

IN THIS ISSUE **GILDAY NOMINATED** AS 32ND CHIEF OF **NAVAL OPERATIONS**

President Trump nomnates Navy Vice Adm. Michael M. Gilday for appointment to the grade of admiral, and assignment as chief of naval

operations »See A4

NAVY MODERNIZING PCS MOVE PROCESS

From Navy Personnel Command

MILLINGTON, TENN.

Continuing efforts to improve the Permanent Change of Station (PCS) experience for Sailors and their families, the Navy launched the MyPCS Mobile, July 17.

"Sailors executing Active Duty PCS orders will immediately realize a better experience with MyPCS Mobile. We have heard the Sailor and family feedback, and are enhancing the PCS move process through greater customer focus, increased flexibility, choice and the use of modern tools,"

said Rear Adm. Jeff Hughes, Commander, Navy Personnel Command.

MyPCS Mobile is accessible to all Sailors on their personal or work mobile devices, tablets, laptops and desktop computers.

MyPCS Mobile provides Sailors who are planning a PCS move with access to a personalized checklist tailored for an individual Sailor's PCS move as well as the ability to apply for government housing and childcare at

» See PCS | A7





New SkillBridge opportunities for service members from Home **Builders Institute**

By Breanna Scales Navy Region Mid-Atlantic Public Affairs

Home Builder's Institute (HBI) held ribbon cutting ceremony July 18 and introduced SkillBridge opportunities to transitioning service members.

Home Builder's Institute provides SkillBridge approved training, certification and placement in the construction industry. Currently piloting their first CNRMA SkillBridge cohort in Norfolk, this 12-week construction industry training offers certification and job placement to eligible transitioning

service members up to 180 days prior to separation.

"The CNRMA HBI SkillBridge Program will have 8 cohorts per year with each cohort/training period 12 weeks in length," stated Douglas Morfeld, CNRMA N91 representative. "A new cohort starts approximately every 6 weeks. All students receive HBI preapprenticeship certificates in carpentry as well as an OSHA 10 hour construction safety course." Mr. Morfeld attended the ribbon cutting cere-

Department of Defense (DoD) acti-

vated their newly revised SkillBridge (dodskillbridge.usalearning.gov) on June 14. This website features a complete listing of approved programs and locations, "How to Apply" instructions, and frequently asked questions. CNRMA N91 Regional Transition Assistance Program Coordinator, Amanda Slosson, is on the DoD SkillBridge working group serving as an "Operator" on the new web based platform responsible for providing NRMA response and/or referral (as appropriate) to Sailor inquiries routed through the "Contact Us" feature on the DoD website.

According to Mr. Morfeld, this program uniquely supports veterans at every stage of the training/employment continuum. Successfully connecting, assessing, certifying and placing veterans in high-growth construction careers and charting program participants progress for a minimum of one

» See HBI | A7

Navy identifies Sailor listed as duty status whereabouts unknown

From U.S. 5th Fleet Public Affairs

MANAMA, BAHRAIN

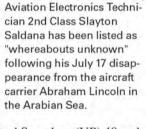
The U.S. Navy announced the identity of a Sailor listed as Duty Status Whereabouts Unknown (DUST-WUN) following a reported man overboard incident onboard the USS Abraham Lincoln (CVN 72) while operating in the Arabian Sea, July 17, in support of U.S. Naval Forces Central Command.

Aviation Electronics Technician 2nd Class Slayton Saldana has been listed as DUST-WUN following the July 17 incident.

Saldana is assigned to Helicopter Sea Combat Squadron (HSC) 5, part of Carrier Air Wing 7, assigned to the Abraham Lincoln Carrier Strike Group.

Navy ended search and rescue efforts for Saldana, on July 19.

Following a man overboard report on Jul. 17 the USS Abraham Lincoln (CVN 72), USS Leyte Gulf (CG 55), Pa-



trol Squadron (VP) 10, Patrol Squadron (VP) 40 and Spanish Álvaro de Bazán-class frigate Méndez Núñez conducted search and rescue operations in the Arabian Sea area where it was reported the Sailor was missing. The search and rescue operations were concluded on Jul. 19, after extensive attempts to locate the Sailor.

"Our thoughts and prayers are with the family, friends and shipmates of our lost Sailor," said Vice Adm. Jim Malloy, commander, U.S. Naval Forces Central Command, U.S. 5th Fleet, and Combined Maritime Forces. "During this tragic time, I want to thank the Spanish Álvaro de Bazán-class frigate Méndez Núñez for their assistance in the search operations, and all the Sailors involved in the search for their valiant efforts to find our shipmate."

Saldana remains listed as Duty Status Whereabouts Unknown (DUSTWUN). Next of kin notification of the Sailor's DUSTWUN status has been

HSC-5 is part of Carrier Air Wing 7, assigned to the Abraham Lincoln Carrier Strike Group.

For more information, media may contact the U.S. Naval Central Command Public Affairs Office at 011-973-1785-4562.





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NMCPThe Rolling Thunder Chapter 5 Virginia motorcycle club and more than a dozen other motorcycle clubs visited Naval Medical Center Portsmouth (NMCP) to spread cheertopediatricpatients »See A6



Venezuelan fighter jet's unsafe approach

On July 19, a U.S. Navy EP-3 Aries Il aircraft, flying a missioninapprovedinternational airspace, was approached in anunprofessional manner by a SU-30 Flanker Venezuelan fighteraircraft.

»See B1

UniverSoul Circusreturns

UniverSoul Circus, renowned for spreading a healthy dose of unity, inclusion and diversity, will play in Hampton Roads, July 31-Aug. 4.

»See C1

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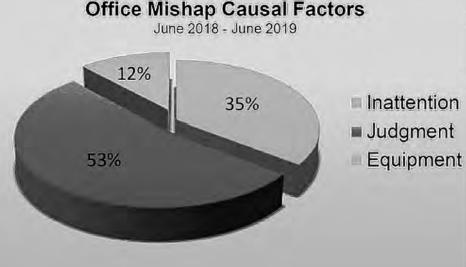
OFFICE SPACE MISHAPS: LESSONS LEARNED

From Naval Safety Center

Most of our Navy and Marine Corps safety effort focuses on operational safety or during our off-duty activities. We don't often stop to consider the hazards that surround us in the office because, what's the worst thing that can happen: a bad paper cut or you spill a caramel macchiato on your keyboard? Well, regardless of whether you are one of our tireless Admin warriors, a rifleman on recruiting duty, or a civilian manning the office, hidden hazards do actually await you. In the past year alone, over 100 office mishaps led to 460 lost work days and nearly 900 days of light duty. The lost work days equate to two and a half Sailor deployments or nearly 47 civilian pay periods. Incidentally, none involved coffee or keyboards.

It appears the office is not as safe as we might think. In case you doubt, here are a few examples to make our case. Hopefully, you will also take home a lesson or two. The top three categories of mishaps were lifting or moving objects, hitting heads, and chair fails (or falls...you can call them either). The leading causal factors in all the office mishaps is human error, with judgment and inattention leading the way. Equipment failures only accounted for a mere 12% of the total. So, read on.

- While waiting in her work center, a Sailor was spinning herself around in her chair. The report doesn't tell us why—perhaps waiting for a program to load, or maybe another annoying reboot? The wheels slipped, she fell back, and hit her head on the floor. Thunk. One lost work day and 31 days on light duty. Next time you are "waiting" for something at your desk, may we suggest trying a one-minute meditation or a breathing exercise. There's even an app for that.
- An employee was cutting a cardboard box with a retractable knife to prep it for recycling. He forgot (or never had) his scouting knife training and was cutting toward himself. He cut through the box and stuck the knife into his upper left thigh, requiring seven stitches. One of the nine rules of knife safety from Danger Ranger Bear is, always cut away from yourself. A review of those rules before performing cardboard surgery could have averted this mishap. —We have seen this scenario so



Naval Safety Center

many times, it could be its own lessons learned topic. Stay tuned.

Sailor 1 was filing a binder in the lower drawer of a cabinet when Sailor 2 opened

- drawer of a cabinet when Sailor 2 opened the top drawer. Sailor 1 did not see that the drawer above him was open. He stood up and hit his head on it. This is simply a case of lost situational awareness and being totally set up for failure by your coworker. Thanks shipmate!
- A service member was attempting to clear a paper jam on a heavy duty material shredder. Spoiler alert: He didn't unplug it. While trying to un-jam the shredder, the unit inadvertently activated. It caught, and shredded, one of his fingers. Base medical finished the shredder's work, amputating down to the second knuckle. After the fact, they discovered that the safety feature to disable the shredder for cleaning was circumvented, allowing the shredder to immediately resume operation once the unit had been cleared of the jam. Rule #1 for working on any electric gadget: unplug it
- "The employee strained her back while lifting a box of comics from the floor." That is the entire narrative from the mishap report. We have more questions than answers for this one. Perhaps the box contained a complete set of the Ultimate X-Men series, or every issue of Spiderman. Whatever the case, if you are trying to pick up Thor's hammer, and you're not worthy, it won't go well. Remember, lift with your legs

- Naval Safety Center

 A medical technician was cleaning and reorganizing a medical record space. Upon turning the spinning medical record holder [here we go with the spinning again] a three ring binder that was sitting on the top fell down, striking him in the nose. Now you know what happened to your medical record. The next time they can't find it, ask them to check the top of the spinning cab-
- A Marine went into the storeroom (not technically an office, but close enough) to assist another Marine with a sliding rack that had come off its track. In the process, a can of olives slid off the top shelf and landed on the Marine's head causing a 1½ inch laceration. He received six staples in his head...and probably went straight back to work XLIT!
- to work. YUT!

 A Sailor was sitting in a rolling desk chair. The chair was designed with five wheels but was missing one. The Sailor leaned back in the chair...weight shifted...chair slipped...man down. Diagnosis: left elbow contusion and 15 days light duty. Well at least he wasn't spinning on it. Remember: the saying "He drove the wheels off that thing!" is reserved for NASCAR, monster trucks, etc. Please ensure all required chair parts are in place for optimum performance.
- When the employee reported to her desk for work, there was (quoting from the report) a large "centipede type of bug" (about "two inches long and one inch wide with lots of legs") on the wall right over her

desk. She obtained a large fly swatter and used a chair to stand on, instead of a ladder, because [apparently] it would not fit in her desk area to reach the bug. When she swatted at the bug, it ran down the wall toward her. In the ensuing mayhem, the chair fell out from under her and she followed. Luckily, for this fearless insect slayer, her injury did not result in significant lost time from work; perhaps only a day or two while they tented the building and fumigated.

LESSONS LEARNED AND KEY TAKE AWAYS

Office warriors deserve a safe environment while they work hard to support those who are keeping the nation safe. These bad days at the office can be avoided with a bit more situational awareness and good judgment. We're not suggesting you conduct time critical risk management before using the stapler or hold a safety brief before making copies, but there are a few things you can do to reduce the risk of injury in the office.

1. If there is a safety standard that applies, follow it. Examples include: chairs are not ladders; lift with your legs, not your back; keep aisles and exits clear of clutter; and unplug electrical power before working on any office hardware. Check with your local unit fire protection or safety office for more guidance.

2. Maintain a culture of safety. Safety culture, the pattern of behavior that determines the overall attitude toward safety in an organization, is built upon communication, mutual trust, and shared perceptions of the importance of safety. You can lead by example from anywhere in your organization by remaining vigilant and safetyminded at all times.

3. Safety inspections and assessments.

Over time, we can overlook safety hazards or become desensitized to the ones we see every day. The respective Navy and Marine Corps Safety and Occupational Health Program manuals (OPNAVINST 5100.23 and NAVMC 5100.8) contain specific requirements for formal safety inspections and annual self-assessments.

Visit the Naval Safety Center's CACenabled site at https:// intelshare.intelink.gov/sites/navsafe and select "On Duty," then "Workplace Safety" for simple office safety checklists, tips, and training.

And remember, "Let's be careful out there"

The Flagship

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Official photo of Vice Adm. Mike Gilday.

U.S. Navy photo

Vice Adm. Michael M. Gilday nominated as the 32nd Chief of **Naval Operations**

From U.S. Department of Defense Public Affairs

WASHINGTON

Acting Secretary of Defense Richard V. Spencer announced July 18 that the president has made the following nomination:

Navy Vice Adm. Michael M. Gilday for appointment to the grade of admiral, and assignment as chief of naval operations, Washington, District of Columbia. Gilday is currently serving as director of the Joint Staff, Washington, District of Columbia.

Vice Adm. Mike Gilday is the son of a Navy Sailor and a surface warfare officer. He is a native of Lowell, Massachusetts and a graduate of the U.S. Naval Academy. He holds master degrees from the Harvard Kennedy School and the National War

At sea, he deployed with USS Chandler (DDG 996), USS Princeton (CG 59), and USS Gettysburg (CG 64). He commanded the destroyers USS Higgins (DDG 76) and USS Benfold (DDG 65) and subsequently, commanded Destroyer Squadron 7, serving as sea combat commander for the Ronald Reagan Carrier Strike Group.

As a flag officer, he served as commander Carrier Strike Group 8 embarked aboard USS Dwight D. Eisenhower, and as commander, U.S. Fleet Cyber Command and U.S 10th Fleet.

His staff assignments include the Bureau of Naval Personnel, the staff of the Chief of Naval Operations, and the staff of the Vice Chief of Naval Operations. Joint assignments include executive assistant to the Chairman of the Joint Chiefs of Staff and naval aide to the President.

As a flag officer, he served in joint positions as director of operations for NATO's Joint Force Command Lisbon; as chief of staff for Naval Striking and Support Forces NATO; director of operations, J3, for U.S. Cyber Command; and as director of operations, J3, for the Joint Staff. Currently, he is serving as director, Joint Staff.

He has served on teams that have been recognized with numerous awards and is the recipient of the Distinguished Service Medal, Defense Superior Service Medal (four awards), Legion of Merit (three awards), Bronze Star, Navy and Marine Corps Commendation Medal with Combat "V", and the Combat Action Ribbon.



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NFL running back, LeGarrette Blount, passes a football to a young athlete at Naval Station Norfolk's Football ProCamp event, held on July 13 and 14.

U.S. Navy

SUPER BOWL CHAMPION COACHES LOCAL MILITARY KIDS ON NAVAL STATION NORFOLK

MC3 Emily Casavant

NORFOLK

On Saturday and Sunday, July 13 and 14, 150 military children, ages 5-13, had the opportunity to participate in a ProCamps football camp on Naval Station Norfolk, coached by NFL running back LeGarrette Blount.

ProCamps was founded in 1999 and has been hosting sports camps for kids, including football, baseball, soccer, basketball and more ever since.

"The whole point is to raise awareness of football to the general public and make sure

that every military family that comes out here just has a great experience. That's what it's all about; the family environment and bringing people together," stated Anan Little, Morale, Welfare, and Recreation program Youth Sports and Fitness Coordinator for the instillation.

This year, 200 participating Commissaries held a voting contest to win a Pro-Camp event for the base that they serve, with Naval Station Norfolk getting the most votes. This is the first year that the camp has been held on NAVSTA Norfolk and it was met with great anticipation as the sign-up sheets reached maximum capacity within just a few days of it being announced.

"We have 150 kids out here that are looking to gain some football skills and some leadership and mentorship," said Executive Officer, Naval Station Norfolk, Captain Vince W. Baker about the camp.

The first day of the camp began with teams being drafted by age group. They then practiced catching and tossing balls with their volunteer team coaches until Blount was introduced by the Executive Officer of Naval Station Norfolk. From then on, Blount was on the field with the kids, moving between groups, answering

questions, and helping with techniques and drills.

"This weekend is about having fun and enjoying the fact that these guys get to come out here and just play football for the weekend. I just want them to enjoy it. I want them to have fun. I want them to come out here and compete," stated LeGarrette.

Blount, who grew up in a military family, has been participating in the ProCamps for two years and has traveled to multiple states and countries with the program.

"You should always give back. If the opportunity presents itself to give back or do things like this when you can impact kid's lives, I feel like you should always take that opportunity," said LeGarette.

Overall, the weekend was a great way for kids to gain experience in the sport and have the opportunity to learn from a football great





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MC1 Laura A. Myers

Members of Virginia's Rolling Thunder and many other motorcycle clubs arrive at NMCP to deliver toys to children. Fifty eight members, along with Santa Claus, NMCP's American Red Cross and staff volunteers, visited approximately a dozen children in NMCP's Emergency Room, Pediatrics Ward and Pediatric Intensive Care Unit.

Rolling Thunder, Santa Claus visits NMCP

By MC1 Laura A. MyersNaval Medical Center Portsmouth Public Affairs

PORTSMOUTH, VA.

The Rolling Thunder Chapter 5 Virginia motorcycle club and more than a dozen other motorcycle clubs visited Naval Medical Center Portsmouth (NMCP) July 13 to spread

Santa Claus and members of the motorcycle clubs traveled around the Emergency Room and Pediatrics Ward for Christmas in July, one of two annual visits by the group.

cheer to pediatric patients and pass out pre-

"Ladies and gentlemen, thank you so much for coming out," said Capt. Dixie Aune, director of Nursing Services at NMCP. "Our kids love this, the parents love it, and I hope you love it as well. Our skipper is out right now preparing for change of command, and I know he would've loved to have been here, he loves what you do and what you stand for, so on behalf of our CO, thank you for taking your afternoon and spending it with us."

The motorcyclists visits NMCP's pediatric patients each July and December. Each time they visit, they bring toys for children of all

ages that they collected through donations during the year. The Christmas in July event and Santa Claus are a nice surprise for the children, and the mission is to put a smile on each of their faces.

"We come to try to put smiles on their faces," said Deborah Stolins, a motorcycle club member. "The smiles on the kids' faces ... it's priceless and contagious."

Rolling Thunder teams up with NMCP's American Red Cross office to make each December and July a success. The gifts that are left over from Santa's visit are kept in NMCP's American Red Cross office and handed out to the children who are hospitalized throughout the year.

Not only do Santa Claus and the bikers want to put smiles on the children's faces, they want to make an impact on the parents as well.

"We are all about trying to help ease their burden a little bit," Stolins said.

Members of NMCP's Chief Petty Officer Association, First Class Petty Officer Association, Second Class Petty Officer Association, Junior Enlisted Association and Mor-



MC1 Laura A. Myers

Santa Claus gives Oliver a toy during Rolling Thunder's Christmas in July. These motorcycle club members visit NMCP twice a year, visiting children in the Pediatrics Ward, Pediatric Intensive Care Unit and Emergency Room.

ale, Welfare and Recreation committee volunteered to help set up the event and assist with moving the toy bins throughout the medical center during the visit.

As the U. S. Navy's oldest, continuouslyoperating hospital since 1830, Naval Medical Center Portsmouth proudly serves past and present military members and their families. The nationally acclaimed, state-of-the-art medical center, including its nine branch clinics located throughout the Hampton Roads area, additionally offers premier research and teaching programs designed to prepare new doctors, nurses and hospital corpsmen for future roles in healing and wellness.

For more news from Naval Medical Center Portsmouth, visit www.navy.mil/local/ NMCP.



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MC3 Alan L. Robertson

Operations Specialist 3rd Class Ashley Cisernos, assigned to the amphibious assault ship USS Bataan (LHD 5), monitors a radar in the Combat Information Center. Bataan is underway preparing for an uncoming deployment

DGSIT helps Bataan Amphibious Ready Group increase war fighting capabilities

From USS Bataan (LHD 5)

ATLANTIC OCEAN

War fighting is an evolving process. Sailors and Marines must be ready to combat threats at any given moment and it is critical that all communication systems are at the peak of operational performance and capability if or when faced with threats or the enemy.

The Deploying Group Systems Integration Team (DGSIT) knows just how critical it is to ensure the Navy and Marine Corps communications systems are ready to go when the stress of combat arises.

How they do this, by testing the crossplatforms interoperability between the Marine and Navy's command, control, communications, computers, collaboration and intelligence (C5I) systems work in a controlled stressed environment.

For ships and Sailors of the Bataan's Amphibious Ready Group (ARG), which also includes the amphibious transport dock USS New York (LPD 21), amphibious dock landing ship USS Oak Hill (LSD 51) and Marines of the 26th Marine Expeditionary

Unit (MEU), the testing of information systems began during the Amphibious Squadron/MEU Integrated Training (PMINT) exercise July 8 to 19.

More than 50 DGSIT subject matter experts embarked with Bataan's ARG and the 26th MEU during the two week PMINT. Planning to embark a group of highly experienced information specialists starts months before the training exercises begin with the C5I systems operational test. This initial testing of systems identifies compatibility and connectivity information issues six months before the ARG's basic phase of deployment training.

"Each group is unique," said Mike Caldwell, DGSIT program manager. "Each carrier strike group, each amphibious ready group, each MEU, are modernized and equipped in a unique way. It's our job to look at the unique environment, unique structure of that particular group and tailor a team to look at those systems, evaluate and report the outcomes of our interoperability testing and convey to the commanders where they may have issues that need to be resolved."

PMINT is the perfect opportunity to re-

solve most interoperability and connectivity issues; testing radios, data links, and verifying that computer systems are able to talk to each other across all ships in the ARG and the MEU is key to success. If DGSIT can't fix issues while onboard, they push corrective actions to perspective program managers to resolve before the unit moves onto more advanced training and certifications.

"Many issues we find on the spot and can be fixed," explained Caldwell. "Typically we resolve 50 or 60 percent of issues while embarked, and another 30 to 40 percent using the resolution process after we get back to the office. In the end, between our analysis of the teams, units, program offices and DGSIT we resolve over 90 percent of all of the issues across the group before they go onto advanced training and deployment."

In addition to testing and resolving C5I information system problems; DGSIT is also providing mentoring and training to the Sailors and Marines operating those systems. Caldwell mentions that it's a byproduct of what they do while embarked. What it really is doing is increasing the war fighting capability of Sailors and Marines.

"DSGIT is another source of help to figure out system issues," explained Lt. Cmdr. Andrew Rucker, Bataan's information systems officer. "And not just figure it out this one time, but provides the kind of training, documentation and experience that will hopefully allow us address similar issues while we are on deployment."

Rucker went on to say that because of the fast pace advancement in technological systems, DSGIT helps fill in training gaps for Sailors and Marines that aren't always able to get it due to operational requirements, which can sometimes decrease a unit's effectiveness

"Their training and experience will allow us to be a lot more resilient and much better prepared to execute our mission on deployment in the face of system failures or even in an attack if we find ourselves in that situation; because we have this body of knowledge that we may not have gotten otherwise," noted Rucker.

Information warfare is a growing front of war fighting and DGSIT is doing their part to ensure our nation's Navy and Marine Corps team are lethal warfighters.

"With DGSIT helping us out, it is giving us a pretty good shot in getting ourselves into a position, in getting our gear working as designed and really enhancing our capability across our mission areas," said Rucker.

HBII Program supports veterans at ever stage of training, employment

Continued from A1

ABOUT SKILLBRIDGE

The DoD SkillBridge program is an opportunity for Service members to gain valuable civilian work experience through specific industry training, apprenticeships, or internships during the last 180 days of service. SkillBridge connects Service members with industry partners in real-world job experiences.

For Service members SkillBridge provides an invaluable chance to work and learn in civilian career areas. For industry partners SkillBridge is an opportunity to access and leverage the world's most highly trained and motivated workforce at no cost. Service members participating in SkillBridge receive their military compensation and ben-

efits, and industry partners provide the train-

ing and work experience.

SkillBridge is an excellent benefit for installation and Unit Commanders who have members nearing military separation. Skill-Bridge can help Service members bridge the gap between the end of service and the beginning of their civilian careers. Commanders can greatly ease this transition to civilian life by supporting their reports' interest in SkillBridge. When mission permits, Commanders who support SkillBridge participation are helping their personnel transition

more seamlessly from service to a civilian

career with a trusted employer.

Separating Service members can be granted up to 180 days of permissive duty to focus solely on training full-time with approved industry partners after unit commander (first O-4/Field Grade commander in chain of command) provides written authorization and approval. These industry partners offer real-world training and work experience in in-demand fields of work while having the opportunity to evaluate the Service member's suitability for the work.

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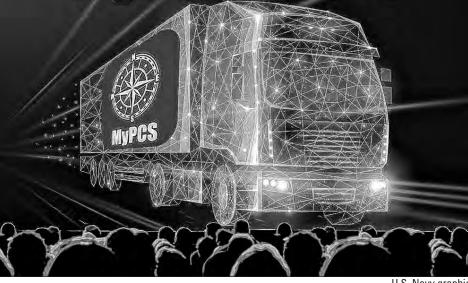
Continued from A1

their next duty station. Later this month, MyPCS Mobile will provide Sailors the ability to view a streamlined, simplified, plain language set of PCS orders referred to as "lean orders." In a subsequent release toward the end of summer, MyPCS Mobile will provide Sailors the ability to prepare and submit their PCS travel claim voucher. Sailors will simply upload travel receipts from their mobile devices, complete a voucher that has been prepopulated with basic information, electronically sign and provide it to their Command Pay and Personnel Administrator (CPPA) for final processing.

"We are aggressively pursuing modern technology in our tools and striving to provide world class customer service to our Sailors and families. MyPCS Mobile is the result of a rapid development effort as part of our transition to a modern, commercialstandard integrated pay and personnel system. A modern tool to enhance the PCS experience for Sailors and families is one of the first capabilities we wanted to deliver," Hughes said. Sailors who presently do not have a set of Active Duty PCS orders can still explore the functionality of the checklist through an on-line demonstration.

Sailors may access MyPCS Mobile either through the Navy App Locker (https:// www.applocker.navy.mil) or MyNavy Portal (https://my.navy.mil). Access to MyPCS Mobile does not require a Common Access Card (CAC); however, for CAC-free access, Sailors will need to perform a one-time setup via MNP on a CAC-enabled machine. At the top of the page in MNP the Sailor's name will appear. Click on name, select my account, then select instructions for CAC-free setup. Follow the steps for Apple iOS or Google Android to authenticate your identity. The mobile device must have access to either Wi-Fi of cellular data services to complete the process.

Other upcoming enhancements include a PCS entitlements calculator and an upcoming pilot program to provide the ability to use the Government Travel Credit Card for PCS-



U.S. Navy graphic

related travel expenses. Future NAVAD-MINs will announce launch dates and outline specific details for each of these programs

Meanwhile, Sailors can minimize any out-of-pocket expenses by taking advantage of the travel entitlements available to them today. Those who are about to make a PCS move should talk to their CPPA to help decide if a travel advance is the right choice for them.

For more information, refer to NAVAD-MIN 161/19 at http://www.npc.navy.mil/, contact the MyNavy Career Center anytime at 833-330-MNCC/6622, or email askM-NCC@navy.mil.



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Navydiving equipment testedby astronauts

Scientists, engineers and key partners of the NSWC PCD are collaborating by taking technology, originally designed for diving, from seabed to space.

®See B5

SECTION B | FLAGSHIPNEWS.COM | 7.25.2019



The guided-missile destroyer USS Stethem (DDG 63) arrived at its new homeport, Naval Base San Diego, July 18, following 14 years of forward-deployed service in the Indo-Pacific region operating from Japan. While in San Diego, Stethem will undergo a planned maintenance and modernization period.

From Commander, Naval Surface Force U.S. Pacific Fleet Public Affair Public Affairs

SAN DIEGO

The guided-missile destroyer USS Stethem (DDG 63) arrived at its new homeport, Naval Base San Diego, July 18, following 14 years of forward-deployed service in the Indo-Pacific region operating from

While in San Diego, Stethem will undergo a planned maintenance and modernization period. Stethem will be fitted with the latest combat system suite, which includes state of the art air defense, ballistic missile defense, surface warfare and undersea warfare capabilities. Cmdr. John Rummel is Stethem's commanding officer.

"Naval Base San Diego is excited to welcome the officers and crew of USS Stethem to the Navy's finest installation," said Naval

Base San Diego (NBSD) Commanding Officer Capt. Mark Nieswiadomy. "Stethem is joining one of the fastest growing fleet concentration areas in the world, and my team and I are standing by to provide first-class support to the Sailors and families of this fine warship in order to make their transition from 7th Fleet to 3rd Fleet as smooth as pos-

As part of the U.S. 7th Fleet's Forward Deployed Naval Forces in Japan, Stethem worked alongside allies and partners to provide security and stability throughout a free and open Indo-Pacific. Stethem arrived in Yokosuka, Japan, in June of 2005 while under the command of Cmdr. Robert Gonzales and operated alongside the now decommissioned aircraft carrier USS Kitty Hawk (CV 63) as part of the Kitty Hawk Strike

While serving in 7th Fleet, Stethem conducted a wide range of operations, exercises and port visits, including disaster relief as well as search and rescue missions. In 2011, the ship supported Operation Tomodachi to provide relief to Japanese citizens affected by the Tohoku earthquake and tsunami, and this year joined Japan-led search operations for a missing Japan Air Self-Defense Force

Stethem also operated in several joint operations, including Resilient Shield 18 and tri-carrier operations with the aircraft carriers USS Ronald Reagan (CVN 76), USS Theodore Roosevelt (CVN 71) and USS Nimitz (CVN 68).

Stethem participated in multiple multinational exercises including Cooperation Afloat Readiness and Training (CARAT) with regional navies in South and Southeast Forces, visit www.navy.mil/local/cnsp.

Asia, Cobra Gold with Thailand, and multiple cooperative deployments with Japan Maritime Self-Defense Force (JMSDF)

Along with participating in exercises, Stethem Sailors conducted port calls in multiple countries in the region, including Australia, Bahrain, China, Indonesia, Singapore, the Republic of Korea and Thailand.

Stethem, commissioned in 1995 at Port Hueneme, California, is named in honor of Navy Seabee Petty Officer Robert Dean Stethem, who was killed in 1985 during the hijacking of TWA Flight 847. Stethem, a passenger on the flight, was singled out by the terrorists because of his military status. Stethem was badly beaten and ultimately ex

For more news from Naval Surface



MC2 Brandon Parker

An EP-3E Aries II assigned to the "World Watchers" of Fleet Air Reconnaissance Squadron (VQ) 1 flies by the San Antonio-class amphibious transport dock ship USS Arlington (LPD 24), Feb. 28. Arlington is deployed as part of the Kearsarge Amphibious Ready Group in support of maritime security operations, crisis response and theater security cooperation, while also providing a forward naval presence.

Statement regarding Venezuelan fighter jet's unsafe approach over international waters

From U.S. Southern Command Public Affairs

MIAMI

On July 19, a U.S. Navy EP-3 Aries II aircraft, flying a mission in approved international airspace, was approached in an unprofessional manner by a SU-30 Flanker Venezuelan fighter aircraft.

After reviewing video documentation, we have determined the Russian-made fighter aggressively shadowed the EP-3 at an unsafe distance in international airspace for a prolonged period of time, endangering the safety of the crew and jeopardizing the EP-3 mis-

The U.S. routinely conducts regionallysupported, multi-nationally recognized and approved detection and monitoring missions in the region to ensure the safety and security of our citizens and those of our partners. The EP-3 aircraft was adhering to international standards and rules.

The Maduro regime continues to undermine internationally-recognized laws and demonstrate its contempt for international agreements authorizing the U.S. and other nations to safely conduct flights in international

Despite the Venezuelan people's suffering, his nation's vital infrastructure crumbling, and children starving, Maduro chooses to use his country's precious resources to engage in unprovoked and unjustified acts.

This latest action also demonstrates Russia's irresponsible military support to the illegitimate Maduro regime and adds to Maduro's growing legacy of reckless and negligent behavior, which undermines international rule of law and efforts to counter illicit trafficking.



MC2 Kelly M. Agee

Under Secretary of the Navy Thomas Modly speaks with Capt. Theodoros Mikropoulos, commander of Hellenic Naval Base Souda, at the Marathi NATO Pier Facility, July 20.

Under Secretary of the Navy visits Naval Support Activity Souda Bay

By MC2 Kelly Agee Naval Support Activity Souda Bay, Greece Public Affairs

NAVAL SUPPORT ACTIVITY SOUDA BAY, **GREECE**

Under Secretary of the Navy Thomas Modly stopped in Crete, Greece, July 19-20, and spent time with the Naval Support Activity (NSA) Souda Bay team as part of his visit to the Mediterranean region.

Capt. Ryan T. Tewell, commanding officer NSA Souda Bay, briefed Modly on the installation's strategic mission and ongoing projects.

Modly toured NSA Souda Bay's facilities, which are hosted on board the Hellenic Air Force 115th Combat Air Wing military base. He also traveled to the Marathi NATO Pier Complex where he saw firsthand the piers, Joint Test Operations Center, port operations, harbor security and the NATO Ammo Depot.

During his visit, Modly met with Sailors and discussed some of the advantages and challenges of being stationed in Greece.

"I really appreciate that he would come out to Souda Bay to see our command. I can tell that he cares about our Sailors and what we are doing here," said Boatswain's Mate Seaman Casandra Hernandez, who works in Port Operations.

Modly said NSA Souda Bay's strategic location provides the Navy a clear logistical advantage with regard to supplying ships and Sailors in the Mediterranean Sea with what they need to maintain long steaming hours from weapons and food to letters from home.

However, he noted working with our partners and allies around the world is also part of the mission here. "It's not just the operational side, but it's the relationships that are built over time that are really critical for us,"

NSA Souda Bay is an operational ashore base that enables U.S., allied, and partner nation forces to be where they are needed and when they are needed to ensure security and stability in Europe, Africa, and Southwest Asia.

HeroesatHome

The Flagship | www.flagshipnews.com | 7.25.2019 | B2

Stop the Bleed: A battlefield innovation on civilian soil

From Military Health System Communications Office

A public health campaign called Stop the Bleed builds on lifesaving lessons from military battlefields. The goal is to train Americans of all ages how to successfully respond to bleeding emergencies in traumas from accidents and intentional violence.

"Stop the Bleed is a fantastic way for people to address extremity hemorrhage," said Dr. Craig Goolsby, a former Air Force emergency physician who served two combat tours in Iraq.

Goolsby is vice chair of education in the Department of Military and Emergency Medicine at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. He's also science director of USU's National Center for Disaster Medicine and Public Health. The center is a collaboration of the Departments of Defense, Health and Human Services, Homeland Security, Transportation, and Veterans Affairs.

"We know that trauma is the leading cause of death for people ages 1 to 44," Goolsby said, citing statistics from the Centers for Disease Control and Prevention. While CPR training teaches bystanders how to respond when someone stops breathing, "We didn't have anything before Stop the Bleed to teach people what to do for hemorrhaging."

Death from blood loss can occur in as little as five minutes, health care experts say. A USU study estimated that about 500 people in the United States die every year from external hemorrhage, Goolsby said.

The centerpiece of Stop the Bleed is the tourniquet. It's an old-school tool that was revived and championed by Dr. Frank Butler. The now-retired Navy ophthalmologist led the Navy Special Warfare Biomedical Research Program from 1990 to 2004. Battlefield trauma care was part of this program.

The U.S. military used tourniquets during World War II, but they were poorly designed and often didn't work, Butler said. After the war, tourniquet use in both the military and civilian sectors ended. "In fact, medics were taught not to use tourniquets," Butler said.

However, Butler read two research papers that noted the No. 1 cause of preventable death in the Vietnam War was extremity hemorrhage. "An estimated 3.400 American lives were lost

Perhaps my

By Lisa Smith Molinari

before it ever really started.

The Meat & Potatoes of Life

stupidity, Sir!

Recently, while my husband, Francis, and I were lugging our window air conditioners out of the attic, he relayed a personal story I'd never heard in our 25 years of marriage. I'm not sure if it was the sticky weather we were experiencing or the sweat mustache that had sprouted on my upper lip, but Francis was reminded of an incident that happened 30 years ago in the oppressive heat of Pensacola, Fla. –

one that could have ended his military career

Candidate School, when on a sizzling morn-

ing, his battalion was called outside the bar-

racks to line up for an inspection, which were really routine harassment sessions meant to test the candidates' resolve. Francis stood at

attention with his fellow recruits, eyes forward, monitoring peripherally as Staff

He was eight weeks into Aviation Officer



USU photo by Sarah Marshall

USU's Dr. Craig Goolsby (center) observes as high school students at a conference in Orlando, Fla., practice using a tourniquet after watching a web-based tutorial. Goolsby is researching effective teaching methods as part of a grant to develop a trauma first-aid course for students that incorporates elements of Stop the Bleed.

from failure to apply tourniquets to arm and leg wounds," Butler said.

His research, and subsequent recommendations from a joint study by special operations medical providers and USU, led to the development of a new approach to battlefield trauma care. Tactical Combat Casualty Care, or TCCC, emphasizes that all personnel in the combat zone should be trained to control external hemorrhage with tourniquets.

"Once an intervention has proven to save lives in combat, you immediately start thinking, could this intervention save lives in the civilian sector as well?" Butler said. He was in the group of physicians, military leaders, and law enforcement officials called the Hartford Consensus. They came together after the shootings at Sandy Hook Elementary School in Connecticut, in December 2012.

The Hartford Consensus advocated for teaching the public how to respond to bleeding emergencies. Their efforts were followed by a White House task force that developed the Stop the Bleed program. It launched in October 2015.

Clint Bond, an Army veteran, is the external and emergency communications director for the Fort Worth Independent School District in Texas. He took the Stop the Bleed course when it was offered by a local health care organization. That organization and a local hospital donated Stop the Bleed kits to the Fort Worth schools, Bond said. The kits include tourniquets, bleeding control and compression bandages, and protectives gloves.

At Bond's urging, all 125 nurses in the Fort

Worth school district have received Stop the Bleed training. The nurses, in turn, will train teachers and interested parents.

"Many of these school shooters are using weapons that I'm familiar with from my military days, and they create terrible wounds," Bond said. "We need to be prepared so that if something happens, we're the cavalry, and we'll know what to do until medical help ar-

However, Goolsby notes, Stop the Bleed's value extends beyond intentional harmful acts. In Massachusetts, first responders have prepositioned Stop the Bleed kits on remote beaches to aid victims of shark attacks. In Georgia, a school nurse armed with Stop the Bleed training and supplies provided life-saving aid to a fourth-grader who severed an artery in her arm after falling on the school playground.

Through a grant from the Federal Emergency Management Agency, Goolsby is working with the Red Cross to develop a trauma first-aid course for high school students. The course incorporates elements of Stop the Bleed, he said, and will lead to CPR-like certification. It's expected to roll out in 2021.

In what may be thought of as a full-circle moment, Stop the Bleed has led to a DoDmandated course for service members in noncombatant roles to learn some critical TCCC skills including external hemorrhage control. Tactical Combat Casualty Care for All Service Members, or TCCC-ASM, launched in May.

More information about Stop the Bleed can be found at the Department of Homeland Security and at USU's Stop the Bleed page.

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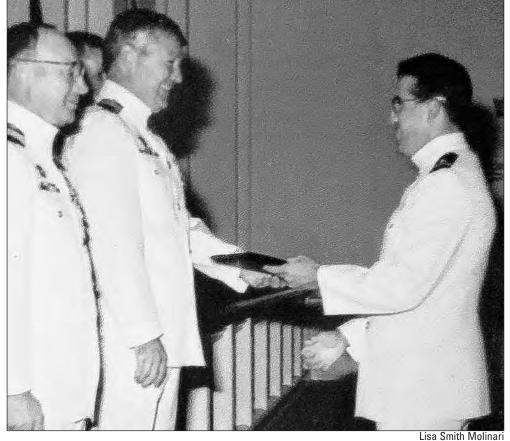
Functions and/or services FFSC provides:

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- Management ■ Command Support
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- Suicide Prevention
- SAPR Support

Northwest

Yorktown

Oceana/Dam Neck



Francis graduated from AOCS, despite it all.

Sergeant Hodgeman, USMC, made his way down the line. One recruit missed a belt loop. Another had a scuffed shoe. Each was doled out a dose of humiliation, along with an appropriate number of "hop and pops." Upon reaching Francis, the Sergeant glared intimidatingly from under the bill of his Marine Corps campaign hat, slowly turning his line of sight downward to look at Francis' uniform. His carefully measured scrutiny stopped

braced himself for a verbal assault. "Did you even polish this?!" he spat out.

abruptly at Francis' belt buckle. Francis

"Sir, yes SIR!" Francis lied.

"Look at this!" the sergeant demanded. "SNAP!" Francis shouted as trained, and

dropped his eyes to the hazy, dull buckle.

"If you polished it, how did it get like this?!" In such crucial moments during every military service person's basic training, one is expected to swallow one's pride, admit all transgressions, and accept the consequences without complaint. Francis knew that recruits who buck this time-honored system generally fail, but on that steamy Florida morning, while his angry superior was waiting for the expected response, standing rigedly, eyes pointed, Francis felt a twinge of mischief.

Although fully cognizant that mischievous behavior could ruin his chances of becoming a military officer, his mind quickly weighed the pros and cons of being funny rather than obedient. (Incidentally, Francis and I would later realize we had this character trait in common we both place inordinate importance on making other people laugh, even when a situation calls for restraint.)

It is not certain if the heat had impaired Francis' judgment, but as the scales tipped toward impishness, he formed the response that would either charm his superior officer or throw eight weeks of basic training down the latrine.

After a tense pause, Francis, standing at perfect, obedient attention, barked the risky reply for all in the battalion to hear: "PERHAPS THE HUMIDITY, SIR!" For several knife-edged seconds, all that

could be heard was the distant whirring of aircraft propellers. Francis' mind flashed with scenes of heading home in disgrace on a Trailways bus to report that he had been kicked out of the Navy for insubordination.

But then, he heard a snort, a muffled

chuckle, and felt the welcome relief of a battalion full of stifled grins. Sergeant Hodgeman's hat remained angled toward the buckle, concealing his face, but Francis could see the marine's jaw clenching in an effort to hide a smile. With a restrained grunt, the sergeant regained his composure and raised his head, and with a twinkle in his otherwise fearsome eyes, he sidestepped down the line to the next recruit, leaving Francis' Navy career intact for another

Military friends have told similar stories, of moments when they took a stupid risk with a superior. One friend relayed, "I once said 'Marine Corpse' to a Gunnery Sergeant. I felt like a corpse by the time he was done with me."

Another was ordered by his boatswain's mate to be sure he had the bitter end while securing lines, and he replied indignantly, "I know I'm new here, but I'm not going to put the line in my mouth to see if it's bitter or not!"

No one knows why each foolish recruit survived their own idiocy in those fateful moments, but one thing is for certain: It most definitely wasn't the humidity, Sir.



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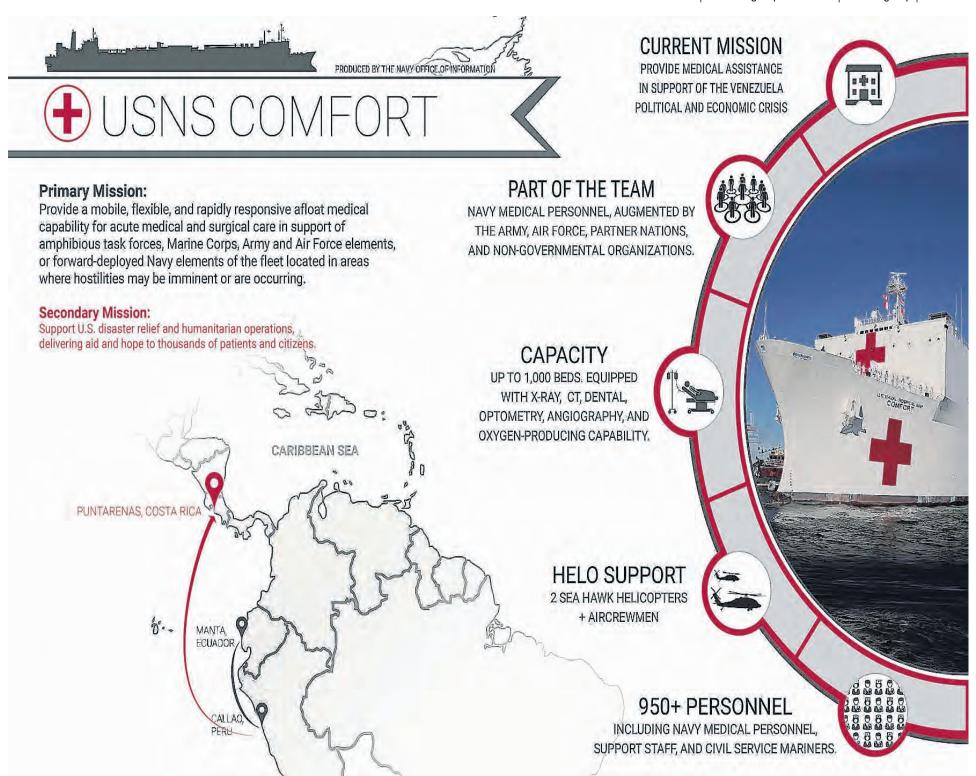
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(Outside the U.S.)



USNS Comfort en route to Costa Rica

From USNS Comfort Public Affairs

PACIFIC OCEAN

The U.S. Navy hospital ship USNS Comfort is on a five-month deployment to Central and South America and the Caribbean in support of humanitarian and

partner-building efforts as part of the U.S. Southern Command's Enduring Promise initiative.

The ship and crew will provide medical assistance to Colombia, Costa Rica, Dominican Republic, Ecuador, Grenada, Haiti, Jamaica, Panama, Peru, Saint Lu-

cia, St. Kitts and Nevis, and Trinidad and Tobago as well as conduct logistics and liberty port visits to Panama and Curação.

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.

U.S. Navy

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MC2 Kelsey L. Adams

Sailors assigned to 30th Naval Construction Regiment (NCR), Naval Mobile Construction Battalion (NMCB) 133, NMCB 4, and Commander, Navy Expeditionary Forces Command Pacific, march behind the float they built with their sister city of Barrigada during the 75th Liberation Day Parade. 30 NCR and Barrigada work together on projects benefiting the residents of Barrigada and the Seabees assigned to 30 NCR through the sister village program. This year marks the 75th anniversary of Guam's liberation from Japanese occupation by U.S. forces during World War II.

SEABEES, GUAM LOCALS PARTICIPATE IN 75TH LIBERATION DAY PARADE

By MC2 Kelsey L. Adams CTF 75 Public Affairs

AGANA, GUAM

Seabees assigned to 30th Naval Construction Regiment (NCR), Naval Mobile Construction Battalion (NMCB) 133, NMCB 4, and Commander, Navy Expeditionary Forces Command Pacific, participated in the 75th Liberation Day Parade alongside their sister village, which was made up of Guam locals from Barrigada, July 21.

The Seabees worked alongside their sister village of Barrigada to build a parade float, and then marched alongside their sister village volunteers during the parade. This year was monumental as it marked the 75th anniversary of Guam's liberation from Japanese occupation by United States forces during World War II.

"The Seabees history in Guam is rich starting from the original Liberation Day until now," said Capt. Steve Stasick, commanding officer of 30th NCR. "It has been an honor working alongside the citizens of Barrigada and I look forward to working with them in the future."

In 1944, during the three-week battle for Guam, the Seabees landed alongside the Marines and contributed to the fight by unloading ships and performing vital construction in support of combat operations. Their efforts led to the construction of the advanced headquarters for the United States Pacific Fleet, an airbase for B-29 bombers, and a depot center for war supply. Seabees were also the driving force behind the construction of Marine Corps Drive and still maintain a strong presence on the island.

To carry on the legacy, the citizens of Barrigada and Seabees were paired together for the parade due to Guam's sister village program. 30 NCR and Barrigada have worked together on several projects benefiting the residents of Barrigada and the Seabees stationed on Guam because

of this program.

"We are very proud to have worked alongside our sister squadron who helped make our float a success this year," said June Blas, the mayor of the Barrigada. "It was a really fun time, because this team of Seabees were very hands on, and got dirty and sweated alongside us locals to build the float. The parade really showcased the good community relationship Barrigada has with the military still, even with all the time that has passed."

now. It has been are honor working along side the citizens of rigada and I look for ward to working we them in the future."

The city of Barrigada and the Seabees plan to continue to participate in the Sister Village Program and further build upon the legacy that was started 75 years ago.

As Commander Task Group 75.5, 30 NCR provides command and control over all naval construction force units in the 7th Fleet area of operations. 30 NCR enables the real-time mobility of response for engineering units and other assigned forces to provide expeditionary,

tory in Guam is rich starting from the original Liberation Day until now. It has been an honor working alongside the citizens of Barrigada and I look forward to working with them in the future."

Capt. Steve Stasick

general and limited combat engineer capability to respond to major combat operations and contingencies, conduct Theater Security Cooperation Plan operations, and execute Humanitarian Assistance Disaster Response (HA/DR) and Civil-Military Operations within the Pacific.

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

NAWSCL base housing undergoes swift turnaround following earthquakes

By MC2 Jeffery Southerland

RIDGEGREST, CALIF.

Naval Air Weapons Station China Lake (NAWSCL) authorized families to begin returning to their homes July 15 after issuing an evacuation order as a result of two major earthquakes just 10 days earlier.

All of the NAWSCL's 192 Public Private Venture (PPV) housing units have been assessed for damages following a base evacuation order issued by Rear Adm. Bette Bolivar, Commander, Navy Region Southwest, July 6.

During the assessments, Navy Facilities Engineering Command (NAVFAC) structural engineers, as well as Lincoln Military Housing (LMH) structural engineers and maintenance crews conducted multiple walkthroughs. After assessing homes, NAVFAC and LMH began coordination to quickly start making repairs.

"The maintenance crews went through and found broken gas and water lines as how quickly housing fixed up the damaged homes and returned families back. We were back in our house quickly."

Mark Perez

well as broken electrical sockets," said Chief Boatswain's Mate Brandon Gano, NAWSCL house recovery director. "All of which are being repaired at a rapid pace in accordance with California code, to ensure that our residence get back into a comfortable, habitable environment."

Over 180 Sailors and their families were evacuated from base housing. The base



Lincoln Military Housing

prioritized repairs to return the residents in a safe and timely manner.

"I was impressed by how quickly housing fixed up the damaged homes and returned families back," said Yeoman 2nd Class Mark Perez, a NAWSCL housing resident. "We were back in our house quickly."

To date, 179 of the evacuated families have returned to their homes. Of the 192 PPV homes on base, seven were not cleared for occupancy due to damage. Temporary accommodations have been

made for those families while repairs are completed.

Lincoln Military Housing advises returning tenants experiencing any issues with their homes to follow the three-step process located on their webpage at:

https://chinalake.navylifesw.com/modules/media/?do=down-

load&id=1525492a-b2bb-4f9f-b80c-1023de5f0e84.

For more news from Commander, Navy Region Southwest, visit www.navy.mil/lo-cal/cnrsw/.

Navy diving equipment tested by astronauts for space exploration missions

By Katherine MappNaval Surface Warfare Center Panama City Division Public Affairs

KEY LARGO, FLA.

Scientists, engineers and key partners of the Naval Surface Warfare Center Panama City Division (NSWC PCD) are collaborating by taking NSWC PCD technology, original partners and partners of the partners of the collaboration of the partners of the partne

City Division (NSWC PCD) are collaborating by taking NSWC PCD technology, originally designed for diving, from seabed to space.

The Diver Augmented Vision Device

(DAVD) team from NSWC PCD and partners recently joined forces with NASA at the Johnson Space Center during NEEMO-23, the 23rd voyage of the NASA Extreme Environment Mission Operations held at the Aquarius Reef Base underwater habitat in Key Largo.

The Aquarius Reef Base, operated by Florida International University, is the only undersea laboratory in the world located 5.4 miles off Key Largo in the Florida Keys National Marine Sanctuary, 62 feet below the surface. The Aquarius and its surroundings provide an ideal training and mission analog for space exploration by providing buoyancy similar to walking on the moon, or Mars.

The DAVD is a high-resolution, seethrough heads-up display (HUD) embedded directly inside of a Kirby Morgan-37 dive helmet. This unique system provides divers with high-resolution visual displays of everything from sector sonar imagery (real-time topside view of the diver's location and dive site), text messages, diagrams, photographs, and even augmented reality videos.

NSWC PCD designed, developed, and tested the original DAVD prototype systems. The newest iteration of the system participating in this NASA mission is the DAVD Generation 1.0, developed under a Cooperative Research and Development Agreement with industry partner Coda Octopus Group, Inc.

During NEEMO-23, NASA astronauts and technical personnel used the DAVD Generation 1.0 system to conduct analog training missions and determine the potential for using a similar system in their future Extra Vehicular Activity (EVA) Spacesuits during space exploration missions.

Allie Williams, DAVD team lead engineer, said she is thrilled to see the leaps and bounds the project is making.

"It's exciting to see dual purpose use for a system originally designed for navy divers, and it is an honor to work with NASA. This capability is game changing for divers who usually work in zero visibility conditions - it essentially gives them sight again through real time data and sonar," said Williams. "Even in good visibility conditions, the DAVD system allows for hands free infor-



Scientists, engineers and key partners of the Naval Surface Warfare Center Panama City Division (NSWC PCD) are collaborating by taking an NSWC PCD technology, originally designed for diving, from seabed to space.

mation and less mental strain of trying to remember topside instructions. The same benefits can be gained by astronauts as well – including better situational awareness, safety, and allowing them to be more effective in their missions."

Dennis Gallagher, DAVD team project manager, explained an additional goal of integrating the DAVD system into the NEEMO-23 mission is to "develop a collaborative Navy-NASA program that offers next-generation see-through HUD capa-

bilities for the new NASA Extra Vehicular Activity (EVA) Spacesuit, and the Navy 1-Atmosphere Dive Suit."

"You don't achieve 'warfighting dominance' by taking 10 years to finally develop a rugged rotary dial phone," said Gallagher. "You achieve it by becoming the collaborator of choice with academia, federal labs, and industry using innovative and creative partnerships. This allows us to develop emerging technologies into new capabilities and solutions for the Warfighter at a

significantly accelerated pace."

According to Gallagher, outcomes and lessons learned from the NEEMO-23 missions will provide insight needed to move the system one-step closer to space.

Naval Sea Systems Command Supervisor of Salvage, and the Office of Naval Research, are co-sponsors of the DAVD project

For more news from Naval Surface Warfare Center Panama City Division, visit www.navy.mil/local/NSWC.

CNO honors 2019 Naval History Essay contest winners

By MC2 Mutis A. Capizzi Naval History and Heritage Command Public Affairs

WASHINGTON

Chief of Naval Operations (CNO) Adm. John Richardson presented awards to the winners of the CNO 2019 Naval History Essay Contest at the National Museum of the U.S. Navy (NMUSN) July 17.

The judging panel chose five awardees

from a group of 141 total submissions.

In support of "A Design for Maintaining Maritime Superiority," Richardson directed the Naval History Essay Contest to further the understanding of how lessons from history can be used to inform the way ahead for the Navy today. Naval History and Heritage Command (NHHC), United States Naval Institute (USNI), United States Naval Academy (USNA), Naval War College (NWC), and Office of Chief of Naval Operations (OPNAV) coordinated the essay contest.

Richardson gave the keynote remarks and made a point to give special thanks to the sponsors and the entire team who worked to make the history essay contest a success.

"I am honored to be here tonight," said Richardson. "I do feel a keen sense of ownership of this and being here is very meaningful to me. You have only gotten the tip of the iceberg hearing the quick summaries of these essays tonight. I encourage you all to go out read them all. They are chock full of lessons from history for us today and they are very relevant lessons."

Rear Adm. Samuel Cox (Ret), director of NHHC, opened the ceremony welcoming the winners and guests to the event. He thanked Richardson for all he has done in support of naval history during his time as CNO.

"This is the third year we have done the CNO's history essay contest," said Cox. "Since this contest has started, it has been a tremendous success due to the sheer number of entrants each year."

Cox added that it was important to have both the Professional Historian and Rising Historian categories so those interested in naval history as enthusiasts would not be discouraged from entering the contest.

Over the past three years, more than 600 entrants answered the challenge of researching the sea services' rich history, submitting essays on naval historical topics that relay lessons learned from history that can be applied in support of establishing and maintaining maritime superiority in today's environment.

Vice Adm. Peter Daly, USN (Ret), chief executive officer and publisher of USNI, stated in his remarks that such a high number of entrants is well above average, noting that USNI has been doing essay contests

continuously since 1879.

"The CNO's direction for this contest; using history to form our way ahead, is great guidance," said Daly. "I dare say that all our award winners this year and the past two years have done a terrific job picking out gems from naval history and showing how they apply to our present and future. Critical thinking, innovation and the open forum of ideas are foundational to the success of the Navy and I congratulate each of our award winners today who represent all those who dare to read, think, and write."

Awards in the category of Professional Historian were presented to first and third place winner, Cmdr. Joel Holwitt, Ph.D., and second-place winner, Dr. Salvatore R. Mercogliano, Ph.D.

Awards in the category of Rising Historian were presented to first place winner, Lt. Cmdr. Jeff Vandenengel; second place winner, Lt. Cmdr. Ryan P. Hilger; and third place winner, Lt. Philip D. Mayer, JAGC.

Daly also thanked General Dynamics, who made it possible through their sponsorship of the contest to have cash prizes, as well as the judging committee, which was comprised of senior staff from USNI, USNA, NWC, Naval Post Graduate School, NHHC, and OPNAV. The panel agreed that many of the submissions were of such high quality that they will be published in a variety of forms throughout the year and that the best of the best were chosen to be honored at the ceremony.

The winners received cash prizes, plaques, pens and copper from USS Consti-

tution. The first-place winners from both categories will have their essays published in Naval History Magazine and all winners will be published on NHHC's website.

"Reading about history is what led me into the Navy," said Vandenengel, who is the weapons officer on USS Alexandria (SSN 757). "I was surprised and thrilled when I found out I had won. This contest is important because it encourages Sailors to think about naval history and how it applies to our everyday lives. Who better for the admirals and decision-makers to get input from than those who are on the ships, submarines and in the field making history."

The Naval History and Heritage Command, located at the Washington Navy Yard, is responsible for the preservation, analysis, and dissemination of U.S. naval history and heritage. It provides the knowledge foundation for the Navy by maintaining historically relevant resources and products that reflect the Navy's unique and enduring contributions through our nation's history and supports the fleet by assisting with and delivering professional research, analysis, and interpretive services. NHHC is composed of many activities including the Navy Department Library, the Navy Operational Archives, the Navy art and artifact collections, underwater archeology, Navy histories, nine museums, USS Constitution repair facility, and the historic ship

For more news from Naval History and Heritage Command, visit www.history-navv.mil.

MC1 Fred Gray IV

Two U.K. sailors earned their enlisted surface warfare specialist devices while on temporary duty aboard the Arleigh Burke-class guided-missile destroyer USS Carney (DDG 64), July 21. Carney, forward-deployed to Rota, Spain, is on its sixth patrol in the U.S. 6th Fleet area of operations in support of regional allies and partners as well as U.S. national security interests in Europe

U.K. Sailors earn ESWS aboard USS Carney

By MC1 Fred Gray IV, USS Carney (DDG 64) **Public Affairs**

MEDITERRANEAN SEA

United Kingdom sailors on temporary duty to the Arleigh Burke-class guided-missile destroyer USS Carney (DDG 64) earned their Enlisted Surface Warfare Specialist (ESWS) warfare devices, July 21.

Command Master Chief David Marcus, the senior enlisted leader and ESWS program manager, offered the allied sailors the unique opportunity to earn a U.S. Navy warfare device during their time aboard the Car-

"Since they are here in support of our mission and as long as they were willing to put in the work, I was more than willing to allow them this chance," said Marcus. "The fact that these two sailors were able to come aboard as allied representatives, perform their duties and responsibilities, and earn our ESWS device is no easy feat."

The ESWS device represents a Sailors' knowledge of the ship and its systems, and is specifically tailored to the type of platform they are serving on. Aboard Carney they had to show proficiency in the following departments: deck, sonar, operations, combat systems, damage control, supply, and engineering. In addition to ship specific areas, they also had to be proficient in U.S. naval herit-

"It made for long days and it was a lot of work," said U.K. sailor AB1 Nicholai Higginbotham. "There was a lot to learn given the short amount of time we had aboard the Carney."

"It was difficult at first. The main part was learning the basics and acronyms," said U.K. sailor AB1 Lawrence Hepworth. "After that, it was easier, we were able to adapt and revise."

While the U.K. sailors were aboard they were integrated into the Carney's watch rotations and stood 12-hour watches and were held to the same standard as their U.S. counterparts.

"The best part was being able to go through all the spaces and meet everyone on the ship," said Higginbotham. "It increased my appreciation for the crew and the work that they do."

"It was a great opportunity," said Hepworth. "The whole process provided us with more a sense of inclusion."

Typically a U.S. Sailor has 30 months to complete their ESWS. The U.K. sailors had to complete the program in less than four

Both sailors echoed the same sentiment

when they completed the final Chief's board.

"After I found out I passed, it was a massive relief," said Hepworth. "The Carney sailors aboard really went out of their way to help us out. There is no way we could have finished it in the amount of time without their support."

Both U.K. sailors are attached to Her Majesty's Ship Collingwood, which is the warfare training center located in Fareham, Portsmouth, England.

USS Carney, forward deployed to Naval Station Rota, Spain, is conducting naval operations in the U.S. 6th Fleet are of operations in support of U.S. national security interests in Europe.

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

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





































VETERANS UNITED HOME LOANS.

AT VIRGINIA BEACH









Veteran Owned



MC1 Ryan U. Kledzik Arleigh Burke-class guided-missile destroyer USS Carney (DDG 64) is moored at Naval Station Rota, Spain, prior to beginning its fifth forward-deployed patrol, July 27. Carney, forward-de-

ployed to Rota, Spain, is on its sixth patrol in the U.S. 6th Fleet area of operations in support of regional allies and partners as well as U.S. national security interests in Europe.

USS CARNEY COMPLETES SIXTH FORWARD-DEPLOYED PATROL

By MC1 Fred Gray IV USS Carney (DDG 64) Public Affairs

NAVAL STATION ROTA, SPAIN

Guided-missile destroyer USS Carney (DDG 64) returned to Naval Station Rota, Spain, July 22, after completing a fourmonth patrol in the U.S. 6th Fleet area of operations.

Carney departed Rota March 23, 2019, and began its sixth Forward-Deployed Naval Force (FDNF) patrol in support of regional allies and partners, and U.S. national security interests in Europe and Afri-

"The men and women of the Carney crew performed admirably," said Cmdr. Tyson Young, Carney's commanding officer. "We are all very excited to get back home and enjoy some well deserved leave time."

While on patrol, Carney conducted missions in support of regional allies and partners in the Mediterranean and Black Sea regions.

Carney and the crew also conducted several bilateral and multilateral exercises with multiple partner and allied navies in the Atlantic Ocean, the Black Sea, as well as the Mediterranean Sea. Each exercise had the goal of improving maritime capabilities and reassuring NATO allies and regional partners of U.S. 6th Fleet's commitment to maritime security and stability in its area of operations.

The exercises included the U.K. led exer-

cise Joint Warrior 19-1, the U.S. led exercise Formidable Shield 19, and the U.S. and Ukrainian joint-led exercise Sea Breeze 2019.

At the midpoint of the patrol, Carney returned to Rota for a three-week training and maintenance availability (TRAV). This availability allowed Carney to conduct maintenance and material management, and allowed the crew to prepare for the mobility damage control warfare certification (MOB-D).

Following TRAV, Carney returned to the Black Sea to participate in exercise Sea Breeze 2019, and upon completion, headed back towards their homeport and underwent the final stages of MOB-D and finished their

ertification

In total, Carney and its crew covered approximately 20,000 nautical miles and visited five countries during the patrol.

With their family and friends waiting for them on the pier, the Sailors aboard Carney concluded their sixth patrol in the U.S. 6th Fleet area of operations.

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

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

For more news from Commander, U.S. Naval Forces Europe and Africa/U.S. 6th Fleet, visit www.navy.mil/local/naveur/.

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

Inspiring the next generation of scientists: U.S. Naval War College holds 7th annual Starship Poseidon STEM Camp

By Jeanette SteeleU.S. Naval War College Public Affairs

NEWPORT, R.I.

Twelve teenagers stared intently into the pool. There was little chatter. Even cell phones were put away, mostly.

All eyes were on a bundle of plastic tubes darting around beneath the water.

The teen with the controller attempted to use his remotely operated underwater vehicle to drop a plastic ball into a cup. More often than not, the ball slid away, missing the target.

The students groaned. Science is hard – harder than video games.

"It was cool to build it and see that it worked OK," said 14-year-old Liam Carroll, from Lincoln, who seemed to understand the value of experimentation despite his team's less-than-stellar performance in the underwater target competition. "There are things you can change next time."

Nearly 80 high school students from southern New England are at Naval Station Newport this week for the Starship Poseidon STEM Camp, an annual summer event focused on science, technology, engineering and math, or STEM.

The camp is put on by U.S. Naval War College faculty and sponsored by the Of-

fice of Naval Research.

The students spend the week discovering that science and math can be fun – and challenging – when used in real life, as the

U.S. Navy does every day. The event culminates in a graduation ceremony Saturday.

"You get to see cool stuff, like the technology on a submarine," said Leah DiCenso, 16, of North Kingstown, who is attending the camp for the third year.

The students are given science challenges and asked to build projects that respond to the scenarios.

For example, can you build a remotely operated vehicle that performs tasks underwater? Or, can you assemble an all-terrain toy truck powered by solar panels? Or, can an egg be dropped from a six-foot height without breaking, if cushioned properly by paper and drinking straws?

Teacher Christina Fontana assigns the solar-panel truck challenge.

"They are learning analytical skills and critical-thinking skills and collaborating with peers," said Fontana, a high school chemistry teacher during the school year in Fall River, Massachusetts. "I start off by saying, 'Sketch it. What's your vision?' If they are nervous, I say, 'Go for it.' I like for students to understand that science isn't a one-time thing. You have to go back and revise."

The Starship Poseidon camp started in 2012. It sprang from a conversation between Naval War College Associate Provost Will Bundy and an official at the Office of Naval Research, which was look-

ing for another opportunity to spread awareness of Navy science and technology

careers.

The first camp in Newport had 25 students. Since then, attendance has grown and so have the topics covered during the week-long event. This year, 78 Starship students are being introduced to robotics, medical technology, chemistry, solar power, hydraulics and, for the first time,

design in physics.

"The idea is to expose the students to, not only the math and science around STEM, but the practical applications. We show them applications in the Navy," Bundy said. "We have them take a tour of the USS Constitution so they can see that, in the old sailing days, there were technology advances then with pulleys and how the ship was constructed."

For a look at modern science, the teens visit the Naval Undersea Warfare Center in Newport, where civilian and military scientists work on technology that goes on today's Navy ships.

Students also go to Groton, Connecticut, to tour the historic submarine Nautilus and the Submarine Force Museum. At Naval Submarine Base New London, the students get to see the Naval Submarine School and tour a working fast-attack submarine.

This year's visit to the submarine USS Providence (SSN 719) was a crowd pleaser. "I came in thinking, 'Oh, boy, a ton of

people trapped in a steel can! That must stink," said Harry Dunn, 16, of Barrington. "But it was super interesting. And they have a real sense of purpose and camaraderie when you were walking through. You typically wouldn't get to see that kind of

stuff."

Back in Newport, students stay in dorm rooms at Naval Station Newport and eat their meals in the base mess hall – just like the sailors attending one of the base's various training schools. This elbow-rubbing offers a gentle look at Navy culture for students, who might be interested in future careers – either in uniform or as a civilian scientist, Bundy said.

Of the more than 300 graduates of the Starship camp since 2012, several have gone on to earn positions at the U.S. Naval Academy and U.S. Coast Guard Academy or scholarships in the Navy's ROTC program. Many more have gone on to study science in college.

"This is a not a military experience for them – we do not teach close order drill," Bundy said. "We make it that way because we want them to think about becoming the engineers and scientists we need in our workforce in order to compete in this global competition."

There's no prerequisite that students already show good scores in STEM classes. It's enough that they show a glimmer of excitement about the topics, officials said.

"The goal of the program is to get students interested in science, technology, engineering and math with the hope that they will come back and support the Navy," Bundy said.

For more information on this annual summer camp, go to starshipstem.org.

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

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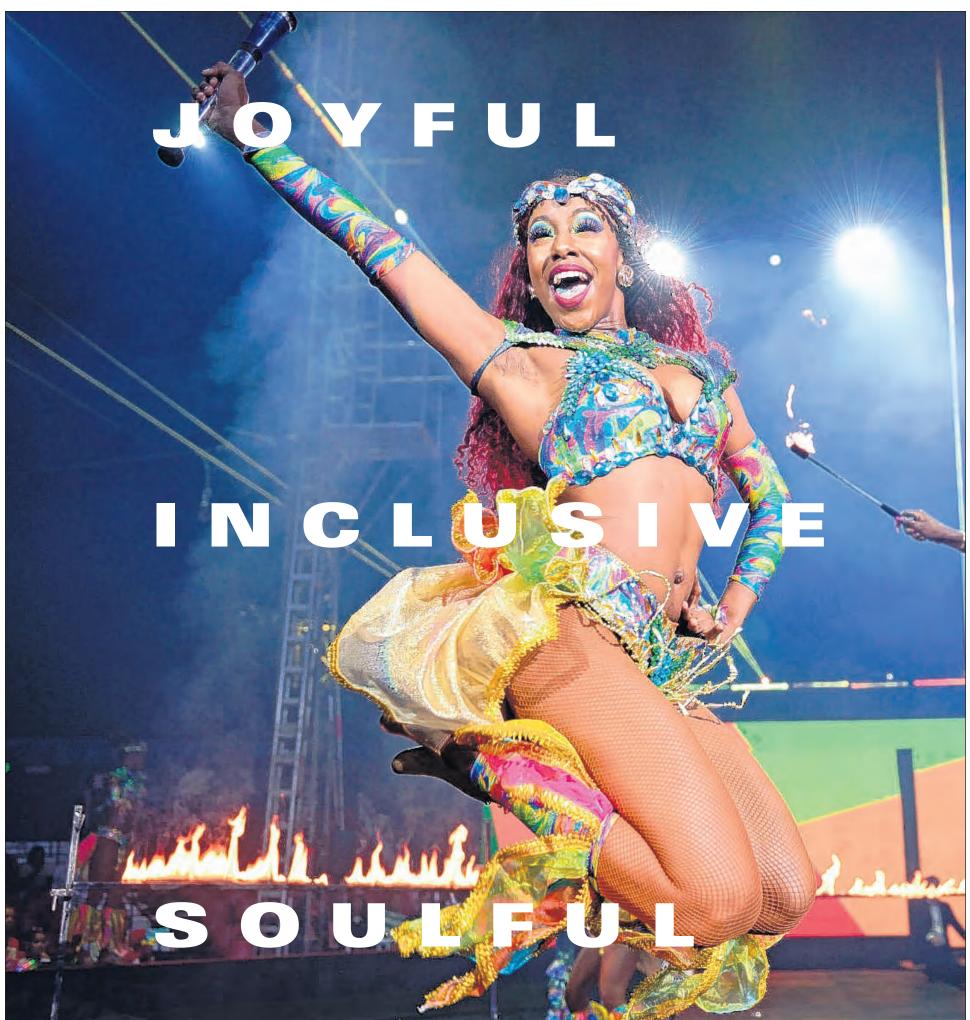


Servicemembers neededfor'Servicing our Schools'

On August 28, Naval Support Activity (NSA) Hampton Roads will launch its fourth annual "Servicing our Schools" (SOS) Initiative. Last year, over 180 service members from various military commands supported 13 elementary schools in the city of Chesapeake.

®See C2

SECTION C | FLAGSHIPNEWS.COM | 7.25.2019



UniverSoul Circus

UniverSoul Circus makes triumphant return to Hampton Roads

Press Release

The UniverSoul Circusc omes at you like a high-speed rollercoaster. It's a once in a lifetime thrill-a-minute spectacle of sight, sound and soul for the entire family to enjoy. UniverSoul Circus, renowned for spreading a healthy dose of unity, inclusion and diversity under its red and yellow striped big top, will play in Hampton Roads in Virginia, July 31-Aug. 4.

UniverSoul Circus offers an unforgettable experience, bringing fans and performers closer together than ever before in an inclusive, positive and soulful atmosphere.

"We get to share our culture with everyone, and each member of the audience leaves with a message that everyone belongs," said Founder and CEO Cedric Walker.

"The UniverSoul Circus is for the people - it's their

UniverSoul Circus, now in its 26th year, is loaded with one-of-a-kind performances from around the world – all coming together as one under a single ring big top. Led by Ringmaster Lucky Malatsi from South Africa, his longtime Sidekick Zeke of Atlanta, and newcomer Cheyenne-Rose Dailey from Trinidad and Tobago, the 2019 edition of UniverSoul Circus features male contortionists from Guinea, Skaters from Cuba, Daredevil Motorcyclists from Atlanta, Bakersfield, Calif., Grand Junction, Colo. and Santiago, Chile, a High Wire Act from Colombia and Gabon, Teeterboard Drillers from Mongolia, Solo

® See CIRCUS | C4

Celebration of Latino culture returns to Norfolk

Press Release

NORFOLK

The 19th Annual Norfolk Latino Music Festival returns to Town Point Park along the Downtown Norfolk Waterfront for a celebration of Latino culture, music and food on July 27 from 5:00 p.m. to 10:00 p.m. The festival is free and open to the public.

Live performances Orquesta Mayor, Orquesta NFuzion and DJ Mangu paired with salsa, merengue and guaguanco dancing on the largest outdoor, waterfront dance floor in Hampton Roads

More information

For more details including hours, park regulations and parking, please visit Festevents.org or call 757-441-2345.

headline an exciting evening of Latino-inspired entertainment. The headliner, Orquesta Mayor, is a 12piece, multi-cultural band from Charlotte that play many different genres including, but not limited to, salsa, cumbia, merengue, bachata and bolero.

In addition to the flavorful sounds, the Mambo Room Cultural Dance & Event Center, along with Libra Dance USA, will be on site to offer live performances and dance lessons in salsa, bachata and kizomba. The 19th Annual Norfolk Latino Music Festival is fun for all ages, as face painting, soccer, bilingual storytelling, craft-making and much more make this event a delight for children.

From a Norfolk taqueria featured on "Diners, Drive-Ins & Dives" to some of the area's top-rated food trucks, the 19th Annual Norfolk Latino Music Festival also serves up authentic Latin dishes. Festival guests can indulge in a diverse selection of dishes including street tacos, burritos, empanadas, sweet plantains, elotes and, of course, fresh and hand-crafted salsa and guacamole.

∞See FESTIVAL | C4



Courtesy photo

For a complete list of events in Hampton Roads or to submityourown, visitwww.flagshipnews.com/calendar

Hampton Roads Military Hiring Event

- Aug. 15, 9:00 a.m.-4:00 p.m.
- Virginia Wesleyan College Jane P. Batten Student Cen-
- ter, 1584 Wesleyan Drive, Norfolk
- rmhe_aug2019.militaryhiringevents.com; 919-282-1815

This Hiring Event is open to transitioning service members, family members and veterans. Jobseekers MUST pre-register; deadline is Aug. 5. Register at hrmhe_aug2019.militaryhiringevents.com. To complete the registration process you MUST create an account and upload a resume. Jobseekers MUST be prepared to receive calls from employers and will need to keep track of who has contacted them for an interview, and at what time the interview will occur on 15 August. If for some reason they aren't contacted and scheduled for any interviews a week prior, Jobseekers can contact Sharalyn.saliger@futureinc.com. Call or stop by your local Fleet and Family Support Center to make an appointment for resume assistance or to conduct a mock interview in preparation for the Hiring Event.



Courtesy photo

Hunter Hayes concert

- July 27, 7:00 p.m.
- JEB Little Creek

■ https://www.facebook.com/ events/2054500641513236

Air Force Reserve Tour for the Troops Hunter Hayes Concert is on July 27 at 7:00 p.m. The concert is free and open to all DoD cardholders, their families and guests. Gates open at 5 p.m.



Courtesy photo

ZooGrooves

- July 26,6:00 p.m.
- The Virginia Zoo
- www.virginiazoo.org/events

Join us for a rockin' good time with Buckshot at the Zoo this summer! Bring your blanket and your lawn chairs. Asia – Trail of the Tiger and the World of Reptiles exhibits will be open. Enjoy summer fare & local brews. Gates open at 5:30 p.m., performances begin at 6:00 p.m. Refreshments, beer, wine and soft drinks are available for purchase. No outside food or beverage permitted. Cost: Members \$4 // Non-members \$10 tickets can be purchased in advance at virginiazoo.org/events.



Virginia Symphony Orchestra Concert in the Park

- July 28, 6:00 p.m.-10:00 p.m.
- Town Point Park
- www.festevents.org

The Virginia Symphony Orchestra, the Commonwealth's preeminent professional symphony orchestra, will appear in concert on July 28 at 7:30 p.m. for a free evening performance at Town Point Park along the Downtown Norfolk Waterfront. This year's show combines the best of The Police and Sting, presented by special guests and world-class touring act Jeans 'n Classics.

Jim Gaffigan: Quality Time Tour

- Aug. 1, 7:30 p.m.
- Norfolk Scope
- www.sevenvenues.com

Jim Gaffigan is a four-time Grammy nominated comedian, actor, writer, producer, two-time New York Times bestselling author, Emmy winning top touring performer, and multi-platinum-selling recording artist. He is known around the world for his unique brand of humor, which largely revolves around his observations on life. Tickets are \$33.75 to \$57.75.

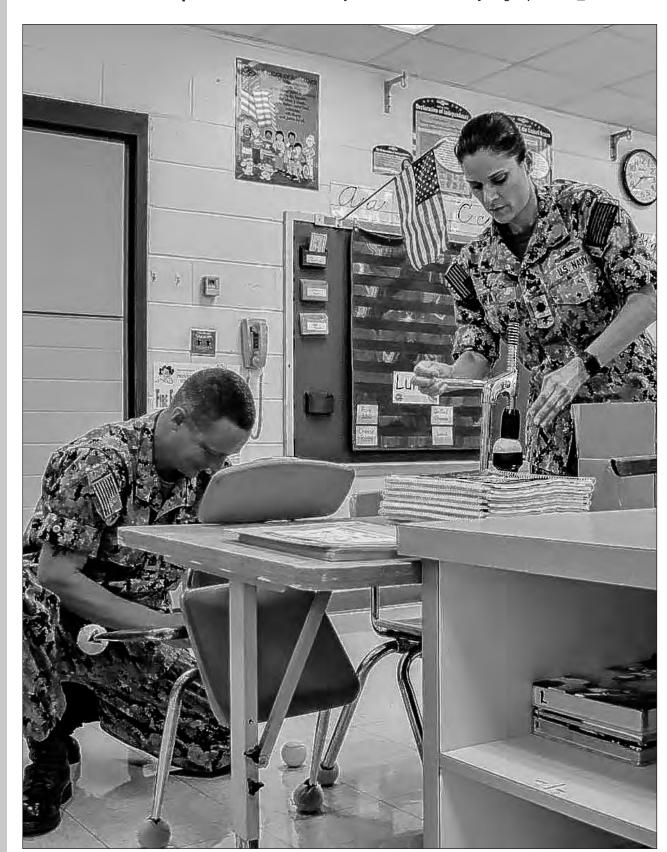
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Please submit **news** and **photos** here: www.militarynews.com/norfolk-navy-flagship/submit_news/



NSA LAUNCHES 4TH ANNUAL 'SERVICING

By MC2 Jacob S. Richardson Naval Air Station Oceana Public Affairs

VIRGINIA BEACH, VA.

On August 28, Naval Support Activity (NSA) Hampton Roads will launch its fourth annual "Servicing our Schools" (SOS) Initiative. Last year, over 180 service members from various military commands supported 13 elementary schools in the city of Chesa-

"To ensure it is a success, we need your support," said Tiffany Johnson, School Liaison Officer (SLO) for NSA Hampton Roads and organizer of the "Servicing Our Schools" Initiative. "For 2019, our goal is to double the

More information

Who: Service Members (all branches) What: "Servicing Our Schools" (SOS) Initiative (opportunity to assist teachers with classroom preparations for the upcoming school year)

When: Wednesday, 28 August 2019 Time: 9:00 a.m.-12:00 p.m. Where: Elementary Schools in Chesapeake

number of schools we are able to sup-

Why: To show educators we support the important work they do each day

port."

The event is designed to help Chesapeake Public School teachers and staff prepare their classrooms for the up-

Naval Support Activity Hampton Roads coming school year. We are asking service men and women to assist teachers with various tasks (e.g. organize classrooms, assist with bulletin boards, deliver textbooks, etc.). All assignments will occur inside the building.

"The assistance our service men and women provides continues to strengthen the relationship between the military and the schools and shows educators the military supports what they do for all children, not just military-connected students," said Johnson. "For the past 3 years, administrators and teachers have been extremely complimentary and very appreciative to have the extra set of hands." Johnson mentioned that school requests to have the service members return this year are already pouring in.

A group of 10 to 15 service members per command will be assigned to support one of the 28 elementary schools. If you would like your Command/Unit to participate, e-mail the NSA Hamp-Roads SLO directly at tiffany.n.johnson@navy.mil ASAP but no later than Wednesday, 14 August 2019. Your command will be assigned a school at that time. All participants will receive a Certificate of Appreciation following the event.

"After a year as Superintendent of Chesapeake Public Schools, I'd have to say one of the things I'm most proud of is our military partnerships," said Dr. Jared Cotton, Chesapeake Public Schools Superintendent. "I take our responsibility to our military families and community very seriously, and my staff and I are always looking for ways to better serve our military-connected students, but what has been so great about this partnership is that it truly is two-way. As much as we strive to provide resources and opportunities to military families, I quickly realized that area military installations, including NAS Oceana, are giving back to us just as much. Whether it is the Servicing Our Schools Initiative where our military members are volunteering to help our teachers get ready for a new year, or at the STEM Lab where I see students get excited about the potential to work in technology related fields or even develop a desire to serve our country, I'm so proud of this strong partnership and am looking forward to its continued growth."

For more information, contact the NSA Hampton Roads School Liaison Officer, Tiffany Johnson, at 757-921-5876 or tiffany.n.johnson@navy.mil





4th Annual Servicing Our Schools Initiative Wednesday, August 28, 9 a.m. - 12 p.m.











ister by Wednesday, August 14

Email SLO.NSAHR.fct@navy.mil or call 757-921-5876



VCW Heavyweight Champion "The Latin Heartthrob" Gino, right, with the flying crossbody block to then referee Damien Wayne, left, at the June Vanguard Championship Wrestling event.

Jonathan McLarty

Liberty Lottery Battle Royal this weekend; "Hacksaw" Jim Duggan making appearance

By Jonathan McLarty

Vanguard Championship Wrestling (VCW) will present the 13th annual Liberty Lottery event in Norfolk on July 27. WWE Hall of Famer "Hacksaw" Jim Duggan will be appearing at the event and meeting fans. Featured for the event is the twenty-man Liberty Lottery battle royal. Twenty men will enter that match in intervals, names drawn randomly from the fans at ringside. Whoever is not thrown over the top rope with both of their feet touching the floor will be awarded with a championship opportunity of their choosing within 12 months. Timmy Danger won the Lucky 7 battle royal in June to secure the final entry spot in the Liberty Lottery.

VCW Heavyweight Champion "The Lat-

in Heartthrob" Gino will defend his title against Damien Wayne. The issues between these two men have been brewing since March. Fans will remember that within minutes of Gino winning the Heavyweight Title from Gangrel in Hampton, Damien Wayne attacked Gino and nearly pile drove him on the wooden floor. In June, Referee Ron Mils was knocked out during Gino's title defense against Joe Keys. Wayne came to the ring and made himself the special guest referee, shirt and all. Gino was able to overcome the odds, reviving the referee and retaining his championship.

Looking to continue his winning streak, Irvin Legend will challenge VCW United States Liberty Champion Phil Brown for the title in a Last Man Standing match. At the June event, Legend attacked Brown with a punch weighted by a roll of quarters during an interview segment. Legend has Brown's attention and isn't going to take his competition lightly.

In another championship match, VCW Tag Team Champions The Hell Cats will put their titles on the line against The Golden Pinky Society. Through nefarious tactics, The Hell Cats have been able to retain their titles in recent months. Most recently, The Golden Pinky Society were moments away from potentially winning the Tag Team titles last month. However, The Hell Cats forced the disqualification by hitting Benjamin Banks with their title belt. This match will be a Granby Street Fight, meaning anything goes and there will be no disqualifications.

Fresh off of his appearance on the WWE

Network for Evolve's Tenth Anniversary Event, VCW Commonwealth Heritage Champion Colby Corino will defend his title against former champion Ken Dixon. Since February, Corino has successfully defended his title against stars such as Shane Douglas and Brysin Scott. In June, Ken Dixon defeated Caleb Konley to put him right back in contention for Corino's title.

Norfolk Masonic Temple is located at 7001 Granby St. in Norfolk. Doors open at 6:00 p.m. for fans to meet the stars of the evening. "Hacksaw" Jim Duggan will also be meeting with fans for photos and autographs prior to the event. The wrestling action kicks off at 7:30 p.m. Advance tickets for the event and the Scott Steiner meet and greet can be purchased at VCW-Wrestling.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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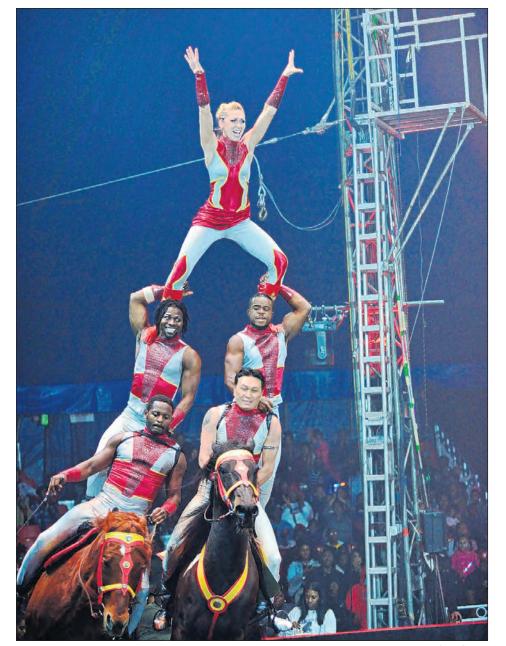




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SCHEV has certified Troy University to operate at 100 Volvo Parkway, Suite 300, Chesapeake, Virginia.



UniverSoul Circus

with performances from around the world

Continued from C1

Trapeze from Brazil, Trick Rescue Pooches presented by the Pompeyo Family of Colombia, Kazakhstan and USA, a Cossack Horse Act with riders from Kazakhstan, Cuba, Guinea and Mexico, Fresh the Clownsss from Detroit, and many more surprises.

ABOUT UNIVERSOUL CIRCUS

Celebrating 26 amazing years in 2019, UniverSoul Circus is a highly interactive combination of circus arts, theater, and music that spans genres including pop, classic R&B, latin, hip-hop, jazz and gospel. It em-

More information

When: July 31 to Aug. 4 Where: Hampton Convention Center Cost: \$16-\$35 To buy tickets go to www.universoulcircus.com/tix

braces and celebrates the unique and familiar aspects of pop culture globally by bringing them center stage with a cast of international performers. UniverSoul Circus is rated as one of the top two circuses in America along with Cirque du Soleil. UniverSoul's fresh approach to family friendly live entertainment has garnered it a coveted spot as one of Ticketmaster's top ten most requested family events, along with other shows including Sesame Street Live, Disney on Ice, and Radio City Christmas Spectacular. The circus was founded 26 years ago in Atlanta by concert and theatre promoter Cedric Walker.

FESTIVAL I Latino-inspired entertainment includes Orquesta Mayor, Orquesta NFuzion

Continued from C1

MUSIC

ABNB Federal Credit Union Main Stage

8:30 p.m.-10:00 p.m.: Orquesta Mayor 7:30 p.m.-8:30 p.m: DJ Mangu 6:30 p.m.-7:30 p.m.: Orquesta NFuzion 5:30 p.m.-6:30 p.m.: DJ Mangu

About Orquesta Mayor

Orquesta Mayor was formed in 2006 in Charlotte by bandleader Helder Serralde for the purpose of connecting people to quality music and an enriching multi-cultural experience. The Orchestra is made up of 12 professional musicians all of different nationalities. Orquesta Mayor features music from many different genres including, but not limited to, Salsa, Cumbia, Merengue, Bachata, Bolero, etc. The group is currently working on their freshman album.

About Orquesta NFuzion

Orquesta NFuzion is an 11-piece band hailing from Washington, D.C. NFuzion plays a variety of Latin styles, including Salsa, Merengue, Cumbia, Bachata, Rock and Latin Jazz. The band will also play American hits that will certainly make guests feel right at home.

ARTS & ENTERTAINMENT

Mambo Room Cultural Dance & Event Center Live Performances & Dance Lessons

Guests can tap into their inner Shakira with help from the Mambo Room Cultural Dance & Event Center. Live performances and dance lessons, including all the salsa, bachata, and kizomba Norfolk can handle is sure to heat things up on the dance floor.

Libra Dance USA Live Performances & Dance Lessons

Libra Dance USA will be putting on live performances and dance lessons, including a fusion between flamenco and belly dancing, as well as salsa and bachata.

Commercial de Norte

Commercial de Norte is a retail vendor selling Latino-inspired bracelets, necklaces, keychains, jerseys, handbags, hats, and much more.

Funny Faces by Julie

Julie Scully will provide face and body painting including sugar skulls.

Bilingual Storytime & Crafts

The Norfolk Public Library will offer bilingual story time and a maracas craft during the festival.

Fùtbol

Guests of all ages can play a pick-up game of soccer in the grass field in Town Point Park.

Make & Take Craft with Chrystal

If a guest makes it, they can take it. Craft expert, Chrystal Willis, will be offering mini-flag craft lessons.

FOOD

Jessy's Taqueria

Featured on "Diners, Drive-Ins & Dives," Jessy's Taqueria will be offering authentic Mexican dishes. The Ocean View taqueria will be serving tacos, elotes, guacamole, salsa, and horchata.

Sofrito

Puerto Rican cuisine fused with influences of Latin & Caribbean flavors is what you will find when you dine with Sofrito. The Virginia Beach-based food truck offers tacos, empanadas, burritos, Cubans, paninis, and much more.

Plaza del Sol

Plaza del Sol serves the Norfolk Ghent neighborhood with the finest in Mexican food, the likes of which your taste buds have never known. Plaza del Sol will be serving street tacos.

El Coqui

El Coqui strives to bring you the most spine-tingling, mind-blowing Puerto Rican cuisine that will you ever eat. The Hamptonbased food truck will be serving empanadas, sweet plantains, and fritters.

Happy Empanada

Mama Lucy and her crew on the Happy Empanada food truck serve delicious, handmade empanadas with only the best ingredients to make you happy. Happy Empanada will be serving their tasty empanadas at the festival.

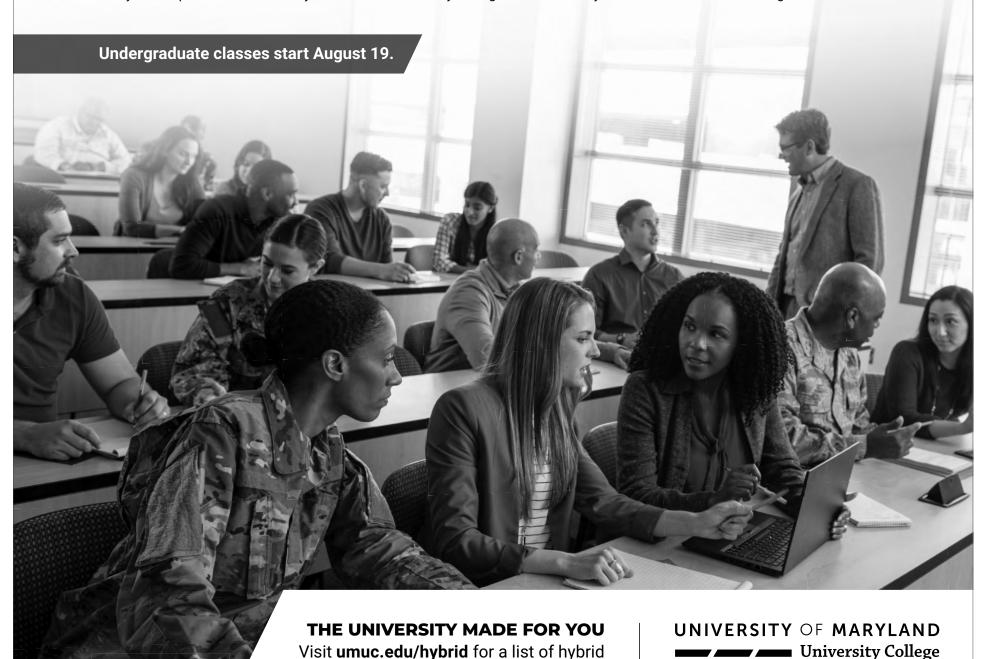
Kraffles

AT YOUR SERVICE SINCE 1947

Luisa and the Kraffles crew will be serving up the delicious dessert of Kraffles, or Krazy Waffles. These treats, combining waffles, ice cream, fruit, and Nutella, are perfect for those guests with a sweet tooth.

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locations and base access information.



Fandango.c

coming to theaters

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.

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 cybergenetically enhanced anarchist Brixton gains control of an insidious bio-threat that could alter humanity foreverand 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.

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 [R]

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.

BRIAN BANKS [PG-13]

The inspirational true story of Brian Banks (Aldis Hodge), an All-American high school football star committed to USC who finds his life upended when he is wrongly convicted of a crime he didn't commit. Despite lack of evidence, Banks is railroaded through a broken justice system and sentenced to a decade of prison and probation. Years later, with the support of Justin Brooks (Greg Kinnear) and the California Innocence Project, Banks fights to reclaim his life and fulfill his dreams of playing in the NFL.

base theaters \$3 Movies



JEB Little Creek, Gator Theater – 462-7534

Friday | July 26

7:00 p.m. Yesterday [PG-13]

Saturday | July 27

Schedule not posted as of time of printing and can found at: www.navymwrjblittlecreekfort-story.com/programs/704df338-a0bc-4c33 94f3-9a75abd01d1a

Sunday | July 28

1:00 p.m. Dark Phoenix [PG-13] 4:00 p.m. Toy Story 4 [G] 7:00 p.m. Annabelle Comes Home [R]

NAS Oceana, Aero Theater – 433-2495

Friday | July 26

6:00 p.m. Yesterday [PG-13] 9:00 p.m. Annabelle Comes Home [R]

Saturday | July 27

12:00 p.m. Toy Story 4 [G] 3:00 p.m. Child's Play (2019) [R] 6:00 p.m. Annabelle Comes Home [R]

Sunday | July 28

12:00 p.m. The Secret Life of Pets 2 [PG] 3:00 p.m. Dark Phoenix [PG-13] 6:00 p.m. Yesterday [PG-13]

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





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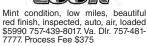


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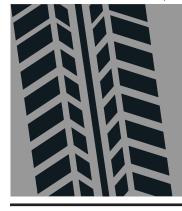
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Fun and Games

"THAT'S MY CLUE" **Super** Crossword ACROSS 51 Classic New 131 Ecstatic **38** "Conan" 81 Accurse 1 Inuit vehicle York City Hunter 132 "Auld Lang channel **83** Ado 84 "Honest" guy 85 Turner of TV 86 First mate? 92 Viral net 39 "Ah, so sad" 5 In - (as first theater phrase, say 133 White bird 93 Anvil's organ placed) 9 Total fan 52 Actress 42 Facing with Gilbert courage 15 Insolent talk 53 Vex no end 96 Pill, e.g., DOWN 43 Film genre 91 Network 19 Law enforcer 55 Single-celled briefly 1 Notices 44 Student at 97 Powerful 2 Peter of "M" 21 Actress Peet swimmer England's for Jimmy or Pays 58 Trajectory machine that 3 González in oldest Fallon 22 Andy 2000 news university 93 Recede of a thrown pulverizes Taylor's boy winter 4 Pinkie, e.g. 45 Nikita's "no" 94 Part of ASU car splash 23 Flatfish that 5 Capitol fig. 95 Salvage weapon? quards? 46 Samovar 102 Čensoring 97 Thu. follower 6 Apple type was there 65 Place **7** 7'0", say 48 Whack hard affording a first? tone 98 A, in Vienna 8 In need of 99 Hound 25 WWII attack 104 Opera part 49 Justice Dept. good view 67 Related to 105 Mavens nourishment raiders 100 Grazing 9 — Zedong 10 — Darya 26 Quality 53 Israeli flier kidnevs 106 One who field 101 Op-eds, would've 54 Twitch (Asian river) Taylor role 69 Ending of taken on 56 "Socko!" e.g. 103 Actress Britt 28 Couple Goliath 11 Bread with 57 In past time pasta taking off to vindaloo 12 Put right? names if David 59 Legal 104 R&B artist 70 The crv had been tie the knot papers Keys 13 "A Passage 107 Aspect "Hah, Í unavailable? 60 Actor 30 Lookout scaled that 111 Take stock person to India" Affleck 108 L.A.'s region 32 Product for peak and 61 Director Lee 109 Rescue woman whitening squad VIP vou didn't!"? 116 Russian 62 Placed into 14 Substitute for chocolate 110 Takes ten NASCAŘ 76 Be obliged ballet categories **63** "Why?" 77 Rose Bowl company 15 Hit a homer garh? ora Tablelan 16 It lifts a kite 64 Woofer's 113 Pine sh 37 Kappa 79 Take for 120 Sunni's deity 17 Debacles counterpart 114 Taco topper preceder 40 Smell — (be **121** Web app 18 Comic Tina 20 — acid (lime 115 Soft luster one's own 66 Old Greek geometrician 118 Nimble use language suspicious) 80 Manufacture 122 Narratives ingredient) 71 Arrow notch 119 Film scorer 41 Willing to do 42 Wild horse's recorded on 24 Mauna -72 "My Mama 82 Huddle Menken Done — 121 Quick hit of military 29 Not singular 31 "- -hoo!" boastful officers? 127 Prayer's end Me" 123 Can. talk? 33 Sun — -sen 73 TV's Kwik-E-88 "Short and 128 Beatified province **34** Uno + due French lady 48 Battle milieu stout" vessel Mart clerk 124 Plains native 74 Renoir's skill 125 Beatty of 89 His cube 129 Put in a 35 Rowing need 36 Charles V's 50 "The Waste Land" poet's became a different key 75 Foot 4-Down 130 Minstrel 126 Hex- ender inits. craze realm: Abbr. 78 — Lingus 26 30 65 69 70 82 106 107 | 108 109 110 112 113 114 115 122 128

Sudoku

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

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: **D** equals **E**

YI ZXD SFNAZYBADDM IZYMZDK

ZF GDRFSD BAIYAD EBZX

GFMDKFS, XD GDOYA

RUBSGBAO ZXD EYUUI.

Last week's CryptoQuip answer

Two people, debating over the best method to shut a door, were giving their best closing arguments.

last week's answers

132

_																				
Е	S	S	Е	S		Α	S	Н	0	Е		Α	В	В	Α		1	R	Α	S
L	0	С	Α	L		S	Т	U	Ν	Т		S	Ε	Α	S		L	Ι	V	Υ
Τ	F	Α	S	Е	Α	S	0	Ν	Е	D		S	Α	S	S		L	Υ	Е	S
S	Т	R	Ε	Ε	Р		1	С	Ε		М	Α	С	Н	Е		Ν	Α	Ν	0
			S	Т	Α	R	С	Н	Υ	D	1	S	Н	Ε	Ν	D	Ε	D	U	Р
D	С	С		S	Т	Е			Е	Е	L	S		S	Т	Α	S	Н	Ε	S
Е	R	Α	S		Н	U	S	Н		S	L	1	М		Т	D	S			
F	1	R	М	L	Υ	S	Т	Τ	Ç	Κ	1	Ν	G	Т	0		Ε	s	Α	U
Α	М	Ν	Τ	0		Е	Α	Т	Α		Е	S	М	Ε		Т	S	Α	R	S
Т	Е	Α	Т	R	0		R	Τ	Т	Α				S	Н	U		L	Е	Α
		Т	Н	Ε	В	0	Т	Т	0	М	0	F	Т	Н	Е	Р	0	Т		
Α	R	Τ		Α	1	L				Р	Α	L	0		Υ	Е	L	L	Ε	R
W	Н	0	R	L		Α	L	М	Α		S	Α	R	Α		L	Ε	Α	٧	Е
L	0	Ν	Ε		Α	F	Т	Ε	R	Τ	Т	W	Α	S	С	0	0	K	Е	D
			Α	N	Ν		D	Α	R	Ν		S	Н	0	0		S	Е	Ν	D
Т	0	С	С	Α	Т	Α		Ν	Α	Т	Е			U	L	М		S	Т	Υ
W	Н	Α	Т	М	Τ	G	Н	Т	Υ	0	U	С	Α	L	L	1	Т			
0	М	Ν	Τ		S	L	Α	Т	S		Ν	0	М		Ι	Ν	0	N	Т	Т
W	Α	С	0		Ρ	Α	S	0		R	1	С	Ε	Р	Е	Е	L	0	F	F
Α	G	U	Ν		Α	R	Α	В		Е	С	0	Ν	0		R	Е	N	Т	Α
Υ	Ε	Ν	S		М	Е	Т	Е		С	Е	Α	S	Е		S	Т	0	0	L

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

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