



Leadership continues actions to correct military housing issues

From Commander, Navy Installations Command Public Affairs

WASHINGTON

As part of a continued engagement to address housing concerns, Commander Navy Installations Command (CNIC) hosted a third Housing Public Private Venture (PPV) meeting this year with the companies that provide housing for service members and their families residing in housing overseen by the Navy and Marine Corps.

The meeting, which occurred June 19 at Joint Base Anacostia in Washington, D.C., focused on what the PPV housing partners

have already done to improve the experience for residents and the companies' future initiatives.

Besides executive level leaders from the eight PPV housing partner companies, Navy and Marine Corps leaders included Mr. James B. Balocki, Deputy Assistant Secretary of the Navy (Installations & Facilities); Vice Adm. Mary M. Jackson, commander of CNIC; Maj. Gen. Vincent A. Coglianese, commander of Marine Corps Installations Command; Rear Adm. John W. Korka, commander of Naval Facilities Engineering Command.

In her opening remarks, Jackson thanked everyone for the con-



Residence in Ben Moreell Housing.

From lincolnmilitary.com

tinued, collective commitment to provide Sailors, Marines, and their families' safe and healthy living quarters.

"Everything we do should help improve the 'Resident Experience,'" said Jackson. "The over-

sight, the processes in place, and the metrics we monitor are all designed to prevent and resolve issues as quickly as possible. The interactions the residents have with the partner property manager, the military housing service

“ The oversight, the processes in place, and the metrics we monitor are all designed to prevent and resolve issues as quickly as possible.

Mary M. Jackson

centers, and their chain of command are key to creating a culture of accountability.”

The Navy has business agreements with Balfour Beatty, Clark,

» See **HOUSING | A7**



Lt. j.g. Lauren M. Gaidry

Cryptologic Technician (Technical) 2nd Class Marcus Harris meets his daughter for the first time during a homecoming celebration for the guided-missile destroyer USS Barry (DDG 52). Barry returned to Naval Station Norfolk after completing a nine-month deployment.

POST-9/11 GI BILL EDUCATION BENEFITS TRANSFER DEADLINE APPROACHING

From Chief of Naval Personnel Public Affairs

WASHINGTON

The deadline for all Sailors who do not have the ability to serve four more years in the Navy to transfer their Post-9/11 GI Bill education benefits to dependents is July 11.

This deadline was established in a Department of Defense (DoD) policy which the Navy is implementing through NAVADMIN 020/19, released Jan. 24, 2019.

NAVADMIN 020/19 announced that for a limited time, Sailors with at least 10 years of service, who are

unable to serve four additional years due to statute or standard policy, may transfer their education benefits to dependents if they agree to serve the maximum time authorized.

The policy exception is retroactive to July 12, 2018 and ends July 11, 2019, after which Sailors will need to be able to commit to four years of service to transfer their benefits. For example, enlisted Sailors within four years of high year tenure or officers within four years of their statutory limit of service are eligible.

Effective immediately, Sailors with more than 15 years of service or who are subject to the exception to policy

in NAVADMIN 020/19 do not need to obligate service before submitting a transfer of education benefits request.

Affected Sailors interested in transferring their benefits should complete the electronic statement of understanding on the MyNavy Education web page, then login to MilConnect to submit their benefits transfer request no later than July 11, 2019.

After submitting the benefits transfer request, Sailors must verify that they have obligated enough service to keep the benefits. Sailors who separate from the Navy before their obligation end date will lose their dependents' education benefits and the Veterans Affairs will recoup any money allocated for education.

For more information on Post-9/11 GI Bill education benefits transfer procedures, read NAVADMINs 236/18 and 020/19.

MyNavy Education

Sailors can access MyNavy Education at <https://myeducation.netc.navy.mil/webta/home.html#nbb> and MilConnect at <https://milconnect.dmdc.osd.mil/milconnect/>.

NNSY dedicates Submarine Maintenance Facility

By Michael Brayshaw
 NNSY Lead Public Affairs Specialist

PORTSMOUTH

Norfolk Naval Shipyard (NNSY) dedicated its new Submarine Maintenance Facility June 14. The dedication marked the next crucial step in the NNSY's realization of the Shipyard Infrastructure Optimization Plan that will enhance the ability of the four public shipyards to meet the mission of delivering ships back to the fleet on time and within budget.

The new facility consolidates submarine maintenance, production and support shops into a single facility adjacent to NNSY's submarine drydocks and piers. This two-story structure features shops, storage and support spaces on the ground level, with office spaces and conference rooms on the second floor. The building was designed with an open office concept to facilitate collaboration between submarine project teams.

"NAVSEA Commander Vice Admiral Tom Moore has challenged us to build an environment that promotes increased levels of innovation, collaboration and knowledge sharing," said Shipyard Commander Captain Kai Torkelson at the dedication, referencing NAVSEA's Campaign Plan to Expand the Advantage 2.0. "It's harder to think of a better example of that than the building before us today. This facility will foster that environment by putting shops from 15 locations under one roof where they can work more efficiently with each other as they fulfill the mission. This will give our people the space and tools they need to forge high-performing teams and complete our mission of returning submarines to the fleet with superior quality and reliable delivery."

More than three years in the making, this 9.9 million dollar project has resulted in one of the safest and sturdiest buildings in the shipyard. Designed to withstand the impact of a 500-year flood, the 24,000-square foot

» See **NNSY | A7**



2019 Warrior Games begin

Team Navy kicked off the 2019 Department of Defense (DoD) Warrior Games June 21 in Tampa Bay, Florida, competing alongside wounded warriors with combat and non-combat related conditions

» See **B1**



Community support essential for military installations

Naval Medical Research Center (NMRC) scientists presented their vaccine research to combat travelers' diarrhea (TD) at the International E. coli and the Mucosal Immune System Symposium in Ghent, Belgium.

» See **A6**

For the love of water

"Hampton One: Working, Building, and Racing on the Water" opens at the Hampton History Museum. This exhibition explores the Hampton One sailboat.

» See **C1**

THE FLAGSHIP'S FREE HOME DELIVERY

South Hampton Roads: Get the convenience of your Navy newspaper delivered right to your door for free!

Sign up today! Call 222-3900



Courtesy photo

CELEBRATING THE 75TH ANNIVERSARY OF THE GI BILL

From The Virginia Department of Veterans Services

MIDLOTHIAN, VA.

Educators, business leaders, military veterans, state officials and Virginia Department of Veterans Services (DVS) staff members convened on Friday, June 21 on the Midlothian campus of John Tyler Community College to celebrate the 75th Anniversary of the GI Bill.

Officially called the Servicemen’s Readjustment Act when it was passed by the U.S. Congress and signed by President Franklin D. Roosevelt on June 22, 1944, the GI Bill was landmark legislation aimed to assist the millions of servicemen and women returning from World War II.

The GI Bill established veteran hospitals, made low-interest mortgages available, provided unemployment compensation while veterans transitioned from military service to civilian jobs, and most notably, granted stipends covering tuition and expenses for veterans attending college or trade schools.

“The birthday of the GI Bill is certainly worth celebrating here today,” said John L. Newby II, Commissioner, Virginia Department of Veterans Services. “No other legislative act played such an important role in shaping Post World War II America. The GI Bill allowed hundreds of thousands of returning veterans to purchase homes and pursue higher edu-

cation. Many of these veterans could not have afforded to go to college or vocational schools otherwise.”

Speakers at the celebration noted that from 1944-1949, nearly 9 million veterans seeking civilian jobs received nearly \$4 billion in unemployment compensation. The GI Bill also gave veterans the opportunity to attend college or vocational school tuition-free up to \$500 while also receiving a cost-of-living stipend. As a result, almost 49% of college admissions in 1947 were World War II veterans.

Annie Walker, DVS Deputy Commissioner for Education and Career Programs, said the GI Bill continues to be important to veterans, especially here in Virginia. “In fiscal year 2018, nearly 50,000 Virginia veterans and their family members received \$890 million in GI Bill assistance payments. In fact, Virginia was the #4 state in receiving these payments behind only California, Texas and Florida.”

Deputy Commissioner Walker explained that, as do most states, Virginia has established a State Approving Agency for Veterans Education and Training (SAA) to work with the U.S. Department of Veterans Affairs (VA) which administers the GI Bill programs. Virginia’s SAA is part of the Department of Veterans Services.

“Our SAA staff is responsible for reviewing and approving the approximately 1,000 public and private col-

About the Virginia Department of Veterans Services

The Virginia Department of Veterans Services (DVS) is a state government agency with more than 40 locations across the Commonwealth of Virginia. DVS traces its history to 1928 and the establishment of the Virginia War Service Bureau to assist Virginia’s World War I veterans. Today, DVS assists veterans and their families in filing claims for federal veterans benefits; provides veterans and family members with linkages to services including behavioral healthcare, housing, employment, education and other programs. The agency operates two long-term care facilities offering in-patient skilled nursing care, Alzheimer’s/memory care, and short-term rehabilitation for veterans; provides an honored final resting place for veterans and their families at three state veterans cemeteries. It also oversees the Virginia War Memorial, the Commonwealth’s tribute to Virginia’s men and women who gave the ultimate sacrifice from World War II to the present. For more information, please visit www.dvs.virginia.gov.

leges and universities, vocational schools, licensure and certification exams, on-the-job training and apprenticeship programs throughout Virginia currently approved for GI Bill use,” Walker said.

The 75th Anniversary Celebration of the GI Bill was hosted by the Virginia Department of Veterans Services and John Tyler Community College. Participating partners included Virginia State University, Northern Virginia Community College, the Virginia Department of Labor and Industry, and the State Council of Higher Education. For more information on the GI Bill in Virginia, please visit www.dvs.virginia.gov.



Courtesy photo

Preventing pollution from pet waste

Amy E. Hardy
PWD NSA Hampton Roads, Water Program Manager

Stormwater pollution results when precipitation such as rain or snowmelt runs over surfaces picking up pollutants like pesticides, fertilizers, construction site sediments, pet waste, litter, etc. These pollutants can significantly degrade water quality and threaten aquatic, wildlife and human health. In addition, stormwater pollution impacts our drinking water supplies and use of waterways for recreational activities such as swimming, fishing or boating.

Runoff from our lawns, rooftops, and driveways enter into the storm drain system. This system discharges directly to nearby streams, lakes, and bays without receiving any treatment. Because of this, it is important for us to prevent all pollutants, including pet waste which this article will focus on, from being washed into storm drains.

Pet waste is not only unsightly, but also is a health risk to pets, people and our local water bodies. The problem is that pet waste contains harmful bacteria such as E. coli and fecal coliform, which can make the water unfit for irrigation, drinking water supplies, and recreation such as swimming or fishing. In addition to potentially causing gastrointestinal illnesses in humans such as Giardia and Salmonella, the bacteria from pet waste are harmful to the thousands of species of plants and animals that live in our waterways. Pet waste also contains nutrients that can lead to excessive algae growth in water bodies, which in turn can lead to fish kills and disrupting the water’s natural ecology.

Some important statistics related to these issues include:

■ When pet waste decays in our waterways, it uses up dissolved oxygen and releases compounds that are harmful to fish and other aquatic life.

■ On average nationally, there are 0.58 dogs per household. Each dog produces approximately 0.42 pounds of fecal waste per day, or about 150 pounds per year. Just think how much waste is produced by the pets in your neighborhood!

■ A single gram of pet waste contains an average of 23 million fecal coliform bacteria that can cause disease in humans.

■ A single day’s waste from one large dog can contain 7.8 billion fecal coliform bacteria – enough to close 15 acres of shellfish beds.

■ EPA estimates that 2 to 3 days of pet waste from a population of 100 dogs would contribute enough bacteria and nutrients to temporarily close an entire bay for swimming and shell-fishing. Source: EPA 1993

Preventing pollution from pet waste can be accomplished by simply using a bag to pick up the pet waste and properly disposing of it in the trash. Other facts and tips to make prevention easier include:

■ Always carry waste bags with you on your walks with your pets.

■ Turn pet waste collection baggies inside out over your hand to use the bag as a glove when picking up the waste, and properly dispose of it in the trash. Or even better if possible dispose of the pet waste into the sanitary sewer system where it will be treated!

■ Always clean up after your pet, even in your own yard. Your pet’s waste is NOT fertilizer.

■ Bury pet waste in your yards at least 5-6” underground away from gardens or ditches, to allow it to properly decompose.

Other sources of bacteria include the waste from wild animals and septic systems. Because of this, it is important to not feed wild animals such as ducks or geese to prevent them from congregating in one area and causing spikes in bacteria. Also, the proper maintenance and inspections of septic systems is also important to prevent bacterial pollution to our nearby waterways.

Hopefully you can incorporate some of these pollution prevention techniques into your everyday habits to help protect our local waterways.

Editorial Staff

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

Graphic Designer| Abby Likens, 757-222-3859

Flagship, Inc.

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

Creative Director| Allyson Garner, 757-222-3955

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

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

The Flagship® is published by Flagship, Inc., a private firm in no way connected with the Department of Defense (DOD) or the United States Navy, under exclusive written contract with Commander, Navy Region Mid-Atlantic. This civilian enterprise newspaper is an authorized publication for members of the military services. Contents of the paper, including advertisements, are not necessarily the official views of, nor endorsed by, the U.S. Government, DOD, or the Department of the Navy (DON). The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the DOD; DON; Commander, Navy Region Mid-Atlantic or Flagship, Inc. of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user, or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. Editorial content is edited, prepared and provided by the Public Affairs Department of Commander, Navy Region Mid-Atlantic.

Stories may be submitted via email to news@flagshipnews.com. The Flagship® is published every Thursday by Flagship, Inc., whose offices are located at 150 W. Brambleton Ave., Norfolk, Va. 23510.
© 2019 Flagship, Inc. All rights reserved.

Collision Repair & Auto Body Shop

When Accidents Happen We’re Here To Help!

- 21 Years in Business
- All Insurance Welcome
- All Makes and Models
- Lifetime Warranty Of Repairs

745 E. 26th Street, Norfolk (757) 622-4040

Let Us Help!

Bringing Your Car Back To Pre-Crash Condition!



NEWS FROM NAS OCEANA



MC3 Mark Thomas Mahmod

Master Chief Culinary Specialist Nathaniel Jiggetts, left, and Master Chief Culinary Specialist Nathan Jiggetts speak during their retirement ceremony on board Dam Neck Annex. The twin brothers, who enlisted together in 1989, celebrated 30 years of naval service at the retirement cookout.

Twin Master Chiefs retire, celebrate 30 years of service

By MC3 Mark Thomas Mahmod

VIRGINIA BEACH, VA.

In 1989, two twin brothers enlisted in the U.S. Navy on the same day. 30 years later, those same brothers, Master Chief Culinary Specialists Nathan Jiggetts and Nathaniel Jiggetts retired side by side June 21 at a

celebratory “cookout retirement ceremony” on board Dam Neck Annex.

Nathan and Nathaniel Jiggetts advanced to the rank of Master Chief Culinary Specialist together in 2014, six years after advancing to Senior Chief Culinary Specialist together in 2008.

“I don’t know that this has ever been

done,” said Senior Chief Electronics Technician Glen Moody, master of ceremonies for the retirement, “That’s a total of 60 years of naval service, 60 years-worth of wall-to-wall inventories, steel beach picnics, navy bean soup and the mentoring of thousands of Sailors.”

During the ceremony, the brothers were both presented with Meritorious Service Medals as an end of tour award.

The brothers expressed their gratitude for those in attendance and those who organized and prepared the celebratory cookout, including the Naval Air Station Oceana gal-

ley and barracks staff.

“I’ve served with a lot of people who are here, and I appreciate all of those who took time out of their day to celebrate our retirement,” said Nathan Jiggetts.

“Being in the Navy for 30 years takes a lot out of you,” said Nathan Jiggetts. “You have to be away from your family, your friends, you gotta get deployed. It’s hard but I’m glad we were able to make it this far.”

Congratulations to retired Master Chief Culinary Specialists Nathan Jiggetts and Nathaniel Jiggetts. Fair winds and following seas!



EDUCATING THE MILITARY IS OUR #1 MISSION.

American Military University was founded by a Marine Corps officer to provide military members with a portable, relevant, and affordable education. Today, the university is proud to be the #1 provider of higher education to the U.S. military.

At AMU, you’ll find more than 200 mission-relevant degrees and certificates and a network of advisors to help you succeed. We limit your out-of-pocket costs by providing tuition grants for military servicemembers and spouses, technology fee waivers for active-duty members, transfer credit for military experience and training, and undergraduate books at no cost.

PROGRAMS START MONTHLY. CONTACT OUR BASE REP TO LEARN MORE.

REBECCA HUGHES-HAYNES
757-375-6844 | rhhaynes@apus.edu

AMU.APUS.EDU/REP

American Military University is part of American Public University System, which is accredited by the Higher Learning Commission (hlcommission.org) and certified to operate by SCHEV. American Military University is not affiliated with the U.S. Military. For more about our graduation rates, the median debt of students who completed the program, and other important information, visit www.apus.edu/disclosure.



MC2 Michael Lee
Chief Electronics Technician (Nuclear) Christopher Fendley, assigned to the Virginia-class fast-attack submarine USS Mississippi (SSN 782), greets his family during a homecoming ceremony at Joint Base Pearl Harbor-Hickam. Mississippi successfully completed a six-month western Pacific deployment.

Navy announces spouse licensure and certification reimbursement policy

From Chief of Naval Personnel
Public Affairs

WASHINGTON

As part of ongoing Navy Family Framework efforts to expand and improve the experience for spouses, Navy announced Sailors may be reimbursed up to 500 dollars for state licensure and certification costs of a spouse arising from relocation to another state due to a permanent change of station (PCS) move in NAVADMIN 134/19, June 24.

The spouse licensure reimbursement is the latest in a series of Navy Family Framework efforts to improve the experience for Navy spouses and families.

“Under this new policy, members may be reimbursed up to 500 dollars for qualifying relicensing costs of their spouses if they meet all the required

conditions,” said the Lead for Navy Family Readiness Programs Policy, Perry Christiansen.

Members are eligible for reimbursement of spouse relicensing costs if they meet the following requirements:

- The member is reassigned, either as a PCS or permanent change of assignment from a permanent duty station (PDS) in one state to a PDS in another state
- The member is reassigned, either as a PCS or permanent change of assignment from a permanent duty station (PDS) in one state to a PDS in another state
- The PCS movement of the member’s dependents is authorized
- The spouse was employed in a profession requiring certification at the PDS in the previous state
- The spouse is required to obtain recertification for the same profession at

the PDS in the new state

- Completion of the relicense or certification was successful
- For those families returning from overseas, the license from the last state held prior to the overseas tour may be used as long as the new assignment is in a different state

This reimbursement policy is effective as of Dec. 12, 2017, for PCS orders issued on or after that date.

“This is part of an ongoing effort to show Navy families we are working to expand family support programs and facilitate spouse employment opportunities,” said Christiansen. “In May we released the MyNavy Family app which can be found in the Navy App Locker.”

For complete eligibility information and application procedures, reference MILPERSMAN Article 1754-040:

www.public.navy.mil/bupers-npc/reference/milpersman/1000/1700Morale/Pages/default.aspx. Additionally, to file a reimbursement claim members must submit an encrypted email to MyNavy Career Center at askmncc@navy.mil with claim form SF Form 1164 along with the following documents:

- A copy of the member’s PCS travel settlement voucher DD form 1351-2 indicating state to state member and spouse relocation
- Receipts for costs incurred for license/certification
- Proof of old certification/license
- Proof of new recertification/relicense

The Spouse Licensure Reimbursement policy supports the Navy Family Framework objective to expand and improve the experience for Navy spouses and families. Other efforts include improving family programs and websites, developing an official MyNavy Family website, providing ombudsman registry access to command leadership spouses and increasing the availability of live webinars and self-directed learning activities.

SpaceX deploys NRL payloads to study space weather and spacecraft propulsion

By Daniel Parry
U.S. Naval Research Laboratory

WASHINGTON

U.S. Naval Research Laboratory researchers designed and built two science payloads that went up with SpaceX’s Falcon 9 Heavy rocket launch on June 25.

The Small Wind and Temperature Spectrometer (SWATS) will help researchers understand the dynamics of the upper layers of Earth’s atmosphere, while the Tether Electrodynamic Propulsion CubeSat Experiment (TEPCE) will investigate orbital energy created by the Earth’s magnetic field that could propel future spacecraft.

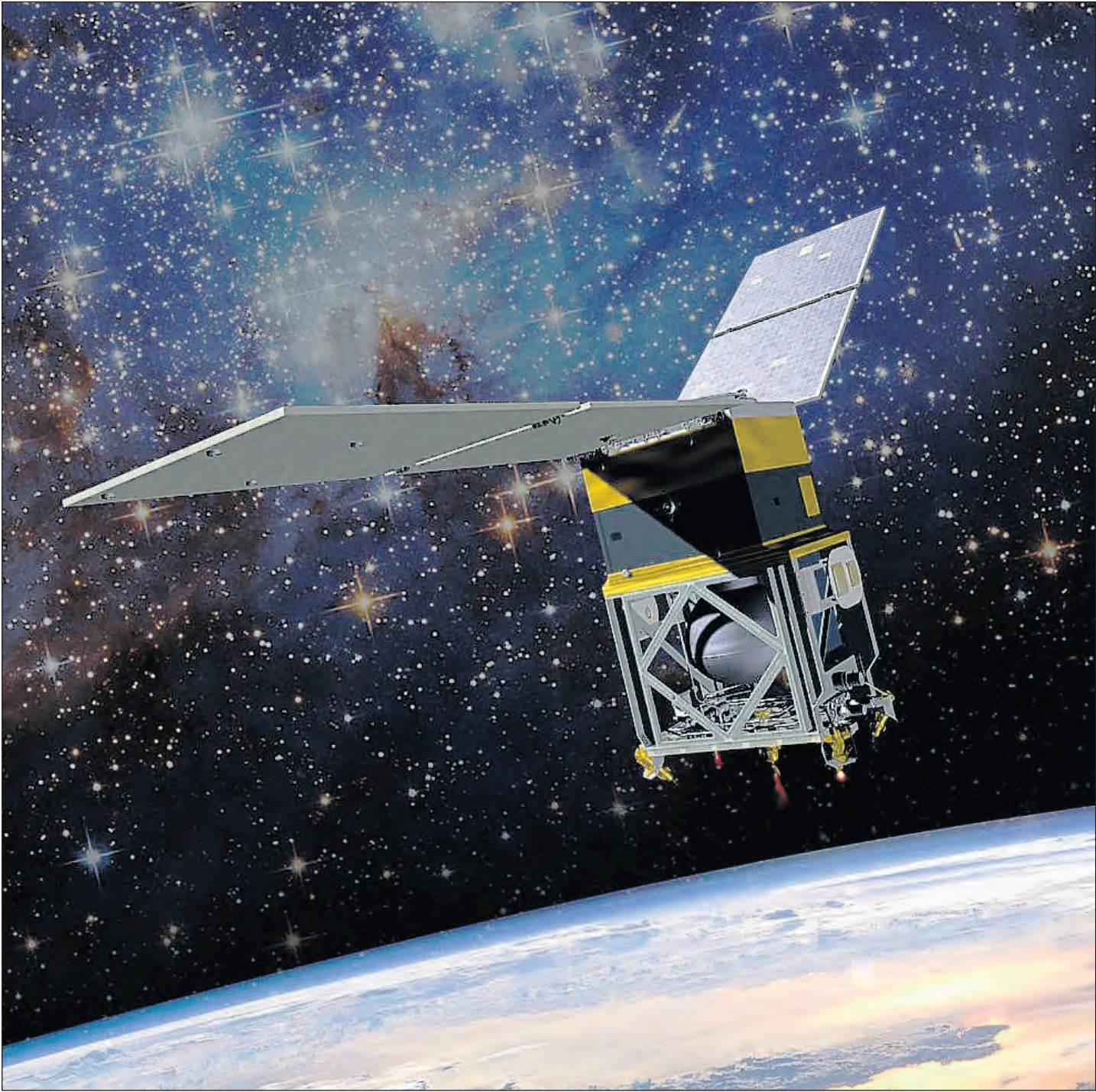
Operating in low Earth orbit, SWATS will monitor atmospheric densities, winds and temperatures while traveling in an elliptical orbit at altitudes between 350 and 700 kilometers above the Earth’s surface. The payload rides aboard NASA’s Green Propellant Infusion Mission (GPIM).

“It’s important to have in situ [direct] measurements, as well as remote sensing measurements,” said Andy Nicholas, lead investigator for SWATS. “[Those measurements will] inform the models and improve predictions for the ionosphere.”

Navy researchers are studying the ionosphere because of its effects on over-the-horizon radar and other long-range communications technologies.

The other NRL passenger on this SpaceX mission, TEPCE is a miniaturized satellite, known as a CubeSat. Once in space, it will divide into two objects connected by a 1-kilometer-long tether. The system will collect electrons from the Earth’s space environment and transmit the electrons from one object to the other.

Its designers expect the Earth’s magnetic field to exert a force on the electrons in the tether, producing a velocity change that will



Daniel Parry
U.S. Naval Research Laboratory’s Small Wind and Temperature Spectrometer (SWATS) payload will be on the Green Propellant Infusion Mission, or GPIM, a NASA-developed “green” alternative to conventional chemical propulsion systems for spacecraft.

affect both the magnitude and direction of the spacecraft.

“What this means is a possible new

propulsion capability for spacecraft,” said Shannon Coffey, TEPCE’s principal investigator. “Which may decrease the amount of

propellant that we have to use.”

In all, this SpaceX launch carried more than two dozen science payloads into orbit.



LGBT PRIDE MONTH

1969

The Stonewall Riots take place in New York, marking the beginning of the LGBT movement towards equality.

1982

DoD releases policy stating "homosexuality is incompatible with military service."

1993

President Clinton signs "Don't Ask, Don't Tell" policy, barring openly homosexual persons from military service.

2011

"Don't Ask, Don't Tell" policy repealed by Obama Administration.

2012

DoD held first ever LGBT Pride Month event at the Pentagon.

2013

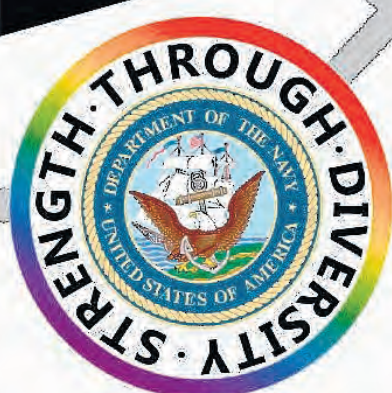
DoD announced spousal and family benefits extended to same-sex marriages.

2015

SecDef issues directive stating no service member can be discharged on grounds of gender identity.

2016

Ban on service of openly transgender persons in the military repealed.



For more resources and information about LGBT Pride Month, visit:
http://www.deomi.org/human_relations/special_observances.cfm

MC3 Brittany Tobin

Strength through diversity

By MC3 Brittany Tobin
NORFOLK

Throughout the month of June, the Navy joins the nation in observing Lesbian, Gay, Bisexual and Transgender (LGBT) Pride Month. This gives the community the opportunity to celebrate the Navy's rich diversity and recognize LGBT service members and civilians for their dedicated service; strengthening both the military and our nation.

LGBT Sailors served our nation and simultaneously fought for their own equality.

LGBT Pride Month recognizes the progression and accomplishments of the LGBT community, and acknowledges their continued journey to achieve equality.

The Navy and Department of Defense (DoD) have demonstrated their commitment to gender equality and inclusion by repealing the "Don't Ask, Don't Tell" policy in 2011 and later instituting a policy change allowing transgender personnel to serve as their preferred gender. This modification to policy enabled gay, lesbian, bisexual and transgen-

der individuals to openly and honorably serve in the armed forces.

"Diversity is one of our greatest strengths," said former Secretary of Defense, Leon E. Panetta. "During pride month, and every month, let us celebrate our rich diversity and renew our enduring commitment to equality for all."

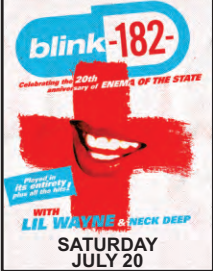
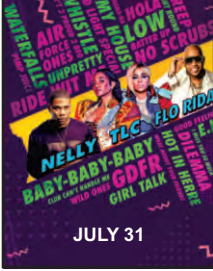
The Supreme Court legalized same-sex marriage nationwide, on June 26, 2015. The White House celebrated the ruling by illuminating the grounds in rainbow colors, as did New York's Empire State Building, San Francisco's City Hall and Walt Disney World's Cinderella's Castle. With this

Supreme Court ruling, the DoD officially recognizes same-sex marriage, making dependents eligible for full military benefits.

While the LGBT community has seen increased representation and visibility in the military, improvements are still being made to increase acceptance, integration and health for these service members. In support of the Navy's primary mission of deterring and defeating adversaries both foreign and domestic, the Navy is committed to maintaining a force comprised of the most capable and qualified Sailors, regardless of ethnicity, gender, sexual orientation, class or background.

VETERANS UNITED HOME LOANS™ AMPHITHEATER

AT VIRGINIA BEACH

 RASCAL FLATTS 2019 BILLY CURRINGTON • LOGAN SATURDAY, JUNE 29	 JON PARDI • <i>Remix: HOT</i> FRIDAY JULY 12	 train the good dolls JULY 14	 Santitas JULY 18
 blink-182 SATURDAY JULY 20	 MARY J. BLIGE & NAS TOGETHER JULY 21	 FLORIDA GEORGIA LINE DAN+SHAY JULY 25	 KORN JULY 30
 NELLY-POST MALONE JULY 31	 JOE BONAMASSA AUGUST 1	 JIMMY BUFFETT SATURDAY, AUGUST 3	 KIDZ BOP FRIDAY, AUGUST 9
 Rebelle COLLIE BUDDZ SATURDAY AUGUST 10	 Heart JOAN JETT AUGUST 11	 KISS AUGUST 13	 KNOTFEST AUGUST 14
 breaking benjamin AUGUST 21	 CHRIS YOUNG AUGUST 22	 FLOGGING MOLLY AUGUST 23	 LUKE BRYAN SEPTEMBER 8
 Outlaw SATURDAY SEPTEMBER 14	 GOT SEPTEMBER 17	 SHAGGY SEPTEMBER 20	 CHRIS STAPLETON FRIDAY, OCTOBER 18

LIVE NATION

AMPHITHEATER BOX OFFICE | TICKETMASTER | 800-745-3000
twitter@LiveNationVB | facebook/VABeachAmp

Veterans United

citi

Lite

15% OFF

MILITARY DISCOUNT

★ FOR ALL ACTIVE AND FORMER MILITARY AND THEIR DEPENDENTS ★

ON IN-STORE PURCHASES

THU. ★ JULY 4 ★ 2019*



MILITARY DISCOUNT

***No limit to savings.**

Please show your military proof of service at checkout to receive discount.

This offer is not good with any other discount.



MC2 Mason Gillan
Naval Support Activity (NSA) Mid-South security forces in conjunction with the Shelby County Sheriff's Office assist simulated injured personnel during an active shooter exercise. NSA Mid-South is conducting Exercise Citadel Shield-Solid Curtain 2019 through Feb. 15, along with other Navy installations within the continental United States.

COMMUNITY SUPPORT ESSENTIAL FOR MILITARY INSTALLATIONS, DOD SAYS

By David Vergun

People in communities across America appreciate having military installations nearby because they provide jobs, tax revenue and support national security, the assistant secretary of defense for sustainment told attendees of the 2019 Defense Communities National Summit in Washington.

"If you have a military installation in your community, it's a right, not a privilege, and you have to earn that right every day," Robert McMahon said.

There's no guarantee that future defense budgets will be as adequate as they are today, he said, and that could mean cuts to installations that affect the surrounding communities. Also, there is always that potential for a future base realignment and closure, where installations are shuttered, as has happened in the past, McMahon noted.

Communities that support their installations will fare much better than those that don't do as much, he predicted.

COMMUNITY SUPPORT TO INSTALLATIONS

McMahon provided some examples of community support that benefits installations as well as the communities themselves.

School quality is a major concern among families, he said. Communities that work to improve learning environ-



Terrance Bell
Markeisha L.B. Young embraces a friend after the commencement exercises of Prince George High School June 11 at the school's athletic complex. She was one of 423 graduates.

“If you have a military installation in your community, it’s a right, not a privilege, and you have to earn that right every day,

Roberty McMahon

ments are much welcomed, and sometimes, federal grants are available to do this, McMahon said.

Ensuring that the community is a safe place to live is another concern, he said. Not just safe from crime, McMahon

said, but with safe drinking water, safe housing and infrastructure safeguards to mitigate natural disasters such as flooding and cybersecurity.

Communication between communities and installations is the key to making

this all happen, McMahon said. One of the first steps community leaders can take is to meet with their installation commander and discuss mutual concerns.

Communities and their installations are places where service members and their families “live, eat, work, play and pray,” he said. As such, ensuring a high quality of life will help ensure that installations are permanent fixtures.

Mark Correll, deputy assistant secretary of the Air Force for environment, safety and infrastructure, noted that it's also important for communities and defense manufacturers to work together to support each other in similar ways.

EXAMPLES OF MILITARY-COMMUNITY COOPERATION

John A. Kliem, executive director of the Navy's Energy Security Programs Office, said Naval Support Activity Mid-South and the city of Millington, Tennessee, collaborated on a win-win project for both. The Navy leased 450 acres to the community for a horse farm and solar farm and the air station received lower rates on their energy bill.

A second example, he said, is Joint Base Pearl Harbor-Hickam, Hawaii, which is working with the city of Honolulu to provide reliable energy required to meet the needs of Navy and Air Force missions.

A third example, Kliem said, is Naval Submarine Base New London, Connecticut, which is working with the community of Groton to get a natural gas backup in case power to the grid goes out as it did in 2012, when Superstorm Sandy swept through.

NMRC develops vaccine to prevent travelers' diarrhea

By Steve Vanderwerff
Naval Medical Research Center

SILVER SPRING, MD.

Naval Medical Research Center (NMRC) scientists presented their vaccine research to combat travelers' diarrhea (TD) at the International E. coli and the Mucosal Immune System Symposium in Ghent, Belgium, June 5.

Travelers' diarrhea is a principal cause of non-combat-related disease illness among deployed U.S. warfighters and NMRC researchers have been working to develop a vaccine designed to protect against Enterotoxigenic Escherichia coli (ETEC), a leading bacterial cause of diarrhea in developing countries, travelers and deployed troops.

"TD is linked with increased risk of chronic gastrointestinal sequelae, such as post-infectious irritable bowel syndrome, said Lt. Cmdr. Tida Lee, Deputy Department Head, Enteric Diseases Department, Infectious Diseases Directorate. "Our work will pave the way to a multivalent product that may be used in the preventive medicines, equipment, and techniques available to a medical practitioner and be of high military value to reduce acute and chronic disabilities and cost associated infectious diarrhea

among deployed warfighters."

During the presentation, "A Phase 1 Dose Escalating Study of a Prototype CS6 Subunit Vaccine with a Modified Heat-labile Enterotoxin from (ETEC)," the scientists discussed how their vaccine is based on the most prevalent colonization factors (CFs), which include CsxBA, a recombinant derivative of the globally prevalent ETEC CF CS6.

"Four-fifths of TD cases are attributable to bacterial enteropathogens," Lee said. "More recently, accumulating evidence suggests that the effects of infection go beyond the acute illness and can lead to long term health issues."

Lee and her colleagues Lt. Cmdr. Michael Prouty and Dr. Chad Porter concluded that in the Phase 1 Clinical Trial CsxBA and dmLT, a vaccine adjuvant or compound that enhances vaccine effectiveness, were safe and well-tolerated at all dose levels when injected into the muscle. This is the first administration of either CsxBA or dmLT to humans via an intramuscular injections. Preliminary immunological assessments show a strong response against the antigen CsxBA, as well as against the ETEC heat-labile toxin (LT).



From FDA.gov

The Phase 1 clinical trial included 50 subjects, adults ages 18 to 45, all sexes and criteria-based healthy volunteers. The subjects were broken into five cohorts of 10 with a study design that escalated the dose of the vaccine in a series of steps to ensure it was safe. The vaccine was administered via intramuscular injection to alternating deltoid regions on days 0, 21 and 42. There were no vaccine related serious adverse effects or unanticipated events, indicated that the vaccine was well tolerated by the volunteers.

According to Prouty, the next step is to achieve a follow up study with the National Institute of Allergy and Infectious Diseases, Division of Microbiology and Infectious Diseases.

About Naval Medical Research Center

NMRC's eight laboratories are engaged in a broad spectrum of activity from basic science in the laboratory to field studies at sites in austere and remote areas of the world to operational environments. In support of the Navy, Marine Corps, and joint U.S. warfighters, researchers study infectious diseases, biological warfare detection and defense, combat casualty care, environmental health concerns, aerospace and undersea medicine, medical modeling, simulation and operational mission support, and epidemiology and behavioral sciences.



Cole Fraser

NNSY | New facility consolidates submarine maintenance, production and support shops

Continued from A1

building should also effectively bear a category 4 hurricane. The building is in accordance with anti-terrorism force protection requirements, featuring blast proof windows and eighteen-inch thick concrete walls. It also features amenities such as a kitchen, break

room, nursing mothers room, and showers.

In the past decade, NNSY submarine work has included Engineered Overhauls, Engineered Refueling Overhauls, and submarine conversions into land-based training platforms. All are complex and extensive evolutions requiring constant communication, re-

source sharing and effective teamwork. This new facility promises to help in all of those areas, both for the NNSY workforce as well as ship’s forces when they need to meet and train. NNSY’s current submarine projects include conversions of USS La Jolla (SSN 701) and USS San Francisco (SSN 711) into Moored Training Ships, and USS Wyoming (SSBN 742), which is being refueled and upgraded before returning to support the country’s nuclear deterrence strategy.

NNSY Submarine Program

Manager Pat Ensley said the building currently supports work on the Los Angeles class submarines, and will support work on the future Virginia and Columbia classes. “It improves our abilities by having a permanent facility and place to perform production work as close to the boat as possible,” he said. Adding that the building is segmented by mechanical, electrical, nuclear and non-nuclear work areas, he said, “we’re going to have capability for every shop, with ergonomically designed work areas as well as giving indi-

viduals all the amenities they would want from starting to ending their work days.”

“Today has been a long time coming, and there have been unforeseen challenges in this project that were effectively mitigated by our shipyard facilities department, our Naval Facilities team, our contracting partner Whitesell-Green, and our operations department,” said Torkelson. “Today we commend your combined efforts as we look forward to the future of submarine repair and modernization in America’s Shipyard.”



U.S. Navy

HOUSING | All housing partners now have mart phone app or other system

Continued from A1

Hunt, Landmark, Lincoln, and Patrician. The Marine Corps has business agreements with Lendlease and Lincoln.

To improve transparency in the work order process, all housing partners now have either a smart phone app or other system that can not only verify that a work order is received, but also provide status updates, and indicate when a work order is closed. The Navy has full access to the privatized housing partners’ maintenance databases and can pull maintenance records when needed.

Additionally, both Balfour Beatty and Lincoln are implementing a process in which residents sign for work order completions on mobile devices maintenance technicians carry, much like resident’s do to acknowledge receipt of a package delivery. If the work occurred when the resident was out of the home, the resident has 24 hours to contact the property manager if they would like to keep the work order open.

In order to quantify the quality of service work, residents are able to rate their work order experience and provide feedback either through an e-mail survey or the maintenance app. The military

housing service center and the partner property managers both receive these scores and include them in reports to partner and military leadership.

Outside of the work order process, Balfour Beatty as well as Hunt, and Lincoln have established a 24/7, toll-free hotline where residents can contact corporate management directly to discuss any unresolved concerns.

Each PPV housing partner also provided a status update on their company plan to hire more people, especially quality control specialists and maintenance technicians, and/or providing more training to their new and existing employees.

The PPV managing members, asset managers and property managers remain critical partners in providing timely, quality service to Sailors, Marines and their families who choose to live on installations.

The primary focus of the Navy and Marine Corps housing teams, in their oversight and advocacy role, is the safety, security and well-being of Sailors, Marines and their families. The Navy and Marine Corps remains personally invested and committed to ensuring PPV housing residents receive the high-quality housing they deserve.



MCSN Brendan Fitzgerald

Ensign Deonte Pressley, from Washington D.C., briefs a group of Sailors during passenger training aboard the hospital ship USNS Comfort (T-AH 20). Comfort deployed to South America, Central America and the Caribbean in support of humanitarian and partner-building efforts.

Enduring Promise: USNS Comfort deployment 2019

From Navy Live, Inside the Navy, Medical

The U.S. Navy hospital ship USNS Comfort is on a five-month deployment to Central and South America and the Caribbean in support of humanitarian and partner-building efforts as part of the U.S. Southern Command’s Enduring Promise initiative.

The ship and crew will provide medical assistance to Colombia, Costa Rica, Dominican Republic, Ecuador, Grenada, Haiti, Jamaica, Panama, Saint Lucia, St. Kitts and Nevis, and Trinidad and Tobago as well as conduct logistics and liberty port visits to Panama and Curaçao.

Since 2007, personnel involved in USNS Comfort deployments have treated more than 488,000 patients, performed 5,500 surgeries, completed over 100 engineering projects, and conducted countless other assistance activities.



All photos from U.S. Navy

A master helmsman steers USNS Comfort through the Panama Canal.



USNS Comfort passes through the Panama Canal.



TOYOTA

THANKS TO ALL THE BRAVE MEN AND WOMEN
FOR YOUR SERVICE TO OUR COUNTRY.



NOW GET



\$750

U.S. Military
Incentive¹

CAN BE COMBINED WITH TOYOTA SPECIAL CASH
BACK OR SPECIAL FINANCING OR SPECIAL LEASES!



All-New 2019 RAV4

LEASE AN LE FOR

\$199 A MONTH

36 MONTHS

\$2999 DUE AT SIGNING²
Tax, Title, License, Dealer Fees and Insurance are Extra.

OR

\$1250 TFS CASH³

All-New 2020 Corolla

LEASE AN LE FOR

\$189 A MONTH

36 MONTHS

\$2999 DUE AT SIGNING²
Tax, Title, License, Dealer Fees and Insurance are Extra.

2019 Camry

\$1500

CASH BACK FROM TOYOTA⁴

2019 Highlander

LEASE AN LE FOR

\$279 A MONTH

36 MONTHS

\$2999 DUE AT SIGNING²
Tax, Title, License, Dealer Fees and Insurance are Extra.

OR

\$2500

CASH BACK FROM TOYOTA⁴

2019 Sienna

\$3000

CASH BACK FROM TOYOTA⁴

2019 TACOMA

LEASE AN SR5 FOR

\$259 A MONTH

36 MONTHS

\$2999 DUE AT SIGNING²
Tax, Title, License, Dealer Fees and Insurance are Extra.

2019 Prius Liftback

LEASE A LIFTBACK FOR

\$279 A MONTH

36 MONTHS

\$2999 DUE AT SIGNING²
Tax, Title, License, Dealer Fees and Insurance are Extra.

CASEY TOYOTA

601 East Rochambeau Drive • Williamsburg
757.259.1000 • caseytoyota.com

CHARLES BARKER
TOYOTA

1877 Laskin Road • Virginia Beach
757.437.4000 • charlesbarkertoyota.com

CHECKERED FLAG
TOYOTA

5301 Virginia Beach Blvd. • Virginia Beach
757.490.1111 • toyota.checkeredflag.com

FIRST TEAM TOYOTA

3400 Western Branch Blvd. • Chesapeake
833.628.1653 • firstteamttoyota.com

GLOUCESTER TOYOTA

6357 George Washington Memorial Hwy. • Gloucester
804.693.2100 • gloucestertoyota.com

PEARSON TOYOTA

12978 Jefferson Ave. • Newport News
757.874.6000 • pearsontoyotascion.com

PRIORITY TOYOTA
CHESAPEAKE

1800 Greenbrier Parkway • Chesapeake
757.213.5000 • prioritytoyotachapeake.com

PRIORITY TOYOTA HAMPTON

2301 W. Mercury Blvd. • Hampton
757.838.5000 • prioritytoyotahampton.com



TOYOTA

buyatoyota.com

Every new Toyota comes with

ToyotaCare

No Cost Service & Roadside⁵

¹\$750 REBATE OFFERED BY TOYOTA MOTOR NORTH AMERICA, INC. AND MAY BE APPLIED TOWARD FINANCE OR LEASE CONTRACTS ON NEW TOYOTA VEHICLES, DATED FROM JUNE 3, 2019 THROUGH JULY 8, 2019. TO QUALIFY FOR THE REBATE, AT THE TIME OF PURCHASE OR LEASE YOU MUST (1) BE IN CURRENT ACTIVE DUTY STATUS IN THE U.S. MILITARY (NAVY, ARMY, AIR FORCE, MARINES, NATIONAL GUARD, COAST GUARD AND ACTIVE RESERVE) OR A U.S. MILITARY INACTIVE RESERVE (I.E., READY RESERVE) THAT IS PART OF THE INDIVIDUAL READY RESERVE, SELECTED RESERVE AND INACTIVE NATIONAL GUARD; OR A MILITARY VETERAN OR RETIREE (RETIRES HONORABLY DISCHARGED) OF THE U.S. MILITARY WITHIN TWO YEARS OF THEIR DISCHARGE/RETIREMENT DATE; OR A HOUSEHOLD MEMBER OF AN ELIGIBLE U.S. MILITARY PERSONNEL, INCLUDING GOLD STAR FAMILY MEMBERS; AND (2) PROVIDE VERIFIABLE PROOF OF MILITARY STATUS OR ACTIVE SERVICE; (3) RECEIVE A SALARY SUFFICIENT TO COVER ORDINARY LIVING EXPENSES AND PAYMENT FOR YOUR NEW VEHICLE; AND (4) RECEIVE CREDIT APPROVAL FROM AND EXECUTE A FINANCE OR LEASE CONTRACT THROUGH A PARTICIPATING TOYOTA DEALER AND TOYOTA FINANCIAL SERVICES. NOT ALL APPLICANTS WILL QUALIFY. ON LEASE CONTRACTS, REBATE MUST BE APPLIED TOWARD THE AMOUNT DUE AT LEASE SIGNING OR TOWARD THE CAPITALIZED COST REDUCTION. ON FINANCE CONTRACTS, REBATE MUST BE APPLIED TOWARD THE DOWN PAYMENT. LIMIT ONE REBATE PER FINANCE OR LEASE TRANSACTION PER ELIGIBLE U.S. MILITARY PERSONNEL OR ELIGIBLE HOUSEHOLD MEMBER. OFFER NOT COMBINABLE WITH THE COLLEGE GRADUATE REBATE PROGRAM, THE IFI PROGRAM, AND THE LEASE-END REFI PROGRAM. VEHICLE MUST BE TAKEN OUT OF DEALER STOCK. TERMS, CONDITIONS AND RESTRICTIONS APPLY. PROGRAM IS NOT AVAILABLE IN AL, FL, GA, HI, NC, AND SC. REBATE TERMS MAY BE MORE GENEROUS IN YOUR LOCAL AREA. ASK YOUR PARTICIPATING DEALER ABOUT THE MILITARY REBATE TERMS IN YOUR AREA. MUST PAY SALES TAX. VOID WHERE PROHIBITED BY LAW. NOT REDEEMABLE FOR CASH. TOYOTA FINANCIAL SERVICES IS A SERVICE MARK OF TOYOTA MOTOR CREDIT CORPORATION (TMCC). TMCC IS THE AUTHORIZED ATTORNEY-IN-FACT AND SERVICER FOR TOYOTA LEASE TRUST. ²ALL LEASE OFFERS: LOW MILEAGE LEASE. OFFER AVAILABLE ON APPROVED CREDIT TO QUALIFIED CUSTOMERS FROM TOYOTA FINANCIAL SERVICES. CUSTOMER IS RESPONSIBLE FOR EXCESSIVE WEAR AND EXCESS MILEAGE CHARGES OF \$.15 PER MILE IN EXCESS OF 30,000 MILES. ³NOT ALL CUSTOMERS WILL QUALIFY. RAV4 DUE AT SIGNING INCLUDES \$2800 DOWN, FIRST \$199 PAYMENT, AND NO SECURITY DEPOSIT. EXAMPLE BASED ON 2019 RAV4 LE FRONT WHEEL DRIVE MODEL 4430, MSRP \$26,685 AND CAPITALIZED COST, WHICH MAY VARY BY DEALER, OF \$26,246. COROLLA DUE AT SIGNING INCLUDES \$2,810 DOWN, FIRST \$189 PAYMENT, AND NO SECURITY DEPOSIT. EXAMPLE BASED ON 2020 COROLLA 4 CYLINDER AUTOMATIC MODEL 1852, MSRP \$20,880 AND CAPITALIZED COST, WHICH MAY VARY BY DEALER, OF \$20,538. HIGHLANDER DUE AT SIGNING INCLUDES \$2,720 DOWN, FIRST \$279 PAYMENT, AND NO SECURITY DEPOSIT. EXAMPLE BASED ON 2019 HIGHLANDER LE MODEL 6948, MSRP \$36,135 AND CAPITALIZED COST, WHICH MAY VARY BY DEALER, OF \$34,499. TACOMA DUE AT SIGNING INCLUDES \$2,740 DOWN, FIRST \$259 PAYMENT, AND NO SECURITY DEPOSIT. EXAMPLE BASED ON 2019 TACOMA MODEL 7540 DOUBLE CAB SR5 V6 SHORT BED, MSRP \$35,935 AND CAPITALIZED COST, WHICH MAY VARY BY DEALER, OF \$34,822. PRIUS DUE AT SIGNING INCLUDES \$2,720 DOWN, FIRST \$279 PAYMENT, AND NO SECURITY DEPOSIT. EXAMPLE BASED ON 2019 PRIUS LIFTBACK MODEL 1221, MSRP \$24,700 AND CAPITALIZED COST, WHICH MAY VARY BY DEALER, OF \$24,490. LEASES DO NOT INCLUDE \$350 DISPOSITION FEE DUE AT LEASE END. EXAMPLES INCLUDE \$650 ACQUISITION FEE AND ASSUME DEALER PARTICIPATION. YOUR PAYMENT TERMS MAY VARY BASED ON FINAL NEGOTIATED PRICE. OFFER AVAILABLE ON APPROVED CREDIT TO QUALIFIED CUSTOMERS FROM TOYOTA FINANCIAL SERVICES. ⁴BUYERS CAN RECEIVE A \$1,250 FINANCE CASH INCENTIVE FROM TOYOTA ON RAV4 IF VEHICLE IS PURCHASED AND FINANCED THROUGH TOYOTA FINANCIAL SERVICES. STANDARD APR RATES APPLY. INCENTIVE WILL BE APPLIED FIRST TO THE DOWN PAYMENT. ONE INCENTIVE PER FINANCE TRANSACTION. FINANCE INCENTIVE IS AVAILABLE ON APPROVED CREDIT TO QUALIFIED CUSTOMERS THROUGH TOYOTA FINANCIAL SERVICES. ⁵NOT ALL BUYERS WILL QUALIFY. ⁶CUSTOMERS CAN RECEIVE \$1,500 CASH BACK FROM TOYOTA ON CAMRY, \$2,500 CASH BACK FROM TOYOTA ON HIGHLANDER (EXCLUDES HYBRIDS), \$3000 CASH BACK FROM TOYOTA ON SIENNA OR CAN APPLY CASH BACK TO DOWN PAYMENT. ⁷ALL OFFERS: OFFERS MAY NOT BE COMBINED WITH OTHER OFFERS UNLESS SPECIFIED OTHERWISE. DEALER FEES ARE EXTRA. VEHICLE SHOWN MAY BE PROTOTYPE AND/OR SHOWN WITH OPTIONS. ACTUAL MODEL MAY VARY. DELIVERY MUST BE TAKEN FROM DEALER STOCK BY 7/8/19 AND IS SUBJECT TO AVAILABILITY. LEASE, APR AND CASH BACK OFFERS MAY NOT BE COMBINED. SEE PARTICIPATING CENTRAL ATLANTIC TOYOTA DEALER FOR DETAILS. OFFERS END 7/8/19. ⁸TOYOTACARE COVERS NORMAL FACTORY SCHEDULED MAINTENANCE FOR 2 YEARS OR 25,000 MILES, WHICHEVER COMES FIRST. 24-HOUR ROADSIDE ASSISTANCE IS ALSO INCLUDED FOR 2 YEARS AND UNLIMITED MILES. THE NEW VEHICLE CANNOT BE PART OF A RENTAL OR COMMERCIAL FLEET, OR A LIVERY/TAXI VEHICLE. SEE TOYOTA DEALER FOR DETAILS AND EXCLUSIONS. VALID ONLY IN THE CONTINENTAL U.S. AND ALASKA. ROADSIDE ASSISTANCE DOES NOT INCLUDE PARTS AND FLUIDS, EXCEPT EMERGENCY FUEL DELIVERY.



Guam Seabees celebrate Betty Day
Seabees stationed in Guam celebrated the Seabee Betty Day Ceremony to honor the life of Vicenta Chargualaf Peredo at Guam Veterans Cemetery. 'Seabee Betty' is remembered for her hospitality.

See B3

SECTION B | FLAGSHIPNEWS.COM | 6.27.2019



MC2 Ethan T Miller

Garret Kuwada, left, Team Air Force, and Travis Dunn, Team United States Special Forces Command, participate in a seated 200 meter race during the 2019 Department of Defense Warrior Games track finals at the University of South Florida, June 22. The Warrior Games were established in 2010 as a way to enhance the recovery and rehabilitation of wounded, ill and injured service members and expose them to adaptive sports.



MC1 Tyrell K. Morris

Retired Senior Chief Electronics Technician Bill Longworth participates in a Team Navy archery practice during training camp for the 2019 Warrior Games at MacDill Air Force Base, June 20. Team Navy is comprised of athletes from Navy Wounded Warrior-Safe Harbor, the Navy's sole organization for coordinating the non-medical care of seriously wounded, ill and injured Sailors and Coast Guardsmen, providing resources and support to their families.

By MC1 Tyrell K. Morris
Navy Public Affairs Support Element East

TAMPA, FLA.

Team Navy kicked off the 2019 Department of Defense (DoD) Warrior Games June 21 in Tampa Bay, Florida, competing alongside wounded warriors with combat and non-combat related conditions from other U.S. military branches and allied nations. Team Navy consists of 40 Navy and Coast Guardsmen, who advanced to the DoD level in March as part of the Navy Wounded Warrior-Safe Harbor (NWW-SH) program. NWW-SH provides individually tailored assistance designed to optimize recovery, rehabilitation and reintegration activities. "I am extremely proud of Navy Wounded Warrior-Safe Harbor," said Vice Adm. Mary M. Jackson, Commander Navy Installations Command. "Our team works very, very hard to assist our Sailors and Coast Guardsmen and women who are navigating the uncertain and often cumbersome path of being wounded, ill or injured." NWW-SH is solely responsible for coordinating the non-medical care for Sailors and Coast Guardsmen and providing resources and support to their families and caregivers. "It is a special honor to see these service members strive against competition and adversity. They truly exhibit the character and courage the services demand," said Greg Slavonic, Assistant Secretary of the Navy for Manpower and Reserve Affairs.

See WARRIOR | B7

Collaboration advances monitoring, forecasting of tropical cyclones

By Lt. Caitlin Fine
Joint Typhoon Warning Center Public Affairs

PEARL HARBOR

On the morning of October 7, 2018, forecasters at the National Hurricane Center (NHC) in Miami, Florida, began issuing advisories on the newly formed tropical depression Michael. Armed with an impressive observation network comprised of aircraft, radars, buoys, and state-of-the-art sensing technologies to monitor the system's position, intensity and size, the NHC's forecast track had Tyndall Air Force Base directly in its crosshairs. Thanks to these advisories, base commanders had sufficient time to evacuate all personnel and many aircraft to safe locations. Unfortunately, they would soon learn just how precise these forecasts were. After rapidly intensifying, Hurricane Michael went on to become one of the most intense and destructive tropical cyclones to ever make landfall in the United States, significantly damaging or destroying nearly every structure at Tyndall and leaving behind more than \$1 billion in losses to remaining aircraft unable to make it out ahead of Michael's fury. Sadly, this is not the first time a tropical cyclone has struck the Department of Defense. Category

See CYCLONES | B7

BALTOPS 2019 wraps up in Kiel

From U.S. 2nd Fleet Public Affairs

KIEL, GERMANY

The 47th annual Baltic Operations (BALTOPS) 2019 came to a close June 21 as ships and crewmembers from 18 nations returned to Kiel, Germany. BALTOPS is a joint, multinational maritime-focused exercise that includes air, maritime, and ground assets and provides a unique training opportunity designed to foster and sustain cooperative relationships that are critical to ensuring the safety of sea-lanes and security of the Baltic region. This year's BALTOPS was led by U.S. 2nd Fleet (C2F), commanded by Vice Adm. Andrew Lewis, on behalf of Naval Forces Europe. BALTOPS 2019 marks the first time the newly established fleet has operated in Europe. "It is imperative that allies and part-



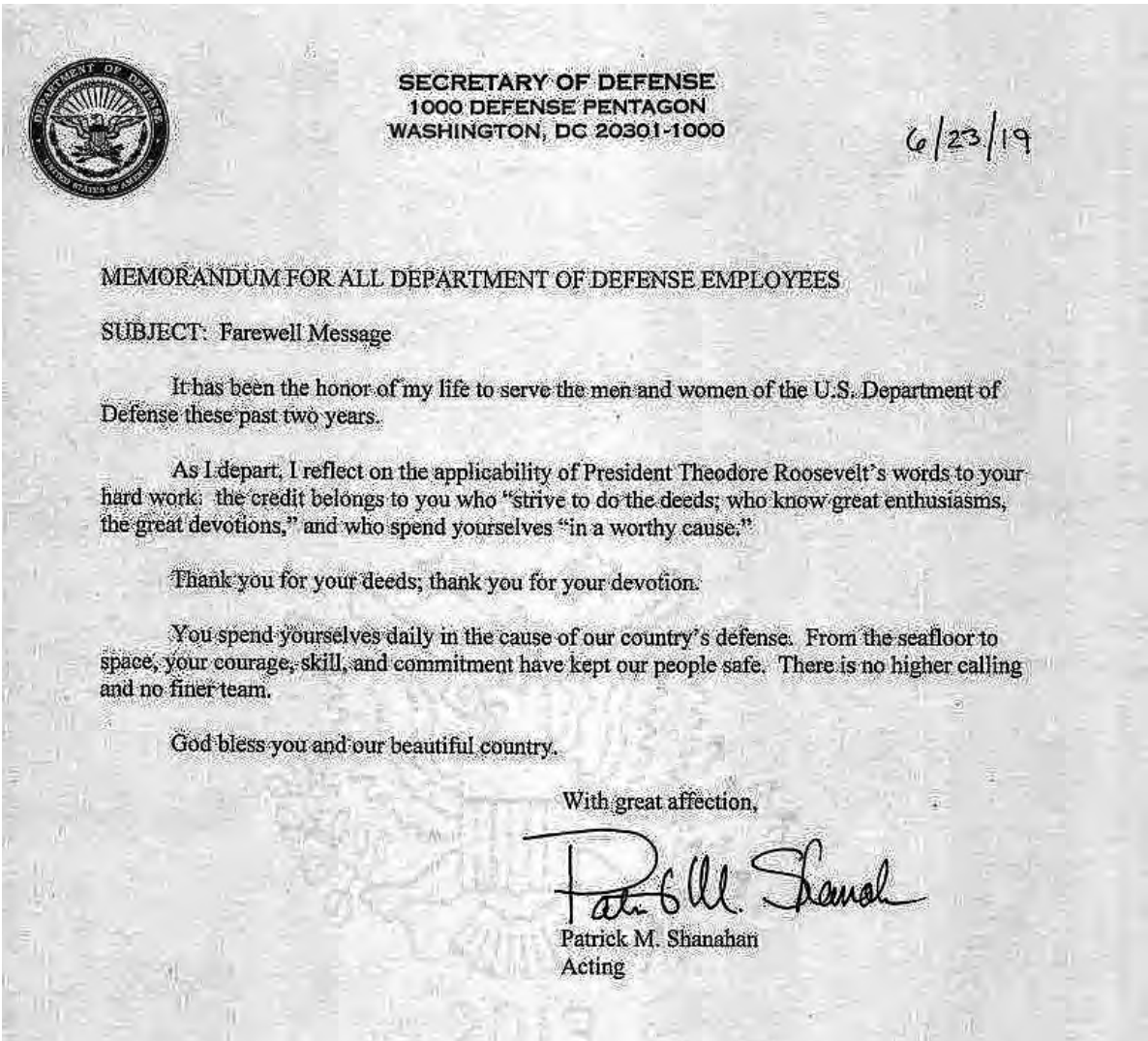
MC2 Mark Andrew Hays

The guided-missile destroyer USS Gravelly (DDG 107), flagship for Standing NATO Maritime Group One, leads eleven naval ships from nine nations in close formation during a Baltic Operations (BALTOPS) 2019 photo exercise. ners unite to confront today's challenges," said Lewis. "Our combined efforts during BALTOPS demonstrates our commitment to regional peace and prosperity. Our presence and professionalism in the region during this exercise will prepare us for future operational commitments and evolving strategic challenges. We are stronger together." The BALTOPS exercise is designed to enhance flexibility and interoperability, and demonstrate resolve among allied and partner forces region. Allied nations with ships and forces that participated in BALTOPS 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 participated in the exercise.

See BALTOPS | B7

Farewell message from office of acting SECDEF Shanahan

Acting Secretary of Defense Patrick M. Shanahan sent a message to all DoD employees.



What is Navy Housing's pet policy?

A: The pet policy is set at each individual installation based on local conditions, restrictions/prohibitions, and requirements. Please contact your local Housing Service Center (HSC) before moving your pet to ensure a smooth move to your new installation.

NAVY HOUSING
Norfolk (757) 445-2832
JEBLCFS (757) 462-2792
Oceana/Dam Neck (757) 433-3268
Yorktown (757) 847-7806

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

- Functions and/or services FFSC provides:**
- Clinical Counseling- (Individual, Couples, and Child Counseling)
 - Personal Financial Management
 - Information & Referral
 - Family Employment Assistance
 - Transition Assistance
 - Family Advocacy Program
 - Deployment and Mobilization Support
 - Ombudsman Support
 - Relocation Assistance
 - Parenting Programs
 - Stress and Anger Management
 - Command Support
 - Crisis Support
 - Suicide Prevention
 - SAPR Support



Little Creek/Fort Story (757) 462-7563
Newport News (757) 688-6289
Norfolk/Portsmouth (757) 444-2102
Northwest (757) 421-8770
Oceana/Dam Neck (757) 433-2912
Yorktown (757) 887-4606
www.cnmc.navy.mil/navylifema



iStockphoto

By Lisa Smith Molinari

Summer, this balmy of seasons, evokes sunny scenes of kids running through sprinklers, smoky whiffs of charcoal grills, soft sensations of waves lapping bared toes, and sweet sounds of crickets on steamy starlit nights.

But summertime is not all popsicles and dandelions. Actually, this beloved season heralds an event that strikes dread in the hearts of women like me.

No, I'm not talking about innocuous summer pests like blood-sucking mosquitoes. I'm not referring to harmless nuisances such as hairdo-wrecking humidity. I'm not even referencing the annoying obligation of vacationing with relatives.

I'm talking about – brace yourselves ladies – bathing suit shopping.

After nine months of covering our delicate and sometimes ample flesh with layers of protective clothing and binding spandex, we women are expected to abruptly strip down and let it all hang out.

Social morays dictate that at the beach or pool, I should don an itty-bitsy garment that exposes everything but my naughty bits. However, after birthing three large babies and two decades of yo-yo dieting, my abdomen has more rolls than a Mega Pack of Cottonelle. I can barely (pun intended) stomach (pun intended again) the idea of a one-piece.

A bikini? Entirely out of the question.

Thus, every year, I am on a quest to find a

new suit for the summer season that lifts, separates, covers and conceals. Of course, these are generally the skirted kind worn by older women with bunions and flowered swim caps who play bridge on Tuesdays and clip denture cream coupons. However, I am determined to buy a garment that does not appear to have been purchased with a senior discount.

So, I hit the local department store, grab an assortment of bathing suits with a combination of style and function, and head for the dressing room.

Ah, the dressing room. That bastion of garish fluorescent lighting and fun house mirrors, where women come to hate themselves. I hang the plastic number “9” given to me by the attendant on one hook, the bathing suits on the other, and begin to undress.

Federal law requires (or maybe just a local ordinance ... either way, I'm fairly certain you can get arrested for violating it) that one must wear underwear when trying on bathing suits in the store dressing room. However, it is next to impossible to fully appreciate a bathing suit when one is wearing it over a pair of humongous cotton briefs like mine. Despite this unfortunate reality, I subject myself to the moment that every woman on earth dreads — under the unforgiving fluorescent lights, I face the mirror, stripped down to nothing but my large Jockeys for Her.

No matter that I undress at home everyday of my life, I am always shocked by what I see in a department store dressing room mirror. I

gasp audibly as my mind races, “What!? Why is that so spongy? Is that a dent in my thigh? When did those get down there? Is that wiggling? Is this hanging over? Seriously? Good Lord!”

Traumatized, I contemplate giving up on buying a new bathing suit, but always persevere when I remember that the worn out elastic from last year's suit gives me a wedgie. One after the other, I squirm and wiggle my way into those little Lycra instruments of torture, hoping to find one that does not trigger my gag reflex.

Three suits accentuate my ponch. Another highlights my back fat. A tummy control suit nearly ruptures my spleen. One shows my armpit chicken fat. Another gives me “old lady cleavage.” And one has underwire that I fear might puncture my lung.

Finally, I find an ultra-supportive suit that is both flattering and has the added bonus of allowing me to breathe by taking frequent shallow gasps.

Eventually, I emerge from the dressing room, battered and broken, but not defeated. With my last morsel of humility, I toss the chosen suit to the cashier, relieved that I have found an appropriate garment to enjoy the splash of the surf, the smell of cut grass, and the rejuvenating warmth of summer. My bathing suit shopping ordeal is finally over and I survived.

At least until next year.

www.themeatandpotatoesoflife.com

DoD

Safe Helpline

Sexual Assault Support for the DoD Community

Live 1-on-1 Help Confidential Worldwide 24/7

Help is just a *Click*,
Call or Text away!

For confidential victim assistance, visit www.SafeHelpline.org

Live Help 24/7
Call 877.995.5247 (Inside the U.S.)
or via Defense Switched Network

Text zip code or installation/base name to 55247 (Inside the U.S.) or 202.470.5546 (Outside the U.S.)



Debbie Peredo, Seabee Betty's daughter, Capt. Dale Turner, commanding officer of Naval Facilities Engineering Command (NAVFAC) Marianas, and Lt. Michael Rovinsky, officer in charge of Naval Mobile Construction Battalion 133, place flowers on Seabee Betty's grave during the Seabee Betty Day memorial celebration. Seabee Betty died June 9, 2003 and was interred June 20, 2003. In 2004, the governor of Guam declared June 20 to be Seabee Betty Day to honor the more than 50 years of dedicated service to the Seabee community on Guam.

MC2 Kelsey L. Adams

Guam Seabees celebrate Seabee Betty Day

By MC2 Kelsey L. Adams
Commander, Task Force 75 Public Affairs

PITI, GUAM

Seabees stationed in Guam celebrated the Seabee Betty Day Ceremony to honor the life of Vicenta Chargualaf Peredo at Guam Veterans Cemetery June 20.

Peredo, also known as ‘Seabee Betty’, passed away 16 years ago but she is still remembered for her hospitality and gracious attitude toward the thousands of Seabees that were stationed on Guam for more than 50 years.

“It has been 16 years since Seabee Betty was memorialized and laid to rest here in our Veterans Cemetery, but her legacy will

live on for many generations to come,” said Capt. Dale Turner, commanding officer of Naval Facilities Engineering Command (NAVFAC) Marianas who is the most senior ranking Seabee stationed in Guam. “She will forever be known for her famous welcome home and farewell parties she hosted in her home for each Seabee stationed on the Island until she passed away in 2003.”

In addition to the fiesta-style parties, Seabee Betty would also help the Seabees to arrange Chamorro style weddings and acted as a surrogate mother to thousands of Seabees who were away from their families and home, many of them for the first time,

by sharing a piece of her home and culture with them.

“We are reminded of Seabee Betty’s legacy every time we drive through Camp Covington on Naval Base Guam, because it is located on Seabee Betty Dr.,” said Turner. “She made many of us feel that we were a part of her family and we will always think of her as a member of our greater Seabee community.”

Since Seabee Betty’s passing, her daughter Debbie Peredo and several other family members have carried on Seabee Betty’s legacy by hosting an annual party on Seabee Betty Day where each family member brings at least one dish each for the Seabees to enjoy.

“I think it is important to continue carrying on the traditions my mother put in place not only for the Seabee community, but for the locals of Guam,” said Peredo. “My mother always said she would not stop until she was six feet under and I plan to

follow in her footsteps. I know she would be very proud that her beloved Seabees and her family still get together for a fiesta every year. Every year I can feel her smiling down on us, and it makes me smile.”

Throughout her life, Seabee Betty, was recognized for her selfless efforts and kind heart by President Ronald Regan, multiple chiefs of naval operations, U.S. senators, and several other military leaders. She was officially named an honorary Seabee and become one of only two civilians to be inducted into the Seabee Museum in Port Hueneme, California.

According to Peredo and Turner, Seabee Betty embodied the Seabee ‘Can Do’ attitude and has forever be remembered by the Seabee community.

After the memorial ceremony, Seabees stationed on Guam gathered for a traditional fiesta-style party hosted by Seabee Betty’s family at Asan Beach.

According to Peredo, seeing her family and her extended Seabee family all gathered together, eating and enjoying one another’s company, fills her with happiness because even though her mother was laid to rest, her mother will never truly be gone as long as her legacy continues on.

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

15% OFF

MILITARY DISCOUNT

★ FOR ALL ACTIVE AND FORMER MILITARY AND THEIR DEPENDENTS ★

ON IN-STORE PURCHASES

THU. ★ JULY 4 ★ 2019*

TSC TRACTOR SUPPLY CO.

MILITARY DISCOUNT

*No limit to savings.
Please show your military proof of service at checkout to receive discount.
This offer is not good with any other discount.

7 Cities Towing & Recycling

Military, Base Towing, Car Removal, Lockouts, & Storage, Roadside Assistance & More!

Call us Today! 757-639-0888
sevendciestowingandrecycling@yahoo.com

NEWS, BLOGS, DISCOUNTS & MORE

MILITARY NEWS .COM

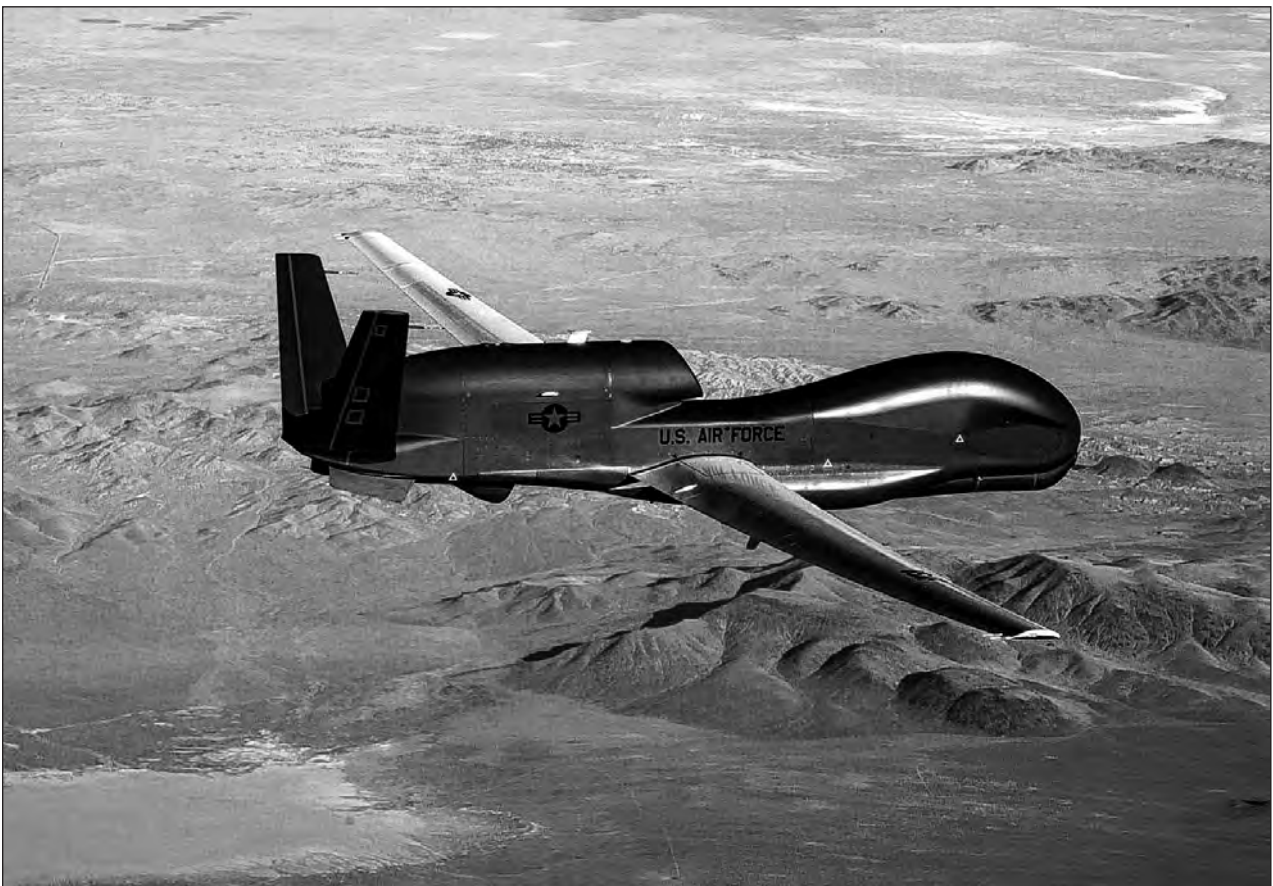
Earn up to \$400 in one month as a new plasma donor!

Make money by making a difference.

octapharma plasma

octapharmaplasm.com

Must be 18-66 years of age and in good health. Bring a valid picture ID as well as proof of Social Security number and current residence. Promotions and compensation may vary by location. Ask staff at your local donation center for more payment details.



File photo of a RQ-4 Global Hawk unmanned surveillance and reconnaissance aircraft.

U.S. Air Force photo

U.S. Central Command statement: Iranians shoot down U.S. drone

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

TAMPA, FLA.

"U.S. Central Command can confirm that a U.S. Navy Broad Area Maritime Surveillance (or BAMS-D) ISR aircraft was shot down by an Iranian surface-to-air missile system while operating in international airspace over the Strait of Hormuz at approximately 11:35 p.m. GMT on June 19, 2019.

Iranian reports that the aircraft was over Iran are false.

This was an unprovoked attack on a U.S. surveillance asset in international airspace.

The BAMS-D is a RQ-4A Global Hawk High-Altitude Long Endurance (HALE) Unmanned Aircraft System (UAS) and provides real-time intelligence, surveillance and reconnaissance missions (ISR) over vast ocean and coastal regions."

U.S. Navy releases RFP for Guided-missile Frigate contract

From PEO Unmanned and Small Combatants Public Affairs

WASHINGTON

The U.S. Navy released a request for proposals (RFP) for the FFG(X) detail design and construction (DD&C) contract for first 10 guided-missile frigates (one base ship and nine option ships) June 20.

The RFP provides for a full and open competition and will result in a contract awarded to one company.

As described in the Chief of Naval Operations' "Design for Maintaining Maritime Superiority 2.0," and in keeping with the National Defense Strategy's stated goal of achieving a more lethal, resilient and agile force by pursuing acquisition strategies to build ships more quickly and affordably, the Navy plans to award a contract for FFG(X) DD&C in fiscal year 2020.

The FFG(X) will have multi-mission capability to conduct air warfare, anti-submarine warfare, surface warfare, electronic warfare and information operations. Offerors who respond to the DD&C solicitation must propose an FFG(X) design based on a parent ship design that has been through production and demonstrated in full scale at sea. Per U.S. law, FFG(X) must be built in a domestic shipyard.

The Navy released a draft FFG(X) DD&C RFP to industry on March 1 and hosted an Industry Day event on March 19. Through these interactions, the Navy received feedback from industry that informed the RFP released today.

To reach the Navy's full requirement of 20 FFG(X)s a second contract is planned closer to 2025 for the next 10 ships to ensure more accurate pricing on out-year ships. This will be beyond the six years planned for this initial contract.

FFG(X) is an agile, multi-mission platform designed for operation in blue water and littoral environments.

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



CT11 Amy Lavelle

Aviation Ordnanceman 1st Class Veronica Aguilar (front right) is currently serving as the leading petty officer of N32, the division of Navy trainees at Information Warfare Training Command (IWTC) Monterey studying Korean and Chinese at the Defense Language Institute Foreign Language Center. The students she leads are all engaged in intensive foreign language training programs, and will eventually become part of the information warfare community.

AVIATION ORDNANCEMAN LEADS FUTURE NAVY LINGUISTS AT DEFENSE LANGUAGE INSTITUTE

By MCSN Makinna Olmstead
Information Warfare Training Command Monterey Public Affairs

MONTEREY, CALIF.

Aviation Ordnanceman 1st Class Veronica Aguilar is currently serving as the leading petty officer of N32, the division of Navy trainees at Information Warfare Training Command (IWTC) Monterey studying Korean and Chinese at the Defense Language Institute Foreign Language Center.

Aguilar had plans to be an instructor at the Aviation Ordnanceman (AO) "A" school, but was notified those orders had fallen through. The only similar duty available was a leadership position at IWTC Monterey. After serving for six years in the surface Navy, the move to a training com-

mand outside of her warfare community was a bit of a culture shock. The Sailors in her charge come straight from basic training and require a different style of leadership.

"Coming from the fleet, I was absolutely affected," shared Aguilar. "I needed to find a balance so as to motivate and empower my Sailors rather than instill fear and lose the opportunity to further develop and mentor them professionally and personally."

According to her Sailors, she has succeeded in achieving this balance. The students she leads are all engaged in intensive foreign language training programs, and will eventually become part of the information warfare community which has a culture all its own. Aguilar proves that leader-

ship is not confined to ones' own community or rating. The skills she developed in the fleet are just as effective with brand new Sailors.

"AO1 holds us to a very high standard," said Seaman Apprentice Katherine Seiberth. "She is compassionate and always willing to listen to and work with her Sailors. She is fair and always has the information you need and she never hesitates to correct mistakes."

For any Sailor considering taking orders to IWTC Monterey, Aguilar believes it is very important to lead with heart and be prepared to work hard.

"It's important to be a strong, well-rounded leader," said Aguilar. "Part of that is being willing to open up socially and

share some smiles with my Sailors to brighten their day. Most importantly, be ready to lead the next wave of information warriors!"

IWTC Monterey, as part of the Center for Information Warfare Training (CIWT), provides a continuum of foreign language training to Navy personnel, which prepares them to conduct information warfare across the full spectrum of military operations.

With four schoolhouse commands, two detachments, and training sites throughout the United States and Japan, CIWT is recognized as Naval Education and Training Command's top learning center for the past three years. Training over 21,000 students every year, CIWT delivers trained information warfare professionals to the Navy and joint services. CIWT also offers more than 200 courses for cryptologic technicians, intelligence specialists, information systems technicians, electronics technicians, and officers in the information warfare community.

For more news from Center for Information Warfare Training, visit www.navy.mil/local/cid/.



Alex Jackson

Naval Information Warfare Center (NIWC) Atlantic Commanding Officer Capt. Wesley Sanders collaborates with a student to build a trebuchet during the 7th Annual Palmetto Cybersecurity Summer Camp at Jerry Zucker Middle School of Science June 17-21. NIWC Atlantic teamed up with Charleston County School District and Trident Technical College for the week long event. Close to 150 students attended the science, technology, engineering and mathematics (STEM) themed camp geared at engaging students early and providing awareness into the various career opportunities focused on cybersecurity and engineering.

CYBERSECURITY SUMMER CAMP GROWS FUTURE WORKFORCE

By Carmen Judge
Naval Information Warfare Systems Command (NAVWAR)

CHARLESTON, SC.

Naval Information Warfare Center (NIWC) Atlantic teamed up with Charleston County School District and Trident Technical College for the 7th Annual Palmetto Cybersecurity Summer Camp at Jerry Zucker Middle School of Science June 17-21.

Close to 150 students attended the science, technology, engineering and mathematics (STEM)-themed camp geared at engaging students early and providing awareness into the various career opportunities focused on cybersecurity and engineering.

“At NIWC Atlantic we have long stressed and understand the urgency of growing the workforce with people that understand the ‘1s’ and ‘0s’ —the data,” said Capt. Wesley Sanders, NIWC Atlantic commanding officer. “The Navy and our nation need to be leaders in cybersecurity and this is one onramp into that career field.”

During a kickoff event with students, Sanders emphasized the importance of the camp in providing experiences to encourage students’ lifelong learning goals.

“Many of the skills learned over this week

are skills previously offered at the post-collegiate level. We started introducing them at a much earlier stage because we realize it’s an opportunity to impact your life, give you exposure to cybersecurity and set you on a positive track,” said Sanders.

Subject matter experts, local businesses, community organizations and multiple volunteers ensured a productive atmosphere focused on learning, creativity and hands-on engagement for the students.

This year’s theme “Power Up with Cyber” offered students six learning tracks based on their interests and previous experience in cyber. Learning sessions within each track offered a variety of topics for students, to include hands-on lessons in network cabling, snap circuits, computer deconstruction, programming, forensics fundamentals and more.

The learning tracks offer opportunities for students to identify focus areas that could ultimately lead them into the next level of study and eventually into a STEM career.

During closing ceremonies, students and parents heard more from NIWC Atlantic leadership and received encouragement in pursuing careers in STEM.

“Find what you are passionate about and



Joseph Bullinger

Naval Information Warfare Center (NIWC) Atlantic Executive Officer Cmdr. Jeffrey Williams gives remarks to students at the closing ceremony of the 7th Annual Palmetto Cybersecurity Summer Camp at Jerry Zucker Middle School of Science held June 17-21.

give it everything you’ve got,” said William Littleton, NIWC Atlantic STEM cyber lead. “If it is cyber security or something you learned this week, I hope that you pursue it and seek out people who will help you and move you along in that direction.”

At the end of the ceremony, students listened to parting remarks from NIWC Atlantic’s Executive Officer, Cmdr. Jeffrey Williams, and received various awards for camp participation.

“When I stand here today, I see the future – future leaders, scientists and engineers,” said

Williams. “The things you did today have real world application.”

As a part of Naval Information Warfare Systems Command, NIWC Atlantic provides systems engineering and acquisition to deliver information warfare capabilities to the naval, joint and national warfighter through the acquisition, development, integration, production, test, deployment, and sustainment of interoperable command, control, communications, computer, intelligence, surveillance, and reconnaissance, cyber and information technology capabilities.

New Jersey WWII Sailor returned home for military funeral

By MC2 Anthony Flynn
Naval Support Activity Philadelphia

PHILADELPHIA, PA.

Fireman 1st Class Angelo Michael Gabriele, killed in action during the Dec. 7, 1941 attacks on Pearl Harbor, was buried at Washington Crossing National Cemetery, June 24 - receiving full military funeral honors from Sailors assigned to Naval Support Activity Philadelphia.

“[Gabriele] was a member of the greatest generation that made the greatest sacrifice,” said Rear Adm. John Schommer, deputy commander, U.S. Fourth Fleet. “It is a true honor to bring him here near his home for this final resting place.”

The 21-year-old from Trenton, New Jersey was aboard the battleship USS West Virginia (BB-43) when enemy-torpedoes struck the moored ship resulting in his death along with 105 of his shipmates.

“He joined the Navy to learn a trait, and served his country to support his family,” said Peter DiPietro, Gabriele’s nephew. “We are appreciative of the Navy for never giving up on bringing him home.”

Recent efforts by scientists from the Defense POW/MIA Accounting Agency and the Armed Forces Medical Examiner System positively identified a number of remains that were interred as “unknowns” at



U.S. Navy

the National Memorial Cemetery of the Pacific.

Once identified, Gabriele was flown to Philadelphia International Airport where Sailors rendered planeside honors then served as the funeral honors detail on the day of his burial.

“This was a special moment in my career,” said Aviation Support Equipment Technician Airman Joseph Rogan, “You

learn so much about the sacrifices our shipmates made all those years ago; being a part of [Gabriele’s] service really made it all come full circle.”

Gabriele is survived by four nephews, two great nieces and a great nephew.

NSA Philadelphia’s mission is to provide an operationally ready, secure shore infrastructure committed to the quality of life to military members, civilian staffs and the

community.

For more information on NSA Philadelphia visit, <https://www.facebook.com/nsaphil/>.



Hisako Mawatari

U.S. Fleet Activities Yokosuka (CFAY) Briggs Bay is the site where migratory, ground-nesting Little Ringed Plovers (Charadrius dubius) lay their eggs, and new nests were recently discovered in the Briggs Bay laydown (construction) area during the Memorial Day weekend. According to Hisako Mawatari, CFAY’s Public Works Department Natural Resource Program Manager, two nests were found and five adults were observed in the area.

CFAY works with GOJ to protect ground nests at Briggs Bay

By Christina Johnson
Commander, Fleet Activities Yokosuka Public Affairs

YOKOSUKA, JAPAN

Commander, Fleet Activities Yokosuka’s (CFAY) Briggs Bay is the site where migratory, ground-nesting Little Ringed Plovers (Charadrius dubius) lay their eggs, and new nests were recently discovered in the Briggs Bay lay-

down (construction) area during the Memorial Day weekend.

CFAY’s Public Works Department (PWD) Natural Resource program has been working with the Government of Japan’s South Kanto Defense Bureau (SKDB) and Japanese Engineering District of the U.S. Army Corps of Engineers (JED), to help in the conservation of the birds by protecting

their nests from being stepped on or crushed by vehicles or other equipment.

“Two plover nests have been found at Briggs Bay and a total of five adults have been observed,” said Hisako Mawatari, PWD’s Natural Resource program manager. “After hatching, the chicks will become mobile within an hour and leave the nest to find

food.”

The bird’s breeding area is normally near freshwater in open gravel areas, usually in areas with little or no plant growth. The eggs are tan with brown speckles and difficult to see in the rocky areas thus camouflaging and protecting them from predators.

“The PWD’s Environmental Division has asked JED and SKDB contractors to limit their use to half of the allotted space until August when the nests will have hatched and the chicks have fledged,” added Mawatari.

The United States and Japan are

both signatories of the Migratory Bird Act that protects the plover which means the use of the Briggs Bay area will be shared until the chicks are fledged and migrate out of the area.

Commander, Fleet Activities Yokosuka provides, maintains, and operates base facilities and services in support of 7th Fleet’s forward-deployed naval forces, 71 tenant commands, and 27,000 military and civilian personnel and their families.

For more news from Commander Fleet Activities Yokosuka, visit www.navy.mil/local/cfay/.

You Could Own a Luxurious One-Level Low Maintenance Home for \$1,467/mo.*

- ✓ Build Equity for Your Family, not the Landlord
- ✓ Claim a Tax Deduction
- ✓ VA Loans & Zero Down Payment Financing Options
- ✓ Personalize However You Like

York County Schools!

105 Mainsail Loop
\$254,590
2 BR / 2 Bath
Gourmet Kitchen

109 Mainsail Loop
\$266,265
2 BR / 2 Bath
Utility / Mud Room

121 Mainsail Loop
\$269,240
3 BR / 2 Bath
White Maple Cabinets

- One-Level Living
- GE Stainless Appliances
- An abundance of Windows and Natural Light
- 1 Car Garage (per plan)
- Convenient Location to Major Employers & Entertainment
- Hardwood Floors & Granite Countertops

We’re Open Daily 12-6pm

101 Mainsail Loop in Yorktown

4thGenHomes.com

April Ford
REALTOR®
757.418.2244

Nick Russo
VICE PRESIDENT
NMLS# 119202
757.241.0858

A Subsidiary of TowneBank
NMLS# 91904



*30 year loan of \$245,885 @4.50% rate with 5% down, estimated \$1467 PITI. (\$1220 P&I + \$247 taxes + insurance). This assumes borrower paid single premium mortgage insurance in place of monthly. The information contained herein (including but not limited to any description of TowneBank Mortgage, its affiliates and its lending programs and products, eligibility criteria, interest rates, fees and all other loan terms) is subject to change without notice. Mainstay at Yorktown is not a mortgage lender and so you should contact TowneBank Mortgage directly to learn more about its mortgage products and your eligibility for such products. If your house is already listed with an agent, this is not intended to solicit that listing. This is not a commitment to lend.

Limited Time Offer: \$10,000 in Free Upgrades!

WARRIOR | *Team Navy will consist of 40 Navy and Coast Guardsmen*

Continued from B1

Team Navy joins approximately 300 service members from the other branches of the U.S. military, as well as the United Kingdom Armed Forces, Australia Defence Force, Armed Forces of the Netherlands, Canadian Armed Forces and the Danish Armed Forces.

“Warrior Games brings together folks with different disabilities and it gives us the opportunity to look at the strength we all have because there is one common goal to move on and try things we’ve never done before,” said Rear Adm. Kyle Cozad, Team Navy rookie.

Since 2010, the Warrior Games have introduced wounded, ill and injured service members and veterans to Paralympic-style sports, including golf, which is a new competition this year.

“Adaptive sports and the Warrior Games are some of the many resources available to our wounded warriors,” Jackson said. “It is absolutely inspiring and impressive to see these athletes compete and to watch the team building and energy they get from each other. I firmly believe that coming to watch these warriors is a life-changing experience.”

The 2019 Warrior Games will feature 13 adaptive sports: archery, cycling, indoor rowing, powerlifting, shooting, sitting volleyball, swimming, track,



MC1 Tyrell Morris Hospital Corpsman 1st Class Carlos Valerio runs the first leg of the 400-meter relay for Team Navy at the 2019 Department of Defense Warrior Games, June 22. Team Navy is comprised of athletes from Navy Wounded Warrior-Safe Harbor, the Navy’s sole organization for coordinating the non-medical care of seriously wounded, ill and injured Sailors and Coast Guardsmen, providing resources and support to their families.

field, wheelchair basketball, wheelchair tennis, wheelchair rugby and golf.

“When you suffer a significant injury or illness people try to tell you what you can’t do but participating in adaptive sports is our way of showing people that

we can do anything we put our mind to,” said Chief Quartermaster Angela Everett, Team Navy rookie.

The Games are hosted by the U.S. Special Operations Command (SO-COM) and events will take place

throughout the city of Tampa Bay to include the Tampa Convention Center, MacDill Air Force Base and the University of South Florida.

The Warrior Games will conclude June 30 with a closing ceremony.

CYCLONES | *Joint typhoon Warning center provides forecasts to keep U.S. personelle safe*

Continued from B1

5 Hurricane Andrew obliterated Homestead Air Force Base in 1992 and led to over \$100 million worth of base reconstruction. The infamous Typhoon Cobra in 1944, nicknamed “Halsey’s Typhoon,” resulted in the loss of nearly 800 Sailors, three destroyers, and more than 100 aircraft.

For joint forces from U.S. Indo-Pacific Command (USINDOPACOM), U.S. Central Command (USCENTCOM) and U.S. Africa Command (USAFRICOM) operating within and along the Pacific and Indian Oceans where more than 70 percent of the world’s tropical cyclone activity occurs each year, the constant threat of another Michael or Andrew-like storm is very real. However, contrary to the continental United States (CONUS), tropical cyclones in this part of the world can traverse vast stretches of open ocean virtually unobserved except by satellites. The last routine U.S. aerial reconnaissance flights outside CONUS ceased in 1987 due to budget cuts. Since that time, nearly 200 tropical cyclones have passed within 150 miles of Okinawa and Guam alone.

It is the responsibility of the Joint Typhoon Warning Center (JTWC) in Pearl Harbor, Hawaii to provide forecasts, warnings, and decision support to keep U.S. personnel safe, protect assets, and to leverage battlespace environment awareness for tactical planning.

“Persistent surveillance over 55 million square miles to identify an obscure rotation that has the potential to develop into a typhoon is a constant challenge,” according to Cmdr. Robin Cherrett, commanding officer of the JTWC. Novel new uses for a pair of research satellites designed to monitor soil moisture and ocean salinity, launched by the National Aeronautics and Space Administration (NASA) and the European Space Agency (ESA), are providing JTWC forecasters new tools in the fight against Mother Nature.

Providing warfighters and decision makers with the longest lead-times and most accurate forecasts possible of when, where, and how a tropical cyclone may form and evolve over the next five days begins with an accurate environmental analysis. The analysis forms the basis of the entire forecast; therefore, accuracy of the initial starting conditions is essential. “It is very difficult to say where a system is going to go if we can’t even accurately assess its current state,” says JTWC’s Director, Mr. Bob Falvey. However, having to rely almost entirely on satellite data to perform this analysis presents some difficult hurdles to overcome.

Much like in CONUS, geostationary satellites monitor the day-to-day weather patterns occurring over most of the globe. However, these satellites are limited in what they can observe. High clouds typically associated with tropical cyclones can often shield underlying structures, preventing analysts from observing critical



Staff Sgt. Ryan Conroy Hurricane Michael made landfall as a catastrophic Category 4 close to Tyndall Air Force Base, Florida, in the afternoon of Oct. 10. The storm created significant structural damage to the majority of the base and surrounding areas.

low level features during development. During periods of darkness, analysts must rely on infrared imagery which is even more limiting. “When a well-defined super-typhoon is heading towards Kadena Air Base, it is very easy to identify the eye and determine the system’s precise location; however, when we’re looking at a disorganized mass of clouds approaching Guam and trying to decide if and when we need to start issuing warnings that may result in multi-million-dollar sortie decisions – this becomes a much more difficult problem,” according to Lt. Cmdr. Brian Howell, prior JTWC operations officer.

Such a scenario played out this July when Tropical Depression Maria formed southeast of Guam. Without the benefit of aerial reconnaissance to help locate the developing center, early position estimates were scattered about over hundreds of square miles. This resulted in large swings in the JTWC forecast track, and significant intensity errors. JTWC still relies heavily on a decades-old cloud pattern matching process, called the Dvorak Technique, to estimate tropical cyclone intensity. “Although it can’t account for all situations, the technique has proven to be quite reliable – but you must have an accurate estimate of the center position,” notes Capt. Sean Zoufaly, USAF, JTWC Satellite Operations Flight Commander. In this case, the lack of timely and precise data to monitor Maria’s development into a 63 mph tropical storm prior to landfall partially contributed to a reduction in theater strike force readiness.

Despite the usefulness of the Dvorak Technique, it cannot provide details about the extent of a tropical cyclone’s wind field including gale-force and destructive winds, known collectively as wind radii. These wind radii estimates are key factors for decision makers when planning to divert or sortie ships and aircraft, or to set base tropical cyclone conditions of readiness (TCCOR). To analyze tropical cyclone position and wind structure, forecasters rely heavily on polar orbiting microwave satellites, in particular two types of sensors called radiometers and scatterometers. These sensors operate at frequencies that are largely able to see through high clouds and all but the most intense rain and hail to reveal details about

a cyclone’s intense inner core.

Scatterometers, specially designed RADARs, measure energy reflecting off “capillary waves” or ripples found on the ocean surface to provide estimates of two-dimensional wind vectors (i.e., both wind speed and direction). Without aerial reconnaissance, scatterometry data is generally regarded as the highest quality data available at JTWC, often providing the only clear indication that a tropical cyclone has formed. “When we look at the value that scatterometer data adds to JTWC forecast confidence and accuracy, and how that translates to high-dollar decisions impacting resource protection and mission readiness, these sensors have proven their worth over and over again,” notes Falvey.

Unfortunately, due to their high cost to launch and operate, microwave satellite passes are becoming increasingly rare as new platforms are either not being funded to replace those that have expired or are using cheaper, less capable technology than what is currently being flown. For instance, despite the unique importance of scatterometer data, plans for future U.S. scatterometer sensors will largely rely on so-called “passive” versus “active” detection, which is not effective in areas of extreme precipitation, like that within a tropical cyclone.

“We leverage research and foreign-partner data to the maximum extent possible; however, in today’s information-assured environment, even that is becoming more challenging,” notes Cherrett. Even the best microwave sensor still has its own drawbacks. At most, a polar-orbiting satellite will pass over a tropical cyclone twice per day. “In many cases, the portion of the Earth’s surface observed as the satellite passes overhead is so narrow that it misses the tropical cyclone completely”, states Capt. Zoufaly. Additionally, even the highest quality scatterometers currently flying cannot measure wind speeds higher than hurricane/typhoon force (75 mph).

To address these limitations, JTWC is always looking for the next new sensor to help fill the growing gap in space-based monitoring. This brings us back to soil moisture and ocean salinity satellites.

For more news from Joint Typhoon Warning Center, visit www.navy.mil/local/jtwc/.

BALTOPS | *Exercise led by U.S. Second Fleet*

Continued from B1

There are several notable facts about BALTOPS this year:

As a tribute to the importance all contributing nations placed on BALTOPS this year, there were 389 completed serials, which is a planning term for a coordinated military exercise, compared to 98 serials completed last year.

For the first time at BALTOPS, Joint Expeditionary Force, Maritime (JEF-M) led as the Amphibious Task Force commander. JEF-M is a U.K.-led joint force which is an adaptable high-readiness force that can be stood up anywhere, at any time and in any environment.

The NATO Amphibious Leaders Expeditionary Symposium (NALES) concept of multinational command and control of an Amphibious Task Force-level capability was implemented for the first time, allowing the coordinated command and control of naval forces across different nations’ amphibious forces.

The simultaneous amphibious operations in the Eastern and Western Baltic Sea is unprecedented; this has not occurred in a previous BALTOPS or a previous multinational exercise.

In the Mine Warfare mission, German, Norwegian, Danish, and U.S. Navy sailors cleared more than ten WWII-era bottom mines off the coast of the Bundeswehr Military Training Area in Todendorf, Germany. In a first for mine warfare, U.S. Helicopter Sea Combat Squadron Two Eight (HSC 28) used the Airborne Laser Mine Detection System (ALMDS) and Airborne Mine Neutralization System – Archerfish (AMNS-AF) to operate in the environment to expand anti mine warfare capability.

The Lithuanian Air Force and USS Mount Whitney’s (LCC 20) Helicopter Sea Combat Squadron Det 1 (HSC-28 Det 1) conducted Deck Landing Qualifications (DLQs) aboard Mount Whitney. This was an opportunity to establish the foundation for helicopter operations on air capable ships.

The Lithuanian military and BALTOPS planners worked closely to make a range available in Lithuania for a Hellfire Missile shoot for the first time. During the shoot, American aircrew communicated with Lithuanian Joint Terminal Attack Controllers onboard a range safety boat, utilizing joint tactics and procedures.

Lewis said he was very pleased with the execution of BALTOPS 2019, and impressed with the professionalism of all those involved.

“The end state of the exercise is to build readiness,” said Lewis. That readiness shows a cohesion in NATO and our allies and partners. It shows unity and commitment to security globally, not just in the Baltic.

The conclusion of BALTOPS coincides with the kick-off of Kiel Week. BALTOPS participation in Kiel Week included a post exercise discussion; ship tours of the BALTOPS Maritime Force by local government officials, military members and the public; and several receptions held highlighting the annual celebration.

A GREAT WEBSITE

dedicated to our active duty military and their families!

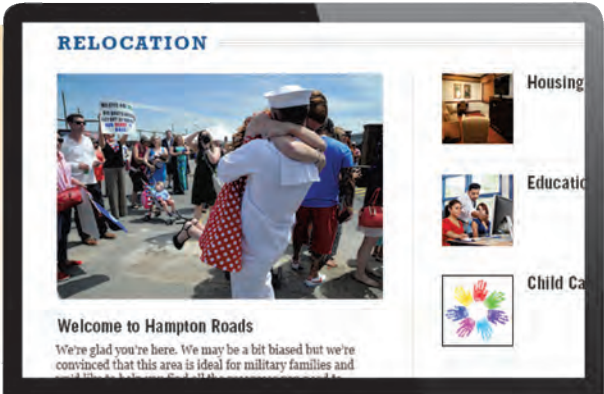


INTRODUCING MILITARYNEWS.COM

ATTENTION MILITARY FAMILIES: now there's a regional website just for you! **MilitaryNews.com** assists active duty military and their families, both during their transition and throughout their residence here in Hampton Roads. There's an abundance of information at your fingertips!

★ RELOCATION INFO

All the resources you need to make Hampton Roads your home.



★ DISCOUNTS & DEALS

Great deals are easy to find with MilitaryNews.com's list of military discounts and military-only coupons and contests!



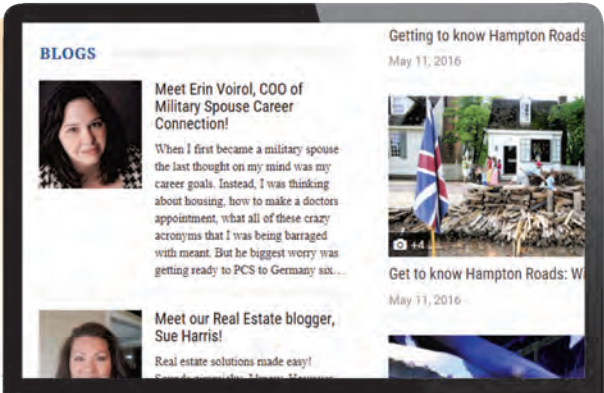
★ EVENTS & CALENDAR

Looking for fun, military friendly events for the whole family? Check out our events and calendar pages for all the military happenings.



★ MILITARY NEWS & BLOGS

Find information for military families by military families. Our slate of bloggers are all connected to the military and want to help you make the most of your time in Hampton Roads.



PLUS SO MUCH MORE.
CHECK OUT MILITARYNEWS.COM TODAY!





Miss District of Columbia finalist commisioned in Navy

Andolyn Tomasa Medina, from Chesapeake, is a 23-year-old second generation naval officer after being selected on 13 May 2019, 1 of 5 candidates of the Health Professions and Scholarship Program (HPSP) Candidate for the Clinical Psychology program.

See C2



1950's regatta, using a channel marker as the windward mark.

Photo courtesy of Vincent J. Serio, III

Busch Gardens Williamsburg retains title as World's Most Beautiful Park

Press Release

WILLIAMSBURG

Busch Gardens® Williamsburg was recently honored the “World’s Most Beautiful Park” by the National Amusement Park Historical Association (NAPHA) for the 29th consecutive year, extending a streak dating back to 1990. “This award exemplifies Busch Gardens Williamsburg’s longstanding commitment to ensuring a world-class guest experience in a beautiful setting,” said Kevin Lembke, park president at Busch Gardens Williamsburg and Water Country USA. “I’m so proud of our entire team. They all play a role in achieving this honor.” The award was part of the 33rd annual NAPHA Amusement Park and Attractions Survey, the oldest of its kind. NAPHA is an international organization dedicated to the preservation, documentation and enjoyment of the amusement and theme



Scott K. Brown

See BEAUTIFUL | C4

Calendar

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



Courtesy photo

Bayou Boogaloo Music & Cajun Food Festival

- June 28-30
- Town Point Park
- www.downtownnorfolk.org

The Bayou Boogaloo Music & Cajun Food Festival is Norfolk’s annual love-fest with New Orleans’ vibrant spirit and captures the melting pot of Bayou culture. This popular 3-day festival delivers the heart and soul of Louisiana to visitors of Town Point Park in true Cajun and Creole style. From New Orleans to the Downtown Norfolk Waterfront, two stages featuring national recording artists providing diverse cultural musical entertainment. This is the most authentic food and music festival in the nation.

Hampton Roads Exotic Pet Expo

- June 30, 9:00 a.m. to 4:00 p.m.
- 106 N Constution Dr, Yorktown
- (757) 877-8084

Come out and enjoy a day of fun, excitement and education. We are bringing some great reptile breeders and enthusiasts for you to chat and purchase from. Come see some amazing animals from Ferrets, Bengal cats, Sugar gliders to Pythons, Lizards, Arachnids and Amphibians. Not only can you purchase animals but there will also be animals for you to see up close and hold. Have you ever held a snake larger than you? Or Danced with some large parrots? Well now you can.



Courtesy photo

July 4th Celebration

- July 4, 4:00 p.m.-10:00 p.m.
- Mount Trashmore Park
- VBgov.com/specialevents

Celebrate with your friends and family at our annual July 4th Celebration at Mount Trashmore Park! Fireworks begin at 9:30 pm. Admission is free; limited onsite parking is \$10. Food and drinks available for purchase.

4th of July Great American Picnic & Fireworks

- July 4, 5:00 p.m.
- Town Point Park
- www.downtownnorfolk.org

Leave the grilling to us on the 4th of July and bring your family and friends down to Town Point Park. Guests can buy traditional all-American fare, including hot dogs, hamburgers, barbecue, seafood, buttered corn on the cob, juicy watermelon, lemonade... with all the fixing’s and much more available for purchase! Relax on the lawn and enjoy the live entertainment, then watch as the sky lights up with the fireworks display at 9:30 pm!



Darnell Vennie

Independence Day Celebration

- July 4
- Colonial Williamsburg
- www.colonialwilliamsburg.com

There's no better place to celebrate our nation's birth than on historic Duke of Gloucester Street. Enjoy a full day of patriotic festivities, including public readings of the Declaration of Independence, musical performances, hands-on activities for the kids, and a dazzling fireworks display at 9:30 p.m. to cap the evening.

Fireworks Cruise Aboard the Victory Rover

- July 4, 8:30 p.m.-10:00 p.m.
- 1 Waterside Drive
- www.navalbasescruises.com

Looking for a unique way to celebrate the 4th of July this year? If you’re hoping to catch Norfolk’s iconic fireworks display without pushing your way through the crowds, book a ticket aboard the Victory Rover for an up close and personal experience that you can share with family and friends.

Community

■ Submit YOUR events, news and photos

The Flagship welcomes submissions from our readers online.

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

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

Chesapeake native and Miss District of Columbia finalist commissioned in Navy

By Navy Office of Community Outreach

Andolyn Tomasa Medina, from Chesapeake, is a 23-year-old second generation naval officer after being selected on 13 May 2019, 1 of 5 candidates of the Health Professions and Scholarship Program (HPSP) Candidate for the Clinical Psychology program.

She was sworn in on Saturday, June 15, by her parents. Andolyn’s shoulder boards were those that her mother wore when she was commissioned to the rank of Ensign. Her godmother, Aunt Sheila Toney placed on Andolyn’s left shoulder board and her Aunt Toni Mills placed on Andolyn’s right shoulder board and a lifelong friend of the family, City of Chesapeake City Councilwoman Dr. Ella Ward presented Andolyn with her cover.

Medina will join the Medical Service Corps Officers club just like her parents, but instead of being a Healthcare Administrator like them, she will be a Navy Psychologist in the United States Navy.

Medina is also a second year doctoral student at The George Washington University. She graduated Summa Cum Laude in 2016 from The George Washington University and holds a master’s degree in Forensic Psychology, graduating with a 3.85 GPA; and a 2016 graduate of Hollins University on a full academic scholarship. She graduated in three years from Hollins University with a Bachelor of Arts degree in Psychology with a Music Minor, graduated Cum Laude.

She is currently employed at The National Center for Victims of Crimes in Washington, D.C. Her career ambition is to complete her Doctor of Psychology degree in Clinical Psychology and become a Navy Psychologist.

Medina has an extensive list of accomplishments and awards. They are: recipient of the Presidential Call to Service & Gold President’s Volunteer Service Awards; Miss America Community Service Award; Miss VA Quality of Life Finalist; Miss America’s Outstanding Teen (MAOTeen) Distinguished Alumna Award; Sandusky Service House Bronze Service Award; Wells Fargo Community Service Award; MAOTeen National Teen in Action Award Winner; Guest Performer for Miss America 2013 Pageant, Washington Wizards (NBA), Washington Capital City Go-Go (NBA



Navy Office of Community Outreach

G-League) & Washington Mystics (WNBA), United Service Organization (USO) Award recipient & Recipient of several VA State Senate Resolutions and City Proclamations.

She is currently a Miss District of Columbia 2019 finalist for the opportunity to compete for Miss America 2020 and she was Miss Virginia Cherry Blossom princess 2017. In 2016 Andolyn received a Proclamation from the Mayor of Roanoke, VA declaring 7 March ANDOLYN MEDINA DAY. Today, Andolyn has volunteered more than 7500 service hours.

Being an avid volunteer, Andolyn has always had a passion for service and giving back to her community. She is an ambassador for Children Miracle Network Hospital and for advocating against and putting a stop to Child Exploitation and Human Trafficking.

As stated above, Andolyn’s vocal gift and talent has opened many outstanding musical performance opportunities. These opportunities include: hand-selected in 2012 to sing the National Anthem for President Barack Obama where she spoke candidly with him and also met First Lady Michelle Obama; Sang the National Anthem to open the games of the Washington Wizards (NBA) and the Mystics (WNBA) and the Capital City Go-Go. She recently appeared as a guest “LIVE” on national TV, the Wendy Williams show. Andolyn is often

praised for her keen intelligence, and her wonderful leadership, educational success, and outstanding service to all mankind has qualified her to join the legacy of her mother as a member Alpha, Kappa Alpha Sorority, Incorporated.

Andolyn’s Scholastic Honors: Recipient of Merit Scholarship for doctoral program; Golden Key International Honor Society Scholar, Summa Cum Laude Graduate, George Washington University; Psi Chi International Honor Society, Dean’s List, Cum Laude Graduate with departmental honors, and Full Tuition Scholarship, Hollins University; Governor’s School for the Arts, and National Honor Society.

Andolyn hails from Puerto Rican and African America descent. Her father, Andres Medina is a native of Yabucoa, Puerto Rico and retired after 24 years as a lieutenant in the United States Navy, Medical Service Corps. He is currently the Assistant Deputy Director for Small Business at NAVFAC MIDLANT, Norfolk, VA and her mother, Carolyn Medina is a native of Lake City, South Carolina and retired after 20 years as a lieutenant commander in the United States Navy, Medical Service Corps. She is currently Navy Medicine East Regional Medical Inspector General in Portsmouth, Virginia. They both reside in Chesapeake, Virginia.



Courtesy photo

Sailors assigned to the USS George H.W. Bush volunteered their time at A Place for Girls recently, the headquarters and program center for Girl Scouts of the Colonial Coast

Local sailors volunteer at Girl Scout headquarters in Chesapeake

Press Release

Sailors assigned to the USS George H.W. Bush volunteered their time at A Place for Girls recently, the headquarters and program center for Girl Scouts of the Colonial Coast, to improve the safety of our 8.5 acre nature area, The Outback. Thanks to their hard work, rotted boards on the boardwalk and bridge over Bells Mill Creek

were replaced in order to ensure the safety of day campers at Camp Outback and other guests.

The group’s volunteer effort — an initiative made possible by A Thousand Points of Light, a non-profit organization launched by former U.S. President George H.W. Bush to support volunteerism — was led by Chief Petty Officer Ramon Diaz and Chief Petty Officer Priscilla Gamble.

“It feels great to give back no matter what it is, but it’s especially important to me because I have a daughter,” CPO Gamble said.

The day also served as a time of reflection for Girl Scout alum and Petty Officer Second Class, Sierra Cano, who said her volunteer experience came full circle. She recalled selling Girl Scout Cookies and showed gratitude for being able to give back to the next generation of girls in Girl

About Girl Scouts of the Colonial Coast

Girl Scouts of the Colonial Coast, a United Way agency, serves nearly 11,000 girls in grades K through 12 with the help of nearly 5,000 adult volunteers in southeastern Virginia and northeastern North Carolina. Girl Scouts offers a one-of-a-kind leadership development program for girls, unleashing the G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)™ in every girl. Since 1912, Girl Scouts has been building girls of courage, confidence and character who make the world a better place. To volunteer, reconnect, donate or join, visit www.gsccc.org or call 1-800-77SCOUT.

Scouts.

For more information on Girl Scout volunteer opportunities, visit our website, www.gsccc.org or call 757-547-4405.

Practicing yoga to stimulate the mind, body, spirit

**By Military Health System
Communications Office**

Two programs that incorporate yoga at Walter Reed National Military Medical Center in Bethesda, Maryland, demonstrate the ability of the ancient practice to help heal the mind and body.

“The word ‘yoga’ in Sanskrit means to yoke together, and the idea is to bind together our mind, body, and spirit, and not just to bind, but to create a balance among the three aspects,” explained Dr. Bhagwan Bahroo, a psychiatrist in the Psychiatry Continuity Service program at Walter Reed. “Having personally realized the significance of yoga, I wish to share the many benefits with our service members.”

Bahroo grew up practicing yoga in India and re-connected with it 10 years ago when asked to integrate the practice into Walter Reed's behavioral health program. Today he teaches a one-hour class for up to 12 participants once a week using basic poses and various breathing techniques, finishing each session with Laughter Yoga, an ancient practice now seeing a resurgence worldwide, according to Bahroo. "A good yoga session not only improves muscle tone, adds strength, and improves flexibility of the joints, but also helps bring peace of mind, reduces anxiety, and improves mood," he explained, noting that laughter is contagious and lightens the heart and mind.

Given the nature of yoga, not all patients are willing participants. “You wouldn’t believe the excuses I get from patients,” Bahroo chuckled. Over the years, he has adapted his approach, now inviting patients to observe and then to join as they feel ready. “Eight out of 10 come to the mat eventually. If

they have any type of pain, I'm able to show them how to modify poses for maximum benefit."

Bahroo described one patient who began adamantly opposed to joining his yoga class, and reluctantly joined after wary observation. "Upon finishing his 5-week program he said, 'I wish I had known about yoga earlier in my life.' This is why I teach yoga and why I'd love to bring it to a wider population in our hospital if I could."

Another patient population benefiting from yoga practice includes service members undergoing treatment for traumatic brain injury at the National Intrepid Center of Excellence, also in Bethesda next to Walter Reed. The center's integrative approach includes tailored treatment plans that focus on mind, body, and spirit. Allison Winters, wellness coordinator, is a certified yoga instructor and dance/movement therapist who invites patients to participate at their own comfort level. Feedback after completion of the program has been positive.

“More yoga’ is what I’ve been hearing, so now we offer yoga as part of the structured intensive-outpatient and outpatient programs,” she said. “We have added three optional classes each week, all of which are always well-attended.”

Winters focuses on gentle and restorative postures. She teaches a maximum of six patients per class and is able to tune in to their individual issues. "I love being able to teach yoga here. With our patients, my teaching is much more individualized and I am able to connect better with them."

Winters is convinced that yoga provides a critical mind-body connection for her patients. She believes that part of their healing is a



DoD photo by Leigh Culbert

Dr. Bhagwan Bahroo, staff psychiatrist, demonstrates a deep-breathing posture as he leads a weekly yoga class for Psychiatry Continuity Service Program participants at Walter Reed National Military Medical Center.

discovery process as they experience the rhythmic and repetitive practice of yoga, incorporated with breathing. They gain flexibility as they tune in to their breath.

"I want their yoga practice to be a tool to use post-rehabilitation to manage stress and transitions when they return to work and home, and also to provide a means of working toward performance goals and returning to readiness," Winters said, adding that she likes to teach a classic sun salutation sequence because it provides a familiar basis for future practice, and includes an adaptable set of poses that anyone can do anywhere.

“With its focus on breath and movement, the sun salutation can

be modified for any level of practitioner,” said Winters, who acknowledges that yoga practice isn’t the only means of making a mind-body connection. She teaches her patients how they can incorporate moving intentionally with their breath in any activity they enjoy. While yoga is commonly associated with relaxation, Winters said different types of yoga can offer an array of benefits.

"Yoga has been around for over 5,000 years," she said. "There is wisdom to the practice of bringing mindful attention to our breath and bodies, and anyone, regardless of age or physical fitness, can do it in its many forms, whether retiring from service or preparing for the next deployment."

“ ‘I wish I had known about yoga earlier in my life.’ This is why I teach yoga and why I’d love to bring it to a wider population in our hospital if I could.”

Dr. Bhagwan Bahroo

[illegible]



Courtesy Vincent J. Serio, II
Vincent J. Serio, Sr. advises Amos Greenlea on the fit of the centerboard on a Hampton One-Design boat nearing completion, 1950s. Amos Greenlea worked with Serio for about 25 years.

HAMPTON | Vincent Serio, was chosen to design a small sailing boat

Continued from C1

Video components include footage of regattas and other races over the years, along with images from Serio’s boat shop demonstrating how a Hampton One was constructed, from framing to launch. Dozens of photos capture numerous events and personalities associated with the history of the Hampton One and other Serio boats.

Hampton is a city of the water. Whether harvesting the seafood bounty, moving goods across nature’s original highways, or finding a ready field for competitive recreation, Hamptonians have always turned to their most abundant natural resource...water.

Native Virginians built their city, Kecoughtan, here to have ready access to the fertile waterways. The English found the waters nearby an ample source of food and a lifeline to the mother country. Hampton thrived because the water around it provided ready opportunities for industrious watermen and the builders of their boats. Sail-powered skiffs and log canoes carried the working men into the waterways for fishing, crabbing and oystering. The log

canoes, with their streamlined shape made particularly capable racing boats as well.

Sailing competitions became commonplace. By the turn of the 20th century, gas powered engines began to replace the elegant sails as motivation for the boats and sailing became less an occupation and more a sport and social event.

By the mid-1930s many Hamptonians longed for the days where sails filled the vistas of the waterfront. In its early days Hampton Yacht Club fell upon the idea of creating a one-class boat sailing competition to keep alive the rich traditions of the city.

In response to this need, a local boat-builder, Vincent Serio, was chosen to design a small sailing boat, inexpensive, fast, easily handled that could be used in regattas and races. The Hampton One-Design was born. It proved to exceed all hopes as a vehicle to reinvigorate the intimate connections Hamptonians have with their surrounding waterways. Hundreds of the fast little boats were built by Serio, other boat-builders and those using a kit.

“Hampton One: Working, Building, and Racing on the Water” celebrates that heritage. The



Photo courtesy of Vincent J. Serio, III
Hampton One-Design hull under construction on a hull jig. Serio used jigs, patterns and forms to produce and assemble highly accurate parts for the boats. The jig will be on exhibit.

core of the exhibit will be built around a recently donated Hampton One and the extensive collection of original tools, forms, jigs, documents, photos, trophies, uni-

forms, and other artifacts from the Vincent Serio collection, on loan from Vincent Serio’s grandson, Vincent J. Serio, III.

The exhibit will span the first

About the museum

The Hampton History Museum is located at 120 Old Hampton Lane in Downtown Hampton. There is plenty of free parking in the garage across from the museum. Open Monday-Saturday, 10:00 a.m.-5:00 p.m., Sunday 1:00-5:00 p.m. Closed major holidays. Admission is \$5 for adults, \$4 for seniors, active military, active NASA, AAA, children 4-12, and free to children under 4. For more information, call 757-727-1102, visit www.HamptonHistoryMuseum.org, or like the Hampton History Museum on Facebook and follow it on Twitter and Instagram.

and second floors of the museum. Greeting visitors in the first floor lobby will be the freshly restored 18-foot Hampton One #341 with its mast up. In the second floor’s 1700-square-foot changing gallery, the exhibit will continue to tell the rich history of boating and boat building in Hampton using the Serio collection and a selection of artifacts, images, and media from the museum’s permanent collection.

Lenders to the exhibition include Chesapeake Bay Maritime Museum, Hampton Yacht Club, Mariners’ Museum, Norfolk Yacht Club, and Vincent J. Serio, III.

“Hampton One: Working, Building, and Racing on the Water” continues through December 31, 2020.

BEAUTIFUL | Park wins title for 29th consecutive year

Continued from C1

park industry — past, present and future.

“Busch Gardens Williamsburg has sustained this continued excellence thanks to a passionate and hard-working staff that is dedicated to providing the best landscaping features for our guests throughout the year,” said Jason Ingram, landscaping leader at Busch Gardens. “Using our park’s existing topography is one of the things that make this park so special. You could be strolling along a beautifully shaded, lush pathway and then out of nowhere a roller coaster can rush overhead. Our landscape really creates wow moments for our guests,” Ingram added.

ABOUT SEAWORLD ENTERTAINMENT, INC.

SeaWorld Entertainment, Inc. (NYSE: SEAS) is a leading theme park and entertainment company

providing experiences that matter, and inspiring guests to protect animals and the wild wonders of our world. The Company is one of the world’s foremost zoological organizations and a global leader in animal welfare, training, husbandry and veterinary care.

The Company collectively cares for what it believes is one of the largest zoological collections in the world and has helped lead advances in the care of animals. The Company also rescues and rehabilitates marine and terrestrial animals that are ill, injured, orphaned or abandoned, with the goal of returning them to the wild.

The SeaWorld® rescue team has helped more than 35,000 animals in need over the last 55 years. SeaWorld Entertainment, Inc. owns or licenses a portfolio of recognized brands including SeaWorld, Busch Gardens®, Aquatica®, Sesame Place® and Sea Rescue®. Over its more than 55-year history, the Company has built a diversified portfolio of 12 destination and regional theme parks that are grouped in key markets across the United States, many of which showcase its one-of-a-kind zoological collection.



Scott K. Brown



Fandango

coming to theaters

SPIDER-MAN: FAR FROM HOME [PG-13]

Following the events of Avengers: Endgame, Spider-Man must step up to take on new threats in a world that has changed forever.

YESTERDAY (2019) [PG-13]

Jack Malik is a struggling singer-songwriter in an English seaside town whose dreams of fame are rapidly fading, despite the fierce devotion and support of his childhood best friend, Ellie. After a freak bus accident during a mysterious global blackout, Jack wakes up to discover that The Beatles have never existed. Performing songs by the greatest band in history to a world that has never heard them, Jack becomes an overnight sensation with a little help from his agent.

STUBER [R]

A quick-tempered cop who's recovering from eye surgery recruits a mild-mannered Uber driver to help him catch the heroin dealer who murdered his partner. The mismatched pair soon find themselves in for a wild day of stakeouts and shoot-outs as they pursue violent criminals through the seedy streets of Los Angeles.

MIDSOMMAR [R]

A couple travels to Sweden to visit a rural hometown's fabled mid-summer festival. What begins as an idyllic retreat

quickly devolves into an increasingly violent and bizarre competition at the hands of a pagan cult.

CRAWL [R]

When a massive hurricane hits her Florida town, young Haley ignores the evacuation orders to search for her missing father, Dave. After finding him gravely injured in their family home, the two of them become trapped by the rapidly encroaching floodwaters. With the storm strengthening, Haley and Dave discover an even greater threat than the rising water level – a relentless attack from a pack of gigantic alligators.

THE LION KING (2019) [PG]

Simba idolizes his father, King Mufasa, and takes to heart his own royal destiny on the plains of Africa. But not everyone in the kingdom celebrates the new cub's arrival. Scar, Mufasa's brother – and former heir to the throne – has plans of his own. The battle for Pride Rock is soon ravaged with betrayal, tragedy and drama, ultimately resulting in Simba's exile. Now, with help from a curious pair of newfound friends, Simba must figure out how to grow up and take back what is rightfully his.

ONE UPON A TIME IN HOLLYWOOD

Actor Rick Dalton gained fame and fortune by starring in a 1950s television Western, but is now struggling to find meaningful work in a Hollywood that he doesn't recognize anymore. He spends most of his time drinking and palling around with Cliff Booth, his easygoing best friend and longtime stunt double. Rick also happens to live next door to Roman Polanski and Sharon Tate – the filmmaker and budding actress whose futures will forever be altered by members of the Manson Family.

base theaters \$3 Movies

JEB Little Creek, Gator Theater – 462-7534

Friday | June 28

7:00 p.m. Godzilla: King of The Monsters [PG-13]

Saturday | June 29

1:00 p.m. Aladdin (2019) [PG]
4:00 p.m. Godzilla: King of The Monsters [PG-13]
7:00 p.m. Ma [R]

Sunday | June 30

1:00 p.m. POKEMON Detective Pikachu [PG]
4:00 p.m. John Wick: Chapter 3-Parabellum [R]
7:00 p.m. Booksmart [R]

NAS Oceana, Aero Theater – 433-2495

Friday | June 28

6:00 p.m. Godzilla: King of The Monsters [PG-13]
9:00 p.m. Ma [R]

Saturday | June 29

12:00 p.m. POKEMON Detective Pikachu [PG]
3:00 p.m. Aladdin (2019) (3-D) [PG]
6:00 p.m. Booksmart [R]

Sunday | June 30

12:00 p.m. A Dog's Journey [PG]
3:00 p.m. The Hustle (2019) [PG-13]
6:00 p.m. Ma [R]

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

A WEBSITE

dedicated to our active duty military and their families!

MILITARY NEWS

Your online military connection to Hampton Roads

INTRODUCING MILITARYNEWS.COM

ATTENTION MILITARY FAMILIES: now there's a regional website just for you! **MilitaryNews.com** assists active duty military and their families, both during their transition and throughout their residence here in Hampton Roads. There's an abundance of information at your fingertips!

★ RELOCATION INFO

All the resources you need to make Hampton Roads your home.

★ DISCOUNTS & DEALS

Great deals are easy to find with MilitaryNews.com's list of military discounts and military-only coupons and contests!

★ EVENTS & CALENDAR

Looking for fun, military friendly events for the whole family? Check out our events and calendar pages for all the military happenings.

★ MILITARY NEWS & BLOGS

Find information for military families by military families. Our slate of bloggers are all connected to the military and want to help you make the most of your time in Hampton Roads.

PLUS SO MUCH MORE.
CHECK OUT MILITARYNEWS.COM TODAY!

TO PLACE AN AD:
Visit placeanad.pilotonline.com

Flagship Values

Hampton Roads Military Classified Marketplace



announcements

Lost and Found

VINTAGE BICYCLE STOLEN
Black w/ chrome fenders. If anyone has info please call 757-487-1781



Garage/Yard Sales, etc.

CHESAPEAKE Yard Sale Sat. June 29 8-4 1404 Hawthorne Dr. No early sales.

Estate Sales

1021 E. PRINCESS ANNE RD.
Norfolk. Enter on Cooke Ave. Gate. Sat., 6/29, 9-2 PM. Remaining contents of prior warehouse sale, 2 fork-lifts, household goods, framed art, office furniture & more. Everything must be sold! No Early Birds.

DEALER SPACES AVAILABLE!
Tidewater's Largest Antique Mall! Call Clara @ The Va Beach Antique Mall for details 757-390-3244.

ESTATE & MOVING SALES
We Offer On-Site Tag Sales with a Knowledgeable & Courteous Sales Team. Over 45 yrs. Exp. in Antiques, Estates & Moving Sales. Refs. Larry Zedd 422-4477

MOVING SALE
"FURNITURE ONLY" June 20-23rd 9a-6p. 3424 Plum Crescent, Virginia Beach, VA 23453. 704-562-7915.

TALBOT PARK ESTATE SALE
Fri, Sat & Sun June 28th, 29th 30th 9am-3pm. 406 Brackenridge Ave. Antiques, Vintage, Collectibles. Great furniture - packed house For More Pics & Info go to ThisNThatCompany.com



stuff

Misc. Merchandise For Sale

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

2 PC ALL NEW MATTRESS SETS
In Plastic. Twin \$99, Full \$119, Queen \$129, King \$189. Financing Available. Can Deliver. 757-490-3902.

EPIC CALLAWAY
Regular Senior Shaft. Like New. \$350.00 (757) 237-8803

HOSPITAL BED
Electric Clean, Very Good Condition. \$250. You Haul It. 757-420-1012

SAFE
ISM TL30 Used. 71 X 41 X 32 inch. \$4000; Call For Details 757-434-1161

SHERWIN WILLIAMS PAINT
\$15/bucket. 16 buckets. 757-917-4099

Antiques & Collectibles

BUYING COINS
757-474-1303
Coin Collections
STAMP COLLECTIONS

PAUL HARPER HARPER'S ANTIQUES
2608 Granby Street
Now buying military items, antique guns, swords, knives, bayonets, uniforms, pilot helmets & gear. Civil War thru WW II. Coins, costume jewelry, pocket & wrist watches, estates & more!
757-627-0785, 581-4029

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



Good Things To Eat

Good Things To Eat

AT HENLEY FARM
Blackberries U Pick. Also available squash, cucumbers, kale, cabbage & sunflowers. 3484 Charity Neck Rd. 426-7501 or 426-6869.



pets

Dogs, Cats, Other Pets

AUSTRALIAN SHEPHERDS
8wks old; Reg'd & Pedigree. Shots up to date, dewormed. \$450. Call: 252-396-0233 threecreekausies.com



CAVAPOO'S

Now excepting dep for our adorable puppies, D.O.B 6/16 avail on 8/4 (5) F \$1300 (3) M \$1200 (\$50 value puppy pk included)a variety of colors. Don't miss out call #757-618-6569 FB:Vacavapoochons



ENGLISH GOLDEN RETRIEVER

AKC Golden Retriever Male Pups Vet checked shots and worming current well socialized Call 757-642-0805 or 757-642-0833 Or Palspupsva@gmail.com \$1100

GOLDEN CRESTED COCKATOO
4-5 yrs. Very tame & sweet, cage & carrier \$400 Call: 757-499-3551

GOLDEN RETRIEVERS
AKC, parents on site, vet chk guar. shots/wormed. \$1100. 757-620-6026

GOLDENDOODLES
Parents reg. & on site, vet chk guar. shts/wormed. \$1100. 757-620-6026

LABRADOODLES
F1B, parents on site, shots/wrmd, vet check guar, \$1300. 757-620-6026



LABRADOR RETRIEVER

AKC Lab Pups Black and Yellow Excellent Pedigree Vet Checked Shots and Worming Current \$750 757-647-9909 or 757-642-0833

LABRADOR RETRIEVERS
8wks old shots, dewormed & reg'd \$200. Call: 252-396-0233

MALAMUTE PUPPIES Ready July 14. For info & price email malamute.moments@gmail.com.

MINI DACHHOUND PUPPIES 750
Black and white first shots akc please call 7573490240



MINIATURE POODLE

1 MINI POODLE PUPPY LEFT FOR SALE. CALL ANGEL AT 540-223-8198.

PUG
Puppies Black (6), fawn (2), 5 males/3 females, P.O.P. \$575/ea. 757-851-3747

YORKIE-POO PUPS
Small, sweet, nonshed, shots/vet check, ready now \$750 434-294-0616

Cockatoo, too.

Pick a pet in the
CLASSIFIED
MARKETPLACE.

The Virginian-Pilot
PilotOnline.com



jobs

General Help Wanted

DENTURE TECHNICIAN
Lab One Dental is seeking a quality denture technician, experienced in all phases of denture construction. Excellent pay and benefits, experienced only need apply. Please fax resume to 757-455-8363 or email Karen@LabOneDental.com

ENVIRONMENTAL SCIENTIST
Bay Environmental, Inc. is seeking a full time salaried entry level Environmental Scientist to assist our Natural Resources Section with wetland delineation, stream assessment, and permitting. Minimum qualifications: 1) bachelor's degree in environmental science, biology, or related field, 2) ability to navigate through dense vegetation and uneven terrain, 3) ability to work in extreme environments, 4) ability to effectively operate basic word processing and spreadsheet software, 5) ability to lift and carry 50 pounds, and 6) acceptable driving and criminal history records. Candidates with GIS and GPS experience and/or directly related field experience will be given preference. Bay Environmental, Inc. is an Equal Employment Opportunity employer. Please send resumes to Amy Conley, Natural Resources Manager at amy@bay-environmental.com.



Healthcare Careers

RESEARCH COORDINATOR
f/t for busy gastro group in Norfolk. M-F 8:00-4:30. Must have exp as a coordinator with office based clinical trials. Prefer certified. Send resume to DLDS@DLDS.org or fax 757-466-7296.



FOR RENT

Roommate Wanted

VIRGINIA BEACH
2 bedroom condo, private bath. Near Lynnhaven Mall. \$600/month plus utilities. Available Sept. 1st. Male or female. 757-287-8191

Room For Rent

PORTSMOUTH
Parkview furnished rm, mature person. \$145/week neg. Call 235-7299

VIRGINIA BEACH
On the beach/bay living. Shore Dr. area. 1 room for lease in condo with street parking, pool etc. Required criminal and credit check. \$950/month and deposit required. 757-318-7679

VIRGINIA BEACH 23455
Master Br. \$150 weekly all included! Private parking. 757-667-9684

PORTSMOUTH
Rooms For Rent - some with Private Bathroom & Mini Kitchen \$550 and up. Call Ron at 757-373-1983

Apartments For Rent

1ST MO. FREE, FULL DEP PAID
Ingleside Sq. Apts, Norfolk. 466-8111



drive

Travel/Camping Trailers

CONSIGNMENTS WANTED!
Let us clean, sell, & finance your RV. Snyders RV 499-8000.



RV FOR SALE

2009 31 ft Palomino UL Includes hitch and sway bars for \$11,900 (757) 432-0041

Motorcycles and ATVs

2015 HD STREETGLIDE

14.5K miles, EXCELLENT, VIVID BLACK \$5K upgrades/chrome, 15k service comp \$15,900 260-409-2391 (local)

2016 H-D SOFTAIL DELUXE

Only 237 miles! No accidents. Cosmic Blue Pearl paint w/detachable windshield & sissy-bar. \$14K. (757) 513-2347 (VaBch)

MOTO GUZZI 2015 V7 STONE
Red & black, 2100 miles, excel cond. \$6500. 499-8000. Snyder's RV.

Autos for Sale

AUDI 2005 S4
Convertible. Auto, fully loaded, super nice. \$5450 757-870-5169

AUDI 2013 A6
Sport package fully loaded. 97,200 highway mi. Car is currently misfiring on cylinder #4 225-620-3022

BMW 2012 128
74K mis., leather, sunroof, alloys, loaded, new inspection, all serviced, looks great. \$12,600. Call for details 675-0288. Va. Dir.



BMW 2014 M6

Convertible. Fully Loaded. 47,050 miles. Garage kept all its life. Both automatic and manual. V8. Asking \$47,000.00 Call Nelson at: (757) 202-1671

BMW 2015 528
42K mis., prem.pkg, gar. kept, showroom new, white on white color combination, just serviced by dealer, new tires, car cover, loaded, \$22,700. Call for details 675-0288. Va. Dir.



BUICK 2013 REGAL

Only 4900 miles, leather, serviced, clean. \$13,900. 439-0582. va dir

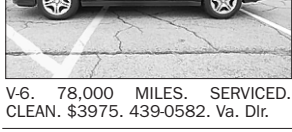
CADILLAC 1998 DEVILLE
Excellent Condition, Leather, gray 172,300 miles. \$2250. 757-480-1046 (day) 757-855-9251 (pm)

CADILLAC 2007 DTS

Beautiful cond., LOW MILES, auto, air, leather, pwr seats, sunroof, new inspection \$4990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

CADILLAC 2010 DTS

LOW MILES 110k orig! Looks/drives perfect, auto, air, lthr, sunroof, loaded, new insp. \$3990 757-439-8017 Va. Dir. 757-481-7777 Process Fee \$375



CHEVROLET 2007 MALIBU

V-6. 78,000 MILES. SERVICED. CLEAN. \$3975. 439-0582. Va. Dir.



CHEVROLET 2010 IMPALA

LT, 68K miles, clean, serviced, \$6975. 439-0582. va dir

CHEVROLET 2016 CRUZE



CHEVROLET 2016 CRUZE

LT, 26k mi. Extra Clean, New Body Style. \$13,900. Call 757-880-3045

Subscribe to The Virginian-Pilot today. Call 757-446-9000 or go to PilotOnline.com

Autos for Sale

CHRYSLER 2008 TOWN & COUNTRY

Touring. Beaut. burgundy fin., slow away seats, auto, air, loaded, insp. \$4990 2 to choose 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

DODGE 2010 GRAND CARAVAN

SE. Fully loaded, new inspection, low miles, excellent condition, won't last! Wheelchair accessible handicap van. \$18,900 OBO VA Dir. Process fee \$395 757-717-1715/757-963-2299

DODGE 2014 CARAVAN

MOBILITY VAN
30th Anniversary, 15k mi., Conversion, Kneeling Lift, Pwr. Trans. Chair, Back up Mirror/Sensor, Wheelchair Tie-Downs, Ex. Cond., April Insp. \$33,900 OBO. For Appt.: 757-650-1427

FORD 1993 ESCORT
2 door hatchback, light blue, DO HC 16 valve fuel injection, auto, \$1300 757-827-1080

FORD 2003 MUSTANG

Cobra terminator orig owner 13,300 orig miles garage kept Borla exhaust Eaton throttle body 6 spd red fire metallic craigs@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

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

HONDA 2003 ACCORD

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

HONDA 2004 S2000
Convertible. 57K mis., leather, 6 spd, new inspection, new tires, garage kept, car cover, showroom new. \$21,700. Call for details 675-0288. Va. Dir.

HONDA 2007 CIVIC

4 door sedan. Looks & runs great! Auto, air, loaded, inspected, LOW MILES! \$4990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

HONDA 2007 ODYSSEY

Touring, mint cond, stow away seats, LOW MILES, auto, air, loaded, pwr sliders, insp. \$6990 757-439-8017. Va. Dir. 757-481-7777. Process Fee \$375

HONDA 2015 CIVIC
EX, 4 DR, Auto, A/C, Power Windows, Sunroof & Locks, Cruise, Back Up Camera, 35k miles, Honda Warranty, Excellent Condition. \$13,500. Call: 757-351-5611

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.

KIA 2018 SOUL
Gently used, gray, 2500 mi. MUST SELL! \$15,000. Call 757-575-3848.

MAZDA 2001 MPV
EX, 4 door, new inspection, leather, power, clean van, runs good. \$2,900 OBO Call 757-228-6656

MERCEDES-BENZ 2000 S-CLASS
S430 Mileage: 228000. Asking Price \$1500 Contact: 757-478-8148

MERCEDES-BENZ 2001 C-CLASS
C320 Sedan. White with grey interior. \$3,000 Call: 757-472-3220

Autos for Sale

MERCEDES-BENZ 2012 E-CLASS

Serviced 38k \$20,900 439-0582va dir

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 glestns! Tires great shape new battery no mechanical issues ever. Ride in style this Summer! \$18500 602-618-9013

NISSAN 2005 ALTIMA

2005 Nissan Altima 2.5s..gold.. auto, good cond, ac, current inspection.. auto..207,000 mi call or text 757 718 0532 \$3,000 obo

SUBARU 2013 IMPREZA
Limited, 66K mis., leather, loaded, AWD, limited package, roof rack, new inspection, looks great. \$11,900. Call for details 675-0288. Va. Dir.



TESLA 2016 MODEL S

Excellent condition kept in garage, P90D (top of the line in 2016), Red Multi-Coat Paint, 21" Silver Turbine Wheels, Tan Leather Seats, Ash Wood Decor, Autopilot, Ultra High Fidelity Sound, original cost \$123,750 - \$80,500, call 757-481-6700

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.

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.

TOYOTA 2016 CAMRY
4 cylinder, automatic, AC, power windows, locks & seat. Cruise & back up camera. 32k mi, Toyota warranty. Excellent cond. \$15,500 757-351-5611

VOLKSWAGEN 2005 JETTA

LOOK
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.

Classic, Antique Cars

BUICK 1987 REGAL
Grand National; original owner \$26k, Mike 757-689-0272

CHEVROLET 1941 SPECIAL DELUXE



CHEVROLET 1941 SPECIAL DELUXE

1941 Chevrolet Special Deluxe, Black restored, for more detailed information contact Chuck at Abacus Racing 757-363-8878. \$75,000 invested please contact seller 757-428-6449

FORD 1957 FAIRLANE 500



FORD 1957 FAIRLANE 500

302 Engine w/ overdrive trans., power steering, disc brakes, AC - too much to list! \$13,500 OBO 757-438-1604

business services

757.622.1455 | placeanad.pilotonline.com



services

Babysitting/Nursery Care

24HR CHILD CARE
Free Meals, 2 Min to LAFB, Low Rates. 757-775-6487 or 757-947-5597 Ask For Prena

Care For The Elderly

ELDERLY CARE/COMPANION AID
House cleaning, laundry, light cooking & errands, exp'd with refs. 757-777-8211

RN TO CARE FOR YOUR LOVED ONES
In My Home 24/7. Hospice, Day Care, Respite 757-560-1470

Concrete/Asphalt

CONCRETE SPECIALIST
Aych & Aych Inc. BBB, FREE estimates. Call Sylvester: 757-371-1911

S & H ENTERPRISE 20 YRS.
Concrete Exp. All type of concrete work driveways, stamped & exposed. Capability to provide heavy hauling. Accept credit cards. 652-4050. www.shabazzrva.com

Electricians

ANY ELECTRICAL 498-2653
10% OFF ABSOLUTELY ANY JOB. Free Estimates \$100 OFF ANY BREAKER BOX. COLE ELECTRIC - 498-2653

Handyman Services

BROWNS HOME REPAIRS
Baths, Kitchens, Ceiling Fans, Doors, Locks, Flooring, Paint, Plumbing. 25 yrs exp lic. & ins. Call Rob 757-679-4558

GENERAL REPAIRS AFFORDABLE SAME DAY

Classic, Antique Cars

FORD 1950



F1. Complete frame off nut & bolt restoration. All original-flat head V/8 manual 3 speed on floor. Mint Condition. Best of the best. \$48,500. 757-513-3758

FORD 1966 MUSTANG



V8 289 Automatic, pony interior. Exc condition and runs great. Garage kept car.\$19,000 757-287-9642

Trucks and SUVs

CHEVROLET 2006 TRAILBLAZER
Great cond! Low mi. - 120K! 4WD, loaded, sunroof, tinted, auto, AC. \$3750 No Fees! John 757-218-4662

CHEVROLET 2018 EQUINOX



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

Trucks and SUVs

CHEVROLET 2016 COLORADO
Crew Cab, 271 pkg, 28K mis., 4WD, custom lift & tires, push bars, new insp, Runs & looks great. \$28,900. Call for details 675-0288. Va. Dir.

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 2011 E350

10ft box truck, 1 owner, very well maintained, power windows, AC, new tires. \$14,200 757-286-8123

FORD 2012 F-150



Like New F-150 Ford Lariat | One owner elderly gentleman that recently passed | Rarely driven and babied entire life. This is an amazing truck with every option available via Ford. Asking \$27,500 contact Tony at 757-462-0930.

FORD 2013 E350
15 passenger window van, 72K original mis., XLT package, tow package, new inspection, runs & looks great, warranty, \$16,400. Call for details 675-0288. Va. Dir.

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

Trucks and SUVs

FORD 2013 E350
15 passenger window van, 72K original 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
1 owner, low miles, new inspection. Just serviced. Sunroof & alloys. Runs & looks great. \$9900. Call for details 675-0288. Va. Dir.

INTERNATIONAL 2001

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

LEXUS 2013 RX 350



AWD,serviced, clean, warr, 40,500 mis., \$22,900. 439-0582. va dir

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

Trucks and SUVs

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
SR5 Package, new state inspection, sunroof, 3rd row seating, tow package, running boards, 5.7 V-8, \$11,900. Call for details 675-0288. Va. Dir.

TOYOTA 2008 SEQUOIA
SR5 Package, new state inspection, sunroof, 3rd row seating, tow package, running boards, 5.7 V-8, \$11,900. Call for details 675-0288. Va. Dir.

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.

TOYOTA 2015 HIGHLANDER
XLE 4X4 6 cylinder, auto, Ac, full power incl sunroof. Leather seats. 7 passenger. Nav. Toyota warranty, like new, 23k miles. \$26,900 Call: 443-235-0304

TOYOTA 2015 RAV4
31k miles, like new, garage kept. \$21,000 757-588-8601

Auto Accessories, Parts, etc.

2002 INTERNATIONAL TRAILER
16 ft, white, 4 wheels + a spare. \$1500 Call: 757-827-1080

Wanted Automotive

ABSOLUTELY ABLY ACQUIRING AUTOS
All Makes & Models, Best Price Paid!! FREE TOWING. 757-749-8035

LOOKING TO BUY AN OLD FOREIGN PROJECT CAR IN ANY cond., running or not. Porsche, Jaguar, Mercedes, Rolls-Royce, Ferrari & much more. Fast & easy transaction, cash on the spot! If you have any other old foreign cars call 703-832-2202

Boats & Watercraft

26 FT MACGREGOR SAILBOAT - 1997



This beautiful craft includes a 50 HP Tohatsu Outboard, 3 sets of good condition sails(1 main/2 jibs), all rigging, trailer, porta-potty, 2 sinks. Interior in good shape! Call 757-442-5728

31FT OCEAN MASTER
w/ pipe fitter tower. \$8,000 426-2603

Shop smart.
Save big! Sunday
(and every day).

The Virginian-Pilot
PilotOnline.com

Subscribe to The Virginian-Pilot today.
Call 757-446-9000 or go to PilotOnline.com

Boats & Watercraft

BOOMERANG C1928



Prototype to Hampton One. Built by Vincent Serio, 16 ft. w/same rig as Hampton One (26 ft. mast). Restored to usability w/epoxy, stainless steel centerbd., all new rigging, epoxy/varnished mast (13 coats), refurb. Hampton One sails. Refurb. trailer incl. Untested, owner old & lazy. \$2,500... Bob, Norfolk, 757-477-8306

SEA RAY BOW RIDER



Sea Ray 200 Signature BR 1995 w/ New Mercruiser 357 Mag. VGC, ready for the lake or river. \$10,500. Plz txt 252-619-6408 for info and photos.

USED TRAILER SALE!!!
OVER 100 Avail. For Boats 12'-38' BUDGET BOATS: (757) 543-7595

drive
Saturdays in The Pilot

Don't pay full price!

With The Virginian-Pilot's coupons and sales inserts,
shop smart and save big every week!

Fun and Games

Sudoku

Super Crossword

RETURNED

ACROSS

- 1 Followers of Genghis Khan
8 More ill-tempered
16 Big deli cut
20 Level of authority
21 Called again
22 Like many hoops stars
23 Stadium levels reinforced with metal strips?
25 Falco of the screen
26 "I'm thinking ..."
27 "— and the Real Girl" (2007 film)
28 George Eliot's "— Marner"
29 NEA part
30 BBQ meat bit
32 Dutch South African who's testifying?
36 Org. on a toothpaste tube
38 Dot-com's address
40 Ranchers' ropes
41 Almost a plaintiff?
47 Salon colorer

- 48 Low-quality
51 Love affairs
52 "No noise!"
53 Sooner than
55 Cut-rate, in adspeak
57 Out of neutral
58 Pupils with artificially curled hair?
62 Fleur-de- —
63 — nitrite (vasodilator)
65 Longoria of TV
66 Examine critically
67 Fencing blades
69 Fruity drink
70 Mixed dogs
71 Continually doing well
74 Boxer Laila
75 Poet Ogden
76 Stars' place
79 Small expert tennis server sent from heaven?
82 "Pest" in Beverly Cleary books
85 Like the soil around a big tree
86 Boater's tool
87 Kiss go-with
88 Slate wiper
89 Naval off.
90 Drop anchor

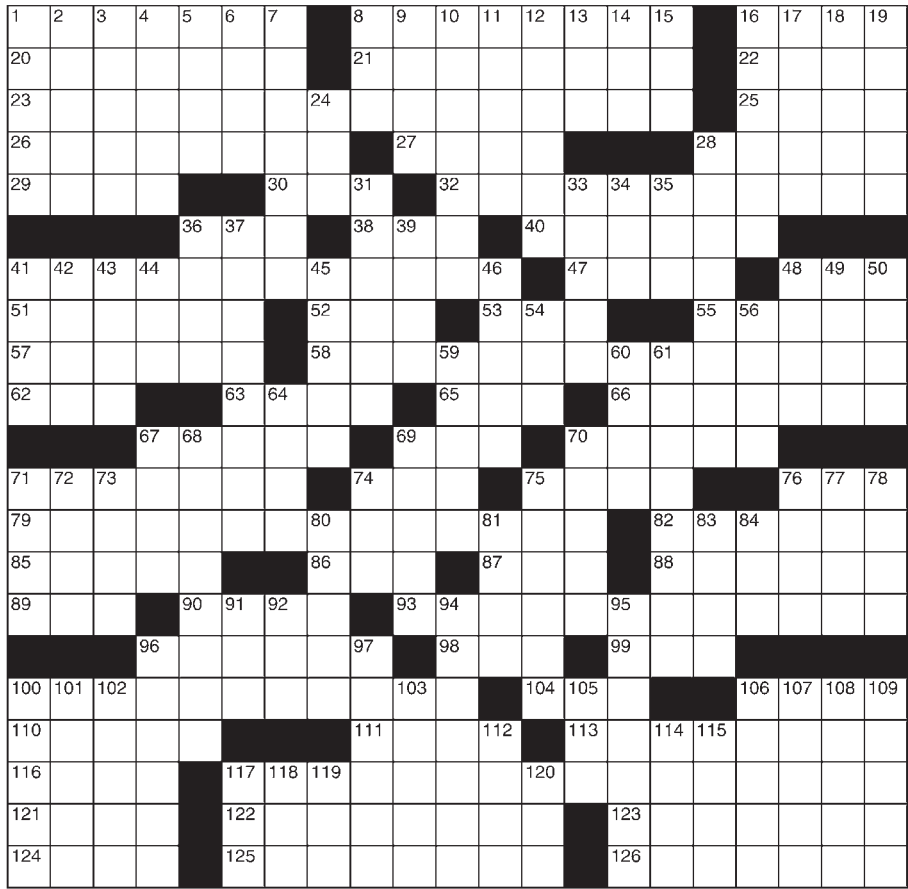
DOWN

- 1 Electric car company
2 One- — (short play)

- 3 Scarlett's Butler
4 Overflows
5 German for "everyone"
6 Steals from
7 Curl the lip toward
8 Old PC screen type
9 Spool of film
10 Designed to be appended
11 Drag racer's fuel
12 Old German ruler
13 — de la Cité
14 Always, in poems
15 Aves.
16 Ale mugs
17 Soup spoon
18 Phony name
19 Sanctify
24 Oahu wreath
28 Eyeballed
31 Wheat unit
33 Cabs it, e.g.
34 Direction
35 Ending for Seattle
36 Ambience
37 British statesman Benjamin
39 German coal region
41 Brad, for one
42 Ritzy hotel chain

- 43 Clothes, informally
44 "— Sera, Sera"
45 Annual awards for athletes
46 "Superman" star
Christopher
48 Skeletal
49 1998 bug-themed film
50 Two pills, say
54 Vitamin std.
56 Toon units
59 News outlets
60 Percles' T's
61 Take out of the eye of a needle
64 Liquefy
67 Start for "while"
68 Person of encyclopedic learning
69 Open-eyed
70 "The Simpsons" wife
71 Grimm nasty
72 12:00 p.m. (Disney film)
73 Fussess
74 Styled after
75 Of synapses and the light
76 Just all right
77 Recognized
78 Lawn site
80 Yeshiva topic

- 81 She sang "Believe"
83 Missile paths
84 Deface
91 Great Plains tribe
92 Surgery ctrs.
94 Having the right job credentials
95 Directory for a web page
96 Outpourings
97 More ritzy
100 Break to bits
101 Request in blackjack
102 More aloof
103 Tom of "The Seven Year Itch"
105 Bar code scanner, for short
106 Popular '50s Ford
107 Veronica of "Hill Street Blues"
108 Chopin piece
109 Short notes
112 Sheep calls
114 "— & Stitch" (Disney film)
115 News, briefly
117 Spa reaction
118 Gp. flagging bags
119 Prefix with light
120 Snaky shape



©2019 King Features Syndicate, Inc. All rights reserved.

last week's answers

MACHO	NOTE	PADS	BEBOPS
AVOID	ACADEMIA	ONELAP	
COPPER	ERSE	LORIDE	LIEDTO
EWES	ER	ICU	REACHTO
OLE	SLIPPER	CHAIR	
SCAMPI	LIPS	OHIO	TES
PAPER	CHASE	JAMESON	
ARENA	ESPN	EMMA	CESAR
SHOTS	DIAPER	CHANGE	
COCA	SUIT	NNE	ORTEGA
ORR	PIPER	CHEROKEE	AID
OFYORE	URI	ECRU	ADES
PEPPER	CHEESE	CERES	
TOTIE	LOSS	ALUM	MARES
ENLISTS	SUPER	CHEVY	
ASS	ACE	BEVY	HEIFER
UPPER	CHAMBER	JOE	
TOOLATE	PAID	ABBE	
EUREKA	PROPER	CHANNELS	
USENET	ALOE	VERA	ATEAT
RESIDE	TOPRATED	PERCH	

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

Religious Services

For your installation's
religious service times, visit
[www.flagshipnews.com/
base_information/religious_services](http://www.flagshipnews.com/base_information/religious_services)



PRINT | EVENTS | ONLINE

MILITARY NEWSPAPERS OF VIRGINIA is a trusted partner to the active duty military community and the contracted, authorized publisher of on-base newspapers in the area, some for as long as 38 years. Our branch-specific publications, corresponding websites and social media platforms offer the most relevant content for today's service member in Hampton Roads. Choosing to do business with Military Newspapers of Virginia means you are an integral part of the daily lives of area active duty, veterans, retirees and their families.

CONTACT US TODAY TO START ADVERTISING

150 W. Brambleton Avenue | Norfolk, VA 23510
757.222.3990 | MILITARYNEWS.COM

