Daniel M. Young
Mass Communication Specialist 1st Class Shannon E. Renfroe, assigned to Fleet Combat Camera Pacific, takes photos of the “Chargers” of Helicopter Sea Combat Squadron (HSC) 14 and the “Raptors” of Helicopter Maritime Strike Squadron (HSM) 71 while they conduct a Helicopter Visit, Board, Search, and Seizure (HVBSS) training exercise with a Range Support Craft (RSC) 1 in the Pacific Ocean off the coast of San Diego, Feb. 18, 2015. The exercise was part of the Helicopter Advanced Readiness Program (HARP) in preparation for squadrons’ upcoming deployment with Carrier Air Wing Nine (CVW-9) in support of the USS John C. Stennis (CVN-74) and Carrier Strike Group Three (CSG-3) operations.

NAVY CHIEF HAS UNIQUE CONNECTION TO BALTOPS

By MCI Scott Wichmann
Commander, U.S. 2nd Fleet

KIEL, GERMANY

Multinational military exercises afford service members from participating nations an opportunity to see new places, forge new relationships and increase operational proficiency in a joint environment.

For Chief Mass Communication Specialist Shannon Renfroe, participating in Baltic Operations (BALTOPS) 2019 meant much more.

BALTOPS 2019 is the premier annual maritime-focused exercise in the Baltic region, designed to enhance flexibility and interoperability among the 18 participating allied and partner nations.

Currently serving as production chief and lead aerial photographer at Navy Public Affairs Support Element West, located in San Diego, Calif., Renfroe’s arrival in Kiel, Germany, represented a long-awaited homecoming.

Renfroe, whose parents met in Berlin during the 1970s, spent the early part of her life in Germany.

Returning to the country as part of BALTOPS made her reflect on an enduring childhood memory which now holds a deeper significance.

“I distinctly remember as a child, looking through a crack in the Berlin Wall,” said Renfroe. “I remember seeing a green field and asking my mother, ‘What’s so dif-

ferent on the other side?’”

Renfroe’s parents connected in Berlin while her mother was studying graphic design and her father was stationed with the U.S. Army attached to the Berlin Brigade.

“My mother was born in Czechoslovakia and she left when she was sixteen,” said Renfroe. “Her mother moved her to an all-girls home in Berlin during the 1968 Soviet invasion.”

According to Renfroe, the pair began an unusual and unlikely relationship.

“She didn’t speak English, he didn’t speak German,” she said, “but they started courting each other, fell madly in love, got married and had twins. I have a twin brother.”

Renfroe said her introduction to the English language came through a distinctly German prism.

“German was my first language,” Renfroe recalled. “It wasn’t until kindergarten where the teachers were telling my parents ‘You know, your children really should learn English.’”

Renfroe said her father accepted orders to be stationed in Turkey, giving her an opportunity to spend her formative years experiencing an entirely new culture.

“In 1990 we moved to Izmir, Turkey,” she said, “We lived there from the time I was in third grade up until before my freshman year of high school. It was German, English, Turkish in that order,” she

“ They say ‘home is where the heart is,’ and I associate Turkey with home, just because it was such a huge part of my childhood. In fact, one of the first questions I asked (before being assigned to BALTOPS) was ‘Is Turkey involved?’”

Shannon Renfroe

explained, becoming fluent in Turkish as well.

Renfroe was ecstatic to volunteer for BALTOPS because of its location and the opportunity it afforded her to interact with Turkish and German military forces.

“They say ‘home is where the heart is,’ and I associate Turkey with home, just because it was such a huge part of my childhood,” she said. “In fact, one of the first questions I asked (before being as-

signed to BALTOPS) was ‘Is Turkey involved?’”

Renfroe said she’s already experienced both commonality and camaraderie with her Turkish and German Navy counterparts.

“Today I bumped into three Turkish Sailors,” she said, “and as we were speaking, they were all surprised because I don’t look Turkish nor have an accent. It was nice being able to connect with complete strangers through language and the experience of both sharing Turkey as home.”

Renfroe joined the U.S. Navy as a photographer in March, 2001, something she admits she never could have imagined herself doing when she was younger.

“I didn’t know the Navy had a photography program,” she said. “I didn’t think there was room for creativity in the Navy or the service in general.”

Renfroe jokingly suggested she had to be gentle while breaking the news of her career decision to her father.

She said that when she told him her plans of joining the Navy, he was upset it wasn’t the Army.

U.S. Navy Lt. Matthew Stroup, public affairs officer at Naval Surface and Mine Warfighting Development Center (SMWDC) in San Diego, said Renfroe’s experience, photographic acumen and technical expertise made her the perfect fit to provide BALTOPS documentation.

“It’s something we didn’t have available during previous mine warfare exercises at SMWDC,” Stroup said, in reference to naval aircrewman’s aerial photography. “She is the right person to have on our team to show how valued photographic expertise is to the mission.”

Stroup added that Renfroe’s unique background also contributes to the mission.

“In our community, we’re all about the value of relationships,” said Stroup. “She has a tremendous ability to empathize with others, which I suspect comes from having such multi-faceted life experiences.”

Renfroe urged her fellow service members to take advantage of the cultural exchange and the opportunity to build relationships with sailors from other nations while also training together during BALTOPS 2019.

“I encourage my American counterparts to really experience the culture and stories of the international forces around us,” she said. “There are more commonalities than we think, and getting to know one another, in these curious ways, translates to stronger bonds, both operationally and culturally.”

Renfroe stated that she already finds her BALTOPS experience a rewarding one.

“It is really great being here, having the opportunity to connect with Turkish, German and all international Sailors,” she said. “It is a win-win. I appreciate being able to see that commonality, and sometimes it simply begins with a hello in their native language.”

‘We’re here to work!’ Women in Trades Fair marks 40 years

By Silvia Klatman
Puget Sound Naval Shipyard

BREMERTON, WASH.

The interactive display Puget Sound Naval Shipyard & Intermediate Maintenance Facility showcased at Seattle’s 40th Annual Women in Trades Fair was a huge hit with attendees.

“Getting folks engaged in understanding the trades is much easier when we can have them touch something,” said Michelle Indermuhle a Shop 57 work leader and PSNS & IMF’s Women in Trades co-lead. “Everyone is interested to hear what we do over here. I know the human resources and apprenticeship folks were busy, busy!”

Nearly 30 tradeswomen and other PSNS & IMF teammates representing 15 shops and codes trekked to the Fisher Pavilion to join with more than 90 other exhibitors to show young people the exciting careers available in various trades. Although the primary focus is on teens exploring career options, others attend including those interested in making job changes and people curious about trades work. Exhibitors spanned from government agencies to private industry and included colleges, apprenticeship programs and unions.

The shipyard was the largest exhibitor at the fair. Hannah Wright, a sheet metal mechanic



Robin Lee

Rachel Hubbard, a Shop 56 pipefitter, talks with a WIT fair attendee.

for Shop 17, found the event empowering due to the variety of people and vendors who participate. Wright noted an added bonus: networking with fellow shipyard tradeswomen.

“We got to hear about the other shops and codes in a more detailed way from the many women

from different trades that represented the shipyard at this event,” said Wright who also participated last year. “We really do work in a great place ... being able to share the event with other women from the shipyard is special.”

Kerstyn Tsuruda, shop planner for Shop 38 Outside Machinists,

echoed Wright’s comments about networking with teammates as well as those outside the shipyard.

“It was an opportunity to educate ourselves and see what other trades support our communities outside of the shipyard,” said Tsuruda. She also appreciated that WIT was educating the next generation to show them “they can achieve any goal they set their focus on,” she said.

Moonshine Lab’s Ron Zmijewski summed up the event.

“The WIT team undoubtedly opened many eyes and influenced the next generation of tradeswomen.”

For more information contact the PSNS & IMF Women in Trades, a subcommittee of Professional Women Employee Networking Group, by calling 360.476.9712 or emailing brem.pweng.FCT@navy.mil.

Meetings are held the fourth Thursday of the month from 10:00 to 11:00 a.m.



From heraldpalladium.com

The Baker blast at Bikini Atoll on July 25, 1946, was one of the first tests of an atomic bomb following the end of World War II. Navy ship USS Quartz and her crew were exposed to radiation in the island’s lagoon. The bomb, detonated underwater, sent water and sand 6,000 feet into the air, forming a “cauliflower” column, with the spray moving down, instead of a mushroom cloud that puts debris into the stratosphere.

‘Atomic Veterans’ can apply for Defense Secretary’s Honor Certificate

By Terri Moon Cronk
Defense.gov

WASHINGTON

Veterans who were exposed to radiation in the military between 1945 and 1992 are eligible to apply for the newly created Atomic Veterans Service Certificate signed by Acting Defense Secretary Patrick M. Shanahan.

Application for the certificate is open to retired and former service members, or next of kin in cases of deceased veterans, Defense Department officials said.

DOD tasked the Defense Threat Reduction Agency to manage the certificate program, because it already keeps a database of radiation-

exposed veterans, DOD officials said.

According to the DTRA website, during World War II, thousands of service members were involved in the secret program to build an atomic bomb – the same project that DTRA traces its roots back to – known as the Manhattan Project. Thousands more were part of the U.S. occupation of Japan immediately following the dropping of two atomic bombs on Hiroshima and Nagasaki and Japan’s unconditional surrender. After the war ended, through decades of the Cold War, many more troops were involved in atmospheric and underground testing of nuclear weapons.

Authorized in the John S. McCain National Defense Authorization Act for fiscal year 2019, the AVSC is intended to recognize all veterans who were or could have been exposed to radiation during their service to the nation, the website says.

ATMOSPHERIC, UNDERGROUND TESTING

Potentially affected veterans include the original atomic veterans from atmospheric testing conducted from 1945 to 1962, in addition to underground testing conducted from 1951 to 1992.

Issued so DOD can honor radiation-exposed veterans, the certificate does not carry any other value or

entitle the bearer to benefits, said Doug Johnson, DOD’s assistant director for military decorations and awards policy.

“[The certificate] provides recognition to those service members who were exposed to radiation while serving in the military,” he said.

“The law that was passed does require the Department of Defense to use the Veterans Affairs definition of a radiation-exposed veteran to make a determination with regard to eligibility for the certificate,” Johnson said. “But the certificate does not entitle a veteran to any kind of compensation or any type of benefit associated with that determination.”

550,000 VETERANS MAY QUALIFY

DTRA maintains there are about 550,000 veterans that could qualify for the certificate in accordance with

defining statutes, noted the agency’s Navy Lt. Lee A. Alleman, military program manager for the nuclear test personnel review and deputy, nuclear survivability division.

“We also estimate that approximately 80,000 of the original cohort – World War II veterans – remain alive out of 493,000 [exposed veterans],” Alleman said in an email message.

To be considered for the certificate, DOD and DTRA officials emphasize that applications must be filed through:

www.dtra.mil/DTRA-Mission/Nuclear-Test-Personnel-Review/Atomic-Veterans-Service-Certificate/

DTRA will keep a historical record of veterans whose military service met the certificate eligibility criteria and were awarded the AVSC.



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NJROTC | *Top cadets attended a week-long course at Naval Station Great Lakes*

Continued from B1

life and whatever careers you decide to pursue. The traits that make us so proud of our men and women in uniform are the same very traits that make you all a great value to our nation.”

During the week, the cadets toured and received training at a number of RTC’s training facilities, the same ones that train every enlisted recruit joining the Navy. They learned how recruits train to handle ship-board mooring lines in the USS Marlinspike Seamanship Trainer, a large mockup of a ship. Many of the cadets donned the fire-fighting equipment, handled fire hoses and learned how Sailors fight fires on Navy ships. They visited the Small Arms Marksmanship Trainer, or SAMT, and learned how Sailors train to handle and fire small arms in the Navy. The biggest draw was the sail training, where the cadets learned how to operate a 14-foot sailboat on Lake Michigan. The boats were provided by the Naval Station Great Lakes Morale, Welfare and Recreation (MWR) department, as they have been in the past. For the first time the cadets also got to learn how to operate and paddle kayaks around the Naval Station Marina.

“This week was great,” said Cadet Petty Officer 2nd Class Michael Reindl, 16, an incoming junior from Greenwood High School in Bowling Green, Kentucky. “What I liked was learning how to sail, learning teamwork and building myself up to where I need to be for the future as a leader. I look forward to bringing home what I learned here to my unit and sharing with my unit’s cadets.”

Cadet Chief Petty Officer Nicky Her, 16, an incoming junior from Harding High School in St. Paul, Minnesota, said she learned working together is more than worrying about yourself. “You have to take care of others and make sure everyone is working together. The best thing about the week was getting to know everyone and making new friends,” she said

“This week was very entertaining and very educational. It was a unique experience that I’m not sure I’d get to do anywhere else,” said Cadet Ensign Natalie Garcia, 16, an incoming junior at Harold L. Richards High School in Oak Lawn, Illinois. “I definitely will take back what I learned here to my unit, especially the leadership discussions we had.”

Cadet Ensign Reyanna Solomon, 16, a junior from Northmont High School in Clayton, Ohio, said she took away from the Leadership Academy was taking accountability for her own actions. “When people give me commands, I should own it and make it my own and I should be more confident in leading other cadets.”

“The Leadership Academy and being here on the base and at RTC, really made me decide that I might want to make the Navy a



Scott A. Thornbloom

Machinist's Mate 1st Class Fenishea Gates, a facilitator in the USS Chief Recruit Fire Fighter Trainer, assists Area 3 Navy Junior Reserve Officers Training Corps (NJROTC) cadets putting on fire fighter equipment at Recruit Training Command (RTC) on Naval Station Great Lakes, Illinois, June 12. More than 80 cadets and instructors attended the 2019 Annual NJROTC Leadership Academy.

career choice,” said Cadet Lt. j. g. Anton Heft, 16, an incoming junior at Zion Benton Township High School in Zion, Illinois. “The week also showed me how I should be disciplined in my actions, what kind of responsibility I should take, and to do everything to the best of my abilities.”

Area Three Manager, retired U. S. Navy Cmdr. Joe Hankins said he wanted all the cadets attending the Leadership Academy to take back to their units what they’ve learned during the week-long academy and use the skills and display the characteristics that make a good leader.

“We want all the graduating cadets to be proud of what they’ve accomplished and for them to understand that when they wear their coveted ‘silver cord,’ we will hold them to a higher standard and we will expect them to lead by example while displaying the highest standards of leadership and citizenship at all times.”

Hankins said the opportunity to hold the academy on the base each year, especially this year at RTC, has been a tremendous benefit to the cadets and instructors.

“I think it’s very important we continue to hold the Leadership Academy at Naval Station Great Lakes because it is a perfect setting for the cadets to learn about the Navy and about leadership in a controlled Navy setting,” he said. “Additionally, holding the training here allows the cadets to experience daily life on a Navy base, see how the Navy’s newest Sailors are trained, and allow them to learn and experience Navy history,” he said.

For more than 20 years Naval Station Great Lakes has hosted a Leadership Academy for NJROTC Area Three cadets. More

than 25-years-ago NJROTC Leadership Academies were developed in order to prepare selected NJROTC cadets for leadership roles in their respective units by teaching certain leadership characteristics which aren’t necessarily available, nor, normally taught at the cadet’s home unit. To this end, NJROTC Leadership Academies have four objectives. They are:

- a. To promote habits of orderliness and precision, and to develop respect for constituted authority.
 - b. To challenge and motivate cadets to push toward an improved physical and intellectual limit. Cadets will continually be called upon to meet high standards of personal appearance, self-discipline, and meticulous attention to detail.
 - c. To instill a high degree of personal honor, self-reliance, and confidence in each cadet by presenting a military environment in which cadets will be forced to rely upon themselves and their shipmates to study, work, and learn.
 - d. To enhance the basic attitude, knowledge and skills required to practice the art of leadership.
- “The summer Leadership Academy camp positively influences the NJROTC program’s best and brightest students, and supports NSTC’s Citizenship Development mission. The Leadership Academy could not succeed without great support and a selfless volunteer effort from our incredible NJROTC instructor pool. It is very encouraging to see these students benefiting from this incredible opportunity,” said Tim Daseler, NSTC Deputy Commander for NJROTC Operations, who was visiting

from Naval Air Station Pensacola, Florida, where the NJROTC Operations offices are located.

Daseler thanked all military bases, like Naval Station Great Lakes and RTC, and college campuses across the country that graciously host Leadership Academies each year.

NJROTC is a citizenship development program that instills in high school students, in U.S. secondary educational institutions, the value of citizenship and service to the United States. The program is divided into 11 areas across the United States that also include units in Italy, Spain, Japan and Guam. There are more than 86,000 student cadets in more than 580 units.

The NJROTC program is currently supported by Sands and his NSTC staff, headquartered at Naval Station Great Lakes, Illinois and on Naval Air Station in Pensacola, Florida. NSTC supports 98 percent initial officer and enlisted accessions training for the Navy. This training includes the Naval Reserve Officers Training Corps (NROTC) program at more than 150 colleges and universities that either host NROTC units or have cross-town enrollment agreements with a host university. NSTC also oversees Officer Training Command (OTC) in Newport, Rhode Island, Recruit Training Command (RTC) at Naval Station Great Lakes, as well as NJROTC.

For more information on NJROTC visit www.njrotc.navy.mil/.

For more information about NSTC, visit <http://www.netc.navy.mil/nstc/> or visit the NSTC Facebook pages at <https://www.facebook.com/NavalServiceTraining/>.



U.S. Navy

In this Powerpoint slide provided by U.S. Central Command damage from an explosion, left, and a likely limpet mine can be seen on the hull of the civilian vessel M/V Kokuka Courageous in the Gulf of Oman, June 13, as the guided-missile destroyer USS Bainbridge (DDG 96), not pictured, approaches the damaged ship. Sailors aboard Bainbridge aided the crew of Kokuka Courageous.

MINE | *U.S. Naval Forces in the region respond to distress calls from (M/T) Altair and M/T Kokuka Courageous.*

Continued from B1

mariners were rescued by USS Bainbridge at the request of the master of the M/T Kokuka Courageous. The rescued sailors are currently aboard USS Bainbridge.

At 4:10 p.m. local time an IRGC Gashti Class patrol boat approached the M/T Kokuka Courageous and was observed and recorded removing the unexploded limpet mine from the M/T Kokuka Courageous.

The U.S. and our partners in the region will take all necessary measures to defend

ourselves and our interests. Today’s attacks are a clear threat to international freedom of navigation and freedom of commerce.

The U.S. and the international community, stand ready to defend our interests, including the freedom of navigation.

The United States has no interest in engaging in a new conflict in the Middle East. However, we will defend our interests.

Updates can be found on www.centcom.mil, <https://twitter.com/CENTCOM>, <https://www.facebook.com/CENTCOM/>

EARHART | *Members of Military Sealift Command participated in community outreach programs in the Phillippines*

Continued from B1

interacted with staff and children, while Chaplain Bryan provided some musical entertainment for the kids by playing the guitar and singing songs.

“These community relation events allow us to slow down, even for just a day, to engage in a true, life-changing moment,” said Bryan.

“We walk into a room full of strangers only to leave with new friends and memories that motivate us to continue finding ways to support when we can in the future. I love how these events are merely the beginning of a great friendship and partnership for the years to come.”

The USNS Amelia Earhart is currently operating in the U.S. Navy 7th

fleet area-of-responsibility.

MSC operates approximately 115 non-combatant, civilian-crewed ships that replenish U.S. Navy ships, conduct specialized missions, strategically preposition combat cargo at sea around the world and move military cargo and supplies used by deployed U.S. forces and coalition partners.



Grady T. Fontana

Navy Lt. Eric R. Bryan, chaplain, Military Sealift Command Far East, provides musical entertainment for the kids at Subic Bay Children's Home at Olongapo, Philippines, during a community outreach event, June 14. Members of dry cargo ship USNS Amelia Earhart (TAKE 6) visited the Subic Bay Children's Home, Social Development Center, and the Foundation for Differently-abled Persons to deliver donations from the crew of that included clothes, snacks, school supplies and more than 660 pounds of rice.

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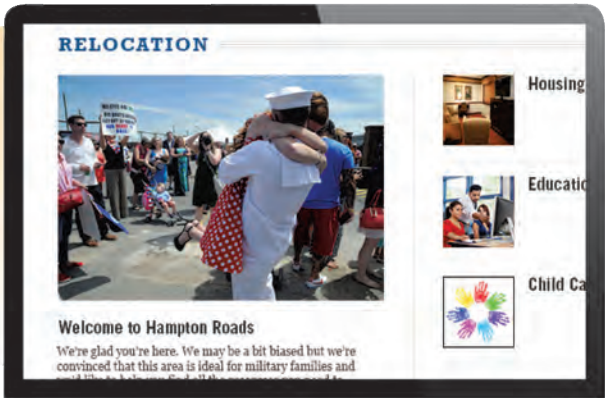


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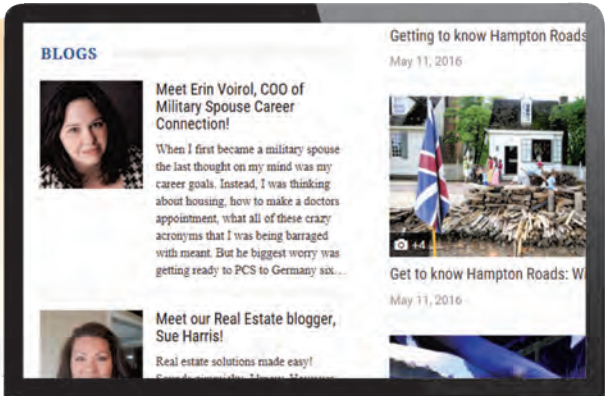
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Sonoma Raceway brings back ‘The Carousel’

By adding “The Carousel” back to the track layout, the race now will have 12 turns over a 2.52-mile course, upping the lap distance from the 1.99 miles of recent races. The race laps will be reduced from 110 to 85.

See C4

SECTION C | FLAGSHIPNEWS.COM | 6.20.2019

JUNETEENTH JAZZ CONCERT

Press Release

HAMPTON

Project 1619 Inc. and the National Park Service will celebrate Juneteenth with a free jazz concert at the Fort Monroe Theater on Saturday, June 22 at 7:00 p.m. The concert is free and open to the public. Fort Monroe Theater is located at 42 Tidball Road.

Performers featured in the concert include saxophonist Todd Ledbetter, bassist Herman Burney, pianist Noble Jolley Jr., trumpeter Paul Bailey, drummer Junie McDonald, percussionist Jabari Exum and soloist Christie Dashiell. Ledbetter has been a Stellar Award nominee and his album Meditations: Hymns in the Key of Jazz garnered critical acclaim. Burney has traveled the world by playing bass alongside noted performers including Wynton Marsalis and Natalie Cole. Noble, considered one of the best pianists of this century, performs with his own jazz ensemble, the Noble Jolley Group.

See JAZZ | C4



Virginia Zoo opens new nature discovery zone

Press Release

NORFOLK

The Virginia Zoo staff, volunteers, donors and members christened the new “Run Wild! Nature Discovery Zone” during the Zoo’s annual Member Night. This one-acre nature play space was made possible through several grants from organizations, including a \$25,000 grant from Rotary District 7600, Norfolk Rotary Charities, Inc., Norfolk Sunrise Rotary and the Virginia Beach Rotary Club Foundation. Other donations for the project have come from Wells Fargo and Target.

“This is a space where children and their families can let their imaginations run wild!” said Greg Bockheim, Executive Director of the Virginia Zoo. “Using natural elements, we encourage free play in this space—there is no ‘right’ way to play,” Bockheim added. This space is built to stimulate

About the Virginia Zoo

The Virginia Zoo, located in Norfolk, Virginia, is home to more than 700 exceptional animals representing over 100 fascinating species. Founded in 1901 and residing on 53 beautifully landscaped acres, the Virginia Zoo has demonstrated a commitment to saving and protecting the world’s wildlife by inspiring a passion for nature and taking conservation action at home and around the world. The Virginia Zoo is an accredited member of the Association of Zoos and Aquariums and is recognized as a global leader in education, recreation, science, wildlife conservation, and animal care and welfare. For more than a century, the Zoo has connected adults, families and school children with the natural world and its wildlife. To learn more, visit www.virginiazoo.org.

the imagination and allow children to take calculated risks, which help them to build critical decision-making skills.

The new Nature Discovery Zone features



Courtesy photo

a bamboo maze, stump jump, willow tunnel, giant boulders, dig boxes, balance beams and a Conservation Cabin for educational programs. Research shows that play is an important part of childhood development. Play helps children to develop cognitively, physically, emotionally and socially. Plus, taking risks is how children learn to make

decisions for themselves.

Later this year visitors can expect informal programming from the Zoo’s Education Department. These programs will focus on providing materials and allowing children to guide activities and meet and greet animal pop-ups with the Zoo’s ambassadors at the Conservation Cabin.

CalendarCommunity

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

Color Me Awesome Fun Run

- June 22, 8 a.m. to 12 p.m.
- Norfolk Naval Shipyard MWR
- www.navymwr.norfolkshipyard.com

Same-day registration begins at 8 a.m. First wave starts at 9:00 a.m., then every 15 minutes until the last wave at 11:00 a.m. Save time on race day. Packet pick-up available at Callaghan Fitness Center, Friday, June 21 from 6:00 a.m. to 6:00 p.m. We encourage you to wear white to enhance color explosion. All participants will receive a medal. Fun for the entire family that includes a DJ, vendors, bounce houses and photo stations.

Honey Festival

- June 22, 10:00 a.m. to 4:00 p.m.
- Virginia Beach Farmers Market
- www.facebook.com/VBFarmersMarket

Join us for a craft show, children’s activities and live music. Visit with Beekeepers and find some pollination in the Rural Heritage Center and Educational Gardens.



Courtesy photo

Nauticus Birthday Party

- June 22, 10:00 a.m. to 5:00 p.m.
- One Waterside Drive
- nauticus.org

Nauticus is celebrating 25 years, and you're invited! Enjoy live music, entertainment, face painting, balloon animals, cupcakes and more. Free admission for kids (12 and under).



Courtesy photo

Pridefest

- June 22, 12:00 p.m.
- Town Point Park
- Infohamptonroadspride.org

Free and open to the public On the day of PrideFest, the Nation’s only Pride Boat Parade helps to kick off the festivities along the Town Point Park waterfront. Line up on the dock to watch vessels small and large float by with over-the-top theme decorations. The festival continues in Town Point Park until 7:00 p.m.



Courtesy photo

A Midsummer Night’s Dream

- June 26-30, 8:00 p.m.
- TCC Chesapeake Campus George C. Pass Building, The Grove Stage, 1428 Cedar Road
- artsattcc.org

Tidewater Community College and the Chesapeake Fine Arts Commission present William Shakespeare’s A Midsummer Night’s Dream. The performances will be held in the New Grove Theatre located on the Chesapeake Campus. This performance is free and open to the public. No tickets are needed. To enjoy your evening, feel free to bring a blanket or lawn chair in addition to a picnic basket.

Hunter Hayes concert

- June 27, 7:00 p.m.
- JEB Little Creek
- www.navymwrjblittlecreekfortstory.com

The concert is free and open to all DoD cardholders, their families and guests. Gates open at 5:00 p.m.

■ 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/

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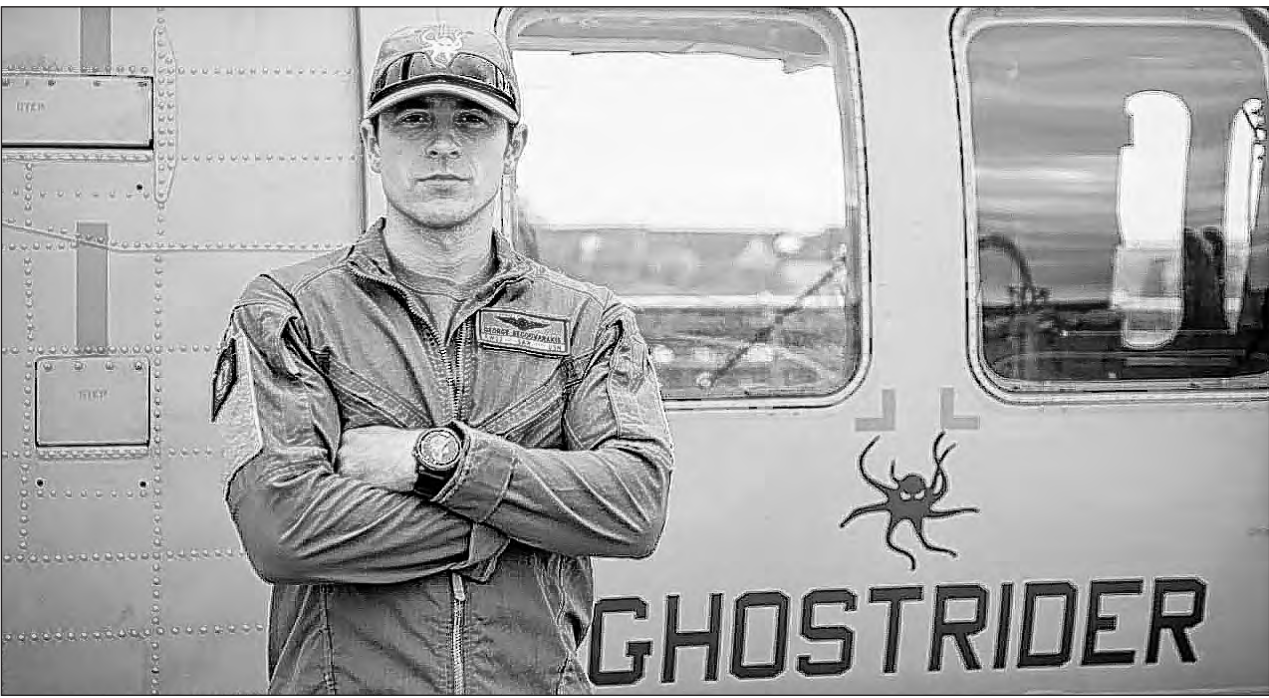


Photo by Mass Communication Specialist 3rd Class Steven Edgar

Petty Officer 2nd Class George Becouvarakis, a native of Poquoson, Va.

Poquoson native participates in BALTOPS exercise

By MC2 Class Theodore Quintana
Navy Office of Community Outreach

KIEL, GERMANY

Petty Officer 2nd Class George Becouvarakis, a native of Poquoson, Virginia, is participating in the Baltic Operations (BALTOPS) exercise with 18 other nations.

“I am looking forward to expanding my knowledge within the air rescue community,” said Becouvarakis. “I am also looking forward to learning how the other nations do things and learn what they do to accomplish the same goals that we do.”

BALTOPS 2019, scheduled for June 8-21, includes sea, air and land assets. The multi-national exercise provides a unique training opportunity that fosters cooperative relationships critical to ensuring safety at sea and security on the world’s interconnected oceans. According to U.S. Navy officials, it is designed to improve training value for participants, enhance flexibility and interoperability, and demonstrate resolve among allied and partner forces in defending the Baltic Sea region.

Becouvarakis is a naval aircrewman attached to Helicopter Sea Combat Squadron 28.

BALTOPS 2019 was planned and is being led by U.S. 2nd Fleet (C2F), as directed by U.S. Naval Forces Europe. C2F was re-established last summer as a response to the changing security environment, and BALTOPS 2019 marks the first time the renewed fleet will be operating in Europe.

Commander, C2F, Vice Adm. An-

drew “Woody” Lewis, will lead the exercise on behalf of U.S. Naval Forces Europe.

“As you all are aware, U.S. 2nd Fleet will be leading the exercise, but make no mistake, it will be founded on NATO and partner principles,” said Lewis. “Through BALTOPS 2019 and exercises like it, we strengthen our relationships and improve overall coordination and interoperability between allies and partners during both peace and times of conflict.”

The exercise will begin in Kiel, Germany, with the pre-sail conference. At-sea training will occur throughout the Baltic Sea, including events scheduled near Putlos, Germany; Saaremaa Island, Estonia; Riga, Latvia; Klaipeda, Lithuania; and Ravlunda, Sweden. At the end of the exercise, most participating ships will sail to Kiel, Germany, to participate in the Kielerwochen Festival (Kiel Week).

Allied nations with ships and forces participating in BALTOPS 2019 include Belgium, Denmark, Estonia, France, Germany, Latvia, Lithuania, the Netherlands, Norway, Poland, Portugal, Romania, Spain, Turkey, the United Kingdom, and the United States. NATO partner nations Finland and Sweden will also participate in the exercise.

Serving in the Navy means Becouvarakis is part of a world that is taking on new importance in America’s focus on rebuilding military readiness, strengthening alliances and reforming

business practices in support of the National Defense Strategy.

A key element of the Navy the nation needs is tied to the fact that America is a maritime nation, 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.

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

Though there are many ways for sailors to earn distinction in their command, community, and career, Becouvarakis is most proud of earning a Humanitarian Medal.

“During the disaster in Haiti, we loaded the helicopters up with supplies and we landed in areas that couldn’t be reached by ground vehicles to give them all of their supplies,” said Becouvarakis. “It was a humbling experience to help other nations who couldn’t help themselves.”

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

“Serving in the Navy means a devotion to one’s country,” said Becouvarakis. “I feel like everyone should do service in the military. It builds good values and morals that you can carry for the rest of your life.”

Newport News veteran receives \$10,000 check

Press Release

Newport News veteran, Dionne Archibald received a \$10,000 check June 7, and her first personalized bottle of Evan Williams Bourbon as an Evan Williams American-Made Hero.

Evan Williams Bourbon celebrates American-made heroes each year by honoring six outstanding veterans for their heroic acts of service both in the military and in their communities. Evan Williams is making a \$10,000 donation to the charity of the veteran’s choice to help further their mission of service in their community. Each veteran’s inspiring story of service at home and abroad will also be featured on a custom bottle.

“We find it important to give back to the consumers who love and enjoy our Bourbon. Evan Williams embodies the American spirit as an American-owned and American-made brand and values the leadership and sacrifice of all veterans who protect the American spirit,” said Jason LaRue, Evan Williams Bourbon Brand Representative. “Evan Williams is honored to show this appreciation by celebrating six American heroes with custom bottles detailing their impressive story of sacrifice both in the military and in their communities.”

Dionne was one of six veterans chosen from more than 5,500 nominations as a 2019 Evan Williams American-



Courtesy photo

Made Hero. As a limited-edition label run on Evan Williams Black Bourbon, 400,000 bottles total will be available nationwide from Memorial Day through Independence Day. The six recipients of the Evan Williams American-Made Hero honor for 2019 are as follows:

Dionne Archibald, former Master Chief in the U.S. Navy, was raised in Queens in New York City and has spent most of her life traveling. At age 18 she joined the U.S. Navy embarking on a 30-year career taking her everywhere from Japan to Kuwait and back home to New York City. In 2013, she retired after completing 10 tours, five deployments and five military cam-

paigns becoming one of just a few women of color to achieve the rank of Master Chief. Today, Dionne helps veterans understand and navigate the Department of Veterans Affairs system as they reacclimate to civilian life through her non-profit organization, Active Veterans With Answers (AVWA). In addition to her work with AVWA, she also contributes to other initiatives including fundraising for Dimes For Homeless Vets and Vet Girls Rock, an organization dedicated to enhancing women veterans’ professional development. Dionne’s organization, AVWA will serve as the beneficiary of her \$10,000 Evan Williams American-Made Hero honor.



Photo courtesy of Health.mil

NINE TIPS FOR MEN'S HEALTH

By Lt. Col. Christopher W. Bunt, M.D.

Let's face it, men are often hesitant to talk about their health concerns or visit the doctor. That needs to change. According to the Centers for Disease Control and Prevention, men die at higher rates than women from heart disease, cancer, diabetes, influenza/pneumonia, kidney disease, accidents and suicides. Early detection and treatment can improve your odds of surviving illnesses.

Many of the major health risks that men face can be prevented with a healthy lifestyle, and a healthy lifestyle can start with one small choice.

MOVE.

Men need at least 150 minutes of moderate aerobic activity, or 75 minutes of vigorous aerobic activity, each week. Moderate activities include brisk walking and mowing the lawn. You should still be able to have a conversation while doing these activities, but not quite hold an extended musical note of your favorite song. Vigorous activities include running, swimming laps, singles tennis, bicycling at least 10 mph or jumping rope. Add strength and resistance training exercises at least twice a week, and include all major muscle groups, doing one set of 10 repetitions per exercise.

SAY NO TO TOBACCO.

Quitting smoking improves your health and lowers your risk of heart disease, cancer, lung disease, and other smoking-related illness. Avoid second-hand smoke. Don't vape, chew tobacco or use other tobacco products. They all increase your risk of cancer.

CONTROL STRESS.

Stress is part of life. Focus on taking care of yourself. Talk to friends and loved ones. Let them know how you're feeling and how they can help. Don't use drugs or alcohol in an attempt to deal with your stress. They create more problems than they solve.

EAT BETTER.

Reduce your consumption of processed and packaged foods. Stick to shopping for what's on the outside aisles of the grocery store. Pick one dietary indiscretion—something you don't need to eat—and cut back. Eat more fruits, vegetables and nuts. Instead of beef, try fish, chicken, turkey or pork.

DRINK WATER.

Increase your water intake when you are more physically active in hot or cold climates, running a fever or have diarrhea or are vomiting. If your urine is clear,

you're appropriately hydrated. Carry a reusable water bottle throughout the day and sip from it regularly. When eating out, substitute water with a wedge of lemon or lime for a sugary beverage.

GET PLENTY OF SLEEP.

Sleep hygiene is crucial. Go to bed and get up around the same time every day. Sleep in a cool, quiet, dark place. Don't watch TV or use your phone in bed. Aim for seven or eight hours of sleep per night.

PREVENTION FIRST.

Cancer screening tests can spot disease early, when it's easier to treat. And immunizations can prevent many illnesses from impacting you at all. If you have any concerns, visit your doctor before they become major issues.

NURTURE POSITIVE RELATIONSHIPS.

Be present with your loved ones. Stop staring at electronic screens and live in the moment with those around you. Help others. Be kind. Smile and laugh more. Complain less.

USE MINDFULNESS.

Consider activities that allow for self-reflection. Mindfulness apps can help start you on this process. Meditation, yoga and other "centering" activities can further expand your mind. At the end of your day, reflect about something you learned and how you can use that to improve your tomorrow.

How to make the most of summer produce

By StatePoint

Summer can be all too fleeting, but one of the best ways to ensure you make the most of the season is by enjoying the generous harvest of fruits and vegetables it brings.

Here are three simple ways to make the most of summer produce:

GET PRODUCE AT ITS PEAK

Produce tastes best when enjoyed during its peak season. Before shopping, check produce guides to see what's at its peak near you. A few easy ways to be sure you're getting the cream of the crop are to join a Community-Supported Agriculture (CSA) group, visit a farmer's market and to simply look for the local label at your supermarket.

BE SAFE

In your efforts to feed your family nutritious produce this summer, be mindful that many fruits and vegetables contain contaminants like pesticides, wax and soil on their outer layer. While independent studies show that washing produce with water or bleach solution still leaves behind large traces of pesticides, there is now a better way to protect your family.

With just a spray and rinse, Arm & Hammer's Fruit & Vegetable Wash safely eliminates more than 90 percent of residue from the commonly used pesticide thiabendazole, when used as directed—four times better than water alone. Made with pure and simple ingredients like Arm & Hammer baking soda, water, salt and lemon oil; and free of harsh chemicals, it's easy to stock your kitchen with it and make it a part of meal prep.

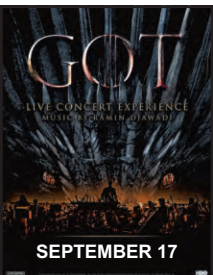
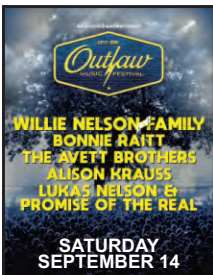
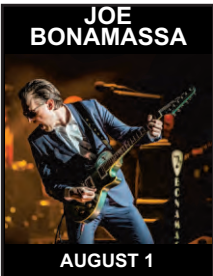
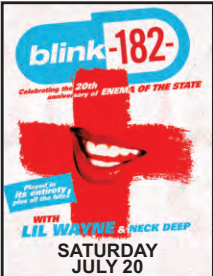
USE IT UP

Don't let any produce go to waste. Here are five fun uses for fruit and vegetables:

- **Fruit popsicles:** Chop fruit into small chunks and mix with juice and even a bit of honey. Pour the mixture into a popsicle mold and freeze. You'll have a delicious, healthful snack for later.
- **Fruit or veggie kebabs:** The grill is not just for burgers and dogs. Make veggie skewers using mushrooms, zucchini, green peppers and onions. For a light dessert, grill pears and peaches to be eaten on their own or topped with a bit of ice cream.
- **Pesto:** Go beyond the classic basil recipe to get creative with your pesto sauces. From cilantro to spinach to mint, many of summer's richest green herbs and vegetables make great stand-ins.
- **Cold soups:** The weather may be hot, but that doesn't mean you need to put soup on the back burner—or any burner at all. From gazpacho to borscht served chilled, you can cool down with soup this summer.
- **Preserves:** Certain fruits—such as strawberries—can technically be found any time of year, but are absolutely unparalleled in summer. Capture that magic for the months ahead by turning your favorite fruits into jams.

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Courtesy of Fandango

coming to theaters

TOY STORY 4 [PG]

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.

CHILD'S PLAY [R]

A contemporary re-imagining of the 1988 horror classic, Child's Play follows Karen (Aubrey Plaza), a single mother who gifts her son Andy (Gabriel Bateman) a Buddi doll, unaware of its more sinister nature.

WILD ROSE [R]

Jessie Buckley delivers an unforgettable, star-making performance as Rose-Lynn Harlan, a rebellious country singer who dreams of trading the working-class streets of Glasgow for the Grand Ole Opry of Nashville. Fresh out of prison, Rose-Lynn juggles her menial job, two children, and committed mother, expertly portrayed by Oscar-

nominee Julie Walters, as she pursues her bold ambition of a one-way ticket to musical stardom.

BURN YOUR MAPS [PG-13]

An American family must navigate the challenges that arise when their youngest, 8-year old Wes, becomes convinced he is a Mongolian goat herder.

SWINGING SAFARI [R]

1970s Australia: A 200-ton blue whale washes up on a local beach and it's the biggest thing that's ever happened in the lives of the local kids. Behind closed doors, the parents of this quiet suburban cul-de-sac celebrate in their own special way... It's a time of boxed wine, bad hair, bad styles, bad choices, but good times. And like the rotting whale, it's all about to go spectacularly wrong.

OPHELIA [PG-13]

Set in the 14th Century but spoken in a contemporary voice, OPHELIA is a dynamic re-imagining of Shakespeare's Hamlet. Ophelia (Daisy Ridley) takes center stage as Queen Gertrude's (Naomi Watts) most trusted lady-in-waiting. Beautiful and intelligent, she soon captures the attention of the handsome Prince Hamlet (George MacKay) and a forbidden love blossoms. As war brews, lust and betrayal are tearing Elsinore Castle apart from within and Ophelia must decide between her true love or her own life in order to protect a very dangerous secret.

base theaters

\$3 Movies

JEB Little Creek, Gator Theater – 462-7534

Friday | June 21
7:00 p.m. Aladdin (2019) [PG]

Saturday | June 22
1:00 p.m. Aladdin (2019) [PG]
4:00 p.m. A Dog's Journey [PG]
7:00 p.m. Booksmart [R]

Sunday | June 23
1:00 p.m. The Hustle (2019) [PG-13]
4:00 p.m. POKEMON Detective Pikachu [PG]
7:00 p.m. John Wick: Chapter 3-Parabellum [R]

NAS Oceana, Aero Theater – 433-2495

Friday | June 21
6:00 p.m. Aladdin (2019) (3-D) [PG]
9:00 p.m. Booksmart [R]

Saturday | June 22
12:00 p.m. POKEMON Detective Pikachu [PG]
3:00 p.m. Aladdin (2019) [PG]
6:00 p.m. John Wick: Chapter 3-Parabellum [R]

Sunday | June 23
12:00 p.m. A Dog's Journey [PG]
3:00 p.m. The Hustle (2019) [PG-13]
6:00 p.m. The Intuder [PG-13]

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

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*Source: "Cybersecurity Market Report," Cybersecurity Ventures, May 31, 2017.
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announcements

Announcements

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Cobra terminator orig owner 13,300 orig miles garage kept Borla exhaust Eaton throttle body 6 spd red fire metallic craig_srs@hotmail.com \$21K

FORD 2011 TAURUS

Limited. 1 owner, 39K mis., navigation, sunroof, leather, new inspection, runs & looks great. \$9900. Call for details 675-0288. Va. Dir.

HONDA 2002 CIVIC



2 door coupe, beautiful condition, auto, air, loaded, inspected, \$2990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

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EX. Runs & drive great, auto, air, leather, loaded, sunroof, inspected. \$3990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

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ES looks & drives great, auto, air, loaded, new inspection \$3990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

HYUNDAI 2012 ELANTRA

Great condition, 84,999 miles well maintained, inspected 4/20, automatic, Bluetooth, \$6,895. 757-409-4127

KIA 2018 SOUL

Must sell, like new-only 2500 miles. Gray, gently used. New \$20,000-selling for \$14,900! Call 757-575-3848.

LINCOLN 2006 TOWN CAR

Signature LTD. 103k, white, garage kept, vg cond, \$4,700. 757-255-0626

MAZDA 2001 MPV

EX, 4 door, new inspection, leather, power, clean van, runs good. \$2,900 OBO Call 757-228-6656

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C320 Sedan. White with grey interior. \$3,000 Call: 757-472-3220

MERCEDES-BENZ 2012 E-CLASS



Serviced 38k \$20,900 439-0582vadr

MERCEDES-BENZ 2013 SLK-CLASS



I have LOVED this car! Blk SLK 250 CONVERTIBLE Garage kept 1 owner 59100m Dealer maintained all records. Lovingly detailed 2x's/yr clear coat glestens! Tires great shape new battery no mechanical issues ever. Ride in style this Summer!

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AWD, LOW MII! V6, sunroof, looks & drives perfect, auto, air, loaded, new insp. \$3990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

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Autos for Sale

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Limited, 66K mis., leather, loaded, AWD, limited package, roof rack, new inspection, looks great. \$11,900. Call for details 675-0288. Va. Dir.

TOYOTA 2016 CAMRY

LE, 40K mis., LE package, backup camera, CD, new tires, just serviced & state inspected. \$15,900. Call for details 675-0288. Va. Dir.

VOLKSWAGEN 2005 JETTA



Mint condition - looks & runs great, low miles, auto, air, loaded, inspected \$3990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

VOLKSWAGEN 2007 RABBIT



4 door Hatchback. LOW MILES! Looks & drives perfect, loaded, new inspection, \$4990. 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

VOLVO 2008 S80

1 owner, gar. kept, leather, 3.2 engine, new inspection, runs & looks great, \$6900. Call for details 675-0288. Va. Dir.

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BUICK 1987 REGAL

Grand National; original owner \$26k, Mike 757-689-0272

FORD 1950



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FORD 1966 MUSTANG



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CHEVROLET 2006 TRAILBLAZER

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CHEVROLET 2016 COLORADO

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CHEVROLET 2018 EQUINOX



LT Back up camera, new cond., fact war, \$18,500 252-331-5201

FORD 2010 ESCAPE



XLS Excellent condition, looks & drives perfect, auto, air, loaded, new inspection \$4450 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

FORD 2013 E350

15 passenger window van, 72K origi- nal mis., XLT package, tow package, new inspection, runs & looks great, warranty, \$16,400. Call for details 675-0288. Va. Dir.

GMC 1999 SUBURBAN



1500 4WD beautiful condition! 129k mi, lthr, auto, air, loaded, insp, new tires! \$3990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

HONDA 2006 CR-V



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INTERNATIONAL 2001

4700 T444 E Diesel Dump. 145K mi. \$6500. Ask for Ali @ 757-652-4050.

LEXUS 2013 RX 350



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NISSAN 2005 XTERRA



SE 4WD, LOW MILES - 121k original. Auto, air, loaded, new inspection. \$4990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

TOYOTA 2004 TACOMA



Quad cab, 4 door, pre runner SR5, mint condition, auto, air, loaded, new inspection \$5990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

TOYOTA 2005 TACOMA

SR5 Pre Runner, Double Cab, Excellent Condition, Runs & Rides Great, New Tires, New Inspection, a Must See. \$8,500. Call 757-483-8098

TOYOTA 2008 SEQUOIA

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TOYOTA 2013 TUNDRA

Crew Max, Rock Warrior Pkg, 1 owner, 4X4, bed cover, fully loaded, warranty, Runs & looks new. \$22,500. Call for details 675-0288. Va. Dir.

TOYOTA 2014 TACOMA

Crew Cab, 4WD, alloys, TRD package, tow package, bedliner, alloys, 4 dr, crew cab, loaded, like new. \$24,700. Call for details 675-0288. Va. Dir.

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Fun and Games

Super Crossword

CATCHING FISH

ACROSS

- 1 Like Rambo
- 6 Reporters' tablets
- 14 Gets into some 1940s jazz
- 20 Sidestep
- 21 Professors' milieu
- 22 Quarter-mile, for many tracks
- 23 Compound of elements #29 and #17
- 25 Deceived with a fib
- 26 Lamb raises
- 27 Irish Gaelic language
- 28 Hosp. ward
- 29 Extend as far as
- 30 Flamenco dance shout
- 31 Bedroom furniture with a low seat and a high back
- 33 Large shrimp
- 37 Kissing pair
- 39 "I see what you're up to!"
- 40 Some NFL blockers
- 41 Effort toward a law degree, informally

DOWN

- 43 Irish whiskey brand
- 47 Coliseum
- 48 "First Take" channel
- 49 Watson of "Colonia"
- 50 French version of an Oscar
- 54 Photos
- 56 Freshening up of a baby
- 59 — Cola
- 62 Go well with
- 64 AL-to-OH dir.
- 65 Big name in laco kits
- 66 Bobby of the NHL
- 67 Cessna Skyhawk competitor
- 71 Give relief to
- 72 Long past
- 74 Conjurer
- 75 Pale tan hue
- 76 Fruit-flavored drinks
- 77 Spicy dairy product
- 81 Large asteroid
- 83 Funny-woman Fields
- 84 Red-ink entry
- 85 Grad
- 87 Colt bearers
- 91 Joins up

ACROSS

- 93 Mag for some auto enthusiasts
- 95 Donkey
- 98 Crackerjack
- 99 Quail group
- 100 Juvenile cow
- 101 Smaller house in a legislature
- 106 Pesci of film
- 107 "Sorry, you missed it"
- 108 Bar brew
- 109 Ponied up
- 111 Lane of song
- 115 "I found it!"
- 116 What to go through when following protocol
- 119 Online newsgroup system
- 120 Burn balm
- 121 Gnawed on persistently
- 122 Dwell
- 123 Five-star
- 124 Fish "caught" nine times in this puzzle

DOWN

- 1 Old war club
- 2 Assert
- 3 Make do
- 4 They're below waists
- 5 Pindar poem

ACROSS

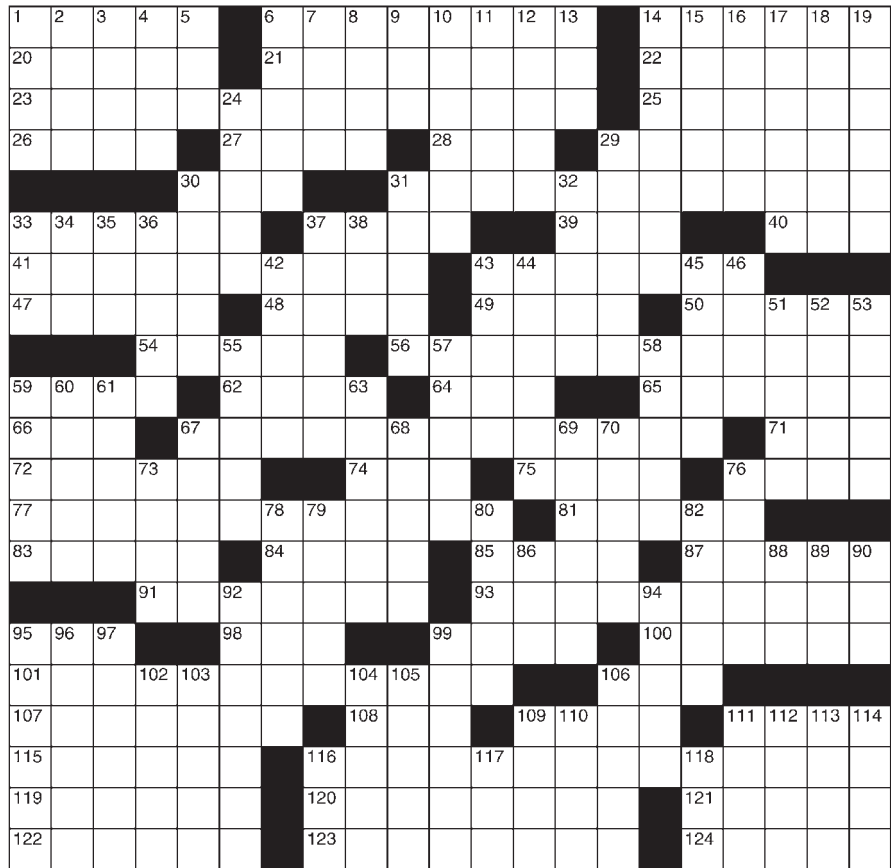
- 6 Abalone shell lining
- 7 Protest singer Phil
- 8 Bit of lore
- 9 Tokyo, formerly
- 10 Dangers
- 11 Friends, in Italian
- 12 Prepared fancily
- 13 RSVP encl.
- 14 Triple-time Spanish dances
- 15 Pioneering 40s computer
- 16 Tree with prickly burs
- 17 Out of date
- 18 Peppermint — (York product)
- 19 Wild animal tracks
- 24 Old object
- 29 Try again, as a case
- 30 Celebrity with a book club
- 31 Use up
- 32 — de terre (potato, in Paris)
- 33 Scrub offerer
- 34 Road vehicle
- 35 Simian beast
- 36 High-IQ crew
- 37 TV collie
- 38 AOL or MSN

ACROSS

- 42 All excited
- 43 Dixon of astrology
- 44 Unit of current
- 45 Earthy colour
- 46 In tidy order
- 51 Golfer Sam
- 52 Texas A&M athlete
- 53 Interprets
- 55 Willow used in basketry
- 57 "He's Got the Whole World — Hands"
- 58 — d'Alene, Idaho
- 59 Use as one's own
- 60 — ed Euridice" (1762 opera)
- 61 Burial place
- 63 Least false
- 67 Fuss over feathers
- 68 Pungent green
- 69 Dwell in
- 70 Krispy —
- 73 Andy Taylor's kid
- 76 Japanese brand of 112-Down
- 78 Tired saying
- 79 Biblical book after Daniel
- 80 Mitigator
- 82 Intro offerer

ACROSS

- 86 Adore, on candy hearts
- 88 NHL official
- 89 Just-prior time
- 90 Med. nation
- 92 Secrete milk
- 94 1974-78 sitcom
- 95 Distinctive filmmaker
- 96 Wife, e.g.
- 97 Pollen bits
- 99 Paging device
- 102 1985 title film role for Kate Nelligan
- 103 Did a leaf-gathering job
- 104 "That Girl" star Thomas
- 105 Short, arcing baseball hit
- 106 Fierce crusade
- 109 — à-porter
- 110 Lot measure
- 111 Cost to play
- 112 Bar brew
- 113 — Chyna (model with the makeup line Lashed)
- 114 Bible bk. after Nehemiah
- 116 Bit of butter
- 117 Actress Green
- 118 Forty winds



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last week's answers

R	E	L	O	A	N			S	L	I	P	S	U	P		U	B	O	A	T	S	
A	S	M	A	R	A			P	E	N	U	C	H	E		N	O	R	E	E	N	
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