



The Armed Services YMCA (ASYMCA) of Hampton Roads presents their 19th annual 8K Mud Run and One-Mile Mini Mud Run onboard Joint Expeditionary Base Little Creek.

Norfolk Naval Shipyard breaks ground for its new production training facility

By Michael Brayshaw
NNSY Lead Public Affairs Specialist

PORTSMOUTH, VA.

Norfolk Naval Shipyard (NNSY) held a groundbreaking for its new production training facility July 1.

This multi-story, multifaceted facility marks NNSY's biggest step yet in the realization of Naval Sea Systems Command's (NAVSEA) Shipyard Infrastructure Optimization Plan (SIOP). This will consolidate training currently spread across 26 different NNSY locations and eight departments into a single 157,000 square-foot, \$64.7 million dollar facility.

Featuring 82 academic classrooms and 26 mock-up areas, this will become the training hub for NNSY personnel including those in Radiological Controls, Quality Assurance, Nuclear and Non-Nuclear Engi-

» See **GROUND | A7**



Danny DeAngelis

Norfolk Naval Shipyard (NNSY) held a groundbreaking for its new production training facility July 1, which will consolidate training currently spread across 26 different NNSY locations and eight departments into a single 157,000 square-foot, \$64.7 million dollar facility. Participants in the groundbreaking, from left to right, are: Danielle Beamon, NNSY Acting Code 900 Training Group Superintendent; Craig Shadle, RQ Construction, LLC, Project Executive; Congressman Bobby Scott, 3rd Congressional District of Virginia; Captain Kai Torkelson, Shipyard Commander; David Wickersham, aide to Congresswoman Elaine Luria, 2nd Congressional District of Virginia; Commander Ben Wainwright, Naval Facilities Engineering Command Public Works Officer; Robert Fogel, Shipyard Infrastructure Optimization Project Superintendent; Chakeita Dickson, NNSY Command University Leadership Development Branch Head.



U.S. Navy
Aviation Boatswain's Mate (Fuel) 2nd Class Gillian Zamora poses for an environmental photo onboard the amphibious assault ship USS Bataan (LHD 5). Bataan is homeported in Naval Station Norfolk.

BATAAN SAILOR RECEIVES 2019 REGINA P. MILLS LEADERSHIP AWARD

By PO2 Zachary Anderson
USS Bataan (LHD 5)

NORFOLK

When walking down the passageways of the amphibious assault ship USS Bataan (LHD 5), you pass many faces, but there is one face you can always count on to be wearing a smile, Aviation Boatswain's Mate (Fuel) 2nd Class Gillian Zamora, this year's recipient of the Aviation Boatswain's Mate Association and Commander, Naval Air Force Atlantic Fleet's Lt. Cmdr. Regina P. Mills Leadership Award.

Every year the Aviation Mate Association recognizes two Sailors from the Aviation Boatswain's Mate community who they feel best embody the spirit of Lt. Cmdr. Regina P. Mills. Mills enlisted in the Navy as an Aviation Boatswain's Mate and later earned a commission as an aircraft handling officer. She served as the USS Abraham Lincoln (CVN 72) first female aircraft handling officer successfully leading one of the largest departments onboard. Mills was killed in

» See **AWARD | A7**

Truman gets underway for Composite Training Unit Exercise

From Harry S. Truman Carrier Strike Group
Public Affairs

NORFOLK

The Harry S. Truman Carrier Strike Group (HSTCSG) departed Naval Station Norfolk July 5 to participate in a scheduled composite training unit exercise (COMPTUEX) with Carrier Strike Group (CSG) 8 ships and squadrons.

COMPTUEX is an intensive, month-long exercise designed to fully integrate units of HSTCSG, while testing the strike group's ability as a whole to carry out sustained combat operations from the sea. Ships, squadrons and staffs will be tested across every core warfare area within their mission sets through a variety of simulated and live events, including air warfare, strait transits, and responses to surface and subsurface contacts and electronic attacks.

"I am excited to see what this combined strike group and air wing can accomplish during COMPTUEX," said Rear Adm. Andrew J. Loisel, HSTCSG commander. "The Sailors on each ship will be challenged with real-world scenarios combining live and synthetic training. This exercise will test our integrated strength as a multi-mission force. The comprehensive training evolutions are an opportunity to grow as a team, both in our ability to sustain prolonged periods at sea and to find areas where we can improve."

Through COMPTUEX, HSTCSG will further build competencies to face what-

» See **TRUMAN | A7**

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Bringing Streetcar 390 back to life

The public is invited to take a look at Streetcar 390 during a special open house on July 13 at 57 on Fort Monroe. Firehouse Coffee is sponsoring an ice cream social.

» See **C1**



U.S. Naval Research Laboratory 'connects the dots'

Researchers developed a new technique that could enable future advancements in quantum technology. The technique squeezes quantum dots, tiny particles made of thousands of atoms, to emit single photons.

» See **A4**

NAVMAR launches AI prize challenge

The Navy kicked off the Artificial Intelligence Applications to Autonomous Cybersecurity Challenge (AIATAC). \$150,000 offered.

» See **B1**

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KEEP YOUR COOL IN HOT WEATHER

Learn about heat-related illness and how to stay cool and safe in hot weather

From cdc.gov

High temperatures kill hundreds of people every year. Heat-related deaths and illness are preventable, yet more than 600 people die from extreme heat every year.

Take measures to stay cool, remain hydrated, and keep informed. Getting too hot can make you sick. You can become ill from the heat if your body can't compensate for it and properly cool you off. The main things affecting your body's ability to cool itself during extremely hot weather are:

High humidity. When the humidity is high, sweat won't evaporate as quickly. This keeps your body from releasing heat as fast as it may need to.

Personal factors. Age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use all can play a role in whether a person can cool off enough in very hot weather.

Those who are at highest risk include people 65 and older, children younger than two, and people with chronic diseases or mental illness.

Closely monitor people who depend on you for their care and ask these questions:

- Are they drinking enough water?
- Do they have access to air conditioning?
- Do they need help keeping cool?

People at greatest risk for heat-related illness can take the following protective actions to prevent illness or death:

- Stay in air-conditioned buildings as much as you can. Contact your local health department or locate an air-conditioned shelter in your area. Air-conditioning is the number one way to protect yourself against heat-related illness and death. If your home is not air-conditioned, reduce your risk for heat-related illness by spending time in public facilities that are air-conditioned and using air condi-

tioning in vehicles.

- Do not rely on a fan as your main cooling device during an extreme heat event.
- Drink more water than usual and don't wait until you're thirsty to drink.
- Check on a friend or neighbor and have someone do the same for you.
- Don't use the stove or oven to cook—it will make you and your house hotter.

Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather:

- Limit your outdoor activity, especially midday when the sun is hottest.
- Wear and reapply sunscreen as indicated on the package.
- Pace your activity. Start activities slow and pick up the pace gradually.
- Drink more water than usual and don't wait until you're thirsty to drink more. Muscle cramping may be an early sign of heat-related illness.
- Wear loose, lightweight, light-colored clothing.

If you play a sport that practices during hot weather, protect yourself and look out for your teammates:

- Schedule workouts and practices earlier or later in the day when the temperature is cooler.
- Monitor a teammate's condition, and have someone do the same for you.
- Seek medical care right away if you or a teammate has symptoms of heat-related illness.

Everyone should take these steps to prevent heat-related illnesses, injuries, and death during hot weather:

- Stay in an air-conditioned indoor location as much as you can.
- Drink plenty of fluids even if you don't feel thirsty.
- Schedule outdoor activities carefully.
- Wear loose, lightweight, light-colored clothing and sunscreen.
- Pace yourself.
- Take cool showers or baths to cool down.
- Check on a friend or neighbor and have someone do the same for you.
- Never leave children or pets in cars.
- Check the local news for health and safety updates.

AVOID • SPOT • TREAT

HEAT STROKE & HEAT EXHAUSTION

In hot temperatures your body may be unable to properly cool itself, leading to serious health problems.

AVOID

When the temperature is very high stay indoors. If you must go outside, **dress properly and take breaks often**. Know who is at **high risk** for heat stroke and heat exhaustion.

Tips to Beat the Heat

Drink plenty of water!

Check on friends and neighbors at high risk for heat-related illness.

Find air-conditioned places to cool off (shopping malls and libraries)

NEVER leave kids or pets in a closed, parked vehicle

If you go outside, remember:

A HAT

LIGHTWEIGHT, LIGHT-COLORED, LOOSE-FITTING CLOTHING

SUNSCREEN (SPF 15 OR HIGHER)

WATER

LIMIT TIME OUTDOORS. TAKE BREAKS OFTEN

Know who is at high risk:

Infants

Young children

Older adults

People with chronic medical conditions

SPOT

Know the signs of heat stroke and heat exhaustion.

Heat Stroke

Signs & Symptoms

- Very high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Upset stomach or vomiting
- Fainting

Heat Exhaustion

Signs & Symptoms

- Heavy sweating
- Pale/nauseous
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Upset stomach or vomiting
- Fainting

If you see any of these signs, get medical help immediately.

TREAT

While waiting for medical attention, you can help someone with heat stroke or heat exhaustion.

Heat Stroke

Move the victim to a shady area or indoors. Do not give the person fluids. Cool the body by:

- Placing person in a cool (not cold) bath or shower
- Spraying with a garden hose
- Spraying with cool water
- Fanning

Continue efforts to cool the person until help arrives or his or her body temperature falls below 102°F and stays there.

Heat Exhaustion

Get medical attention if symptoms get worse or last longer than one hour. Cool the body with:

- Cool, nonalcoholic beverages
- Rest
- A cool (not cold) bath, shower, or sponge bath
- Moving to an air-conditioned room
- Wearing lightweight clothing

immediately if symptoms are severe or if victim has heat problems or high blood pressure

<http://emergency.cdc.gov/disasters/extremeheat/>

U.S. Department of Health and Human Services Center for Disease Control and Prevention

U.S. Department of Health and Human Services CDC

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



Naval Air Station Oceana executive officer, Capt. John Hewitt visits Robert M. Poynter during his visit to NAS Oceana.

U.S. Navy

NAS Oceana hosts WWII veteran for 100th birthday.

From NAS Oceana Public Affiars

VIRGINIA BEACH

Robert M. (Bob) Poynter, a native of Clarksburg, West Virginia, celebrated his 100th birthday this past month with a visit to the U.S. Navy’s Master Jet base, Naval Air Station Oceana. Mr. Poynter is a proud U.S. Navy veteran who served on the subchaser PT-487 during World War II.

His ship was most notable for its actions in sinking a Japanese submarine off the Aleutian Islands during the war. During World War II only three submarine chasers scored confirmed unassisted kills on enemy submarines, PC-487 making the only solo kill against a Japanese submarine.

“His visit to NAS Oceana, a surprise tour planned by family, was definitely one of the highlights for my father’s birthday week,”

said Peggy Wheatley. “We have family members traveling from all over the country to celebrate his historic birthday. My dad, along with the rest of the family, really enjoyed our time at NAS Oceana. He loved every minute of being there and is still talking about it. Thanks again for making our dad feel so special.”

As proud members of the Hampton Roads community, NAS Oceana supports all past, present, and future service members. As a show of appreciation, NAS Oceana invites all retired military, families, and DoD ID cardholders to the special-access day of the 2019 NAS Oceana Air Show on Friday, September 20.



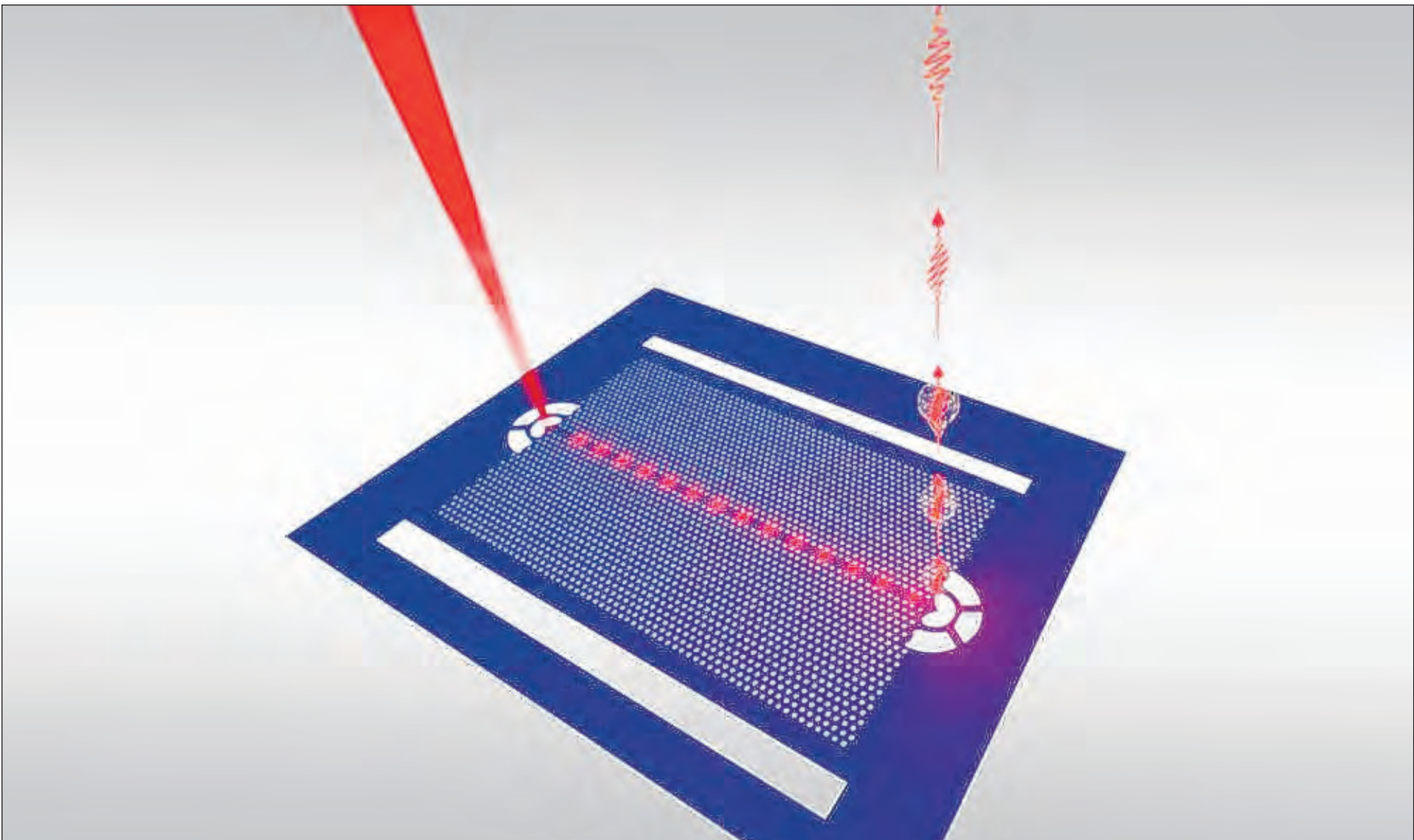
Courtesy photo
Boatswain's Mate 1st Class Robert M. (Bob) Poynter.

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Chul Soo Kim

Schematic of a nanoscale structure called a ‘photonic crystal waveguide’ that contains quantum dots that can interact with one another when they are tuned to the same wavelength.

U.S. Naval Research Laboratory ‘connects the dots’ for quantum networks

By Daniel Parry
U.S. Naval Research Laboratory

WASHINGTON

Researchers at the U.S. Naval Research Laboratory (NRL) developed a new technique that could enable future advancements in quantum technology.

The technique squeezes quantum dots, tiny particles made of thousands of atoms, to emit single photons (individual particles of light) with precisely the same color and with positions that can be less than a millionth of a meter apart.

“This breakthrough could accelerate the development of quantum information tech-

nologies and brain-inspired computing,” said Allan Bracker, a chemist at NRL and one of the researchers on the project.

In order for quantum dots to “communicate” (interact), they have to emit light at the same wavelength. The size of a quantum dot determines this emission wavelength. However, just as no two snowflakes are alike, no two quantum dots have exactly the same size and shape — at least when they’re initially created.

This natural variability makes it impossible for researchers to create quantum dots that emit light at precisely the same wavelength [color], said NRL physicist Joel Grim,

the lead researcher on the project.

“Instead of making quantum dots perfectly identical to begin with, we change their wavelength afterwards by shrink-wrapping them with laser-crystallized hafnium oxide,” Grim said. “The shrink wrap squeezes the quantum dots, which shifts their wavelength in a very controllable way.”

While other scientists have demonstrated “tuning” of quantum dot wavelengths in the past, this is the first time researchers have achieved it precisely in both wavelength and position.

“This means that we can do it not just for two or three, but for many quantum dots in an integrated circuit, which could be used for optical, rather than electrical computing,” Bracker said.

The wide breadth of researcher expertise and science assets at NRL allowed the team to test various approaches to making this quantum dot breakthrough in a relatively short amount of time.

“NRL has in-house facilities for crystal

growth, device fabrication, and quantum optical measurements,” Grim said. “This means that we could immediately coordinate our efforts to focus on rapidly improving the material properties.”

According to Grim and Bracker, this milestone in the manipulation of quantum dots could lay the groundwork for future strides in a number of areas.

“NRL’s new method for tuning the wavelength of quantum dots could enable new technologies that use the strange properties of quantum physics for computing, communication and sensing,” Bracker said. “It may also lead to ‘neuromorphic’ or brain-inspired computing based on a network of tiny lasers.”

Applications in which space and power-efficiency are limiting factors may also benefit from this breakthrough approach, researchers said.

This research was published in the journal Nature Materials, “Scalable in operando strain tuning in nanophotonic waveguides enabling three-quantum-dot superradiance.”

VETERANS UNITED HOME LOANSSM

AMPHITHEATER

AT VIRGINIA BEACH

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JON PARDI Tenille HOT

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SUMMER TOUR 2019

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SOJA

JULY 18

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JULY 21

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CAN'T SAY I AIN'T COUNTRY TOUR

DAN+SHAY MORGAN WALLEN

JULY 25

Koan

ALICE IN CHAINS

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NELLY FURTO

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JULY 31

JOE BONAMASSA

AUGUST 1

JIMMY BUFFETT

SAILOR

SATURDAY, AUGUST 3

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FRIDAY, AUGUST 9

Rebellion

and the band

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PAIDHOO

SATURDAY AUGUST 10

Heart

Long Live

JOAN JETT

AUGUST 11

KISS

END OF THE ROAD

AUGUST 13

KNOTFEST

ROADSHOW

Slipknot

VOLBEAT

GOJRA

AUGUST 14

breaking benjamin

Three Days Grace

DOROTHY

AUGUST 21

CHRIS YOUNG

RAISED ON COUNTRY

AUGUST 22

FLOCCING MOLLY

SOCIAL DISORDER

TOUR 2019

SATURDAY AUGUST 23

LUKE BRYAN

Repeat

SEPTEMBER 8

Outlaw

WILLIE NELSON FAMILY

BONNIE RAITT

THE AVETT BROTHERS

ALISON KRAUSS

LUKAS NELSON

PROMISE OF THE REAL

SATURDAY SEPTEMBER 14

GOT

LIVE CONCERT EXPERIENCE

SEPTEMBER 17

LEGENDARY NIGHTS

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IWTC Virginia Beach student intelligence officers gain valuable insight to succeed

From Information Warfare Training Command Virginia Beach Public Affairs

VIRGINIA BEACH

Twenty Naval Intelligence Officer Basic Course (NIOBC) students from Information Warfare Training Command (IWTC) Virginia Beach visited multiple intelligence commands during visit to Washington, June 24-27.

The trip provided valuable insight into the expectations of junior intelligence officers across not only the intelligence community, but also within the information warfare community. The students were able to ask questions and have analytic conversations with subject matter experts while leveraging the information taught throughout the NIOBC 20-week course.

The tour included Aerospace Data Facility-East, Pentagon, Central Intelligence Agency, National Geospatial-Intelligence Agency, Office of Naval Intelligence, and Defense Intelligence Agency. Additionally, the students gained exposure to the chief of naval operations intelligence briefers at the Pentagon and the Office of Naval Intelligence staff, supporting global operations and providing a holistic view of naval intelligence.

The tour, scheduled at the end of each NIOBC iteration, provides students with the opportunity to interact within all aspects of the intelligence community and commands they will work with in the future. Each command visited provides an overview of their mission, facility tours, in-depth analytical discussion and answers questions about the community. The students leave this exchange with a better understanding of how the intelligence community can support the operational environment and how to communicate with them when as they enter the community.

“Thank you to these commands for supporting our training, and this tour is an indispensable part of NIOBC by providing our new intelligence officers with background and tools to succeed in today’s ever changing environment,” said Cmdr. Richard Bosworth, IWTC Virginia Beach’s commanding officer.

IWTC Virginia Beach, located in Dam Neck Annex, currently offers 65 courses of instruction in information technology, cryptology, and intelligence with an instructor and support staff of 280 military, civilian, and contractors who train over 6,500 students every



U.S. Navy

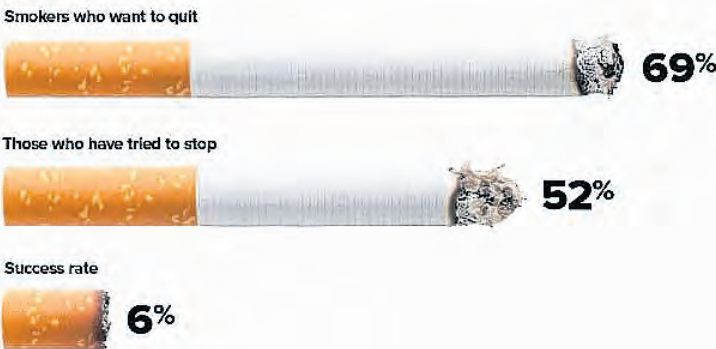
“Thank you to these commands for supporting our training, and this tour is an indispensable part of NIOBC by providing our new intelligence officers with background and tools to succeed in today’s ever changing environment.

Cmd. Richard Bosworth.

year. It is one of four schoolhouses for Center for Information Warfare Training and oversees learning sites at Jacksonville and Mayport, Florida; Kings Bay, Georgia; and Groton, Connecticut to continue aligning information warfare community training.

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.

Long Odds



From CDC.gov

Tobacco product use threatens military readiness

By Vice Adm. Jerome Adams, Lt. Gen. Nadja West, Vice Adm. Forrest Faison and Lt. Gen. Dorothy Hogg

To our servicemembers:

The surgeons general of the Air Force, Army, Navy, and United States are united in our concerns about high levels of tobacco product use among uniformed servicemembers. Tobacco product use is a threat to the health and fitness of our forces and compromises readiness, the foundation of a strong national defense.

Use of tobacco products among servicemembers is pervasive, harmful, and an urgent public health problem. More than one-third of servicemembers who use tobacco products started after joining the military. A well-known cause of cancers, heart and lung disease, and stroke, tobacco product use jeopardizes fitness and sleep quality and increases stress. In addition, tobacco product users are more likely to be injured and their injuries are slower to heal.

As the surgeons general, responsible for the health and readiness of more than one million lives, we are speaking with one voice to urge the types of actions that can help servicemembers quit all forms of tobacco product use, irrespective of whether it is smoked, smokeless or electronic. Join us now to build a stronger, healthier and more resilient force.

We recommend that leadership:

- Lead by example. Be tobacco-free.
- Stress the negative impact of tobacco product use on health and performance at all levels of command.
- Enforce tobacco-free policies to protect against exposure to secondhand smoke and

e-cigarette aerosol.

- Make tobacco product use less convenient and ensure that it is not rewarded.
- Coordinate with local, state and national efforts to reduce tobacco product use.
- We encourage servicemembers to:
 - Be tobacco-free.
 - Reach out to others to help you quit; your team, including medical staff, can assist you.
 - Ask your health care professional about FDA-approved medications and counseling that can help you quit. Note, e-cigarettes are not approved as cessation aids by the FDA.

Know your Tricare benefits plan – you have complete coverage to help you stop using tobacco products. Visit <https://tricare.mil/tobaccocessation> for more information.

Access these resources:

- YouCanQuit2 at www.ycq2.org/
- SmokefreeVET at <https://veterans.smokefree.gov/>
- 1-800-QUIT-NOW or 1-855-QUIT-VET
- SmokefreeTXT at <https://smokefree.gov/smokefreetxt>
- Mobile apps: QuitGuide and quit-START at <https://smokefree.gov/tools-tips/apps>
- Visit www.cdc.gov/tobacco/campaign/tips/groups/military.html for more information.

It’s never a good time to start using tobacco products and never too late to quit – your health, your performance, and your country depend on it. Sustain the force. Be fit, Be healthy, Be ready!

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David Todd
Military children participate in the ASYMCA of Hampton Roads’ “Operation Camp Hero” program, which is a theme-based summer camp for school-age child to learn problem-solving skills with a variety of structured and unstructured activities.

Play in the mud for a good cause – 19th annual ASYMCA of Hampton Roads 8K Mud Run supports life-changing programs for military families

By David Todd
Navy Region Mid-Atlantic Public Affairs

VIRGINIA BEACH

Play in the mud for a good cause as the Armed Services YMCA (ASYMCA) of Hampton Roads presents their 19th annual 8K Mud Run and One-Mile Mini Mud Run onboard Joint Expeditionary Base Little Creek, Aug. 10.

The challenging and unique event is the oldest and longest running mud run in Hampton Roads that is open to civilians, military service members and their families. The course, originally designed by Seabees, takes runners through a grueling one-mile sand run with berms, followed by a variety of coastal terrains with low crawls, beach barricades, trails and mud pits. The One-Mile Mini Mud version offers a similar experience to children ages 5 through 12.

Each runner receives a t-shirt and finisher’s medal, and a beach party follows the completion of the races. This year the ASYMCA of Hampton Roads hopes to have nearly 2,500 participants. Runners can participate individually or as a team – team categories include “all-male,” “all-female,” “co-ed,” “active duty military,” “public safety” and “corporate.” This year a special award will be given to the military team with the best score, giving them “bragging rights” for the year.

“We work very closely with Joint Expeditionary Base Little Creek-Fort Story [to help facilitate the event each year],” said Laura Baxter, Executive Director, ASYMCA of Hampton Roads, noting that planning for the annual run takes nearly seven months from start to finish. “They are a great partner and have been for years.”

Participation in the mud run is not only fun and a great way to come together as a cohesive community – the proceeds generated from event registration directly benefit area service members (all five branches) and their families through life-changing programs.

“It’s a great opportunity to invite a large group of individuals to participate in something that is fun for both civilians and the military, while at the same time supporting fundraising efforts for our organization,” explained Baxter. “This is the main fundraiser that we have – we have four core programs that funding goes toward which are all child development/youth enrichment programs. Our focus is primarily young junior enlisted E1 to E5 service members – although we support all military personnel – to help strengthen military families and be there as a resource for the Department of Defense [DOD] so that the service member can focus on their mission.”

One of the main programs is “Before & After School Child Development.” Frequent moves and deployments are some of the most impacting stressors of military families. Children ages 5 through 12 come to the ASYMCA of Hampton Roads to learn, grow and thrive in an environment that builds relationships with others, while also offering plenty of opportunities to have fun and be a kid.

“The difference with our program, versus regular before and after school care programs, is that ours is military-focused. We offer a very structured environment by providing academic assistance through activities such as homework/academic support, sports, arts and crafts, and STEAM-based learning [science, technology, engineering, art and math] It’s also rank-based, so the fees are very low-cost for the service member,” Baxter said. “We are an alternative to the CDC on-base. So when the CDC has a waitlist, we are one of the organizations that they refer people to [for child care].”

Other programs include “Operation Hero,” which provides a no-cost after-school program grades 2 through 5 tailored to the unique struggles of military children. They discuss how to manage feelings, friendships, and conflict while emphasizing respect, honesty, caring and responsibility; “Operation Little Learners” a no-cost program for children ages 18 months to 5 years old which prepares parents and child for preschool and kindergarten and improves the parent/child relationship; and “Operation Camp Hero,” which is a theme-based Summer Camp for school-age child to learn problem-solving skills with a variety of structured and unstructured activities.

The ASYMCA of Hampton Roads is based out of Virginia Beach and services 15 area elementary schools with their before and after school program. They also have satellite services at Sewells Point Elementary School in Norfolk, Lincoln Military Housing Norfolk Point Community Center, Norfolk and Lincoln Military Housing Naval Air Station Oceana Community Center in Virginia Beach.

“We make sure that the kids have an experience that lasts a lifetime,” explained Katrina Cherry, the Child Development Program Director for ASYMCA of Hampton Roads. “Through teaching various skills [cognitive, social, and motor skills], the kids become lifelong learners.”

One of the unique benefits of the child development/youth enrichment programs is that the children are able to interact with peers that come from similar backgrounds and experiences through military affiliation. The ASYMCA of Hampton Roads recognizes the challenges of military life and helps to bridge the gap as a complement to existing DOD programs.

“[The program] helps the parents – we have some kids who have parents that are dual military ... we take the time to be there for them when they need someone,” Cherry explained. “Sometimes they just need someone to talk to, bounce ideas off of, or just need some advice, so we are able to fill that billet for them.”

“Because the kids are military, a lot of the group activities talk about resiliency,” said Baxter. “There is a great camaraderie amongst the kids.”

The ASYMCA of Hampton Roads is a private, non-profit organization with a mission to enhance the lives of military members and their families in spirit, mind and body through programs relevant to the unique challenges of military life. They provide a helping hand during challenges, while also honoring the impact of service members to the Hampton Roads area. To learn more, visit www.asymca.org/hampton-roads-home.

To learn more and to register for the mud runs, visit www.asymca.org/asymca-hampton-roads-mud-run. For civilians, registration ends Aug. 4 – cost for individual civilian runners is \$50 (price increases after July 15); individual military (active duty, retirees, veterans and dependents) runners is \$30 and can register up to 3 days before the event. Mini Mud runners are \$25, and team registration fees vary based on military affiliation.



David Todd
Military children participate in the ASYMCA of Hampton Roads’ “Operation Camp Hero” program, which is a theme-based summer camp for school-age child to learn problem-solving skills with a variety of structured and unstructured activities.



Aircraft carrier USS Harry S. Truman (CVN 75) underway.

U.S. Navy

TRUMAN | Intensive, month-long exercise designed to fully integrate units of HSTCSG

Continued from A1

ever a carrier strike group could see on its next deployment, and units, which did not deploy in 2018 will certify to deploy. Trainers, mentors and assessors from Carrier Strike Group 4 (CSG 4), the strike group charged with training and mentoring East Coast carrier strike groups, will embark with participating units to provide training through carefully planned, realistic scenarios. Following the exercise, Commander, U.S. 2nd Fleet (C2F) will make a certification recommendation to USFF, based on CSG 4’s assessment.

“COMPTUEX is by far and away the most challenging training we do,” said Vice Adm. Andrew Lewis, Commander U.S. 2nd Fleet. “But it is so important that we challenge ourselves in a secure environment where we are able to manage risk in order to train to the highest level.”

HSTCSG’s COMPTUEX will be the first led by C2F since declaring Initial Operating capability in May. In achieving IOC, the command achieved the capability to command and control forces assigned using the functions and processes of the Maritime Operations Center and Maritime Headquarters.

“COMPTUEX is by far and away the most challenging training we do. But it is so important that we challenge ourselves in a secure environment where we are able to manage risk in order to train to the highest level.”

Vice Adm. Andrew Lewis

Strike group elements participating in COMPTUEX include USS Harry S. Truman (CVN 75) and embarked Carrier Air Wing One; staffs from Carrier Strike Group 8 and Destroyer Squadron 28, guided missile cruiser USS Normandy (CG 60); guided-missile destroyers USS Ramage (DDG 61),

USS Lassen (DDG 82), USS Forrest Sherman (DDG 98) and USS Farragut (DDG 99).

For more news from USS Harry S. Truman, visit <http://www.facebook.com/usstruman>. For more news from USS Harry S. Truman (CVN 75), <http://visit www.navy.mil/local/cvn75/>.

AWARD | Zamora wins for reputation of excellence

Continued from A1

2012, after being struck by a vehicle when she stopped to assist others involved in a traffic collision in Gig Harbor, Wash.

“Regina was always such a caring person,” said Senior Chief Aviation Boatswain’s Mate (Fuel) Hawa Riley, Zamora’s Leading Chief Petty Officer. “So after her death, the Aviation Boatswain’s Community thought it would be fitting to create this leadership award in her honor. She was a great leader, a great handler, a great air boss; pretty much everything about Regina Mills was great. This honor doesn’t even touch an inch of what she really was, however this is the best we could do to honor her by recognizing Sailors who are great leaders like she always was.

For Zamora, this award is a lot more than just a piece of paper and a pat on the back. “I feel honored and humbled,” shared Zamora. “I’m honored because it means that someone took the time out to recognize that I’m doing what I’m supposed to do, and I’m humbled because the award is in honor of such an influential person in the [Aviation Boatswain’s Mate] community.”

According to Riley, Zamora has taken on difficult duties throughout her career and built a reputation of excellence that follows her wherever she goes.

Riley who nominated Zamora for the award worked with her at Recruit Training Command, “I saw her work ethic there,” said Riley. “So when I saw her onboard the Bataan, I already knew I had a strong second class to lead the division, and she has set the

standard since day one.”

Zamora attributes her success to always trying to remember her “why,” which is her fundamental desire to always continue bettering herself. “On my bad days I remember that my Sailors need me,” said Zamora. “They are my reason to keep going. Because if I stop doing what I have to do, what is going to drive them to do better?”

For Zamora, bad days are vital to growth. “It’s not as easy as it seems,” said Zamora. “There are struggles; it’s all about how you overcome them. There are going to be good days and bad days, but it’s important that you use those struggles as stepping stones to self-improvement.”

A Regina P. Mills Leadership recipient must have demonstrated exceptional leadership skills, a strong work ethic, dedication to duty and contributed to improving the ABF community. Which Zamora has demonstrated all throughout her Navy career and especially since 2017 while aboard the Bataan. Zamora says she has learned to lead by watching other strong females in the Navy.

“When I joined the Navy, I guess I was lucky, I always seemed to have good leadership from the start,” said Zamora. “At my first command, I met my first female Master Chief and I told myself that I would like to be like her or at least copy some of her characteristics.”

Zamora’s attitude, leadership, and experiences have all culminated in a second class more than worthy of the Regina P. Mills Leadership Award, according to Riley.

“Winning the award really reaffirmed everything we already knew about her as a great leader,” said Riley. “So when she won this award, it wasn’t a surprise; it was a confirmation that everyone else in the Aviation Boatswain’s Mate community saw that this girl deserved some recognition.”

GROUND | Facility will consolidate training spread across 26 NNSY locations

Continued from A1

neering and Planning, Production and Operations, and Lifting and Handling. This facility will also support future training requirements associated with Gerald R. Ford Class Carriers and Virginia Class Submarines, strategically positioning the shipyard to support The Navy Our Nation Needs.

“In establishing this large, modern and consolidated training facility, we will provide a hub for the shipyard’s academic classrooms and on-the-job training areas, allowing theory and application to meet,” said Shipyard Commander Captain Kai Torkelson at the groundbreaking. “Supporting those efforts, this facility will also house administrative offices, conference rooms, training aid storage areas, and other support spaces. Innovation, collaboration and knowledge sharing will now transpire all under one roof, and streamlined to benefit our people.”

Facility training areas offering opportunities in applied instruction include drydock, carrier shipboard, and fall protection mock-ups, and training areas in pipefitting, welding, crane and rigging, and motor and generator repair.

As a centralized training hub for enhancing the knowledge and abilities of future generations of shipyard employees, this facility will offer comfort as well as convenience, with amenities such as outdoor seating areas, break rooms, study rooms, and a mini-mart.

RQ Construction, LLC, based in Carlsbad, Calif., designed the facility and will begin the two-year construction project this month.

In the plans to be co-located with the facility once it’s completed is the sail salvaged from USS La Jolla (SSN 701), currently finishing up its conversion at NNSY from an operational fast-attack submarine into a Moored Training Ship (MTS). NNSY aims to become the NAVSEA corporation’s sole Sail Learning Center using this 76,000-lb. centerpiece. While submarine sails are sometimes repurposed as monuments, La Jolla’s will become a mockup to train shipyarders in areas such as hull cuts, piping, staging, painting, and more. “We’re trying to be unique and forward thinking here,” said Sail Learning Center Manager Steve Smith, adding that while it’s a Los Angeles class sail, it can be adapted to train on Virginia class submarines in the future.

With sail work being among the greatest challenges in overhauling fast-attack nuclear submarines, having an actual one for shipyarders to train is a priority. Sheetmetal, Outside Machine, Electrical, Pipefitter, Painting/Blasting, Lifting and Handling and Temporary Services shops all stand to benefit in expanding the skills and abilities of their employees. Smith said that even before the sail is moved to the production training facility, shipyarders will get hands-on experience painting and blasting it.

Congressman Bobby Scott, representing the 3rd Congressional District of Virginia, and Dave Wickersham, attending on behalf of Congresswoman Elaine Luria, representing the 2nd Congressional District of Virginia, attended the groundbreaking.

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NSMRL predicts diver vulnerability
Naval Submarine Medical Research Laboratory (NSMRL) scientists presented their findings how expired nitric oxide (NOexp) can be used as a non-invasive physical indicator.

See **B4**



USNS COMFORT ARRIVES IN PERU TO PROVIDE MEDICAL ASSISTANCE

MC2 Morgan K. Nall

The hospital ship USNS Comfort (T-AH 20) transits the Pacific Ocean. Comfort is working with health and government partners in Central America, South America, and the Caribbean to provide care on the ship and at land-based medical sites, helping to relieve pressure on national medical systems strained by an increase in Venezuelan migrants.

From Navy Support Element East Public Affairs

CALLAO, PERU

Hospital ship USNS Comfort (T-AH 20) arrived in Callao, Peru, for the second port visit of its 2019 deployment, July 8.

While in Callao, U.S. service members and medical professionals will work alongside international partner and host nation medical professionals to provide much-needed medical assistance in communities with urgent health care needs, including local populations and vulnerable Venezuelans who have fled to Peru from the humanitarian crisis in Venezuela.

“The Comfort’s return to the region demonstrates U.S. Southern Command’s commitment to strengthening part-

nerships, which is the foundation of a stronger, more secure and prosperous neighborhood,” said Adm. Craig S. Faller, Commander U.S. Southern Command. “Our team will work side-by-side with hundreds of doctors, nurses and surgeons throughout the region to build medical readiness, disaster capacity and lasting relationships.”

Comfort’s team consists of military and civilian personnel from the United States and partner nations, including Argentina, Brazil, Canada, Costa Rica, Mexico, and Peru, creating a dynamic team capable of delivering a variety of services.

“Our team will work together toward a common goal of alleviating stress placed on the country’s medical systems,” said Capt. Brian J. Diebold, commander, Task Force 49. “We’re committed to increasing partner nation

capacity to provide medical assistance and disaster relief.”

This marks the fourth Comfort visit to Peru and the seventh to the region since 2007. The embarked medical teams will provide care on board Comfort and at two land-based medical sites.

This mission stop is part of U.S. Southern Command’s Enduring Promise initiative and reflects the United States’ ongoing commitment to friendship, partnership, and solidarity with partner nations in the Caribbean, Central America, and South America. It is also an invaluable opportunity to learn from other partner nations.

For more information, visit www.facebook.com/NAV-SOUS4THFLT, www.dvidshub.net/feature/comfort2019, and www.navy.mil.



forbes.com

NAVWAR enterprise launches artificial intelligence \$150K prize challenge

From Naval Information Warfare Systems Command (NAVWAR)

SAN DIEGO

The Navy kicked off the Artificial Intelligence Applications to Autonomous Cybersecurity Challenge (AI ATAC), a prize competition seeking innovative

machine learning and artificial intelligence (ML/AI) solutions for real-world cybersecurity challenges, July 8.

Naval Information Warfare Systems Command (NAVWAR) and Program Executive Office for Command, Control, Communications, Computers and Intelligence (PEO C4I) are sponsoring AI ATAC in part to gather insight and participation from nontraditional defense vendors, teams or individuals. While other government agencies have used prize challenges, this is a first for the NAVWAR enterprise.

The first place entry will win \$100,000. Second place will be awarded \$50,000.

“We are approaching innovation with disciplined urgency,” said NAVWAR Commander Rear Adm.

U.S. Naval War College holds Naval Services Game 2019

From U.S. Naval War College Public Affairs

NEWPORT, R.I.

More than 45 representatives from 23 Navy and Marine Corps commands took part in a U.S. Naval War College war game last week focused on Marine Corps fire power.

Naval Services Game 2019, June 24-28, set out to determine operational and force structure implications for the use of long-range precision missiles by Marine Corps commanders.

“In the end, we wanted to glean insights into the strengths and limitations of the command-and-control structures employed in the game, and the types of capabilities required to effectively execute expeditionary advanced base operations,” said War Gaming Department associate professor Jeffrey Landsman, who served as game director.

This game directly informs the Naval Board, which is made up of eight Navy and Marine Corps general or flag officers, Landsman said.

Players were divided into five working groups. They looked at aspects of information sharing, communication, logistics, and command and control.

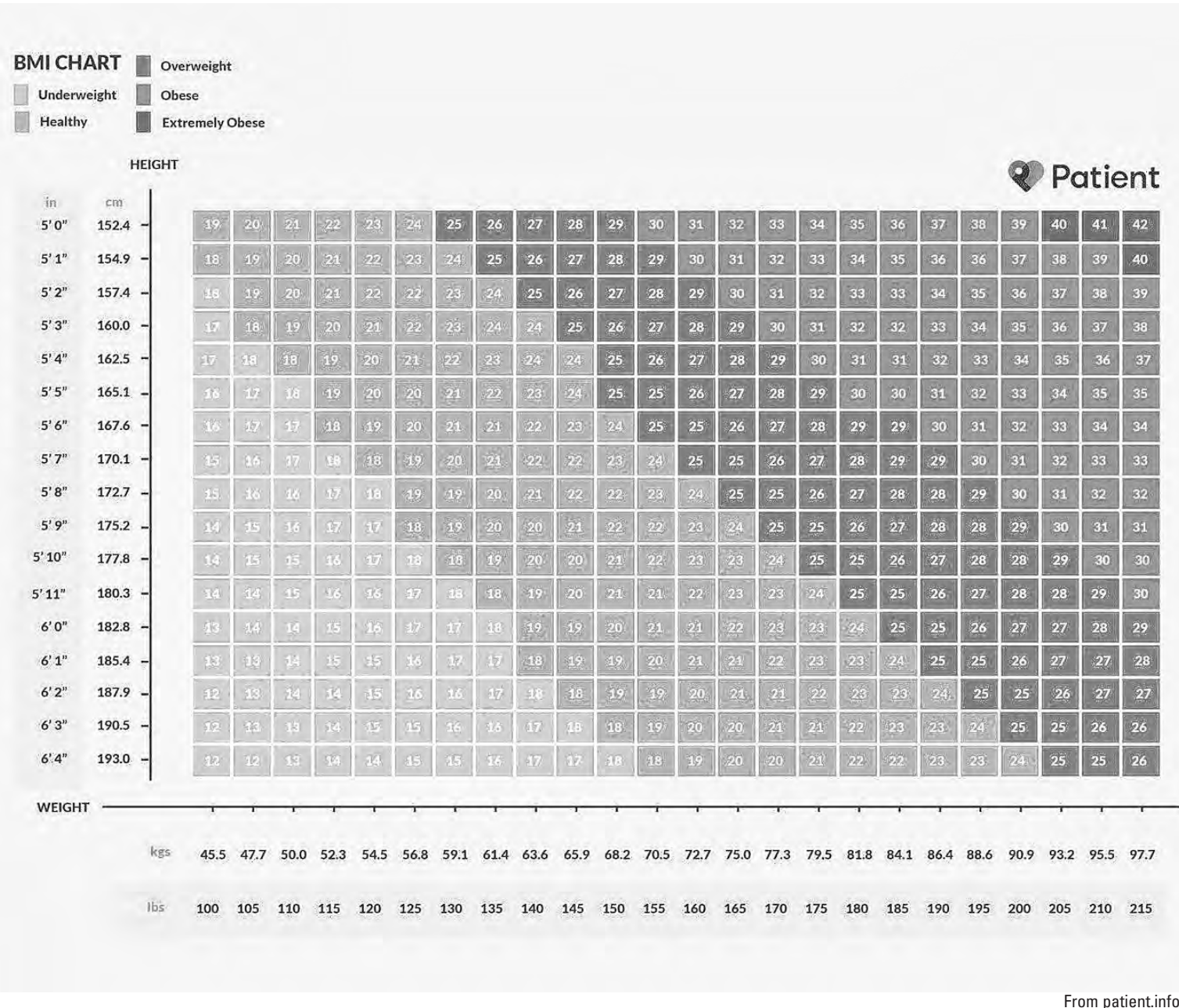
“The Naval Services Game demonstrates the transparency of the Navy and Marine Corps team to improve integration and lethality of the naval force,” said Rear Adm. John Meier, commander of the Naval Warfare Development Command and Navy lead for the game’s “Blue Cell.”

The game is the seventh in a series in coordination with the Marine Corps Warfighting Laboratory.

“NSG-19 represented a tremendous opportunity to advance the concept of expeditionary advanced base operations, which

See **AI | B7**

See **NAVAL | B7**



ASSESSING YOUR WEIGHT

From CDC.gov

A high amount of body fat can lead to weight-related diseases and other health issues and being underweight can also put one at risk for health issues. BMI and waist circumference are two measures that can be used as screening tools to estimate weight status in relation to potential disease risk. However, BMI and waist circumference are not diagnostic tools for disease risks. A trained healthcare provider should perform other health assessments in order to evaluate disease risk and diagnose disease status.

HOW TO MEASURE AND INTERPRET WEIGHT STATUS:

Adult Body Mass Index or BMI

Body Mass Index (BMI) is a person's weight in kilograms divided by the square of height in meters. A high BMI can be an indicator of high body fatness and having a low BMI can be an indicator of having too low body fatness. BMI can be used as a screening tool but is not diagnostic of the body fatness or health of an individual.

- If your BMI is less than 18.5, it falls

within the underweight range.

- If your BMI is 18.5 to 24.9, it falls within the normal or Healthy Weight range.
- If your BMI is 25.0 to 29.9, it falls within the overweight range.
- If your BMI is 30.0 or higher, it falls within the obese range.

Weight that is higher than what is considered as a healthy weight for a given height is described as overweight or obese. Weight that is lower than what is considered as healthy for a given height is described as underweight.

At an individual level, BMI can be used as a screening tool but is not diagnostic of the body fatness or health of an individual. A trained healthcare provider should perform appropriate health assessments in order to evaluate an individual's health status and risks.

How to Measure Height and Weight for BMI

Height and weight must be measured in order to calculate BMI. It is most accurate to measure height in meters and weight in kilograms. However, the BMI formula has been adapted for height measured in inches and weight measured in

pounds. These measurements can be taken in a healthcare provider's office, or at home using a tape measure and scale.

Waist Circumference

To correctly measure waist circumference:

- Stand and place a tape measure around your middle, just above your hipbones
- Make sure tape is horizontal around the waist
- Keep the tape snug around the waist, but not compressing the skin
- Measure your waist just after you breathe out

Another way to estimate your potential disease risk is to measure your waist circumference. Excessive abdominal fat may be serious because it places you at greater risk for developing obesity-related conditions, such as Type 2 Diabetes, high blood pressure, and coronary artery disease. Your waistline may be telling you that you have a higher risk of developing obesity-related conditions if you are:

- A man whose waist circumference is more than 40 inches
- A non-pregnant woman whose waist circumference is more than 35 inches

Waist circumference can be used as a screening tool but is not diagnostic of the body fatness or health of an individual. A trained healthcare provider should perform appropriate health assessments in order to evaluate an individual's health status and risks.

Bowling for spouses

By Lisa Smith Molinari

Every summer, a fresh crop of newly-PCsed military spouses emerge from housing like swarming termites in search of pulp. They follow other spouses to school, approach them in the commissary, and ring their doorbells, threatening to infiltrate their established social circles. Some see them as a threat, having forgotten that every spouse was once the new kid on the block.

Truth be told, I was a pestering new spouse many times over my 23 years as a Navy wife. After each move, I'd slowly transform from a strong, confident, responsible adult into a pathetic, insecure middle schooler, desperate for friends. After the first few weeks of living in the base hotel while waiting for housing, the novelty of our suitcase existence would wear off and loneliness would set in. I'd find myself chatting with the front desk clerk and the commissary baggers to combat my growing solitude. Once moved into housing, my daily routine would involve shamelessly scanning the neighborhood for potential friends while walking the dog, taking the trash out, and schlepping the kids to school. I'd make eye contact with those who looked approachable, and offer a friendly smile in

an effort to initiate interaction.

But, women seemed to avert their eyes when I glanced at them. Moms pushed their strollers a little quicker when they noticed I was behind them. As I walked by the shared stairwell patios, groups of chatting ladies got a little quieter.

Inevitably, extreme desperation would set in and I'd make rash choices. One summer after moving to Patch Barracks in Stuttgart, Germany, I hastily joined the Thursday Morning Spouses Bowling League and paid for a full year commitment, despite the fact that I'd never particularly enjoyed the sport.

I showed up on the first day to meet my team, Great Balls of Fire, thinking this would be casual and kitschy, and that I'd make some much-needed friends. But to these spouses, bowling was serious business, and I was soon intimidated.

When it was my turn, I nervously stepped onto the polished runway at the same time as a player from the opposing team, Lady Strikers. She glared at me, and I quickly realized my error and retreated to the scoring table. The irritated bowler restarted her approach, which involved her getting into a curious crouching position, then pouncing up to throw her ball just before the foul line. My team members told me that she'd been in the league for years, and this was her signature move.

When she was done, Crouching Tiger whispered to a woman at her table with a very high forehead, and they both looked in my direction. The Forehead got up and walked toward me. Intimidated by these

kingpins of the military spouse community, I nearly soiled myself. Was I just being paranoid? They wouldn't want to scare a new spouse who is just trying to make new friends, would they?

"Are you the new person?" the Forehead asked sternly, peering down where I hunched in a swing-out seat at the Formica table.

"Uh-hu," I answered with a nervous smile.

"Well, listen, my teammate sent me over to explain the rules," she said. My mind raced with humiliation and regret. Why had I committed to play in this league for an entire year? Would I ever fit in? Was it possible to make any real friends at this duty station?

Despite my newcomer's jitters, I persevered and survived my year on the bowling league. In an effort to add a little levity to the humorless group, I even started a league diet group I called "Bowlers United To Take Off Kilograms Sensibly," or B.U.T.T.O.K.S. for short. Not everyone was amused, but ultimate justice was served when our team's generous handicap earned us the second place cash prize in the season finals.

The experience taught me that bowling didn't strike my fancy, but also, that new military spouses need companionship, not competition.

Newbies will inevitably break the rules, throw gutter balls, and step on the foul lines, but the kingpins should spare a little compassion, and welcome all fellow spouses into their lane.



Q. Where can I find information about Navy housing policy? I want to do my own research.

A: You can visit: www.cnic.navy.mil/ffr/housing/policy_forms_and_resources/policy.html for a list of clickable instructions regarding Navy housing policy.

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Navy Medicine shifting focus to be ready for the next fight

By Regena Kowitz
Navy Medicine West Public Affairs

SAN DIEGO

Navy Surgeon General Vice Adm. Forrest Faison discussed the future of Navy Medicine, and how it plans to prepare medical personnel for the next fight, while visiting San Diego, June 25-27.

As the guest speaker at the San Diego Military Advisory Council's breakfast and during talks with leaders and Sailors at Naval Medical Center San Diego's Branch Health Clinic Miramar June 27, Faison spoke about important changes occurring within military health care, in particular the transition of all military hospitals to the management and administration of the Defense Health Agency (DHA).

These changes, Faison said, will allow Navy Medicine to shift focus from managing buildings and health care benefits to ensuring its people-doctors, nurses, and hospital corpsmen-have the skills and experience to keep Sailors and Marines, healthy, ready, and on the job.

"There is no greater responsibility than providing medical forces that are ready, prepared, and present to save the lives of the nation's armed forces," said Faison. "We had a 97 percent survival rate coming out of Iraq and Afghanistan, the highest in history, and we had every conceivable advantage, including uncontested air superiority, aeromedical evacuation on demand, seamless communications, and our hospital corpsman. We could place our medical personnel strategically to maximize the golden hour, the time from point of injury to care from a surgical team."

Those are advantages we may not have in the next conflict if adversaries are near-peers who can also project sea power, explained Faison. That's why Navy

Medicine has to be prepared for very different threats and challenges in future conflicts.

"We've got to be ready," Faison said. "Because our service members and their families are depending on us to bring them home."

With the DHA responsible for managing the MTFs to provide high quality care, Navy Medicine will have the flexibility to send personnel where they can best hone the operationally relevant skills they'll need to save lives on the battlefield. Faison said this is where community partnerships will play an important role. In addition to getting training and experience at military medical centers, Navy Medicine can send Sailors to civilian hospitals where they will be exposed to the kinds of injuries they'll see in operational environments.

"What you'll see is a combination of care at our medical centers as well as care with our community partners, as we get our doctors, nurses, and hospital corpsman ready for combat because, first and foremost, we need to be ready for the next fight," said Faison.

Partnerships that prepare Navy Medicine's Sailors for future conflicts can build on the successes of existing ones, such as the initiative between the Capt. James A. Lovell Federal Health Care Center (Lovell FHCC), and John H. Stroger Jr. Hospital of Cook County, a level 1 trauma center in Chicago, Illinois, where hospital corpsman gain hands-on trauma experience, and the Navy Trauma Training Center's collaboration with Los Angeles County and the University of Southern California, where teams of Navy Medicine personnel work together in real and simulated trauma scenarios to prepare for deployment.

With all the changes underway in military health care and Navy



Regena Kowitz

Navy Surgeon General Vice Adm. Forrest speaks with hospital corpsmen during an informal luncheon at a galley onboard Marine Corps Air Station Miramar. Faison had lunch with the Sailors after visiting with leadership at Naval Medical Center San Diego's Branch Health Clinic Miramar where he talked about Navy Medicine's focus on keeping Sailors and Marines ready, healthy, and on the job while ensuring medical personnel are prepared to save lives in future conflicts.

Medicine, Faison emphasized it should be seamless and transparent to patients. "One thing that

will not ever change is our commitment to those we are privileged to serve," said Faison.

For more news from Navy Medicine West, visit www.navy.mil/local/nmw/.

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U.S.Navy Electronics Technician 1st Class Robert Hart and Electronics Technician 1st Class Richard Goldberg assigned to Space and Naval Warfare Systems Command (SPAWAR) Reserve Program supported Naval Information Warfare Center Pacific engineers in coordination with the Swedish Defense Research Agency and the Swedish Coast Guard to explore how ice affects sound propagation and background noise in the underwater domain utilizing various sensors, magnetometers and a remotely operated vehicle.

NAVWAR provides technical expertise for underwater ice study in Sweden

By Elisha Gamboa
Naval Information Warfare Systems Command Public Affairs

Naval Information Warfare Systems Command (NAVWAR) joined the Swedish Defense Research Agency and the Swedish Coast Guard in Lulea, Sweden, to test how ice affects sound in the underwater domain March 11-23.

As part of an ongoing program with Swedish authorities, personnel from the NAVWAR Reserve Program (NWRP) and Naval Information Warfare Center Pacific (NIWC Pacific) Unmanned Maritime Vehicle (UMV) Lab teamed to support the event.

NWRP Sailors and NIWC Pacific engineers used various sensors, magnetometers and a Seabotix vLBV, a remotely operated vehicle (ROV), to identify the potential impact of ice on sound propagation and background noise underwater.

NWRP Sailors operated the ROV to test acoustic transceivers and collect sonar and video imagery of the conditions beneath the ice, and to provide logistic mission support with programming magnetometers.

"Sonar and camera data from the ROV provided insight into the structure of the ice," said Tom Pastore, a NIWC Pacific engineer. "Simultaneous acoustic measurement data between various fixed points will allow researchers to characterize the impact of ice-covered waters as compared to an open surface. This is an important addition to the scientific body of knowledge and leads us towards better modeling capability in under-ice regions."

The collective team from NAVWAR and Sweden have a second trial scheduled for first quarter of fiscal year 2020.

NWRP Sailors leverage their education,

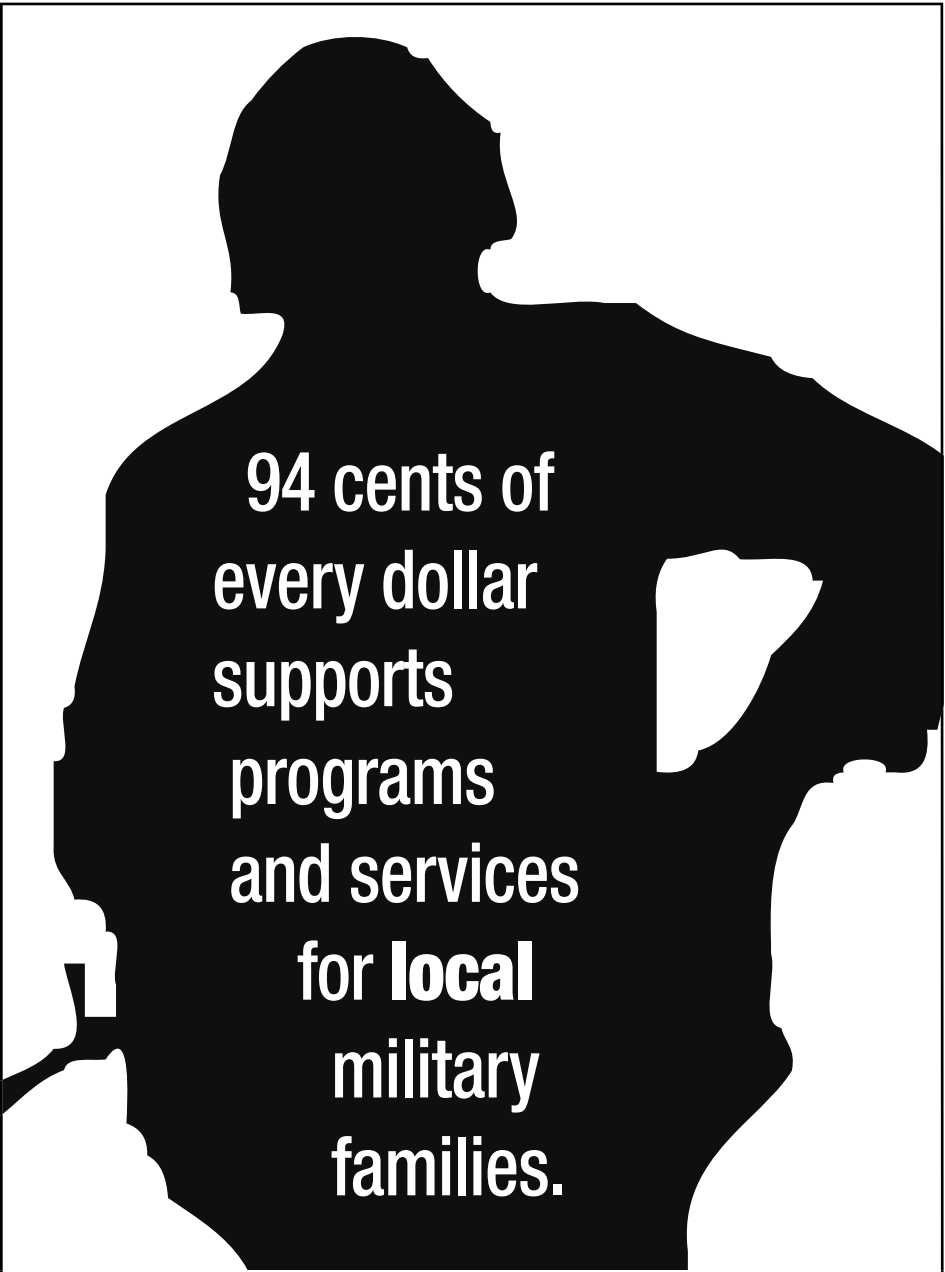
corporate knowledge and military experience and apply those skills to UMV and other technology testing events to address potential challenges with respect to complex command, control, communications, computer and intelligence systems.

"NAVWAR Reservists provide manpower with diverse technical and operational skill sets, enabling the sponsor to successfully complete the mission no matter the challenges," said Thomas McDermott, NWRP UMV program manager.

The NWRP will continue to provide essential UMV expertise and end-user feedback during national and international exercises to ensure new and emerging underwater technologies meet the needs of the fleet today and into the future.

Other upcoming NWRP supported UMV exercises include:

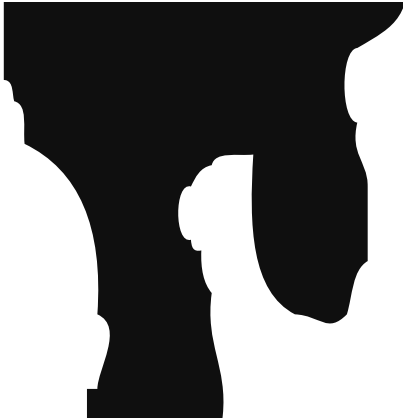
- The International RoboSub Competition, July 29 - Aug. 4, 2019
 - Trident Warrior, an annual large-scale, at-sea field experiment, July – Aug. 2019
 - A Seabotix vLBV 300 testing event, Aug. 2019
 - A Seabotix vLBV 300 demonstration, Sept. 2019
- NWRP is comprised of a diverse, high-performing team of more than 400 Reserve Sailors, divided amongst 18 units located around the world from fleet concentration areas, to space facilities, to high-tech NAVWAR facilities. The group draws on Sailors with various areas of expertise to cost effectively deliver the right Sailor with the right skills, at the right time, to the right place.
- NAVWAR identifies, develops, delivers and sustains information warfighting capabilities and services that enable naval, joint, coalition and other national missions operating in warfighting domains from seabed to space. NAVWAR consists of more than 11,000 active duty military and civil service professionals located around the world.



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NSMRL successfully predicts diver vulnerability to pulmonary oxygen toxicity

From Naval Medical Research Center Public Affairs

SILVER SPRING, MD.

Naval Submarine Medical Research Laboratory (NSMRL) scientists presented their findings how expired nitric oxide (NO-exp) can be used as a non-invasive physical indicator of hyperbaric (high-pressure) oxidative stress to divers during the annual Undersea Hyperbaric Medicine Annual Scientific Meeting in Rio Grande, Puerto Rico June 27.

Navy Special Operation Divers use closed circuit underwater breathing devices that operate at high molecular oxygen (O2) levels. These high levels limit mission length and can cause lung problems. Because of these restrictions, NSMRL has over the past 12 years led a series of human oxygen exposure testing over a wide range of surrounding pressures and time, and developed an experimental model of the temporary changes that occur in expired nitric oxide following diving stress.

“Exhaled expired nitric oxide was studied as an indicator of airway inflammation and oxidative stress in a variety of lung diseases. However, at first the importance of expired nitric oxide as a gauge of the oxidative stress response of the lungs to excessive oxygen under operational diving conditions was unclear,” said Dr. David Fothergill, science director of the Naval Submarine Medical Research Laboratory. “To be useful to our warfighter we needed to establish a well-defined relationship between oxygen exposure and the changes in expired nitric oxide.”

During their presentation, “Validation of an exhaled nitric oxide model pulmonary hyperoxic stress,” Fothergill and his colleagues explained how they can accurately predict the relative change in expired nitric oxide after prolonged dry and immersed dives. Their results show a decrease in expired nitric oxide that occurs when breathing high partial pressures of oxygen for prolonged periods, and how it offers a potential window into the amount of oxidative stress experienced by the pulmonary system during a hyperbaric oxygen exposure.

They further explained how the percentage change in expired nitric oxide occurs during an oxygen exposure can now be accurately predicted from a negative exponential function of the hyperoxic dose of the exposure.

“Individuals with low levels of expired nitric oxide appear to be at most risk of experiencing symptoms of pulmonary oxygen toxicity, especially during a challenging exposure to hyperbaric oxygen,” Fothergill said. “Oxygen toxicity can cause damage to a diver’s lung tissue or even cause lung failure. Our findings permit us to



MCCS Jayme Pastoric

Navy Diver Second Class Caleb Garcia assigned to Naval Special Warfare Group (NSWG) 2, practices safety swimmer drills in support of routine dive requalification. Regular diving requalification ensures all qualified Navy Divers are current with the latest diving gear and operating procedures.

emphasize health and resilience as key components of warfighter performance.”

Fothergill and his colleagues Lt. Cmdr. Warren Ross, an undersea medical officer and Dr. John Florian, a senior research physiologist and the head of Warfighter Human Performance at the Navy Experi-

mental Diving Unit, agree the relative decrease in expired nitric oxide occurs following a lengthy dive reflects a pulmonary hyperoxic stress response for challenging oxygen exposures, can be accurately predicted from the oxygen dose of the dive profile.

“For the first time we now have a non-invasive biomarker, which will allow us to predict a diver’s vulnerability to respiratory oxygen toxicity,” said Ross.

For more news from Naval Medical Research Center, visit www.navy.mil/local/nmrc/.

Blood donor center first in Navy to provide whole blood units on the homefront

By Sarah Hauck
Naval Medical Center Camp Lejeune Public Affairs

CAMP LEJEUNE, N.C.

As a Level III trauma center, Naval Medical Center Camp Lejeune (NMCCCL) sees a variety of severely injured patients, which has required necessary shifts in services and capabilities within the medical center. One significant need is the demand for whole blood units.

The Armed Services Blood Program Blood Donor Center (ASBP BDC) has responded to this and recently implemented policies and procedures necessary for the storage and distribution of Whole Blood Units (WBUs) in a stateside setting, a process which is a first within the Navy.

“Providing Whole Blood Units is the ‘new, old way’ of doing things,” said CDR Leslie Riggs, Chief of Blood Services. “Historically, blood was broken down into two pieces [red cells and platelets, and plasma] and given separately. It was not the standard of care to keep the unit together, until recently.”

Riggs and Taylor Sanders, Supervisor of Transfusion Services, credited LCDR Philip Peterson for the creation of the new policies and procedures to make the use of WBUs within the trauma center possible.

Having WBUs on-hand provides a better, more efficient and effective treatment to patients experiencing bleeding emergencies, as well as providing vital training op-

portunities for NMCCCL’s active-duty staff in administering the product which more closely relates to the treatment of patients injured while forward deployed.

Before this process of storing WBUs for use within the trauma center was implemented, the ASBP BDC was mainly separating blood collected at blood drives into two products or units; red cells and platelets, and plasma. These two pieces were stored and then could be used for treatment based on a patient’s needs, explained Sanders.

WBUs have always been collected, processed and frozen at NMCCCL, Riggs said, but most were being sent downrange to be used in theater. Now a larger portion of WBUs are being stored for use within the trauma center.

“From the Navy’s perspective, we are coming in line with civilian trauma centers in using this for trauma patients,” said Riggs. “I think the next step we may actually be pushing this [WBU] out to ambulances and air ambulances, those inbound with traumas to help keep patient alive so that they arrive in our doorstep. This is very similar to blood transfusion at the point of injury on the battlefield.”

Administering WBUs is standard practice for patients suffering from a bleeding emergency in a forward-deployed situation, Riggs explained. Sanders explained WBUs being available within the trauma center is



NMCCCL Public Affairs

Naval Medical Center Camp Lejeune’s Armed Services Blood Program Blood Donor Center (ASBP BDC) has recently implemented policies and procedures necessary for the storage and distribution of Whole Blood Units (WBUs) in a stateside setting, a process which is the first within the Navy.

critical because there is a 5% mortality rate increase for every minute a patient waits for a transfusion.

Being able to administer a single unit or product from in-house supplies allows for quicker, more efficient care to more critically injured trauma patients. Previously, the two units available were administered individually or even together in an effort to treat a patient by simulating blood already in the body, a single WBU is exactly what is in the body, eliminating the introduction of preservatives found in the other two separate unit pieces.

“This is a more efficient and effective product for those situations,” said Sanders. “All three products patients could need are

in a single unit.”

“I see this becoming standard for those MFTs [military treatment facilities] who receive traumas on a regular basis,” said Riggs.

NMCCCL will continue to make the broken down blood products. The BDC relies on regular units collected from blood drives to be able to produce the three crucial products used within the medical center as well as sent overseas.

To find the next blood drive hosted by NMCCCL’s ASBP, call 910-450-3456 or visit www.militaryblood.org.

For more news from Naval Medical Center Camp Lejeune, visit www.navy.mil/local/nhcl/.

NMRC believe animals are cause to widespread Rickettsial Diseases in Pennsylvania

By Steve Vanderwerff
Naval Medical Research Center

SILVER SPRING, MD.

Naval Medical Research Center (NMRC) scientists, in collaboration with Shippensburg University’s Department of Biology, in Shippensburg Pennsylvania, presented their results about flea and ticks collected from domestic and wild animals as a possible cause for widespread rickettsia diseases throughout the state of Pennsylvania during American Society for Rickettsiology’s annual meeting in Santa Fe, New Mexico June 8-11.

During their presentation, “Flea-borne Rickettsia in Pennsylvania,” they explained how rickettsial diseases have a long history of plaguing military and civilian populations because of the worldwide spread of fleas and ticks.

According to Center for Disease Control and Prevention, rickettsial diseases are infections caused by the bite from fleas, lice, mites, and ticks, which can cause spotted fever or typhus-group diseases that can cause a rashe or spotted fever that develop into scabs. When an infection is advanced, gangrene might develop, the liver or spleen may enlarge, kidneys can malfunction, and blood pressure can fall dangerously low, to cause shock.

Recent studies validate a link between wild cats, and their role spreading rickettsial diseases from animals to humans. Flea bites on humans are related, and usually occur when a flea-infested pet lives in someone’s home or living space. Because Pennsylvania is known for its abundance of outdoor recreation, hunting activities, and outdoor occupations, the state is an excellent refuge for a large population of cats, opossums, and wild carnivorous animals.



Jim Gathany

“Studies concerning rickettsial diseases prevalence, distribution, and connected paths are imperative to provide public health data necessary to protect our warfighters and active duty personnel,” said Christina Farris, Ph.D, investigator, NMRC Viral and Rickettsial Diseases Department. “Moreover, new rickettsial species are continuously being identified and described, therefore demonstrating their worldly nature and ever-changing habitat and geographical range.”

To determine the extensive flea and tick populations and common flea-borne rickettsia, Farris and her team exposed their flea and tick test subjects to molecular testing to check for the presence of Rickettsia felis; a contributing agent of flea-borne spotted fever, Rickettsia typhi; a contributing agent of endemic typhus, and Rickettsia asembonensis; agent recently found to cause disease in humans.

Farris and Dr. Alison Fedrow, her colleague at Shippensburg University, conclude R. felis, R. asembonensis, and unde-

termined rickettsial species molecularly detected in fleas and ticks collected from undomesticated cats, opossums, red fox, gray fox, and coyotes can be found throughout Pennsylvania.

“These agents have the potential to cause severe fever in our warfighters and deployed personnel,” said Farris. “Our collaborative research with Shippensburg University is ongoing, and I firmly believe our studies should continue and be expanded into the mid-Atlantic region, where more than 140,000 active duty military members and their families live.”

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

“ Studies concerning rickettsial diseases prevalence, distribution, and connected paths are imperative to provide public health data necessary to protect our warfighters and active duty personnel.

Christina Farris, Ph.D

and defense, combat casualty care, environmental health concerns, aerospace and undersea medicine, medical modeling, simulation and operational mission support, and epidemiology and behavioral sciences.

A black and white photograph of a man in a military camouflage uniform sitting at a table. He is smiling and looking towards a woman whose back is to the camera. The setting appears to be an office or a meeting room with other people and desks in the background.

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CDR Gary Ross
U.S. Naval War College held its second International Wargaming Introductory Course in June, offering an introduction for visiting foreign officers on how an American military war game is built. The two-week course, from June 17 to 28, grew out of the college's War Gaming Department, which offers similar introductory courses for U.S. personnel. This month's course included officers from Argentina, Algeria, Brazil, Chile and Japan.

NAVAL *Naval Services Game, set out to determine operational and force structure implications*

Continued from B1

will provide a new level of lethality to the naval services," said Col. Tye Wallace, director of operations and training at Expeditionary Warfare Training Group, Pacific, and Marine

Corps lead for "Blue Cell." The results will be analyzed over the next of couple months and included in the forthcoming game report. "One of the most valuable and often misunderstood aspects of war-gaming is the professional development of warfighters and the learning environment it creates," said Capt. David Sauve, director of the Naval Warfare Group at OPNAV N516 at the Pentagon. "When a war game is deliberately crafted to impact knowledge to the players, the service is better served. NSG 19 did that," said Sauve, who was representing the game sponsor. War-gaming is a time-honored tradition at

“ When a war game is deliberately crafted to impact knowledge to the players, the service is better served. NSG 19 did that,” said Sauve, who was representing the game sponsor.

Capt. David Suave

the Naval War College, going back to the institution's roots in the late 1880s. The college's war-gaming work is credited with shaping the naval strategy that led the United States to victory in the Pacific during World War II. To-

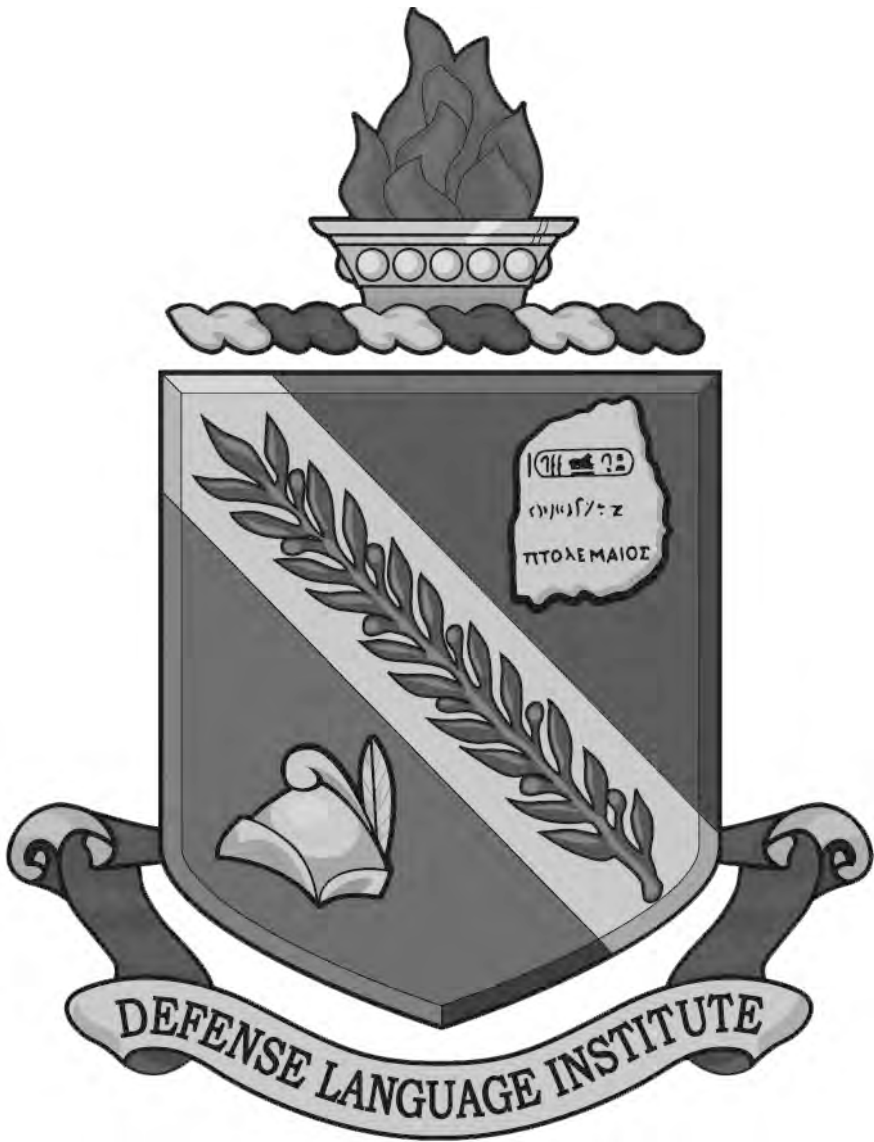
day's games incorporate modern warfare elements such as cyber strategy and the use of unmanned vehicles. For more news from Naval War College, visit www.navy.mil/local/nwc/.

AI *first place entry will win \$100,000, second place will be awarded \$50,000.*

Continued from B1

Christian Becker. "This prize challenge presents a unique opportunity to cast a wider net to get the best technology to the fleet faster." Managed by PEO C4I's Information Assurance and Cyber Security Program Office (PMW 130), AI ATAC will explore the capability for endpoint security products to incorporate ML/AI models to detect and defeat indicators of compromise from various advanced malware strains. The program office partnered with Oak Ridge National Laboratory, a Department of Energy laboratory in Tennessee, that will provide facilities and expertise for evaluating the technical solutions. The challenge is open to all U.S. citizens and those with permanent residence status. The open period for submissions is through September 30. To be considered for the prizes, entrants need to provide an endpoint security solution and a white paper for evaluation. Winners are expected to be announced in December. "We need to get after faster solutions from sectors of industry outside our traditional partners and we want to lower any barrier to entry. We believe by sponsoring AI ATAC we can quickly get new ideas about how we can incorporate AI and ML into our cybersecurity tool bag," said John T. Armantrout, PMW 130's deputy program manager. "This challenge is designed for anyone with AI and ML knowledge—whether they're from a company, a university, a research institution or even an individual or group of friends who have a good idea." To learn more about the AI ATAC, including rules, criteria and eligibility requirements, visit: www.challenge.gov/challenge/artificial-intelligence-applications-to-autonomous-cybersecurity-challenge. All questions regarding the challenge should be directed to AIATAC.PRIZE.CHALLENGE@NAVY.MIL. PEO C4I provides integrated communication and information technology systems that enable information warfare and command and control of maritime forces. The command acquires, fields and supports C4I systems which extend across Navy, joint and coalition platforms.

NAVWAR identifies, develops, delivers and sustains information warfighting capabilities and services that enable naval, joint, coalition and other national missions operating in warfighting domains from seabed to space. NAVWAR consists of more than 11,000 active duty military and civil service professionals located around the world and close to the fleet to keep NAVWAR at the forefront of research, engineering and acquisition to provide and sustain information warfare capabilities to the fleet. More information can be found at <http://www.navwar.navy.mil>.



US. Navy Graphic

Polish language speakers sought for testing study

From Chief of Naval Personnel Public Affairs

WASHINGTON The Defense Language Institute Foreign Language Center (DLIFLC) is looking for active-duty service members and U.S. Government civilians proficient in Polish and English to participate in a study, July 22 – 26. Individuals with professional working proficiency (Interagency Language Roundtable Level 3) selected for the study can help to set listening and reading comprehension standards for the Polish Defense Language Proficiency Test 5. Most federal government agencies rely on the Defense Language Proficiency Test and the Oral Proficiency Inter-

view to test the language ability of Department of Defense personnel worldwide. The DLIFLC updates the proficiency tests every 10 to 15 years. This study will help to establish passing scores for the multiple-choice format Polish proficiency test. DLIFLC will pay authorized temporary duty travel and lodging expenses for study participants. Additional information regarding the study, which is slated to take place at a venue near Baltimore/Washington International Thurgood Marshall Airport, will be available after details are finalized. Officials will select up to 15 panel members for the study and will accept reservations on a first-come, first-served basis. For additional information, contact Ms. Jungeun Youn at jungeun.youn@dliflc.edu or visit <https://www.dliflc.edu/>. For more information on the Navy's Language, Regional Expertise, and Culture programs, visit the Navy LREC website. Get more information about the Navy from US Navy facebook or twitter. For more news from Chief of Naval Personnel, visit www.navy.mil/local/cnp/.

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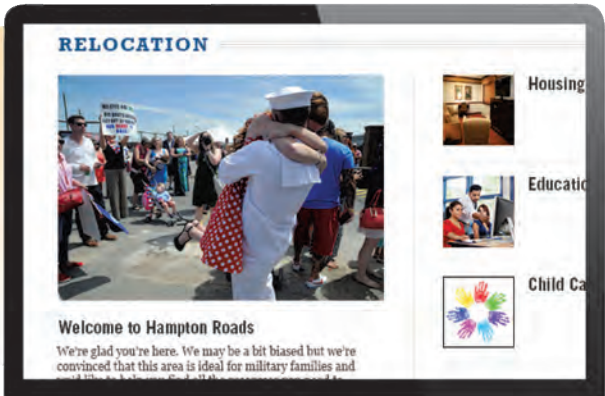


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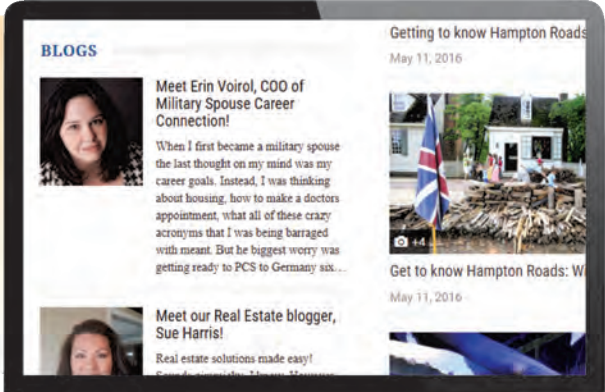
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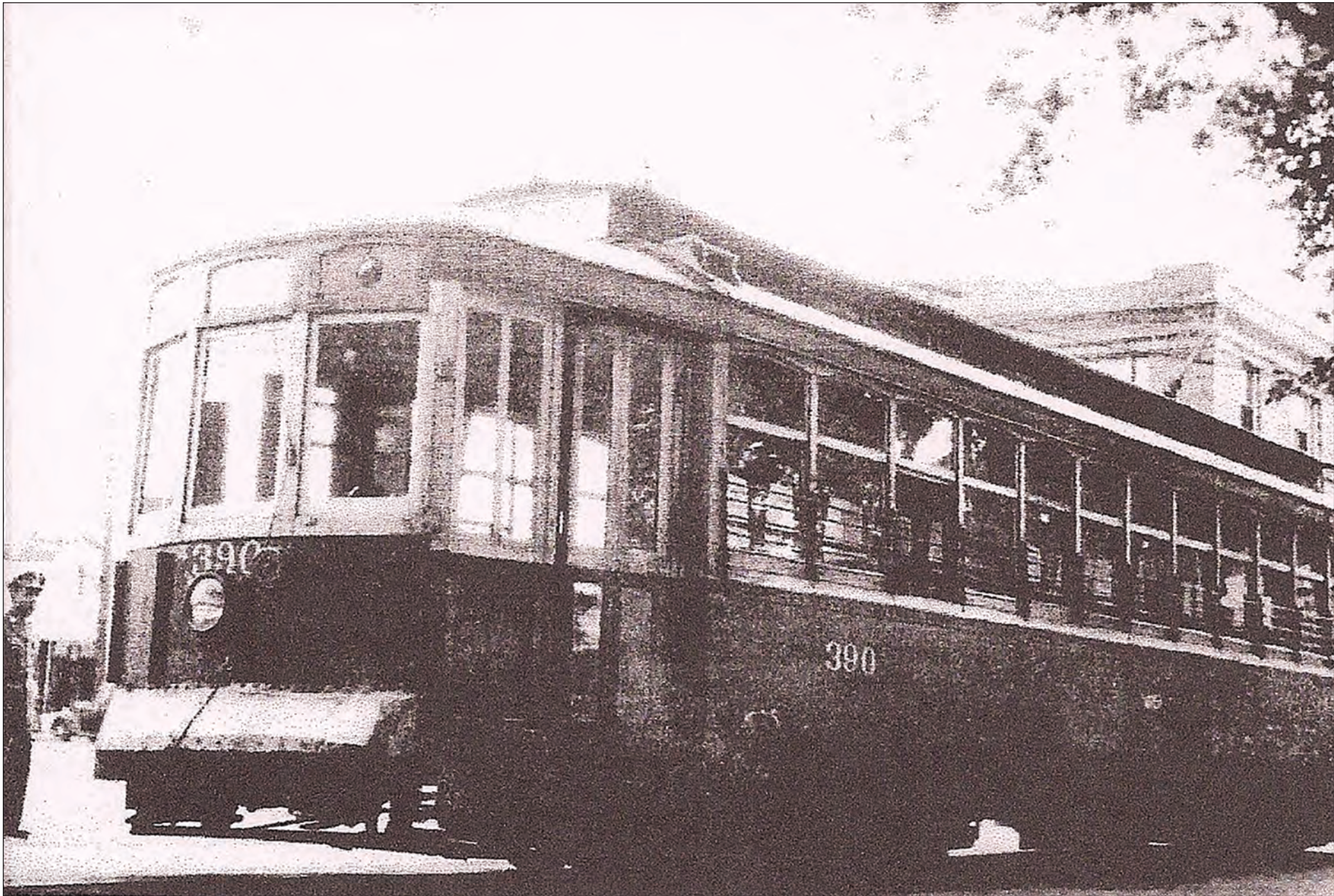


Superstars making stop in Petersburg

World Wrestling Entertainment (WWE) fans in Virginia have two big events in the near future. On July 14, the stars of SmackDown Live will visit the Virginia State University Multi-Purpose Center in Petersburg for a stop on the WWE Live Summer-Slam Heatwave Tour. The WE Extreme Rules event will stream live on the WWE Network from Philadelphia.

See C4

SECTION C | FLAGSHIPNEWS.COM | 7.11.2019



Hampton History Museum

BRINGING 390 BACK TO LIFE

Press Release

HAMPTON

The public is invited to get an up-close look at Streetcar 390 during a special Open House on July 13 from 10:00 a.m. to 4:00 p.m. at 57 Patch Road on Fort Monroe. Along with the Open House, as a fundraiser, Firehouse Coffee 1881 of Fort Monroe is sponsoring an ice cream social and will be serving ice cream for a \$5 donation per bowl. There will also be a Silent Auction and a model train layout will be on display as well as other activities throughout the day.

Volunteer members of the Streetcar 390 Project will be on hand to answer questions about the history of the car, the restoration and the history of streetcars on the Peninsula. The event is free and open to the public.

“We waited a long time to get the restoration underway and we are now full steam ahead,” said Streetcar 390 Project committee head Greg Siegel. “We will go as far as our funds will take us,” Siegel added. “This open house will give the public a look at the progress after a few months of work. We will be holding periodic open

“ We waited a long time to get the restoration underway and we are now full steam ahead. We will go as far as our funds will take us. This open house will give the public a look at the progress after a few months of work. We will be holding periodic open houses throughout the years giving the community a chance to see the progress we are making in bringing the 390 back to life.

Greg Seigel

houses throughout the years giving the community a chance to see the progress we are making in bringing the 390 back to life. The speed of the restoration will depend on how fundraising goes. The more money that is raised the faster the project can get done. We hope at this event to keep raising funds to keep the restoration going.”

In August 2017, 71 years after it was removed from service, the last Hampton Streetcar, #390, was returned to Hampton for restoration. Over the last few years, the volunteer committee has raised funds to begin the multi-year restoration process that started in May 2019.

The Open House will be held at 57 Patch Road on Fort Monroe, where the streetcar is undergoing restoration. After arriving on Fort Monroe, follow the signs to the event location. For more information call the Hampton Visitor Center at 757-727-1102. Follow Hampton’s Streetcar 390 Project on Facebook for the latest updates.

See 390 | C3

Girl Scouts’ Camp Fury visits Naval Station Norfolk

By **Kassandra Santa Cruz**
Naval Station Norfolk Public Affairs

NORFOLK

More than fifteen Girl Scouts were present at LP-166 “Fire Station #3” on June 27, to experience Camp Fury. Camp Fury is a hands-on Girl Scout camp that gives young girls the opportunity to experience various careers in fire, police and military jobs.

Cmdr. Andrea Ragusa, Executive Officer of HM-15 provided the introduction to the Camp Fury participants. “If you look around the room, it’s pretty incredible; all the females that we have here today, from pilots to crewmen, to maintainers. Even in the military, there aren’t very many females, period. Anywhere from 12 percent to 18 percent are the total for females, a very small number. So to see this many in the room at one time is pretty incredible,” said Ragusa.

Throughout the day, the Girl Scouts had the chance to train alongside the firefighters and on the airfield with



Kassandra Santa Cruz

See SCOUTS | C3 Aviation Electricians Mate Petty Officer 3rd Class McCartney giving the rundown of her maintenance routine of the aircraft.

CalendarCommunity

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



Courtesy photo

Symphony by the Sea Series

- July 11, 7:30 p.m.-9:00 p.m.
- 31st Street Stage / Park (King Neptune’s Park)
- www.neptunefestival.com

The Symphony by the Sea Series is back for another year of music by the ocean... and it is better than ever! Beachfront pops will once again fill the air on six magical evenings by the sea. All concerts in this series are free and open to the public, but Series Memberships are now available!



Courtesy photo

Car Show & Movie Under the Stars

- July 12, 6:00 p.m.
- NAVSTA Norfolk - Parade Field
- www.navy.mwrnavalstationnorfolk.com

Come out and enjoy modern day muscle, antique and classic cars and trucks, followed by a family movie beginning at 8:15 p.m. There will be bounce houses, Kan Jam Tournament, food, beverages, games and more! You must have base access to be able to attend the event.



Courtesy photo

Della Mae at The Goode Theatre

- July 14, 6:00 p.m.-9:00 p.m.
- Goode Theatre
- <https://www.eventbrite.com/e/della-mae-at-the-goode-theatre-tickets-56434017666>

Since forming in Boston in 2009, Nashville-based string band Della Mae has established a reputation as a charismatic live act comprised of some of the finest players in bluegrass, Americana and beyond. If you saw the under the big tent at North Shore Point in 2015, you need no convincing. If you saw them with Steve Martin and Martin Short at Chrysler Hall earlier this year, you need no convincing. They're back with a new album to play an early Sunday show at ODU's intimate and acoustically perfect Goode Theatre. They were IBMA's Emerging Artists of the Year in 2013, GRAMMY Nominees in 2014 for their debut album on Rounder Records, and named among Rolling Stone's "10 bands to watch for in 2015."



Courtesy photo

Norfolk Taco Festival

- July 13, 2:00 p.m.-8:00 p.m.
- Waterside District
- <https://www.tacofests.com/norfolk-taco-festival>

The most anticipated food & entertainment festival of the year is taking over Waterside District on July 13th and 14th, 2019! Get ready for the Norfolk Taco Festival! Over 75 varieties of tacos will be available, all for just \$3 a pop. It's time for Taco Heaven! Inside the festival, you'll find over 20 of Virginia's best restaurants, food trucks & carts serving up an amazing variety of mouth watering tacos's & related food items (elotes, churritos, nacho's & more) for \$3(sold separately).

■ Submit YOUR events, news and photos

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



Courtesy photo

Mark McNeill, now an execution manager for Naval Information Warfare Center Atlantic's Installation Planning and Execution department, details his experience as an interior communications electrician 1st class in Beirut during the suicide bombing that took place Oct. 23, 1983.

FACES OF FREEDOM: FROM THE BARRACKS OF BEIRUT

VIRGINIA BEACH NATIVE SHARES STORY OF 1983 ATTACK IN BEIRUT

By Heather Rutherford
NIWC Atlantic Public Affairs

On the morning of Oct. 23, 1983, a suicide bomber crashed a truck loaded with 2,000 pounds of explosives into U.S. Marine barracks at the Beirut International Airport in Lebanon. After the devastating blast, little was left of the four-story building that housed hundreds of United States service members. Among the fallen were 220 Marines, 18 Sailors and three Soldiers.

The Marines had not seen a deadlier attack since Iwo Jima. The United States would not see a deadlier attack until 9/11.

Mark McNeill, now an execution manager for NIWC Atlantic's Installation Planning and Execution department, was there.

Then an Interior Communications Electrician 1st Class, McNeill was a lead broadcast engineer for the Navy broadcasting division of the U.S. Navy Office of Information (CHINFO). This select group took the unclassified mission mobile, going into the theater around the world as part of Navy broadcasting mobile detachments.

Deployed for peacekeeping, they also built television and radio stations across the globe.

"We established outlets, TV and radio stations around the world — like 'Good Morning, Vietnam,' which is not far from context," said McNeill.

According to McNeill, the team's official unclassified mission was to entertain, inform and train. The Office of Naval Intelligence and other agencies provided content as part of the Armed Forces Radio and Television Service mission. The content included popular television shows such as "Happy Days" and "M*A*S*H" along with Top 40 music and news wire feeds. All of the information was pre-recorded and arrived a week late, but as McNeill noted, this was pre-internet.

During radio broadcasts, which occurred at 7:00 a.m., noon and 5:00 p.m., everything would stop, and everyone would gather to listen.

"Part of the mission was to comfort forward deployed Marines and Sailors, to give them that piece of home," said McNeill.

The Navy broadcasting team also spent time getting to know the Marines and would give them shout-outs and updates on their favorite baseball teams on the radio, to help lift spirits in the frightening, often deadly, environment.

The night of Oct. 22, McNeill and two journalist colleagues were sheltering in a nearby bombed out brick-and-mortar building. Concerned for their safety due to a recent uptick in fighting, they set to work fortifying the shelter with plywood and sandbags.

"We thought we were about to get run over any day," said McNeill. "We were very uneasy; we were always looking around. We were talking to the Marines all the time, [asking] 'hey, what's going on over there?' Every noise we heard — car going down the street backfiring — we all went on

alert."

They ran out of sandbags with about a foot or two to go, McNeill recalled. Exhausted, the men arranged some boxes between their cots and the window as an added precaution, left their boots open and guns at the ready, and fell asleep.

The bombing occurred at 6:22 the next morning.

One of McNeill's colleagues had already left the shelter to play the daily 6:00 a.m. recording of "The Star-Spangled Banner." He had been protected from the blast as he shaved in a nearby restroom and came running to find his roommates.

The men put on their boots and flak jackets and grabbed their guns. Outside was a chaos of noise and destruction. Their former bunker, a five-or-six-story building, was laying on top of their former camp, and a large portion of it was on top of the building they had slept in, according to McNeill.

McNeill immediately went into rescue mode. "We were very well-trained," he said of his team. "We could be deployed within 24 hours around the world. We were running these TV and radio stations, but we also had to support the military missions for whatever reasons we were there."

He and a colleague pulled more than 20 people from the rubble.

"It was horrible. I still have nightmares about the sounds and the smells ... it was definitely something you wouldn't want anyone to experience," said McNeill.

They continued their rescue efforts until a senior chief, followed by the commanding officer, ordered them to put the radio station back on the air. McNeill spent a couple of hours repairing equipment damaged by the blast and restoring the radio station to working order.

As the music of the AM radio rolled from the speakers, the overall feeling of the war-torn area began to shift. "It

had a calming effect, and that's what we were there to do," said McNeill.

Though McNeill sustained wounds, he was not evacuated after the bombing. The Navy broadcasting team stayed in Lebanon and carried out their mission, helping in any way that they could, until they returned stateside around Thanksgiving.

"We just went and did what we were expected to do. We didn't do anything special, in our eyes, we were doing what we were trained to do," he said.

McNeill, who joined the Navy in 1976, retired after 22 years of service. He worked for General Dynamics before coming onboard at NIWC Atlantic in 2012.

In 2018, McNeill was honored during a reception at the White House commemorating the 35th anniversary of the attack on the Beirut barracks. The event was attended by President Donald J. Trump and then-Defense Secretary James Mattis.

During the ceremony, Trump expressed how thankful he was to have the veterans of the Beirut attacks present. "This is an incredible group," Trump said to the veterans, whom he had invited to stand. "You courageously survived that terrible October day, and you have made your 'First Duty to Remember.'"

Toward the end of his remarks, Trump said, "In all of our history, no figure has ever lived with more grace and courage than the men and women who serve our country in uniform."

Today, McNeill continues to serve the warfighter through his work with NIWC Atlantic's Installation Planning and Execution department, which is responsible for afloat and shore modernization planning for the Atlantic fleet.

In his position as execution manager, McNeill oversees the modernization of aircraft carriers. Currently, his team is updating shipboard networks with Consolidated Afloat Network and Enterprise Services, adding a variety of updated applications for ship maintenance, replacing antennae, and running cables throughout USS George H.W. Bush (CVN 77).

"Working as an on-site installation manager affords me the daily satisfaction of knowing how honorable it is to continue my civic duties in support of our nation's defense," said McNeill.



Courtesy photo

Then Interior Communications Electrician 1st Class Mark McNeill, pictured bottom right, was a lead broadcast engineer for the Navy broadcasting division of the U.S. Navy Office of Information (CHINFO). The team, pictured here, took the unclassified mission mobile, going into the theater around the world as part of Navy broadcasting mobile detachments.



Kassandra Santa Cruz
Aviation Electricians Mate Petty Officer 3rd Class McCartney giving the Girl Scouts an up-close look to her everyday job.

SCOUTS | Girls trained alongside firefighters, on airfield

Continued from C1

over fifteen females from various commands from Chambers Field. The day started with a tour of the station along with the fire trucks, getting a hands-on experience to the functions and capabilities. Following the tour of the station and equipment was the static display of aircrafts MH-53, C-2, V-22 and H-60. The static displays were led by the females explaining what they did for the aircrafts and how they function. During the tours the girls received an up-close look of their daily routine and were also given the chance to ask questions about aviation and how it is to have a career in the Navy.

Among the fifteen girls, about five said they wanted to pursue a career in the

armed forces.

“If they don’t see it, they don’t know it’s out there. If they don’t know this is an option and they see a bunch of girls that look like them, in five or maybe ten years, it can definitely open their eyes, whether it be aviation or really anything. The second you see someone doing something you didn’t know was an option, you start thinking about all the possible things that you didn’t know was an option,” explained Aviation Warfare Systems Operator 2nd Class (AWS2) Lily Stevens.

Stevens was excited to expose the Camp Fury participants to the everyday life of a female AWS2, and to make sure they know as females anything is possible as she gave the girls a better outlook on what females can achieve and the endless option of opportunities.

Following the display of aircrafts was the live fire/rescue demo performed by the fire station personnel. The girls had the opportunity to watch as the fire fighters of Fire Station #3 Naval Station Norfolk put out a fire on an aircraft.



Hampton History Museum

390 | In Augst 2017 Streetcar 390 returned to Hampton for restoration project

Continued from C1

A BRIEF HISTORY OF HAMPTON’S STREETCAR 390

Built in 1917 and delivered to Hampton in 1918, the 390 was in use until January 1946. It was one of 20 remaining streetcars running before all streetcars were discontinued in favor of buses.

The 390 was built by the J.G. Brill Company of Philadelphia, PA. The car was of the type called a semi-convertible. This model featured windows that opened completely to let the air flow throughout the car making for a more comfortable ride for passengers than other models of the era. When the 390 arrived in Hampton it was 8’6” wide and 46’7” long, and could carry 52 seated passengers and approximately 47 standing, although this number was often exceeded during peak periods.

After it was pulled from service, the 390 was sold to John and Mary Anderson for \$100. It was moved to their Grafton property in York County, where the couple turned the car into their home where they lived until 1977.

While returning to Baltimore from Virginia Beach with his family in the summer of 1977, one of the members of the Baltimore Streetcar Museum noticed the streetcar along the side of Route 17, and stopped to inquire about it. The semi-convertible model was once common in Baltimore, but the museum did not have one in its collection. Arrangements were made to have the car donated to the Baltimore Streetcar Museum.

The 390 has been sitting at the Baltimore Streetcar Museum since then. The museum periodically performed restoration work on the car over the years, but decided in 2013 to offer the 390 to Hampton to bring it back home. The 390 was welcomed back to Hampton with a ceremony on August 2, 2017.

RESTORATION AND DISPLAY

The trolley’s return for restoration was spearheaded by Hampton’s Streetcar 390

Project with support from the Hampton History Museum. The Fort Monroe Authority is providing a facility for restoration to take place in. Restoration work will be done by Keith Bray, who has restored a number of streetcars for organizations around the country, with support from a group of volunteers.

After the 390 was loaded into building 57, Greg Siegel, Mike McHenry, Hank Mummert and restorer Keith Bray conducted a survey of the car to start the process of building a timeline of restoration.

After restoration, plans call for the streetcar to be placed in a custom-built pavilion across from the Hampton History Museum in Downtown Hampton. The pavilion will not just be home to the 390 but will act as a learning venue featuring a multi-media display that will take visitors on an exciting ride though Hampton during the 1930s. Along with this, there will be interactive displays about how the streetcar system functioned and how it shaped the physical and cultural development of Hampton.

Partially bordered by the Hampton Roads harbor and Chesapeake Bay, Hampton, with the 344,000 sq. ft. Hampton Roads Convention Center and the award-winning Hampton Coliseum, is located in the center of Coastal Virginia and the Hampton Roads metropolitan area. Hampton is the site of America’s first continuous English-speaking settlement, the site of the first arrival of Africans in English North America, and is home to such visitor attractions as the Virginia Air & Space Center, Fort Monroe National Monument, Hampton History Museum, harbor tours and cruises, Hampton University Museum, The American Theatre, among others.

During 2019, Hampton commemorates the 400th anniversary of the first African landing in English North America at Hampton’s Old Point Comfort on Fort Monroe National Monument. In addition to honoring the men and women who arrived in 1619, the city will also celebrate the contributions of African Americans have made to our city, state and nation. A commission has planned events across the entire year to recognize and celebrate African American impact, including a three-day long Commemoration event, August 23-25.

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Jonathan McLarty

WWE Superstar Kevin Owens will compete at the WWE SummerSlam Heatwave Tour stop in Petersburg on July 13.

SUMMERSLAM MAKING STOP IN PETERSBURG

By Jonathan McLarty
Contributing Writer

World Wrestling Entertainment (WWE) fans in Virginia have two big events in the near future. On July 14, the stars of SmackDown Live will visit the Virginia State University Multi-Purpose Center in Petersburg for a stop on the WWE Live SummerSlam Heatwave Tour. The next night, the WWE Extreme Rules event will stream live on the WWE Network from Philadelphia.

Fans that used to attend WWE events at the Richmond Coliseum will now have to travel just 30 minutes southward as the Coliseum paused operations in 2018. Live events bring all of the same action and superstars that can be seen on television every week but are presented only to the fans in attendance instead of a worldwide audience. Scheduled to appear are WWE Champion Kofi Kingston, SmackDown Women's Champion Bayley, SmackDown

Tag Team Champions Daniel Bryan and Rowan, Charlotte Flair, Kevin Owens, among others. Headlining this weekend's Extreme Rules event is a Winners Take All mixed tag-team match pitting WWE Universal Champion Seth Rollins and Raw Women's Champion Becky Lynch against Baron Corbin and Lacey Evans. Should either Rollins or Lynch be pinned, Corbin will win the Universal Championship and Evans the Raw Women's Championship. The real-life romantic relationship for Rollins and Lynch has carried over to the screen, leading to this main event contest. WWE Champion Kofi Kingston will defend his title against Samoa Joe, while the team of The Undertaker and Roman Reigns will

face off against Shane McMahon and Drew McIntyre in a No Holds Barred tag-team match. Tickets for WWE Live in Petersburg can be bought from the arena's box office, as well as all Ticketmaster outlets. Active members of the Military can pick up free tickets to the event from the box office just prior to the 7:00 p.m. bell time. To catch Extreme Rules on the WWE Network and to start your thirty-day free trial for the streaming service, visit WWE.com. Jonathan McLarty is a contributing writer for The Flagship, as well as a local sports and event photographer. Connect with him on Twitter (@JonathanMcLarty) and view his photography at McLartyPhoto.Zenfolio.com

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Fandango

coming to theaters

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 new-found friends, Simba must figure out how to grow up and take back what is rightfully his.

FAST & FURIOUS PRESENTS: HOBBS & SHAW [PG-13]

Ever since hulking lawman Hobbs and Shaw first faced off, the duo have swapped smack talk and body blows as they've tried to take each other down. But when cyber-genetically enhanced anarchist Brixton gains control of an insidious bio-threat that could alter humanity forever - and bests a brilliant and fearless rogue MI6 agent, who just happens to be Shaw's sister – these two enemies must partner up to bring down the only guy who might be badder than themselves.

ONCE 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.

DORA AND THE LOST CITY OF GOLD [PG]

Having spent most of her life exploring the jungle, nothing could prepare Dora for her most dangerous adventure yet – high school. Accompanied by a ragtag group of teens and Boots the monkey, Dora embarks on a quest to save her parents while trying to solve the seemingly impossible mystery behind a lost Incan civilization.

SCARY STORIES TO TELL IN THE DARK

Inspired by one of the most terrifying children's book series of all time, Scary Stories to Tell in the Dark follows a group of young teens who must solve the mystery surrounding sudden and macabre deaths in their small town.

THE KITCHEN (2019) [R]

"The Kitchen" stars Oscar nominee Melissa McCarthy ("Can You Ever Forgive Me?" "Bridesmaids"), Tiffany Haddish ("Girls Trip"), and Elisabeth Moss ("The Handmaid's Tale") as three 1978 Hell's Kitchen housewives whose mobster husbands are sent to prison by the FBI. Left with little but a sharp ax to grind, the ladies take the Irish mafia's matters into their own hands – proving unexpectedly adept at everything from running the rackets to taking out the competition...literally.

base theaters

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7:00 p.m. Men in Black: International [PG-13]

Saturday | July 13
1:00 p.m. The Secret Life of Pets 2 [PG]
4:00 p.m. Men in Black: International (3-D) [PG-13]
7:00 p.m. Godzilla: King of The Monsters (3-D) [PG-13]

Sunday | July 14
1:00 p.m. Aladdin (2019) [PG]
4:00 p.m. The Secret Life of Pets 2 [PG]
7:00 p.m. Shaft (2019) [R]

NAS Oceana, Aero Theater – 433-2495

Friday | July 12
6:00 p.m. Men in Black International [PG-13]
9:00 p.m. Shaft (2019) [R]

Saturday | July 13
12:00 p.m. The Secret Life of Pets 2 [PG]
3:00 p.m. Godzilla: King of The Monsters [PG-13]
6:00 p.m. Shaft (2019) [R]

Sunday | July 14
12:00 p.m. Men in Black: International [PG-13]
3:00 p.m. Aladdin (2019) [PG]
6:00 p.m. Shaft (2019) [R]

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



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