



MC3 Kaitlyn E. Eads

Capt. Jason Rimmer, right, commanding officer of the Wasp-class amphibious assault ship USS Kearsarge (LHD 3), presents Jimmy Buffett with photo prints following Buffett's performance aboard Kearsarge. Buffett, who is in the area for a concert in Virginia Beach, learned that the ship had recently returned from a deployment and performed for the crew to show his appreciation for their sacrifice and service.

'PARROTHEADS' FLOCK TO KEARSARGE FOR BUFFETT BASH

From USS Kearsarge Public Affairs

NORFOLK

Sailors and Marines with the Kearsarge Amphibious Ready Group (ARG), including its embarked units who returned from a seven-month deployment July 18, were treated to a rare shipboard performance by the legendary music artist Jimmy Buffett Aug. 2.

Buffett, who is in the area for a concert in

Virginia Beach, learned that the ship had recently returned from a deployment and performed for the crew to show his appreciation for their sacrifice and service.

"Welcome home," said Buffett. "Both Kearsarge and I were born in Pascagoula, Mississippi so I feel a kindred spirit to your wonderful ship."

Buffett thanked the crew for their humanitarian assistance and disaster relief to the people of Puerto Rico following the

devastation of Hurricane Maria.

"We decided to come play for you to thank you all for what you do for us," said Buffett. "The least we could do is come take you away to Margaritaville."

"We are grateful and humbled to have hosted Jimmy Buffett onboard Kearsarge today. He is a long-time friend of the Navy and came specifically to welcome the crew home from our seven-month deployment," said Capt. Jason Rimmer, Kearsarge's commanding officer. "It was absolutely terrific to show him the ship and hear his iconic songs in our hangar bay."

During the performance Buffett sang classics such as 'Margaritaville', 'Cheeseburger in Paradise' and 'Son of a Son of a

» See BUFFETT | A7



U.S. Navy

On sea duty? NCPACE Distance Learning has FY-19 college funds available

From Naval Education and Training Command Public Affairs

PENSACOLA, FLA.

Sailors on sea duty can take advantage of a college funding option still available in FY-19 through Navy College Program for Afloat College Education—Distance Learning (NCPACE DL).

NCPACE is for Sailors assigned to Type 2 or Type 4 sea duty commands. Sailors can determine their eligibility for the program and apply through the NCPACE page in the MyNavy Education portal at <https://myed->

» See FUNDS | A7

Navy identifies Sailor shot and killed by Navy Security Force personnel

From Navy Region Mid-Atlantic Public Affairs

NORFOLK

The Navy today identified a Sailor shot and killed by Navy Security Force (NSF) personnel during a traffic stop Aug. 2 onboard Joint Expeditionary Base Little Creek.

The 25-year-old Sailor was Aviation Boatswain's Mate (Fuels) Airman Juan Gerardo Medina-Reynaga. He was a native of Kansas assigned to USS George H.W. Bush (CVN 77).

On Aug. 2, NSF personnel made a traffic stop for a 2016 Dodge Charger that was driving erratically on the installation around 9:50 p.m. The driver, Medina-Reynaga, attempted to flee authorities by driving at a high rate of speed on the installation. To stop the vehicle from exiting, NSF personnel deployed the automatic barriers at Gate 5. Medina-Reynaga changed course to avoid the barrier by driving into the parking lot of a nearby Navy Exchange (NEX) Mini Mart where he hit a gas pump, rendering his vehicle inoperable around 10:10 p.m.

Medina-Reynaga then fled the scene on

» See DEATH | A7

Meritorious Advancement Program season two announced

From Chief of Naval Personnel Public Affairs

WASHINGTON

The Navy announced changes to the 2019 Meritorious Advancement Program (MAP) Season Two, in NAVADMIN 176/19, outlining the shift to an automation of the MAP process within Navy Standard Integrated Personnel System (NSIPS).

Automation of the MAP process is part of the Navy's continued efforts to modernize personnel systems and processes under Sailor 2025.

"The automation of MAP will stream-

» See PROGRAM | A7



MCC Michael O'Day

Command Master Chief Loren Rucker, command master chief of Navy Medicine West, pins first class insignia on Hospital Corpsman 1st Class David Taylor, with help from Taylor's wife, Rear Adm. Paul Pearigen meritoriously advanced Taylor during an all-hands call at Navy Medicine West headquarters at Naval Base San Diego. The Meritorious Advancement Program provides commands the opportunity to recognize their best Sailors, advancing them when they are ready for the next level of responsibility. Navy Medicine West leads Navy Medicine's Western Pacific health care system and global research and development enterprise.

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Feds Feed Families food drive
 Naval Station Norfolk began their participation in the 10th Annual Feds Feed Families Food Drive. The food drive is from is partnered with national networks of food banks and food pantries.
»See A4



Families enjoy Military Fun Day
 It was a fun day out of the hot sun! Kids of all ages enjoyed face painting, ribbon dancing, kid karaoke, the balloon artist, soccer skill challenges, climbing the ODU rock wall and a variety of inflatable activities.
»See C1

Catching a serial offender
 The Navy will begin implementing the Department of Defense's Catch a Serial Offender (CATCH) program as a means to identify serial sexual assault offenders.
»See A2

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SN Imani N. Daniels

NMCP's PICU waiting room was recently renovated and dedicated in Matthew Hafer's honor. Despite what Matthew was going through, he always kept a positive attitude, said Cmdr. Coleman Bryan, NMCP's Pediatric Hematology/Oncology department head. He was always worried and concerned with how other people were doing. That was just his personality. The waiting room was a very fitting tribute to Matthew because now his legacy is being able to help other people.

NMCP PICU WAITING ROOM DEDICATED IN MEMORY OF FORMER PATIENT

By SN Imani N. Daniels

PORTSMOUTH, VA.

Naval Medical Center Portsmouth's (NMCP) Pediatrics Department dedicated their newly renovated Pediatric Intensive Care Unit (PICU) waiting room in honor of Matthew Hafer, a former patient who passed away at NMCP.

Matthew was receiving treatments for Ewing's Sarcoma, a very rare type of cancerous tumor that forms in bones and soft tissue. This cancer mostly affects children and teenagers.

"Matthew had a highly aggressive form of Ewing's Sarcoma," said Cmdr. Coleman Bryan, NMCP's Pediatric Hematology/Oncology department head. "After several years of fighting the cancer and going through surgery, chemotherapy, and radiation, he succumbed to his cancer. His parents wanted to help do something to remember Matthew, so they worked with our Child Life and Pediatrics Department to renovate

the PICU waiting room as Matthew spent a lot of time in the PICU."

Bryan was one of Matthew's oncologists during his three-year treatment at the medical center.

"Despite what Matthew was going through, he always kept a positive attitude," Bryan said. "He was always worried and concerned with how other people were doing. That was just his personality. The waiting room was a very fitting tribute to Matthew because now his legacy is being able to help other people."

Bryan added that the PICU waiting room is where families and children wait for same-day procedures or to visit loved ones admitted to the PICU. This can create a lot of anxiety from the families and from the kids as well as their siblings; so having a fun place to hang out and wait helps to diffuse some of that anxiety.

"One of the things that people noticed was that we had a waiting room for parents and families but it was dark, unappealing,

and there was nothing to do in there," Bryan said. "Matthew's parents, along with the Child Life and Pediatrics Department, wanted to make the room a happier place for kids and families to wait. One of the biggest stresses on a parent is having to go to a doctor's appointment, whether it's your appointment or your child's, a parent is always going to worry about what to do with the kids while waiting. This newly renovated waiting room gives them something else to do and eases some of that stress."

The Hafer family contacted and partnered with the Child Life and Pediatrics Department to dedicate and renovate the PICU waiting room to give back to NMCP for the years of care and treatment that Matthew received.

"We are an Air Force family that didn't know about NMCP until Matthew's diagnosis when he was transferred to the medical center," said Cathy Hafer, Matthew's mom. "When we were told there wasn't anything else that could be done for Matthew, the plan was to take him home, but instead we asked to stay at the hospital because we would be surrounded by staff that had become our family during Matthew's three-year battle with Ewing's Sarcoma. When Matthew passed, I reached out to find a way to give back and pay it forward for the amazing love and care he, as well as our family received."

Chris Brogan, a Child Life Specialist at NMCP, added that the American Legion

Auxiliary, the world's largest women's patriotic service organization, also partnered to donate a game table which includes games such as Pacman, Mrs. Pacman and Donkey Kong.

"The idea for the renovation is to impact the emotional feel of the room for the parents, patients, and their families because of the tension of what's going on down the hall," Brogan said.

In addition, the Hafer family wanted to create an uplifting place that families and other children awaiting procedures could come to and feel comforted.

"We are hoping that the renovated PICU waiting room brings comfort and peace to families that use it," Hafer said. "Matthew always had a smile on his face and always wanted others to smile, so I hope the room will put a smile on someone's face while being in there. I knew that renovating that room would touch many lives."

As the U.S. Navy's oldest, continuously-operating military 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, along with the area's 10 branch health and TRICARE Prime Clinics, provide care for the Hampton Roads area. The medical center also supports premier research and teaching programs designed to prepare new doctors, nurses and hospital corpsman for future roles in healing and wellness.

Sexual assault victims given new channel during reporting to catch repeat offenders

From Chief of Naval Personnel Public Affairs

WASHINGTON

The Navy will begin implementing the Department of Defense's (DoD) Catch a Serial Offender (CATCH) program as a means to identify serial sexual assault offenders, Aug. 5.

Participation in the CATCH program is voluntary, and allows a sexual assault victim who files a restricted report to confidentially submit information about his or her alleged

offender with the goal of matching similar data from other cases.

When a potential match is identified, a specially-trained CATCH victim point of contact will privately notify the victim and give him or her the option to convert the initial restricted report to an unrestricted report, allowing the victim to participate in the investigation.

Melissa Cohen, director of the Navy Sexual Assault and Prevention Office, said CATCH is a vital step in the mission to end

sexual assault. "This is part of a multi-faceted approach aimed at holding offenders accountable," she said.

Victims of sexual assault should contact their respective Sexual Assault Response Coordinator or Sexual Assault Prevention and Response Victim Advocate to make a report in the CATCH program. CATCH program participants will receive personal, anonymous, and secure login information to electronically enter their information directly into the CATCH database. The victim

may decline to participate in the process at any stage, even after being contacted that there was a match to information they provided in CATCH. There will be no adverse consequences if the victim does not agree to participate.

Those eligible to participate in the CATCH program are adult sexual assault victims who have filed a restricted report, including current and former service members and their adult dependents. Naval Academy midshipmen are also eligible for the CATCH program.

For more information on the program, contact the DoD Safe Helpline via phone at 877-995-5247 or online at SafeHelpline.org.

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



Editorial Staff

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

Graphic Designer | Abby Likens, 757-222-3859

Flagship, Inc.

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

Creative Director | Allyson Garner, 757-222-3955

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

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

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NEWS FROM NAS OCEANA

NAS Oceana announces Sailors and Civilians of the Quarter

By MC3 Mark Thomas Mahmood

VIRGINIA BEACH, VA.

Naval Air Station Oceana leadership announced Sailors and Civilians of the Quarter for the third quarter of fiscal year 2019.

Master-at-Arms 1st Class Jamie Stavrakis, Senior Sailor of the Quarter; Culinary Specialist 2nd Class Khambrel Pottswilliams, Sailor of the Quarter; Aviation Boatswain's Mate (Equipment) 3rd Class Maksim Motrenko, Junior Sailor of the Quarter; and Master-at-Arms Seaman Nelson Santiago-Mercado, Blue Jacket of the Quarter, were named during a luncheon at Naval Air Station Oceana Hornet's Nest Galley.

To select Sailors of the Quarter, each installation department puts forth a nominee for selection. They then compete with others, first from within their own department, then again against personnel from other departments located on Naval Air Station Oceana, Dam Neck Annex, and Naval Auxiliary Landing Field Fentress.

"The Sailors and Civilians of the Quarter are people who are committed to Oceana," said Naval Air Station Oceana Command Master Chief Lee Salas, "They not only do their required jobs, but they go beyond it. There is evidence of that in the ones who were selected."

In addition to the Sailors, the civilian workforce on NAS Ocean has many jobs



U.S. Navy
Mark McDaniel, Naval Air Station Oceana Senior Civilian of the Quarter, poses for a photo with Command Master Chief Lee Salas at the Sailor and Civilian of the Quarter Luncheon at the Hornet's Nest Galley.

and responsibilities. From integrating with contractors, outside businesses and enterprises and incorporating strategic, innovative concepts, Navy installations rely heavily on its civilians and the expertise they bring.

The Civilians of the Quarter for the third quarter of fiscal year 2019 are as follows: Mark McDaniel, Senior Civilian of the Quarter; Jesus Hernandez, Junior Civilian of the Quarter; Virginia Gregoire, FFSC Civilian of the Quarter; Desmond Gordon, NAS Oceana NGIS Civilian of the Quarter; Alfredo Arasga, Dam Neck Annex NGIS Civilian of the Quarter.

"When our jets fly overhead, most people use the expression that it is the 'sound of freedom,'" said Salas. "I say it's the sound of Oceana. As a team, we are the ones who make that plane fly. The civilian sector and the military sector come to-

gether to support those pilots."

Nominees for Civilian of the Quarter are evaluated in five areas: professional accomplishment in their duties and education, leadership and sharing of expertise, customer service to both internal and external customers, stewardship, and command support through collateral duties.

"Ultimately, the selectees represent the core values of our Navy: honor, courage, and commitment to the performance of their assigned duties, the service provided by their department and the overall core mission of NAS Oceana in supporting the warfighter and warfighting missions that enable, generate, and increase naval power," said Rich Riker, chief staff officer. "The Civilians of the Quarter really represent each and every one of our civilian employees here at NAS Oceana who do an incredible job each and every day."



U.S. Navy
Master-at-Arms 1st Class Jamie Stavrakis, Naval Air Station Oceana Senior Sailor of the Quarter, poses for a photo with Command Master Chief Lee Salas at the Sailor and Civilian of the Quarter Luncheon at the Hornet's Nest Galley.

Riker said the program is designed to recognize civilian staff personnel who, through hard work, dedication and personal pride, positively influence the level of service provided within their department to the installation and our tenant partner commands.

"Recognizing our staff is critical because all of us ask ourselves, 'Am I doing the right thing?'" said Salas "This recognition doesn't boost their ego; it lets each of them know that they are doing the right thing. The put their hearts into their work, and it's important for us to recognize that."

Their peers, departments, supervisors and the upper ranks of the chain of command have recognized each nominee and the hard work they have done. Congratulations to all Naval Air Station Oceana Sailors and Civilians of the Quarter, Third Quarter FY-19!

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DC3 Ashley N. Vahos

Naval Station (NAVSTA) Norfolk Commissary sets up prepackaged bags to be bought for donation to Feds Feed Family Food Drive.

NAVAL STATION NORFOLK SUPPORTS FEDS FEED FAMILIES FOOD DRIVE

By DC3 Ashley Vahos
Naval Station Norfolk Public Affairs

NORFOLK

On Wednesday, June 26th, Naval Station (NAVSTA) Norfolk began their participation in the 10th Annual Feds Feed Families Food Drive.

The food drive is from June 26th to August 9th and is partnered with national networks of food banks and food pantries such as Feeding America and Ample Harvest. The drive receives donations from more than five hundred partnered organizations. The cam-

paign is led by Chief Human Capital Officers (CHCO) council, and is stretched across America.

“The Feds Feed Families Food Drive focuses on things that bring us together,” said Religious Program Specialist Second Class Christopher Johnson, “Not just as one federal family, but includes all civilian families. We can make a difference together.”

With the inception of Feds Feed Families Food Drive from 2009 through 2018, they have raised over 80 million pounds of food. Last year alone, more than 17.9 million

pounds of food was donated. This year’s goal was set to reach 100 million pounds.

Volunteer work at food pantries, harvesting on the farms that donate crops to the food pantries, and donations of money are very helpful to the cause. Every one dollar donated is the equivalent to three pounds of food.

“Families who aren’t able to get their own groceries or other items to feed their families have access to nonperishable items and have a means to do so,” said Religious Program Specialist Second Class Christopher Johnson.

The Capital Area Food Bank put out a list of most requested food items which are high in fiber, low in sugar and low in sodium. The top listed foods are canned or dried beans, peanut butter, canned vegetables, grains, canned fruit, tuna, 100 percent juice, hot and cold cereals and healthy snacks. These items donated contribute to the wellness and health of over 540,000 children, senior citizens and families.

Bins are located around NAVSTA Norfolk for donations of nonperishables such as building N-26 Quarterdeck, he chapel and the Commissary. The Commissary also has brown bags for sale full on nonperishable food items already pre-selected by the entrance of the store for purchase to be placed in bins as donations.

For more information or questions contact the chapel at 757-444-7361.

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U.S. Navy

USS Carter Hall sets sail for UNITAS LX

From USS Carter Hall (LSD 50) Public Affairs
VIRGINIA BEACH, VA.

Nearly 350 Sailors and Marines serving aboard the USS Carter Hall (LSD 50) departed Joint Expeditionary Base-Little Creek today, Aug. 4, for UNITAS LX (60). The dock landing ship USS Carter Hall (LSD 50) and embarked Marines will report to Commander, U.S. 2nd Fleet until entering the U.S. Southern Command area of responsibility. Carter Hall will then report to Commander, U.S. 4th Fleet. Carter Hall is scheduled to participate in UNITAS LX (60), hosted this year by Brazil, an annual exercise comprised of both Atlantic and Amphibious phases. UNITAS, which is Latin for “unity,” was conceived in 1959, first executed in 1960 and has been held every year since. This year marks the 60th iteration of the world’s longest-running annual multinational mar-

itime exercise. UNITAS develops and sustains relationships that improve the capacity of our emerging and enduring partners’ maritime forces to achieve common goals. This annual exercise fosters friendly, mutual cooperation and understanding between participating navies and Marine Corps. Brazil will host the multinational forces from 10 countries to include Argentina, Brazil, Chile, Colombia, Ecuador, Mexico, Panama, Paraguay, Peru and the United States. This year’s exercise, which is comprised of both Atlantic and Amphibious phases, is an annual exercise conducted in the Atlantic and Pacific waters around Central and South America. Participating forces will include 15 ships/vessels, 6 helicopters, 3 fixed wing aircraft and a submarine that will conduct operations in the region. “We are looking forward to showcase the partnership between the U.S Navy and Mar-

ine Corps team with our partner nations, especially as it relates to amphibious operations and the ability to demonstrate maritime cooperation in a humanitarian assistance and disaster relief response scenario,” said Cmdr. Bruce W. Golden, Carter Hall’s commanding officer. “Our Sailors and Marines have worked hard preparing to support UNITAS LX and they are excited to visit Brazil where they will get to participate in a Community Relations (COMREL) event, sporting events, and experiencing the Brazilian culture, history, and hospitality while on liberty.” UNITAS is designed to train each navy and Marine Corps to conduct joint naval operations through the execution of littoral warfare, anti-piracy, maritime interdiction operations, countering transnational organized crime, anti-surface warfare, electronic warfare, communications exercises, and air and amphibious operations, in order to in-

crease interoperability and capability between participating naval and marine forces. This year will also focus on demonstrating regional maritime cooperation in a humanitarian assistance and disaster relief (HA/DR) response scenario, as a means to develop a multinational maritime task force. The Western Hemisphere is the shared home for the U.S. and our partner nations. Exercises like UNITAS reinforce our permanent geographical and cultural ties, connecting us to our shared history and our shared future. Carter Hall is the second amphibious ship to bear the name. Carter Hall was launched October 2, 1993, and commissioned September 30, 1995. She made her maiden deployment to the Mediterranean on April 29, 1997. U.S. Naval Forces Southern Command/ U.S. 4th Fleet is responsible for U.S. Naval forces in the U.S. Southern Command area of responsibility, including the Caribbean, Central and South America.

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NRL pigment package for ships slows discoloration, lowers solar temperature load

By Sara Francis
U.S. Naval Research Laboratory Public Affairs

WASHINGTON

A pigment package designed by the U.S. Naval Research Laboratory (NRL) to slow discoloration of the exterior coating on surface ships has started to make its way into the fleet and is producing early, positive results.

NRL researchers created the pigment combination to satisfy the fleet requirement for the Navy standard “haze gray” paint that will remain color stable for longer than current coatings. While many paint manufacturers had produced new coating technologies that solved a variety of other problems, such as corrosion and delamination, some ships still showed discoloration in as little as 18 months. Additionally, different coatings from different manufacturer’s fade to different hues, resulting in an inconsistent appearance between the original coatings and any in-service touch-ups or repairs.

“We had a good idea on how to solve the issue, and we leveled the playing field by providing the pigment combination to all companies at the same time,” said Dr. Erick Iezzi, senior research chemist in the Center for Corrosion Science and Engineering at

NRL. NRL is currently working with Naval Sea Systems Command, Naval Systems Engineering Directorate, Ship Integrity & Performance Engineering (SEA 05P) to transition the new pigment combination into a military specification, which will become the standard for haze gray paint applied to surface ships. The first vessel to receive a coating with the pigment combination was USS Essex (LHD 2) in 2017. The most recent vessel to receive it was USS George Washington (CVN 73).

While all paint manufacturers have access to the pigment technology, three companies have already started mass-producing the paint, generating an estimated tens of thousands of gallons thus far. Recently, Sherwin-Williams won the Society for Protective Coatings Military Coatings Project Award of Excellence for its new topcoat paint that incorporates the new pigment after it was used to overhaul USS George Washington.

“It was motivating to know that several companies were willing to lean on our expertise to provide a new technology that would produce the best product for the Navy,” Iezzi said.



U.S. Navy

NRL is currently working with Naval Sea Systems Command, Naval Systems Engineering Directorate, Ship Integrity & Performance Engineering (SEA 05P) to transition the new pigment combination into a military specification. The most recent vessel to receive it was USS George Washington (CVN 73).

From 2012 to 2013, Iezzi worked with corrosion science researchers Jimmy Tagert and Candice Langaster to design five new pigment combinations and test them for color stability, solar reflectance and other coating properties. After testing all combinations, they provided the best performer to paint and coating manufacturers to begin integration in 2015.

The pigment combinations underwent testing at NRL’s Key West facility for atmospheric exposure performance and accelerated weathering. Coatings that contained the new pigments proved to have

excellent color stability, were five times harder than silicone alkyd, had improved gloss retention and chemical resistance, and provided greater barrier properties.

“It was great working with the manufacturers and demonstrating our ability to provide a product needed for the fleet,” Tagert said.

For more information, visit www.navy.mil, <http://www.facebook.com/usnavy>, or <http://www.twitter.com/usnavy>.

For more news from the U.S. Naval Research Laboratory, visit www.nrl.navy.mil or <http://www.navy.mil/local/nrl/>.



SN Imani N. Daniels

A group of registered nurses attend the Trauma Nursing Core Course (TNCC) at Naval Medical Center Portsmouth. The eighth edition of TNCC continues the long standing legacy of trauma nursing education that was started more than three decades ago by the Emergency Nurses Association and has become recognized as the international standard for trauma nursing practice.

NMCP HOSTS TRAUMA NURSING CORE COURSE

By Seaman Imani N. Daniels
Naval Medical Center Portsmouth Public Affairs

PORTSMOUTH, VA.

Naval Medical Center Portsmouth (NMCP) hosted their first Trauma Nursing

Core Course (TNCC) for registered nurses in NMCP’s Resuscitative Medicine Clinic on July 24.

The eighth edition of TNCC continues the long standing legacy of trauma nursing

education that was started more than three decades ago by the Emergency Nurses Association and has become recognized as the international standard for trauma nursing practice.

TNCC is the premier trauma nursing course for nurses and hospitals worldwide. The course is designed and taught by qualified emergency nurses to deliver the knowledge, critical thinking skills and hands-on training needed to keep trauma patients safe. The objective is to improve trauma patient outcomes by providing nurses with foundational trauma knowledge, skills, and a systematic trauma nursing process to guide trauma patient care.

“TNCC is trauma training for all nursing staff,” said Capt. Susan Union, director of the TNCC course and manager of the Trauma Program at NMCP. “It teaches the nursing process and how to manage a trauma patient. It teaches all types of nurses, primarily nurses from the Emergency Room (ER), Intensive Care Unit (ICU), Operating Room (OR), and Post Anesthesia Care Unit (PACU) a systematic approach to trauma care and a systematic assessment to manage any trauma patient. It also teaches nurses about injuries they would typically see in trauma situations.”

TNCC content includes trauma nursing epidemiology, biomechanics and mechanisms of injury, initial assessment, airway and ventilation, shock, brain and neck, thoracic, and abdominal trauma. Pregnant, pediatric, and older adult trauma patients training is also included.

“The medical surgical nurse, the labor and delivery nurse and every single specialty that we have in the military, can come to this course and leave this course with being able to do a basic assessment or any assessment on a trauma patient,” said Cathy Fox, co-director of the TNCC course and quality safety nurse consultant

of the Emergency Medicine Department (EMD) at NMCP. “This course teaches the basics of airway, breathing, circulation, neurological exam, exposure, and how important it is to get a patient’s clothes off, just to name a few.”

TNCC is a 16 to 20-hour course designed to provide nurses with cognitive knowledge and psychomotor skills. It includes lectures and hands-on skill stations covering assessment and treatment of the severely injured patient.

“So far, I’ve learned a lot that I feel will be applicable to any trauma related emergency that I might run into going on further in my Navy career,” said Lt. j.g. Clare Abenojar, a registered nurse. “I could deploy at any time so it’s very important to be able to apply this knowledge and have a systematic approach to receiving a trauma patient and to be able to save lives.”

After taking TNCC, the goal is that nurses will be able to thoroughly assess trauma patients, to intervene and/or assist with interventions, and provide evidence-based trauma nursing care within the context of a trauma team.

As the U.S. Navy’s oldest, continuously-operating military 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, along with the area’s 10 branch health and

TRICARE Prime Clinics, provide care for the Hampton Roads area. The medical center also supports premier research and teaching programs designed to prepare new doctors, nurses and hospital corpsman for future roles in healing and wellness.

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

Security Officer Supervisor (#HR3478)

The Old Dominion University Police Department is seeking candidates for a part-time, hourly/wage Security Officer III position. This position is responsible for coordinating the operational aspects of the Old Dominion University Police Department’s security force by providing services for responsibly supervising, planning, scheduling, directing and coordinating all activities pertaining to Old Dominion University Police Department security officers, and promoting a safe and secure environment for all students, staff and visitors.

This position closes August 16, 2019. To apply, please visit <http://jobs.odu.edu/postings/10577> and follow the online instructions.

AA/EOE



MC3 Kaitlyn E. Eads
Jimmy Buffett, second from left, Capt. Jason Rimmer, commanding officer of the Wasp-class amphibious assault ship USS Kearsarge (LHD 3), left, Capt. Neil Kaprowski, Kearsarge's executive officer, second from right, and Command Master Chief Rick Moreyra pose for a photo on Kearsarge's flight deck.

BUFFET | *Kearsarge just return from 7-month deployment*

Continued from A1

Sailor'.
“I’m always thankful to anyone who takes time to show their appreciation for our service and sacrifice,” said Legalman 1st Class Keiana Zinnah, a Kearsarge ARG Sailor. “This time I had the added bonus of watching the incredible Jimmy Buffett perform.”
While onboard, Buffett took a tour of the ship, met with Sailors and their families and took a few pictures with adoring fans or “Parrotheads” of all ranks and ages. The visit was a truly memorable experience for the Kearsarge ARG team who greatly appreciate Buffett for volunteering his time to deliver the sweet sounds of his signature tropical rock to their ears and help the crew celebrate good times at home again with family and friends.

For more news from USS Kearsarge (LHD 3), visit <http://www.navy.mil/local/lhd3/> and “Like” us at <https://www.facebook.com/kearsarge>.
For more news from USS Kearsarge (LHD 3), visit www.navy.mil/local/lhd3/.



MC3 Kaitlyn E. Eads
Jimmy Buffett signs Air Traffic Controller 2nd Class Matthew King's guitar after performing for the crew and their families aboard the Wasp-class amphibious assault ship USS Kearsarge (LHD 3). Buffett, who is in the area for a concert in Virginia Beach, learned that the ship had recently returned from a deployment and performed for the crew to show his appreciation for their sacrifice and service.

FUNDS | *NCPACE is for Sailors assigned to Type 2 or Type 4 sea duty commands*

Continued from A1

education.netc.navy.mil/webta/home.html#nbb.
Eligible Sailors do not have to be deployed to use it. Sailors who are performing Individual Augmentee (IA) assignments, Overseas Contingency Operations Support Assignments (OSA), and Global War on Terrorism Support Assignments (GSA) may also be eligible for NCPACE while deployed overseas.
Sailors sign up for an NCPACE DL course as an individual, just like using Tuition Assistance (TA). They will be required to complete the participation requirements with NCPACE training, counseling and a degree plan.
The NCPACE application process is very similar to WebTA in the MyNavy Education portal. Applicants select the NCPACE tile and can look for and choose courses through the catalog button. For Sailor ease, the courses listed in the catalog will provide course and school POC information. Eligible Sailors fill out the application, just like for TA, and identify a proctor who will administer any exams. Sailors work with one of the NCPACE schools to register for a class, and if they are not students at NCPACE schools, they need to verify their school will accept the transfer credit for any NCPACE class they want to take.

NCPACE DL applications must be command approved no later than 14 days prior to the institution’s official term start date. To meet the timeline for using FY-19 funds, Sailors should plan now and have applications as soon as possible to meet their institution’s term start.
For questions regarding the NCPACE DL program, Sailors can:
1. Visit the Navy College Program (NCP) website: www.navycollege.navy.mil/ncpace/sailor/dl/dl-sailor-distance-learning.htm to learn about the program, complete required training, submit a Help Request at the Assistance Center, initiate a Live Chat session, send a text to the toll free number, or review knowledge management articles.
2. Within the Continental United States: Contact the Navy College Virtual Education Center (NCVEC) toll free 1-877-838-1659, select option 1, then 6 for NCPACE; DSN 492-4684, Monday-Friday 7:00 a.m. - 7:00 p.m. EST.
3. Outside the Continental United States: Go to www.navycollege.navy.mil/contact.htm to find your Navy College Office.
Navy College Program is managed by Naval Education and Training Professional Development Center as part of MyNavy HR force development, which ensures that Sailors are equipped with the specific skills they need to do their jobs and have access to educational opportunities to enhance their careers. Sailors can also take advantage of other programs that promote continuous self-improvement through the United Services Military Apprenticeship Program (USMAP) and Navy Credentialing Opportunities On-line (COOL).

PROGRAM | *Automation of MAP process is part of modernization efforts*

Continued from A1

line the process for triads in the Fleet,” said Capt. Angela Katson, branch head of Enlisted Force Shaping Plans and Policies. “Part of the modernization of processes is reducing administrative burdens, and we are doing that here. For now, only Active Component Sailors will be covered by the automation process, but in the future MAP automation will also be available for the Reserve Component.”
Two key individuals at each command will need set up user accounts in NSIPS to allow for the MAP automation process.
“At the command level, both the command reporting senior and the command reviewer are required to establish user roles within NSIPS,” said Katson. “It is imperative for the commands with quotas allocated to request permission to set up their MAP user roles in NSIPS,” said Katson.
When 2019 MAP Season Two begins, the quotas will be uploaded into the system and can be found under the quota summary report tab. Quotas can also be found at the MyNavy Portal website at <https://www.mnp.navy.mil/group/advancement-and-promotion/a-enlisted-advancement-resources-and-links> select the website tab, MAP and then MAP quotas.
Part of the automation process means that a Meritorious Certification Letter (MCL) is no longer required and is replaced by an eligibility and nomination list contained within NSIPS. This means commanding officers have the ability to advance Sailors within NSIPS and are no longer required to submit MCLs to the Navy Personnel Command, Enlisted Advancement Branch (PERS-8031).
Another change announced in the NAVADMIN is the elimination of the controlled rate process in 2019 MAP Season Two.
“We’ve looked at previous MAP seasons and we can see that MAP has not negatively affected the health of the rat-

ing communities,” said Katson. “So maintaining the controlled rate process is not necessary.”
MAP functions in conjunction with the Navy’s established advancement system and is open to all Active-Duty, Full-Time Support and Canvasser Recruiter Sailors who meet advancement eligibility requirements. Total advancement opportunity for paygrades E-4 through E-6 includes both MAP and the Navy-wide advancement exam.
“MAP continues to be important because it empowers command triads to identify and advance the best experienced and proficient Sailors based on Sailors’ demonstrated performance and ability.”
Professional Apprenticeship Career Track (PACT) Sailors remain eligible for MAP advancement, provided the Sailor has an approved quota for rating designation (i.e., approved quota in Career Waypoints (C-WAY)).
MAP advancement is not authorized for PACT Sailors with designation approval for A-School required ratings.
For more information on MAP visit <https://www.mnp.navy.mil/group/advancement-and-promotion/a-enlisted-advancement-resources-and-links> and select the *Websites* tab in the blue banner and then the 2019 MAP Season Two Info Sheet
Example forms and frequently asked questions can be downloaded via MyNavy Portal at <https://www.mnp.navy.mil/group/advancement-and-promotion/a-enlisted-advancement-resources-and-links>, then select the *Websites* tab in the blue banner. The list of points of contact for each BSO/echelon II command and list of parent and subordinate UICs can also be found on this website.
Point of contact is MyNavy Career Center (MNCC) at (833) 330-6622 or via email at askmncc@navy.mil.
Sailor 2025 is the Navy’s program to improve and modernize personnel management and training systems to more effectively recruit, develop, manage, reward, and retain the force of tomorrow. It is focused on empowering Sailors, updating policies, procedures, and operating systems, and providing the right training at the right time in the right way to ensure Sailors are ready for the Fleet.

DEATH | *Sailor fled on foot, evaded arrest*

Continued from A1

foot to evade arrest. NSF personnel pursued and attempted to apprehend him when a struggle ensued. During the altercation, Medina-Reynaga assaulted security personnel and attempted to remove a weapon from a NSF officer.
An NSF officer shot Medina-Reynaga during the altercation and at 10:50 p.m. he was pronounced deceased. Next-of-kin has

been notified. The NSF officer responsible for shooting Medina-Reynaga has been red-tagged and will be placed on administrative duties pending the outcome of the investigation, which is standard operating procedure. Two NSF personnel were hurt during the altercation. They were treated for minor injuries and released on the scene.
The NEX Mini Mart and Gate 5 have since returned to normal operations. Naval Criminal Investigative Service is currently investigating the incident. Navy Region Mid-Atlantic will convene a Manual of the Judge Advocate General (JAGMAN) investigation into the incident.

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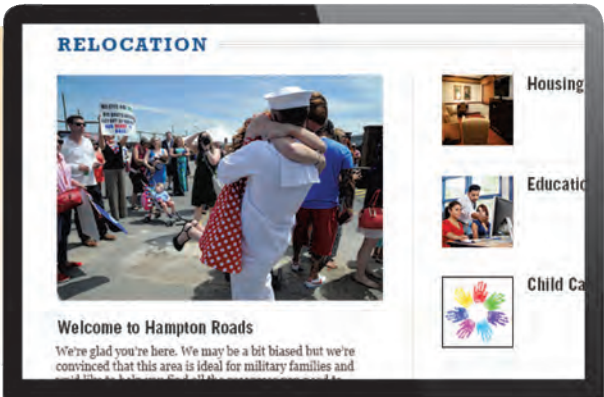
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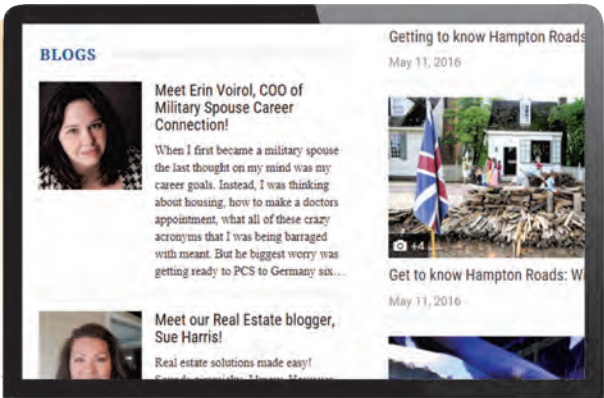
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Ronald Reagan marks Battle of Coral Sea

Sailors aboard USS Ronald Reagan (CVN76), held a wreath laying ceremony in commemoration of the Battle of the Coral Sea July 26, a year after the wreckage of the USS Lexington (CV-2) was discovered.

See B6

SECTION B | FLAGSHIPNEWS.COM | 8.8.2019



LCpl. Nicholas Guevara
An Expeditionary Warfare Unmanned Surface Vessel (USV) autonomously navigates a predetermined course through the water during Advanced Naval Technology Exercise 2019 at Camp Lejeune, N.C. July 12. ANTIX East 2019 is an event designed to test new technology with academic, industry and Navy participants.

ANTX East brings together innovators and operators

By Kelley Stirling
Naval Surface Warfare Center, Carderock Division Public Affairs
CAMP LEJEUNE, N.C.

Naval Surface Warfare Center, Carderock Division co-led the third of three Advanced Naval Technology Exercises (ANTX) for “Fight the Navy Force Forward” July 9-19 at Camp Lejeune, N.C.. Dubbed ANTX East, the event focused on command and control, communications, force protection, unmanned systems and logistics. While Carderock was the technical lead for the event, there were three other Warfare Centers involved in coordinating the technologies: Naval Information Warfare Center, Atlantic; Naval Undersea Warfare Center, Keyport Division; and Naval Surface Warfare Center, Port Hueneme Division. The Marine Corps Warfighting Lab worked with the technology organizers to develop mission threads that were realistic to the Marines. Rod Peterson, Carderock’s Marine

Corps Vulnerability and Protection Program manager (Code 664) and lead organizer of the event, said ANTX provided an opportunity to test prototypes and to participate in an interactive and progressive series of exercises in a collaborative and low-risk environment. Last fall, government and industry vendors submitted the technologies they wanted to test during ANTX. “We have about 32 organizations with 53 technologies from industry, academia and government,” Peterson said. “ANTX allows us to bring together the technical community and the operational community for tech assessments in one location.” Carderock had several technologies at Camp Lejeune during 90-plus degree heat. Combatant Craft Division (CCD), a detachment of Carderock, had multiple vessels on the water in Mile Hammock Bay. The Stiletto Maritime Demonstration Program platform was a key facilitator for about a third of the technologies at ANTX

East, according to Kenneth (Kip) Davis, site director for CCD, which is located in Norfolk, Virginia. Combatant Craft Division demonstrated an autonomous unmanned surface vehicle (USV) during the event, showcasing the boat’s ability to hold a position and sense its environment to perform a flawless docking at the pier. Dr. Julie Stark, the science and technology manager for CCD, said the boat is a USV Lab Afloat, demonstrating autonomous safe navigation. She said it is a key component of the USV Autonomy Lab and Integration Center, which allows CCD to do research and development (R&D) for the Navy, Marine Corps and other Department of Defense partners. One of the key components to ANTX East was the operator, in this case the Marine Corps. Having their instant feedback was crucial, according to Stark. She said the exercise allowed them to rapidly identify technologies that might fill gaps where the Navy or Marine Corps need them. They used mission threads developed by the Marine Corps Warfighting Lab (MCWL)

See ANTX | B7



U.S. Navy

Pilot identified following F/A-18E Super Hornet crash

From Commander, Strike Fighter Wing Pacific Public Affairs

LEMOORE, CALIF.

The pilot of the F/A-18E Super Hornet that crashed approximately 40 miles north of Naval Air Weapons Station China Lake, Calif., on July 31 has been identified. The Super Hornet, assigned to the “Vigilantes” of Strike Fighter Squadron (VFA) 151 based at Naval Air Station (NAS) Lemoore, Calif., was flown by Lt. Charles Z. Walker, 33. “The NAS Lemoore aviation family is grieving the loss of one of our own,” said Capt. James Bates, Commander, Strike Fighter Wing Pacific. “Lt. Walker was an incredible naval aviator, husband and son. He was an integral member of the Vigilante family, and his absence will be keenly felt on this flight line. “Our aviators understand the risk associated with this profession, and they knowingly accept it in service to our nation. The untimely loss of a fellow aviator and shipmate pains us all. Our heartfelt condolences go out to his family and friends.”

The pilot was on a routine training mission in the area at the time of the crash. The cause of the crash is under investigation. The Navy mourns the loss of one of our own, and our hearts go out to the family and friends affected by this tragedy. For additional information or updates, contact the public affairs office at Commander, Strike Fighter Wing Pacific at 559-998-2642.



U.S. Navy

UPDATE: Statement on Lt. Portier charges, comprehensive review of JAG

From the Office of the Navy Chief of Information

WASHINGTON

Chief of Naval Operations Adm. John Richardson today, Aug. 1, dismissed all charges in the case of Lt. Jacob Portier. He also withheld authority to take any action in the case of Petty Officer 1st Class Corey Scott. Richardson took this action in the best interest of justice and the Navy. Additionally, as part of an ongoing assessment of Judge Advocate General’s (JAG) Corps performance, Richardson directed Vice Chief of Naval Operations Adm. Bob Burke to conduct a Comprehensive Review into the leadership and performance of the JAG Corps. This review is intended to ensure the JAG Corps provides exemplary support to the Navy and the nation. Richardson, in accordance with the Manual for Courts Martial, withheld Navy Region Southwest’s authority to take any action in the Gallagher court-martial Saturday, Aug. 3. He will assume responsibility for any disposition action in the trial. Any previous post-trial action has been rescinded. NOTE: This story was updated on Aug. 3 to include the final paragraph.

TSC, CSCSU and SWOSU Great Lakes hosts Republic of Korea Fleet Master Chief

By Brian Walsh
Training Support Center Public Affairs
GREAT LAKES, ILL.

Republic of Korea Fleet Master Chief (FLTCM) Yong Hee Kwon and Command Master Chief for Naval Forces Korea Christian Detje visited Training Support Center (TSC), Center for Surface Combat Systems Unit (CSCSU) and Surface Warfare Officer School Unit (SWOSU) Great Lakes August 1. The purpose of the visit was to familiarize Fleet Master Chief to the training used at the commands that provided 24-hour supervision, leadership, training and mentorship of Sailors. “I brought FLTCM here today to share the way we provide training to our Sailors before they are sent out to the fleet,” Detje said. “It is our responsibility as partners and allies with the ROK to share methods and best practices when it comes to the



Brian Walsh

Chief Operations Specialist Richard Jackson gives a tour of the OS A School’s Ship’s Self Defense System lab to Republic of Korea Fleet Master Chief Yong Hee Kwon during a visit to Center for Surface Combat Systems Unit Great Lakes August 1. mentorship and training of our Sailors, also to learn about each other’s cultures.” The tour began at the Galley’s Windy City Café where they enjoyed lunch with the Coalition of Sailors Against Destructive Decisions (CSADD). The program is geared toward Sailors E5 and below, between ages 18 to 25. They promote positive choices and develop leadership through organizing local social networks, facilitating discussion, producing visual messages, promoting community involvement and hosting recreational events. At CSCSU Great Lakes command leadership led a tour of Operations Specialist

“A” School Ship’s Self Defense System (SSDS) lab simulator and at Voyage Management System (VMS) lab where students work with a computer-based system for navigation planning and monitoring. “Here at CSCSU we place great value upon our partnerships with allied forces,” said CSCSU Great Lakes Commanding Officer Cmdr. Ricardo Enriquez. “Having the ability to show the ROK leadership how our students are trained, using exceptional knowledge and experience of our instructors and the innovative technology used to

See HOSTS | B7

Women's Health Transition Training Pilot
New locations added – sign up now!



Topics Covered



Preparation for Health Transition



Women Specific Services at VA



Perceptions of VA and Culture Change

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- You can use Tricare AND VA healthcare when you retire
- Those not retiring but separating can be eligible for healthcare at VA
- VA has women specific primary health care providers

U.S. Air Force courtesy graphic

VA women's health transition training coming to Naval Station Norfolk

From Fleet & Family Support Center, Norfolk

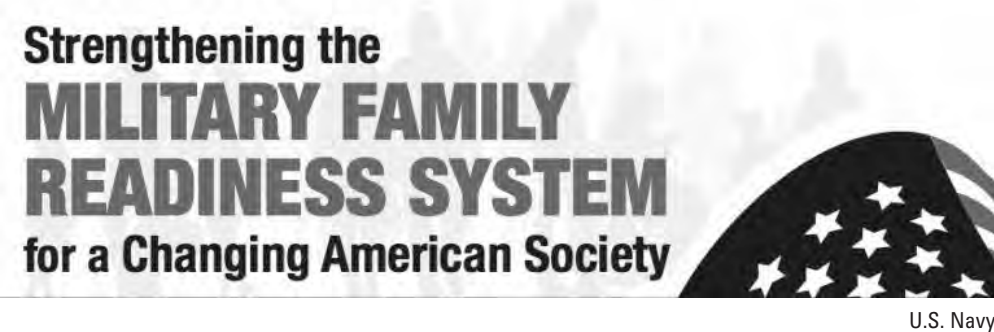
The Department of Veterans Affairs (VA) Women's Health Services Office has partnered with the Air Force Women's Initiative Team to develop the VA Women's Health Transition Training. This program, which began implementing training sessions at Air Force bases in July 2018, intends to address the health needs of transitioning servicewomen, and expanded to Army, Navy, and Marines bases in July 2019. The leading motivation behind these trainings is the negative trends in health outcomes for the women Veteran population. For example, women Veterans face greater health-related challenges after military service compared to their male counterparts, including: chronic pain, obesity, musculoskeletal issues, depression and suicide. Often, women Veterans do not understand what women's health services are available to help them address their health-related challenges. Additionally, fewer women Veterans seek services and support from VA and often do not connect with the VA until an average of 2.7 years post military service or until mental/physical health issues have manifested. The VA Women's Health Transition Training program aims to provide servicewomen with a deeper understanding of the women's health

services available to them within the VA health care system and the VA health care enrollment process for continuation of health care services. VA is rolling out the Women's Health Transition Training at a number of bases, including MacDill AFB, FL, Wright-Patterson AFB, OH, Joint Base Lewis-McChord, WA, Joint Base Andrews, MD, the Pentagon, VA, Fort Jackson, SC, Travis AFB, CA, Fort Lee, VA, Camp Pendleton, CA, MCRD Parris Island, SC, San Diego Naval Base, CA, Norfolk Naval Base, VA and VA Community Site, Montgomery County CBOC, MD. "Every female should come experience this class in order to get a full view of the VA services and support available to female Veterans," one recent participant noted, The VA Women's Health Transition Training discusses the major points along the women Veterans transition journey (see figure), focusing on how to enroll in and access health care services at VA. This interactive, high-energy course is led by a woman Veteran and covers the following: the transformed culture of VA for both male and female patients, range of women's health and mental health care services, eligibility for enrollment in VA health care, expectations for women to proactively seek health care services post-separation, transition assistance, and lo-

gistical details such as facility structure, locations, and points of contact. The afternoon session of the training includes a presentation by local VA Medical Center (VAMC) staff to provide specific information about local services and facilities to help participants understand how the VA could best meet their health care needs. Participants have enjoyed the trainings, including learning new information about VA culture and services and having a forum to ask women-specific health questions. One participant recommended the course to other women saying, "I would recommend this course because this is a great, open environment to ask questions and get gender-specific information. I invited other women [to register for the course today] but they couldn't attend – I will now highly recommend/insist that they attend the next offering." At Naval Station Norfolk, there is an upcoming opportunity for transitioning servicewomen to take the VA Women's Health Transition Training. The upcoming sessions are on 16 August 2019 and 4 October 2019. The session will take place at Naval Station Norfolk, Building C9 Classroom 1, 9475 Bacon Ave, Norfolk VA 23511 from 0800 to 1600. To register please call 757-444-6089. More information about future sessions can be found at https://www.af.mil/News/Article-Display/Article/1595519/air-force-partners-with-va-implements-womens-health-transition-pilot-program/. For questions and additional information about the program, please contact Dr. Nancy Maher, Program Manager of the VA Women's Health Transition Training, at nancy.maher@va.gov and Major Alea Nadeem, Air Force Women's Health Lead, at alea.a.nadeem.mil@mail.mil.

DoD scolded in new military family readiness report

By Lisa Smith Molinari
The Meat & Potatoes of Life
Last week, three hot shots from the National Academies of Science, Engineering, and Medicine presented a report titled "Strengthening the Military Family Readiness System for a Changing American Society" at the Military Child Education Coalition's National Training Seminar in Washington, DC. The 320-page report gave a scholarly scolding to the DoD for "siloing" and fragmenting the many services for military families. The National Academies undertook the study to examine the state of military family readiness and the DoD's Military Family Readiness System, a network of agencies, programs, services, and individuals that promotes the well-being and quality of life of military service members and their families. "The system lacks a comprehensive, coordinated framework to support individual and population well-being, resilience, and readiness among military families," the National Academies' Committee on the Well-being of Military Families concluded. One guiding principal of the study was that military family readiness is directly linked to mission readiness, and the Committee cited four reasons why the well-being of families is essential to the DoD. First, family well-being affects individuals deciding whether to enter or remain in military service. Second, family difficulties force DoD to pay cost for legal, medical, mental health, or financial problems. Third, family stress takes a service member's focus away from the mission. "Finally, and perhaps most importantly,



U.S. Navy

service members families support the military mission by supporting them while they serve, making it possible for service members to leave home to train and deploy, and providing significant care for service members when they are wounded, ill, or injured." There are a variety of challenges that pose a threat to family readiness and resilience, according to the report, including illness, injury, troubles with housing, lack of career progression, financial instability, moving, deployments, temporary duty away from home, and lack of connection to the local community. Combat exposure and family separation were identified as "acute stressors" to military families. While the DoD recognizes the importance of military family readiness and provides many sources of support and programs; the Committee concluded that the MFRS was flawed because it did not coordinate these sources and programs so that they were easily accessible to families in need. They cited a 13-garrison study in which respondents reported "when a soldier or family member is experiencing a problem ... bouncing around could be avoided if there were more communication and coordination among service providers, and unfortunately ... if it is not about their program, they really don't know to tell you where to go." The Committee also found an increasing number of military families who are "invisible" to the DoD because their make up does not fit the definition of a military

family. "Examples of invisible families may include same-sex-headed households and families as well as co-parenting but unmarried families. ... [F]ully understanding military families and their needs may require greater attention to family complexity and diversity." Having a military family of my own, I agree that my spouse's readiness to serve hinged on our family's support and stability. My husband Francis was able to stand watches, travel, and deploy, because we, his family, were fairly healthy and content, holding down the home fort for him. Now, as the spouse of a recently retired Naval officer with 28 years of active duty service, I see the shortcomings that this new study has identified. Even though I've read about new budgets and programs, our health clinic has drastically reduced services for dependents, base housing services are inconsistent, and traditional services have shut down on some bases. I'm worried about losing services that affect military family well-being. When I find myself grumbling about changes in services that I'd become accustomed to as a military spouse, I wonder to myself, "Am I too set in my military ways? Am I turning into one of those blue-haired spouses who refuse to go through the self-service check out at the commissary? Am I just mad because I'm no longer allowed to see the base clinic podiatrist?" No. This new study affirms that, despite my bunions, I am not just a grumpy old military spouse. https://themeatandpotatoesoflife.com/



Q: My family and I are planning on moving into privatized or Government housing. Can we have a live-in aide or nanny?
A: There is no instruction that directly authorizes a live-in nanny. CNICINST 11103.5 CH-1 Navy Housing Eligibility, Assignment and Termination Criteria states in Enclosure 2, number 2 c.(5): If the inventory is available and when a live-in aide or nanny is approved by the CO of the Installation, they will be eligible for a separate bedroom.

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MC2 Nick A. Grim

Sailors don their oxygen masks to verify their operational status at the start of a training in the newly operational Normobaric Hypoxia Trainer (NHT) at Aviation Survival Training Center (ASTC) Jacksonville, June 22. The Sailors will attempt to simulate pilot and aircrew activities at altitudes greater than 24,000 feet to become aware of signs and symptoms on hypoxia.

ASTC JAX delivers new mask-off hypoxia training

By MC2 Nick A. Grim
Naval Air Station Jacksonville Public Affairs

JACKSONVILLE, FLA.

Aviation Survival Training Center (ASTC) Jacksonville (JAX) commenced training with a new, mask-off hypoxia trainer in July that will be used for all Navy and Marine Corps designated aviation personnel flying in multi-place non-ejection aircraft.

Capt. Theron Toole, commanding officer of Navy Medicine Operational Training Center in Pensacola, and Capt. Leslie Kindling, officer in charge of Naval Survival Training Institute in Pensacola, visited ASTC JAX to observe one of the initial training sessions with the newly mission capable Normobaric Hypoxia Trainer (NHT).

“The NHT provides the most realistic hyp-

oxia training for these aircrew members,” said Kindling, who has oversight of the Navy’s eight ASTCs and reports directly to Toole.

The NHT simulates the reduced oxygen pressure of a depressurized aircraft at altitude, allowing the aircrew to practice their emergency procedures while experiencing the signs and symptoms of hypoxia.

Hypoxia is a lack of sufficient oxygen to tissues in the body to maintain performance function, which can cause light-headedness, dizziness, tingling, euphoria and decreased visual accuracy. Training aircrew to recognize the symptoms helps ensure they can take action before progressing to potentially life-threatening situations while at high altitudes.

“I really felt the effects more this time around, especially feelings of disorientation

and difficulty breathing,” said Naval Aircrewman (Mechanical) 2nd Class John Booker, who was taking the hypoxia training qualification for the third time. Aircrew are required to take a refresher course every four years.

The NHT at ASTC JAX is the first operational trainer in the fleet and has replaced the low-pressure chamber that was decommissioned in February 2017. The Sailors assigned to ASTC JAX have been at the forefront of implementation and operational testing for the new trainer since its inception in summer 2018.

“As a staff, ASTC JAX became 100 percent qualified in only 18 working days, on top of the already established training schedule,” said Chief Naval Aircrewman (Avionics) Scott Counselman, ASTC JAX leading chief petty officer. “Nothing has been dropped or moved. We began operational testing late last July, and the ASTC staff has been learning new operating procedures, assisting in writing standard operations and safety procedures, and conducting risk management analysis.”

Counselman said once the testing was complete and the procedures validated, the staff qualification process commenced and proceeded at a rapid pace, leading to the introduction of the device to refresher Naval Aviation Survival Training Program classes in July.

With the ASTC JAX NHT now fully functional, ASTC JAX staff will work with staff at the remaining seven ASTCs. ASTCs Norfolk, Virginia; Cherry Point, North Carolina; Whidbey Island, Washington; Miramar, California; Pensacola, Florida; Lemoore, California; and Patuxent River, Maryland are scheduled to become fully operation by summer 2020.

The Naval Survival Training Institute provides safe, effective and relevant aviation survival and human performance training as the execution arm of the Chief of Naval Operations-mandated Naval Aviation Survival Training Program (NASTP), and is a component of the Navy Medicine Operational Training Center (NMOTC) based in Pensacola, Florida. NMOTC provides Operational Medicine and Aviation Survival Training.



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MCSA David Glotzbach

The color guard parades the colors during the closing ceremony of the eighth U.S. and Australian exercise Talisman Sabre 2019 held aboard the amphibious assault ship USS Wasp (LHD 1). Wasp Expeditionary Strike Group, with embarked 31st Marine Expeditionary Unit, just concluded exercise Talisman Sabre 2019 off the coast of Northern Australia. A bilateral, biennial event Talisman Sabre is designed to improve U.S. and Australian combat training, readiness and interoperability through realistic, relevant training necessary to maintain regional security, peace and stability.

TALISMAN SABRE 2019 CONCLUDES WITH CEREMONY ABOARD ESG FLAGSHIP

From Commander, Task Group 76 Public Affairs

BRISBANE, AUSTRALIA

The bilateral U.S.-Australian exercise, Talisman Sabre 2019, concluded with a closing ceremony aboard the Wasp Expeditionary Strike Group (ESG) flagship, USS Wasp (LHD 1), July 27.

The ceremony was officiated by Royal Australian Army Maj. Gen. Roger Noble, deputy chief of Joint Operations, Australian Defence Force, and Rear Adm. Fred Kacher, commander, Expeditionary Strike Group 7, who spoke about the importance of interoperability between the two countries.

“Australia and the United States are Pacific nations who have served and fought alongside each other in both peace and war and share a steadfast commitment to the Indo-Pacific region,” said Kacher.

The eighth iteration of the exercise, and involving 36 ships and more than 25,000 Sailors, Marines, Soldiers, Airmen, and Coast Guardsmen, Talisman Sabre 2019 was designed to improve combined and integrated training between U.S. and Australian forces, focusing on combat training, readiness and interoperability through realistic, relevant training necessary to maintain regional security, peace, and stability.

“With every iteration, Talisman Sabre becomes more valuable, more realistic, more challenging and that makes all of us better,” said Kacher. “This year’s Talisman Sabre was the culmination of months of planning spent preparing a challenging scenario and examining how, working together, we

would respond to a tough and well-equipped adversary.”

“Today marks the end of Talisman Sabre ’19, the eighth of the series, the most demanding, the most complex and largest of the series,” said Noble. “There are very few exercises of this size, scale and complexity where we operate in air, land, sea, cyber and space and we test the joint force, the combined nation forces.”

During the exercise, the Wasp ESG - comprised of Wasp, USS Green Bay (LPD 20), USS Ashland (LSD 48), USS McCampbell (DDG 85), and USCGC Stratton (WMSL 752) - had the opportunity to train with vessels from Australia, Canada, Japan, and New Zealand to focus on dynamic maneuvering schemes and elevated command and control. India and South Korea were present as observing nations. At the same time, Marines from the embarked 31st Marine Expeditionary Unit (MEU) conducted training and preparation culminating in a simulated joint amphibious assault, providing participants the experience of a beginning-to-end scenario.

“In addition to our Australian and US Forces, I express my heart felt appreciation to Japan, Canada, New Zealand, and the United Kingdom for sending their personnel to participate in this high end exercise. We also thank and acknowledge the many nations who sent observers as well,” said Kacher. “Our experience here highlights the importance of exercising our combat skills together, so we have a better appreciation of each other’s capabilities and how to combine into a lethal and cohesive force should



MCSA David Glotzbach

Wasp Expeditionary Strike Group, with embarked 31st Marine Expeditionary Unit, just concluded exercise Talisman Sabre 2019 off the coast of Northern Australia. A bilateral, biennial event Talisman Sabre is designed to improve U.S. and Australian combat training, readiness and interoperability through realistic, relevant training necessary to maintain regional security, peace and stability.

we be called to do so.”

Noble added, “This is the first time the Australian helicopter land docks ships HMAS Adelaide and Canberra have operated together fully in a full tactical scenario doing amphibious landings as a combined force. It is the first time the U.S. Army, the U.S. Marine Corps, fired their high mobility artillery rocket system, known as HIMARS Live Fire, in Australia inside that combined setting.”

Talisman Sabre ‘19 emphasized developing short-notice contingency response operations between the joint U.S.-Australian forces through landing craft, air cushion (LCAC) operations, amphibious assault vehicle (AAV) deployments, and extensive F-35B Joint Lightning II Joint Strike Fighter and MV-22 sorties. The respective nations

developed the ability to better understand their counterparts’ capabilities, and in turn prepared them to better respond to future real world events which could require inter-agency operations from the sea, air, and land.

“I believe all of us are leaving this exercise smarter, better trained and more confident than when we started it,” said Kacher. “We also conclude this exercise, with an even better appreciation for Australian hospitality. For so many Americans, Australia is a dream destination to visit – not just for its beauty but its people – and I can promise you that our Sailors and Marines visiting for the first time won’t forget it.”

For more news from Commander, Amphibious Force, U.S. 7th Fleet, visit www.navy.mil/local/ctf76.

New name, same mission: EURAFSWA becomes EURAFCENT

From Navy Region Europe, Africa, Central Public Affairs

NAPLES, ITALY

Commander, Navy Region Europe, Africa, Southwest Asia (CNREURAFSWA) has been re-named as Commander, Navy Region Europe, Africa, Central (CNREURAFCENT).

The change of name is intended to align Navy Region EU-

RAFCENT, the Navy’s largest overseas region command, with the geographic designation for the commands it supports in Southwest Asia, U.S. Central Command (USCENTCOM) and U.S. Naval Forces Central Command/ U.S. Fifth Fleet (NAVCENT/ C5F).

While Navy Region EURAFCENT has a new name, though, it

still has the same mission – providing critical shore support to enable U.S., allied and partner nation forces to be where and when they are needed in Europe, Africa and Southwest Asia.

“Every day, our Sailors and civilians work side by side with the NAVCENT and CENTCOM staffs to ensure security and stability throughout CENTCOM’s area of responsibility,” said Rear Adm. Yancy Lindsey, commander of Navy Region EURAFCENT. “Our revised name not only better aligns with our key customers, it also better represents the theaters of operations we support.”

Navy Region EURAFCENT was first established as Com-

mander, Navy Region Europe (CNRE) in November 2001 at Grosvenor Square, London. Rear Adm. David T. Hart Jr., the deputy commander of Naval Forces Europe, assumed additional duties as CNRE’s first commander.

With the disestablishment of U.S. Naval Activities United Kingdom in September 2007, CNRE relocated its headquarters from London to Naples, Italy, alongside Commander, Naval Forces Europe (CNE) and Commander, U.S. Sixth Fleet (C6F).

Two years later, CNRE assumed operational and administrative control of Navy Region Southwest Asia (NRSWA), headquartered at Naval Support Activity (NSA) Bahrain. With the

disestablishment of Commander, Navy Region Southwest Asia on Jan. 23, 2009, CNRE was re-named Commander, Navy Region EURAFSWA, under the command of Rear Adm. David J. Mercer.

Today, Navy Region EURAFCENT is responsible for management of Navy installations and facilities throughout Europe, Africa and Southwest Asia, including NSA Naples, Italy; Naval Air Station (NAS) Sigonella, Italy; Naval Station Rota, Spain; NSA Souda Bay, Greece; NSA Bahrain; Isa Air Base, Bahrain; Camp Lemonnier, Djibouti; Naval Support Facility (NSF) Deveselu, Romania; and NSF Redzikowo, Poland.



MC2 Scott Wood

Firefighters from Naval Air Station (NAS) Whidbey Island's Federal Fire and Emergency Services Department triage and hoist an injured bystander through a manhole as part of the Navy's natural disaster exercise, Citadel Rumble 2018, at NAS Whidbey Island. Citadel Rumble is a Navy-wide earthquake and natural disaster drill providing training and awareness on potential emergency response scenarios that could occur in the aftermath of a large-scale natural disaster.

NAVY CONDUCTS EMERGENCY PREPAREDNESS EXERCISE

From Commander, Navy Installations Command Public Affairs

WASHINGTON

Commander, Navy Installation Command (CNIC), Commander, Navy Region Southwest (CNRSW) and Commander, Navy Region Northwest (CNRNW), along with their

installations and tenant commands will be testing their abilities to respond to a major earthquake and what follows next during an exercise scheduled Aug. 5-9.

The exercise, called Citadel Rumble 2019, will test Navy installations' capabilities to prepare for, respond to and recover from all-hazards scenarios that may follow earthquakes.

The installations, along with their tenant commands, will test various procedures, including damage assessment, evacuation plans, disaster preparedness, recovery and consequence management plans, and accounting for Sailors and Navy families in the affected regions through the Navy Family Accountability and Assessment System (NFAAS). Sail-

ors, civilian employees and Navy families can login to NFAAS at <https://navyfamily.navy.mil> or utilize the NFAAS mobile app at <https://applocker.navy.mil> for accountability throughout the exercise and during any real-time natural disaster.

In addition, the exercise will further enhance the Navy's readiness to deploy forces even under the most adverse conditions.

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

U.S. Naval War College holds war game looking at cyber defense of the private sector

By Jeanette Steele
U.S. Naval War College Public Affairs

NEWPORT, R.I.

When a cyberattack hits an American financial institution, or the energy grid of a major U.S. city, what role should the U.S. military be prepared to take?

That was one of the central questions posed at a U.S. Naval War College war game last week. The Defend Forward: 2019 Critical Infrastructure War Game gathered more than 100 people from finance, energy, government and academia to participate in an unclassified two-day event on July 25 and 26.

It was the third in a series of cyber critical infrastructure war games held by the college's Cyber and Innovation Policy Institute.

"The Naval War College stands at the forefront of efforts to better understand the interconnectedness of the public-private partnership, especially in the increasingly contested realm of cyberspace," Acting President Lewis Duncan told the group in his welcoming remarks.

U.S. Coast Guard Rear Adm. Pete Brown, deputy assistant to the president and homeland security and counterterrorism adviser at the National Security Council, told the players that they can play an important role in cyber defense.

"Nation-states, criminal and terrorist actors seek to steal our intellectual property and our personal information, and damage our infrastructure through the use of malicious cyber tools," Brown said in his opening remarks.

"Exercises like this one are critically important to understand the characterization of risk between the public and private sector, as well as the capabilities we each have to protect our assets and our nation."

The game's title – Defend Forward – is a reference to the 2018 U.S. Cyber Command strategy that calls for "defending forward" against groups that have used hostile cyber tactics against

the United States.

"The brunt of cyber activity is occurring in the private sector," said Jacquelyn Schneider, assistant professor in the college's Strategic and Operational Research Department, in an interview about the game that she co-authored.

"For anyone who uses virtual banking, the viability of the financial system is existential. At the same time, the energy infrastructure is something that touches every American. We know that in crises, our adversaries will be looking at the financial and energy sectors as the soft underbelly of the United States," she said.

"That's where we're going to see the most need for government collaboration. This game is trying to understand where the government should put its resources to help deter, defend and respond to attacks."

The game's findings may be used to help inform the Cyberspace Solarium Commission, a congressionally created working group looking at American cyber strategy.

Mark Montgomery, commission executive director, attended the event and said he hoped to come away with new insights and creative ideas for handling private-sector cyberattacks.

"A large percentage of our national security critical infrastructure is owned and operated by the private sector," Montgomery said in an interview. "We need to ensure it is protected and supported at the same level as our government-operated infrastructure."

The scenario of the game was that a "red state" with powers equal to the United States conducted low-level cyberattacks for six months against U.S. financial and energy targets, using cyber tactics to gain strategic access, gather personal information about "blue" leaders and steal intellectual property from the financial sector.

The game then imagined that the "red state" wanted to influence the political

election of a "blue state" ally.

"The first move is all about what 'defend forward' looks like on a normal day," Schneider said. "Then it sets up a potential crisis to see how 'defend forward' — which a concept is written for day-to-day competition — how that translates into gearing up for a crisis and the response to a crisis."

The game was held at an unclassified level to allow people from the private sector to attend, Schneider said.

Representatives from major U.S. banks, financial corporations and energy companies were among the players. Participants were separated into rooms that represented the finance, energy, government sectors — with people designated as the chief executives, chief operating officers or chief information officers of fictional companies.

These groups grappled with how to respond to the scenario of an invasive security breach: Do we take the bank offline? Do we pause mobile banking? Do we have a bitcoin account established to pay hackers? Do we have a

response firm on retainer? Do we issue a press release?

"This game is about institutions, information sharing and about strategic decisions and strategic trade-offs," Schneider said.

"It's less about today's current capabilities and more about thinking through big-level strategic problems and thinking about the art of the possible."

Findings from the event are expected to be released in a game report published on the college's website, organizers said.

The Cyber and Innovation Policy Institute is part of U.S. Naval War College's Strategic and Operational Research Department, in the Center for Naval Warfare Studies.

More information on this group is available here: <https://usnwc.edu/Research-and-Wargaming/Research-Centers/Cyber-and-Innovation-Policy-Institute>

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



U.S. Navy



Kelley Stirling
Naval leadership and Gyrene Engineering Management (GEM) members drinking water on July 18 from a GEM vehicle integrated atmospheric water generator during Advanced Naval Technology Exercise (ANTX) East in Camp Lejeune, N.C.

ANTX | *Event provided opportunity to test prototypes and to participate in series of exercises*

Continued from B1

for the event.

Garry Shields, director of Carderock’s Disruptive Technologies Lab, brought some of his teams’ unique ideas to ANTX East, such as a manufacturing forward capability.

“We are demonstrating a new form of asymmetric industrial warfare, particularly the ability to build tactical systems at the speed of relevance,” Shields said.

In basic terms, his group was showing the Marines how they can improvise to build necessary items by using materials they may already have on hand, rather than waiting for the acquisition process.

“It’s been transformative for us, and we think it’s transformative throughout the Marine Corps when we start thinking about how we will build an improvisation network of technologies and Marines that know how to build transformative things in real time,” Shields said.

Another manufacturing forward idea was brought by Carderock’s Additive Manufacturing Project Office, which showcased the Expeditionary Fabrication (ExFab) facility. Basically an expandable, 20-foot shipping container, the ExFab is fitted with several 3D printers to allow for rapid parts manufacturing.

“It enables us to set up a 3D-printing lab anywhere in the world on the fly to make a rapidly deployable fabrication facility, which is a really unique capability in terms of the advanced manufacturing lab,” said

Carderock’s Sam Pratt, a trainer and technical expert in the ExFab facility.

As technologies were demonstrated, the operational component was able to identify additional needs, and some technologies came together to address those needs, and the researchers ultimately changed their demonstration during the exercise.

“There’s nothing that can’t be solved when you get the right people in the room, who all come with a purpose and a sense of humility,” said James Geurts, the assistant secretary of the Navy for research, development and acquisition, during his visit to ANTX East on July 18.

John Phillips, the Marine Forces Command science advisor for the Office of Naval Research, said ANTX has allowed the operator to see how an idea can become a capability.

“Once you can see something in an experiment, the vision is there,” Phillips said, adding that being able show the capability of something, beyond the science and technology, makes ANTX an important event. “When you get it in front of a Marine, they are asking questions that are different. They are asking questions about capability, and that’s what the scientists and engineers should care about.”

Carderock Technical Director Larry Tarasek said ANTX provided a means for interaction between the scientists and engineers and the warfighter.

“The technologies we are seeing are fantastic,” Tarasek said. “But it’s not just about



Kelley Stirling
Combatant Craft Division, a detachment of Naval Surface Warfare Center, Carderock Division, demonstrates the Unmanned Surface Vehicle Lab Afloat on July 17, during the Advanced Naval Technology Exercise (ANTX) East in Camp Lejeune, N.C. The USV Lab Afloat is a key component to the USV Autonomy Lab and Integration Center, and while at ANTX East, the boat docked itself autonomously.

the technology; it’s about bringing the fleet here and getting their feedback.”

Prior to the event, Carderock established Cooperative Research and Development Agreements (CRADAs) with every technology demonstrator, which means a technology that the Marines thought would be immediately useful can transition to the force immediately, either for acquisition or further research.

“It really does enable rapid fielding of technologies in a way that hasn’t been done before,” Stark said.

Technology assessors scored the different entries throughout the week, and as part of the phase two of ANTX East, they will determine if there is potential for further development of any of the technologies demonstrated.

Selected participants will be invited to phase two, which includes a six- to 18-month follow-on development process, where they will continue experimenting and prototyping their projects. Successes from phase two may then end up with a contract package.

Assistant Commandant of the Marine Corps Gen. Gary Thomas said the bottom line is the Marines need new capabilities for their concept of operations to work; and that they need them quickly.

“What’s exciting from my perspectives is the agility that a venue like this provides us,” Thomas said of ANTX during his remarks. “This is extremely high value.”

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

HOSTS | *Purpose of visit was to familiarize chief to the training used at commands*

Continued from B1

support the training, fosters an environment where ourselves and our allied partners can work together to produce the most rounded Fleet-ready Sailors.”

Following a visit with the staff and students at Quartermaster A School, SWOSU Great Lakes command leadership led a tour of the training facilities of Basic Engineering Common Core (BECC).

BECC is a 13-day course where students learn engineering principals and theory. It balances interactive courseware training with hands-on training labs, instructor-led classroom training. They also visited the SICLOS Lab, and Purifier Lab and LPD 17 Maintainer Course where students gain knowledge and skills to maintain engineering control systems in the fleet.

“We were proud to showcase how SWOSU Great Lakes trains students for the Fleet,” said SWOSU Great Lakes Commanding Officer Cmdr. Terrance Patterson. “They were able to see the technology we use in our classrooms and labs and most importantly, they saw the professionalism and pride our instructors project every day to make sure the students receive the training they need to be successful.”

The tour concluded with a brief and tour of student indoctrination’s Life Skills training. Sailors arriving on board from boot camp attend the training before any rate-specific courses. Subjects taught in the



Brian Walsh
Chief Quartermaster Gregory Lorenz, leading chief petty officer of QM A School, gives a tour of the Navigational Plotting Lab to Republic of Korea Fleet Master Chief Yong Hee Kwon during a visit to Surface Warfare Officer Training School August 1.

course cover sexual assault intervention, military pay and entitlements, healthy relationships, navigating stress, operations security, banking and financial management service, and responsible alcohol use.

“Both the FLTCM and I was very im-

pressed with what we saw today,” Detje said. “The technology used and the instructors’ knowledge of the material and their dedication to their craft is the reason we see top notch Sailors coming to the fleet. It was also nice to see firsthand how Ready, Rele-

vant Learning is starting to be implemented by providing Sailors the right training at the right time in the right way.”

For more news from Training Support Center, Great Lakes, visit www.navy.mil/local/tscgl/.

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Chesapeake native serves aboard USS Chung-Hoon
A 2011 Oscar F. Smith High School graduate is serving in the U.S. Navy aboard guided-missile destroyer USS Chung-Hoon. Petty Officer 2nd Class Alisha Wilson works as a Navy information systems technician operating out of Joint Base Pearl Harbor-Hickam, Hawaii.

SECTION C | FLAGSHIPNEWS.COM | 8.8.2019



All photos by Shannon Bowman

MILITARY FUN DAY

By Amie Holman
Virginia Media

NORFOLK
It was a fun day out of the hot sun! Kids of all ages enjoyed face painting, ribbon dancing, kid karaoke, the balloon artist, soccer skill challenges, climbing the ODU rock wall and a variety of inflatable activities. A special thank you to all of the Military Fun Day sponsors who helped to make this event happen for our wonderful military families and friends.



CalendarCommunity

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



Courtesy photo

101st Birthday 8K Pier Run

- Aug. 9, 8:00 a.m.
- WPNSTA Yorktown – Sports Zone Gym Lebanon Church Road, Bldg. 2062, Newport News
- www.navymwrmidlant.com/runs; 757-887-7453

The 2019 Yorktown MWR 101st Birthday 8K Pier Run is at Kirkpatrick Field. Online registration is now available. Same-day registration begins at 7:00 a.m.



Courtesy photo

Virginia Beach Grilled Cheese Festival

- Aug. 10, 2:00 p.m.-Aug. 11, 8:00 p.m.
- The Shack, 712 Atlantic Ave.
- www.grilledcheesefestivals.com

The 2019 Grilled Cheese Festival is taking over The Shack for an event like no other! This amazing festival will feature some of the area’s best restaurants and food trucks serving up their amazing grilled cheese creations at \$2.00 a sample. Get ready for live entertainment (cover bands & DJ’s), axe throwing trailer, Bloody Mary and orange crush bar, VIP area inside The Festival Center, Bloody Mary Bar and rivers of Orange Crushes!



Courtesy photo

Brett Young

- Aug. 9, 7:00 p.m.-10:00 p.m.
- Military Aviation Museum
- <https://militaryaviationmuseum.org/>

Whisper Concerts, Inc. and Military Aviation Museum are excited to have Brett Young coming to Virginia Beach. Special guest Adam Hambrick will be opening. Brett Young has captured the hearts of fans everywhere through his honest lyrics and West Coast-meets-Southern sound, aptly dubbed “Caliville” style. Hambrick cut his teeth as a Nashville songwriter, penning two #1 hits—Dan Shay’s “How Not To” and Justin Moore’s “Somebody Else Will” — plus Lindsay Ell’s Top 40 single “Waiting On You.” He knows how to hook a song, and he does that brilliantly on his debut album, invariably imbuing the 16 songs with cool melodies and structures that balance mystery and optimism.



Courtesy photo

Night Nation Run - Norfolk

- Aug. 10, 6:30 p.m.-11:00 p.m.
- Town Point Park
- <https://nightnationrun.com/norfolk>

The Night Nation Run is the World’s 1st Running Music Festival an ultimate blend of a Music Festival and a Fun Run. Experience a music filled course with Live DJs, Light Shows, Bubble Zones, Neon and Black Lights. Cross the finish line into an Epic Main Stage After Party featuring Top Headliner DJs. Start and Finish at TOWN POINT PARK! Run along the Waterfront District with epic views of the bay and downtown skyline.

■ Submit YOUR events, news and photos

The Flagship welcomes submissions from our readers online. Please submit **events** here: www.militarynews.com/users/admin/calendar/event/ Please submit **news** and **photos** here: www.militarynews.com/norfolk-navy-flagship/submit_news/



David Finley

Chesapeake native serves aboard U.S. Navy guided-missile destroyer in Pearl Harbor

By Lt. Courtney Prizer
Navy Office of Community Outreach

JOINT BASE PEARL HARBOR-HICKAM, HAWAII

A 2011 Oscar F. Smith High School graduate and Chesapeake, Virginia, native is serving in the U.S. Navy aboard the guided-missile destroyer, USS Chung-Hoon.

Petty Officer 2nd Class Alisha Wilson works as a Navy information systems technician aboard the forward-deployed Arleigh Burke-class guided-missile destroyer operating out of Joint Base Pearl Harbor-Hickam, Hawaii.

Wilson credits success in the Navy to many of the lessons learned in Chesapeake.

“Growing up in Chesapeake, I learned to always be respectful to others,” said Wilson.

Chung-Hoon measures approximately 500 feet and is powered by four gas turbines that allow the destroyer to achieve more than 30 mph in open seas.

Approximately 30 officers and 300 enlisted men and women make up the ship’s company. Their jobs are highly specialized and keep each part of the cruiser running smoothly, according to

Navy officials. The jobs range from maintaining engines and handling weaponry to washing dishes and preparing meals.

As a Navy information systems technician, Wilson is responsible for ensuring the ship’s network and communications remain up and running.

According to Navy officials, destroyers are tactical multi-mission surface combatants capable of conducting anti-air warfare, anti-submarine warfare and anti-surface warfare, as well as humanitarian assistance. Fast, maneuverable, and technically advanced, destroyers provide the required war-fighting expertise and operational flexibility to execute any tasking overseas.

Being stationed in Pearl Harbor, often referred to as the gateway to the Pacific in defense circles, means Wilson is serving in a part of the world taking on a new importance in America’s focus on rebuilding military readiness, strengthening alliances, and reforming business practices in support of the National Defense Strategy.

“Our priorities center on people, capabilities and processes, and will be achieved by our focus on speed, value, results and partnerships,” said Secre-

tary of the Navy Richard V. Spencer. “Readiness, lethality and modernization are the requirements driving these priorities.”

Serving in the Navy is a continuing tradition of military service for Wilson, who has military ties with family members who have previously served. Wilson is honored to carry on that family tradition.

“The most important and most influential person in my life is my mother, who also served in the Navy,” said Wilson. “I grew up with the military culture all my life, so it just feels normal.”

Though there are many ways for sailors to earn distinction in their command, community, and career, Wilson is most proud of earning a Navy and Marine Corps Achievement Medal.

“I worked long hours to restore a critical system on the ship,” said Wilson. “It took time and dedication to get it up and running correctly. I learned a lot during the process. I wasn’t sure if I was up for the task, but I surprised myself and never doubted my capabilities afterwards.”

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

“I love the Ohana vibe everyone has in Hawaii. It’s like coming to a second home,” added Wilson. “Serving in the Navy has helped me find out who I am and how far I can push myself, allowing me to learn, evolve and find success in everything I do.”

Norfolk Collegiate receives award for outstanding service to military children

Press Release

Norfolk Collegiate’s Lower School was honored as a 2019 Lt. Gen. (Ret.) H.G. “Pete” Taylor Partnership of Excellence Award™ recipient at the Military Child Education Coalition® (MCEC®) 21st National Training Seminar in Washington, D.C. in July 2019. MCEC is a nonprofit organization dedicated to ensuring quality educational opportunities for all military and veteran-connected children affected by mobility, transition, deployments and family separation.

The award is selected from schools and military installations around the world and encourages and applauds outstanding partnerships between military installations and school districts that serve military children. The winning partnerships celebrate the military child in exceptional and sustainable ways.

Norfolk Collegiate’s Lower School was awarded the Pete Taylor Partnership of Excellence Award 2019 Outstanding Individual Project/Program Award in the Individual Project K-12 category for its 2019 Month of the Military Child and Purple Star Celebration. The award was given in conjunction with Naval Station Norfolk, Naval Air Station Oceana and Dam Neck, Naval Support



Courtesy photo

Norfolk Collegiate counselors Jan Weintruab and Helen Younce and Director of Communications Sara Steil accept the 2019 Lt. Gen. (Ret.) H.G. “Pete” Taylor Partnership of Excellence Award.

Activity, Hampton Roads, Portsmouth Naval Shipyard and Virginia Department of Education – Virginia.

ABOUT THE AWARD

Created in 2004, the Lt. Gen. (Ret.) H.G. “Pete” Taylor Partnership of Excellence Award™ recognizes the work of former MCEC Chairman Lt. Gen. (Ret.) Pete Taylor in assisting military children. The award encourages the sharing of lessons learned and recognizes the long-held belief of Taylor that “goodness starts at the local level.”

Norfolk Collegiate Lower School’s 2019 Month of the Military Child and Purple Star celebrations followed the proud tradition of honoring the important role that military children play in serving our country. Uniformed service members from several commands greeted the students as they entered the school. Red, white, and blue leis adorned the necks of military students and purple ribbons were available for all adults.

All the active duty and veteran-connected children received certificates of appreciation for their service and deployed service members shared surprise greetings with their children. Norfolk Collegiate Lower School celebrated the distinction of earning a Purple Star Designation. The Virginia Department of Education awards this honor to military-friendly schools that have demonstrated a major commitment to students and families connect to our nation’s military.

“The Military Child Education Coalition proudly salutes the remarkable difference that these schools, military installations, communities and states are making in the lives of military and veteran-connected children,” said Dr. Mary Keller, MCEC president and chief executive officer. “By collaborating authentically in unique and innovative ways, these military, education, corporate and policy leaders, exemplify the power and promise of partnerships.”

MILITARY FUN DAY



All photos by Shannon Bowman



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Cornel Constantin

A tick like this one, seen at 10x magnification, can spread a number of dangerous pathogens during the warm-weather months.

TICK FACTS: DANGERS AT THE HEIGHT OF TICK SEASON

By Military Health System Communications Office

From April to September, tick activity spikes throughout the United States. With high tick activity comes the importance of increasing awareness of common tick-borne illnesses and how to prevent them.

According to Army Maj. Elizabeth Wanja, of the Uniformed Services University for Health Sciences, outdoor activities during peak tick season raise the chances of transmitting pathogens from living organisms that can carry diseases. These organisms include mosquitos, fleas and, you guessed it, ticks.

“Outdoor activities like farming, camping, and military training exercises in grasslands or edges of the forest increase chances of these pathogens’ transmission,” Wanja said.

Information from the Centers for Disease Control and Prevention states that 77 percent of all insect-borne diseases are carried

by ticks. Lyme disease, transmitted through bites from deer ticks, remains the most common of these diseases. However, Lyme is not the only disease to be aware of. Here are five other tick-borne pathogens to be aware of:

Ehrlichiosis, which commonly occurs in the Southeast, South Central, and Midwest U.S., is transmitted to humans primarily by a bite of an infected lone star tick, which is native to this region. Symptoms include fever, chills, headache, muscles aches, and the occasional upset stomach. Ehrlichiosis can be treated in adults and children with the antibiotic Doxycycline.

Anaplasmosis occurs in the Northeast, mid-Atlantic, upper Midwest and West Coast of the U.S. and is transmitted through a bite of the blacklegged tick and the western blacklegged tick. Anaplasmosis has the same symptoms and treatment as ehrlichiosis – the main difference being the tick that carries the disease.

Rocky Mountain spotted fever is caused

by infection from a bacterial organism. It is transmitted by a bite of an infected American dog tick, brown dog tick, and the Rocky Mountain wood tick. This is commonly reported in the Southeast U.S. This infection causes high fever, headache, and rash, and can be deadly if not treated with Doxycycline.

Powassan virus is a rare, tick-borne flavivirus that can have severe effects on the human nervous system. The deer tick transmits Powassan, which is a rare infection that’s on the rise, with 33 cases in 2017 alone. There are currently no vaccines or treatments for Powassan virus infection, so hospitalization is imperative to help with breathing complications and brain swelling.

The most peculiar tick-borne disease on the list, alpha-gal syndrome, occurs when the alpha-gal sugar molecule – often found in red meats like beef and pork – is transmitted into the human body. This molecule has been associated with the bite of the lone star

tick, transmitted through saliva. Studies are still ongoing to find a specific link between alpha-gal syndrome and ticks, but the result for a human can be a tick-caused red meat allergy.

Tick-borne illnesses can also be transported overseas. U.S. military personnel and their family members deploy to various regions of the world, where they can be exposed to arthropod-borne diseases that the rest of the U.S. population does not encounter.

“These deployments expose service members and families to novel pathogens which may be introduced in the U.S. when infected personnel redeploy back home,” Wanja said.

Luckily, there are various ways to reduce the chances of getting tick-borne infections. They include avoiding areas where ticks may be found and checking for ticks if someone conducts activities that might bring them into tick-prone areas.

Use of skin-topical repellents and treated clothing, wearing of pants tucked in shoes and boots, and proper removal of ticks to avoid pathogens being injected into the body can also prevent the spread of these illnesses.

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coming to theaters

WHERE'D YOU GO, BERNADETTE [PG-13]

Bernadette Fox seems to have it all – a beautiful home, a loving husband and a brilliant teenage daughter. When Bernadette suddenly disappears, her concerned family sets off on an exciting adventure to solve the mystery of where she might have gone.

GOOD BOYS [R]

Invited to his first kissing party, 12-year-old Max asks his best friends Lucas and Thor for some much-needed help on how to pucker up. When they hit a dead end, Max decides to use his father's drone to spy on the teenage girls next door. When the boys lose the drone, they skip school and hatch a plan to retrieve it before Max's dad can figure out what happened.

DRIVEN (2019) [R]

Set in early 1980s California, the story follows the meteoric rise of the golden boy of the automotive industry, John DeLorean (Pace) and his iconic DeLorean Motor Company, through the eyes of his friendship with charming, ex-con pilot turned FBI informant, Jim Hoffman (Sudeikis). DeLorean turned to unsavory activities to save his financially troubled DeLorean Motor Company, and it was Hoffman who was all too willing to lure the car designer/engineer into a cocaine trafficking ring set up by the FBI. Isabel Arraiza is Cristina DeLorean, DeLorean's fashion model wife, Judy Greer is Ellen Hoffman, Hoffman's

direct, no nonsense wife and Corey Stoll is ambitious FBI Special Agent Benedict Tisa.

BLINDED BY THE LIGHT [PG-13]

Javed is a British teen of Pakistani descent growing up in 1987 England. Amidst the racial and economic turmoil of the times, he writes poetry as a means to escape the intolerance of his hometown and the inflexibility of his traditional father. But when a classmate introduces him to the music of Bruce Springsteen, Javed sees parallels to his working-class life in the powerful lyrics. As Javed discovers an outlet for his own pent-up dreams, he also begins to express himself in his own voice.

THE ANGRY BIRDS MOVIE 2 [PG]

Red, Chuck, Bomb and the rest of their feathered friends are surprised when a green pig suggests that they put aside their differences and unite to fight a common threat. Aggressive birds from an island covered in ice are planning to use an elaborate weapon to destroy the fowl and swine way of life. After picking their best and brightest, the birds and pigs come up with a scheme to infiltrate the island, deactivate the device and return to their respective paradises intact.

ANGEL HAS FALLEN [R]

When there is an assassination attempt on U.S. President Allan Trumbull (Morgan Freeman), his trusted confidant, Secret Service Agent Mike Banning (Gerard Butler), is wrongfully accused and taken into custody. After escaping from capture, he becomes a man on the run and must evade his own agency and outsmart the FBI in order to find the real threat to the President. Desperate to uncover the truth, Banning turns to unlikely allies to help clear his name, keep his family from harm and save the country from imminent danger.

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4:00 p.m. Yesterday [PG-13]
7:00 p.m. Stuber [R]

Sunday | Aug. 11
1:00 p.m. Toy Story 4 [G]
4:00 p.m. Spider-Man: Far From Home [PG-13]
7:00 p.m. Crawl (2019) [R]

NAS Oceana, Aero Theater – 433-2495

Friday | Aug. 9
6:00 p.m. Crawl (2019) [R]
9:00 p.m. Stuber [R]

Saturday Aug. 10
12:00 p.m. Spider-Man: Far From Home [PG-13]
3:00 p.m. Yesterday [PG-13]
6:00 p.m. Stuber [R]

Sunday | Aug. 11
12:00 p.m. Toy Story 4 [G]
3:00 p.m. Crawl (2019) [R]
6:00 p.m. Anabelle Comes Home [R]

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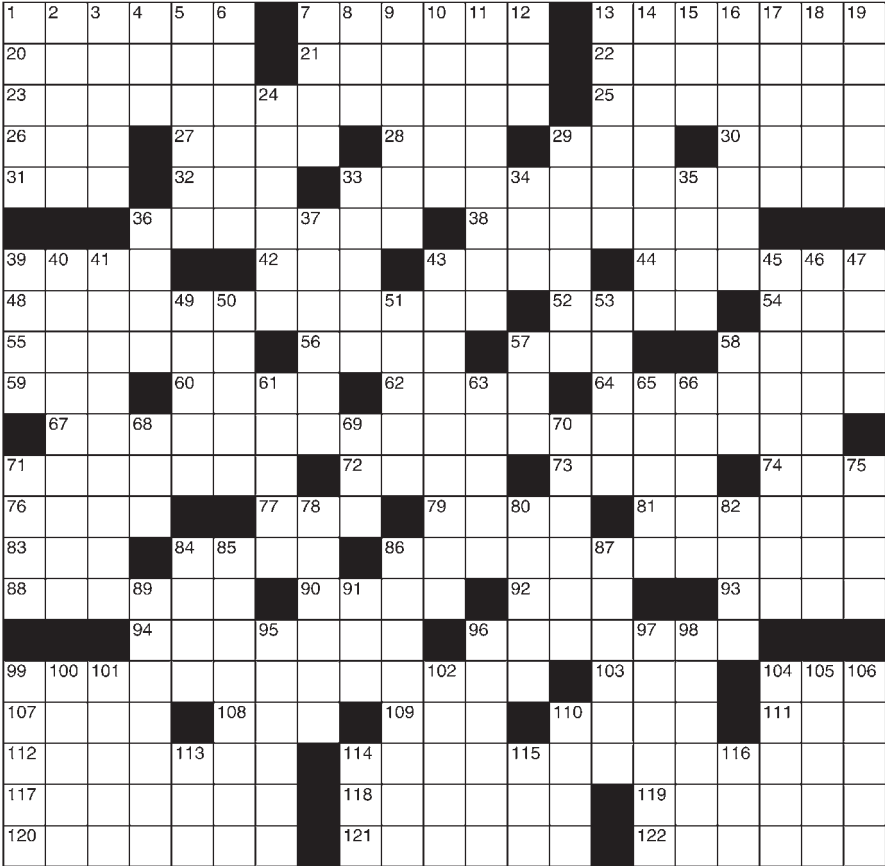


Fun and Games

Super Crossword

POETIC
LICENSE

- ACROSS**
1 3.26 light-years
7 Smithies'
13 Mark with surface ridges
20 Wise goddess
21 Baby sock
22 Garden State capital
23 Money made by the poet who wrote "In a Station of the Metro"?
25 Lessees
26 Port on the Danube
27 "Just playin' with ya"
28 Singer
29 Bad-mouth
30 Fuel brand in Canada
31 Tirana is its cap.
32 Hound doc
33 Switchboard worker reached by the poet who wrote "The Bridge"?
36 Grid of fine lines in an optical instrument's focus
- DOWN**
38 Boxer
39 Aged, once
42 According to blocks
43 Concerning
44 High-priority task
48 Holiday tree decoration hung by the poet who wrote "The Song of the Shirt"?
52 German car make
54 Cool, 1940s-style
55 Mix up
56 "No it —!"
57 450, in old Rome
58 Co. division of old TV
59 Caesar of
60 Horror film lab helper
62 Puente of mambo
64 Promises
67 Business run by the poet who wrote "The Shooting of Dan McGrew"?
71 Most ventilated
72 Lovett of country rock
73 Give a title to
74 Pindar verse
- ACROSS**
76 FBI action
77 Koko, e.g.
79 Vigoda and Fortas
81 Having a bill
83 Novelist
84 Packer
86 Soccer star
88 Caution given by the poet who wrote "The Road Not Taken"?
88 Amount of groceries, say
90 Busy as —
92 Adriatic, e.g.
93 Henri's head
94 Off the mark
96 Compound with two or more amino acids
99 Food energy used by the poet who wrote "To a Mouse"?
103 Toronto-to-D.C. dir.
104 — Cruces
107 Irish Rose's lover
108 Pats' goals
109 Drink suffix
110 Enter
111 Noah's boat
112 Tennis hitting technique
- DOWN**
114 Marinara
118 Fisherman's kind acts
119 Israel's language
120 One of the 12 apostles
121 See 115-Down
122 Tromps (on)
17 Trial blast
18 Bodily trunk
19 Painter
24 Venetian painter
29 Carry out kind acts
33 Simoleons
34 M.D. type
35 Cuba's Castro
36 Actor Foxx
37 Eau —
39 Resistance units
40 Mardi Gras locale
41 Moving shakily
43 Like sun visors
45 2002 baseball-themed film
46 Reliant (on)
47 Decides
49 Drab shade
50 Denver university
51 Contest form
53 Town square
57 Bamboozle
58 Hwy. felony
61 In base eight
63 1990s cardio fad
65 Conga's kin
66 Guide
68 Purge
69 Jai-alai cry
70 Shoe part
71 UAR part
75 Threshold
78 June gems
80 Twisty paths
82 Cards' cost
84 Witty bits
85 Optional course
86 Alternatives to Maseratis
87 Sherlock Holmes' pal
89 Tactfulness
91 Scarer's cry
95 Comedian
96 Runt
97 Apple computer webcam
98 More obtuse
99 Norman in "Psycho"
100 Curved fastening bar
101 Rind
102 Pop heroes
104 Singer
105 Curved
106 Distorts
110 Cotton seed removers
113 Fruit seed
114 TV's Arthur
115 With
121-Across, company's worth after liabilities
116 Japanese prime minister
Shinzo



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Sudoku

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

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: L equals D

LTL MAS FGIQ VFIV AKL DFGN

BFA BIR RGIRAJTJW FTR

NQGJDF NQTGR? FG BIR

SRTJW RIKVM KIJWSIWG.

Last week's CryptoQuip answer

If you never let actor Vaughn or singer Gill get the best of you, I suppose you're in-Vince-able.

last week's answers

WIZARDS HUBBIES SPARK
EVILEYE OFFENDS CUBAN
BEGINNING OF TIME REESE
DAZE SAGO AERATE
ERAT SEDAN DONTGETMAD
FERRET FUJI DANNO
FAMILY FORTUNE PEERING
EPOXY ALE TELL WRITER
TERI ANDSO BUS COVE
EDSELS SHOWMETH MONEY
AINT ZOO HALO
ORDINARY PEOPLE ABATED
TARS ALA SIREN DINE
ONEUPS ERGO MAN ERNST
STIRRED COME INTO VOGUE
RENAL LGBT NAILER
NOTETOSELF BSIDE TESS
OPENER SOHO RICE
BINDS FLOOD PREVENTION
INSET DIPLOID ANDORRA
SEERS REPRESENTS STOPSBY

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

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