



NAVY RELEASES HEMP POLICY

From Chief of Naval Personnel Public Affairs

WASHINGTON

Department of the Navy continues to direct Sailors and Marines not to use hemp-derived products in a message released Aug. 7.

ALNAV 057/19 references and reiterates current Department of Navy (DoN) policy (SECNAVINST 5300.28F) regarding substance abuse, and it establishes the prohibition of use, ingestion, consumption or application of cannabinoid formulations made or derived from hemp or marijuana.

December 20, 2018, President Donald J. Trump signed into law the Agriculture Improvement Act of 2018, commonly known as the “2018 Farm Bill”. This includes legislation allowing hemp cultivation and the transfer of hemp-derived products across state lines. The legislation defines hemp as a cannabis plant that contains no more than 0.3 percent of

tetrahydrocannabinol (THC), the chemical compound in cannabis associated with psychoactive effects. With the passage of this legislation, hemp-derived products, including cannabidiol (CBD), have become widely available.

Navy policy has not been affected by the passage of the Agriculture Improvement Act of 2018, and all products derived from hemp or marijuana are still prohibited. While currently deemed legal for civilians in some states, all hemp and CBD products are strictly prohibited for use by Sailors.

Commercially-available hemp products, including CBD, have not been inspected by the FDA and therefore have not been proven to diagnose, treat, prevent or cure any illness. Some of these products do not list all ingredients, making it impossible to know definitively how much CBD, THC or other synthetic cannabinoids they may contain. Use, which is defined as oral



MC1 Shannon Chambers

Navy Operational Support Center North Island conducts a monthly urinalysis test of assigned Reserve Sailors on Naval Air Station North Island. The NOSC collected 62 samples from Sailors that day to comply with zero tolerance drug use standards within the Navy.

ingestion, intravenous use, smoking/vaporization or any other method through which hemp-derived products may enter the body, could expose the user to THC. It is possible to test positive for THC on a urinalysis by using a CBD or hemp product. It can be impossible to determine where a CBD or hemp product was manufactured and what level of THC it may contain. Even trace amounts of THC can accumulate in the body and be

detected in a urinalysis screening.

Sailors who test positive for THC or other controlled substances for which they have no valid prescription are subject to mandatory administrative processing and could receive a discharge characterized as “Other Than Honorable” (OTH), which can affect future veteran’s benefits and employment opportunities. Additionally, the Navy reports unlawful drug users to the

Federal Bureau of Investigation for inclusion in the National Instant Criminal Background Check System (NICS), which could impact the ability to purchase firearms or ammunition in the future. It is the responsibility of every Sailor to ensure that he or she is diligent in avoiding intentional or accidental exposure to THC and other prohibited substances.

Information about Navy drug detection and deter-

rence as well as Navy policy on hemp and CBD products can be found at www.ddd.navy.mil.

For more news from Chief of Naval Personnel, follow us on Facebook at <https://www.facebook.com/usnpeople/>, Twitter at <https://twitter.com/usnpeople> or visit <https://www.navy.mil/cnp/index.asp>.

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



MC2 Kris R. Lindstrom

U.S. Army and Navy surgeons attend the Combat Extremity Surgery Course (CESC) at Naval Medical Center Portsmouth (NMCP) on Aug.1. CESC was designed to provide deploying surgeons, physician assistants, nurse practitioners and combat medics/hospital corpsmen the skills necessary to manage extremity trauma.

NMCP focuses on readiness with surgical training course

PORTSMOUTH, VA.

A day in age where the U.S. Navy’s primary focus is on readiness, Naval Medical Center Portsmouth (NMCP) collaborated with the U.S. Army Medical Command to conduct the annual Combat Extremity Surgery Course (CESC) on Aug. 1 and 2.

Capt. Lisa Mulligan, NMCP’s commanding officer, visited the group attending the course at the kick-off to speak with them about how important the course was for their readiness.

Navy announces upcoming administrative processes to achieve best-ever performance

From Chief of Naval Personnel Public Affairs

WASHINGTON

The Navy announced a series of forthcoming administrative changes meant to foster a culture of excellence and assist the service achieve best-ever performance in NAVADMIN 188/19, released Aug. 9.

Recognizing that some of the Navy’s current personnel processes, policies, and practices were established for a different environment and often lack the agility required for today’s fighting force, the Chief of Naval Operations Adm. John

Richardson directed the review to ensure the Navy remains a team composed of Sailors with strong character and professional expertise.

The Chief of Naval Personnel Vice Adm. John Nowell completed the comprehensive review which thoroughly looked at how the Navy documents and adjudicates civilian and military legal matters, and uses administrative processes to reaffirm service standards of performance. It also looked at processes and authorities that commanding

CHECK US OUT ONLINE!

www.flagshipnews.com

facebook

www.facebook.com/The.Flagship

twitter

www.twitter.com/the_flagship

Military honored at Norfolk Tides Navy Night

The Norfolk Tides hosted the 12th annual Navy Night at Harbor Park Stadium, Aug. 10., in honor of active duty and retired service members.

»See **A5**



Bataan Amphibious Ready Group completes SWATT

SWATT provided an important transition from single ship operations to multi-ship, aircraft, and landing craft operations in scenarios that spanned multiple warfare areas.

»See **B1**

Colonial Williamsburg savings

Homeschooling families receive exclusive deals on admission and special interactive educational programs.

»See **C1**



MCC Shannon E. Renfroe
F/A-18E Super Hornets from Strike Fighter Squadron (VFA) 136 “Knighthawks” fly in formation during a photo exercise over Calif. The Knighthawks are an operational U.S. Navy strike fighter squadron based at Naval Air Station Lemoore (NASL), Calif. and are attached to Carrier Air Wing (CVW) One.

NAVAL AVIATION ON ITS WAY TO ACHIEVE READINESS GOAL

It has been less than a year since the Navy set out to restore strike fighter readiness rates to 80 percent, and the one-year deadline of Oct. 1 is approaching. For the aviation community, the endeavor to increase the mission-capable rate of F/A-18E/F Super Hornets posed a challenge that Naval Aviation leadership attacked with fervor.

It is with good reason that the Naval Aviation community has risen to this challenge. For over 100 years, carrier aviation has led the way in power projection and bringing the fight to our adversaries. In WWII, the aircraft carrier replaced the battleship as the most powerful offensive naval weapons system as the battles between fleets were increasingly fought outside of the ships’ gun ranges. The Battle of Coral Sea was the first air-sea battle in history, and the lessons learned by the Naval Aviators during that battle helped form new tactics and techniques that led to a decisive victory and the turning point of the War in the Pacific during the Battle of Midway.

Today, U.S. Navy carriers routinely deploy worldwide, in harm’s way, providing our national leadership credible options ranging from deterrence to major combat operations, without the need to consult another host nation.

I recently completed an informative trip to Commander, Strike Fighter Wing Atlantic at NAS Oceana in Virginia Beach to get a first-hand look at the changes to aviation maintenance practices and to gain insight on the challenges and priorities of aviators and maintainers.

Under the leadership of Commander, Naval Air Forces Atlantic

and CSFWL, the east coast Fleet Replacement Squadron (FRS) Strike Fighter Squadron (VFA) 106 was the most recent squadron to initiate reforms under the Naval Sustainment System (NSS), starting in April of this year. VFA-106 has the largest inventory of Super Hornets on the flight line, as they are responsible for training newly-winged aviators for the fleet.

In short, this squadron is the largest contributor to the strike fighter readiness recovery. Since VFA-106 maintenance performance impacts overall Super Hornet readiness status more than any other squadron, the recent implementation of NSS procedures had a significant impact on the overall goal. Like the pio-

neering naval aviators in WWII rapidly incorporated lessons learned between Coral Sea and Midway, VFA-106 learned from the FRS squadron at NAS Lemoore who completed early iterations of NSS changes. This rapid learning and improvement drove VFA-106 to reduce maintenance turnover timeframes, raise the average mission capable (MC) aircraft numbers, and return several long-term down aircraft to a flying status.

I spoke with two plane crew chiefs – both junior Sailors – to ask what they thought of the new processes. With pride, they both spoke of ownership, of learning the whole aircraft, well outside of their rating expertise, and of true teamwork.



MC2 Pyoung Yi
Sailors direct an F/A-18E Super Hornet, assigned to the “Tomcatters” of Strike Fighter Squadron (VFA) 31, on the flight deck of the aircraft carrier USS Theodore Roosevelt (CVN 71). Theodore Roosevelt is conducting routine operations in the Eastern Pacific Ocean.



ADC Alvin Zuilan
Aviation Electronics Technician 1st Class Joshua Norris, center, a Center for Naval Aviation Technical Training Unit (CNATTU) Lemoore instructor, observes student Aviation Electronics Technician 1st Class Jamie Kenney as she troubleshoots simulated issues on the F/A-18 aircraft ALR-67 system. Norris is a key player in developing CNATTU Lemoore's first “Burst” course held onboard Naval Air Station Lemoore. The goal with Burst courses is to tackle specific critical aviation aircraft maintenance degraders by rapidly developing and delivering training at the point of need.

This is a great example of U.S. Navy Sailors being given tremendous responsibility – and running with it!

This effort is a testament to the adaptability and determination of

the aviators and maintainers in the VFA community and VFA-106. The squadron is reaching the point where lack of MC aircraft is no longer a limiting factor to pilot production, even when supporting operations in multiple locations or underway on the aircraft carrier. These are powerful results that will ensure we have enough instructors and pilots in the future.

Success at VFA-106 is one example of how the Naval Aviation Enterprise is working together to achieve our 80 percent readiness goal. Because NSS addresses all elements of aviation maintenance – people, parts and processes – to make permanent changes that increase aviation readiness and lethality, we are seeing improvements that are sustainable for the future. Through collaboration and a whole-of-aviation approach, the Naval Aviation Enterprise is on its way to achieve and sustain its readiness goal.

It is a remarkable time for Naval Aviation, and I’m proud to have seen the determination, passion and professionalism during my visit. Keep up the hard work, and I’ll see you in the fleet!

The Flagship

Editorial Staff

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

Graphic Designer | Abby Likens, 757-222-3859

Flagship, Inc.

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

Creative Director | Allyson Garner, 757-222-3955

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

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

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

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

STARK

INC.

**Collision Repair
&
Auto Body Shop**

**When Accidents Happen
We’re Here To Help!**

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

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



Bringing Your Car Back To Pre-Crash Condition!



NEWS FROM NAS OCEANA

VCNO VISITS NAS OCEANA

From Naval Air Station Oceana Public Affairs
VIRGINIA BEACH, VA.

Vice Chief of Naval Operations Adm. Robert P. Burke arrived at Naval Air Station Aug. 7, to tour Strike Fighter Squadron (VFA) 106 and discuss aviation readiness. Burke spoke with several Sailors about F/A-18 Super Hornet maintenance practices and with base and squadron leadership to discuss how Sailor quality of life impacts the successful completion of the mission.



Photos by MC3 Mark Thomas Mahmood

Vice Chief of Naval Operations Adm. Robert P. Burke, center, walks through a hangar with Cmdr. Brandon M. Scott, commanding officer of the “Gladiators” of Strike Fighter Wing (VFA) 106, right, and Capt. John W. Hewitt, executive officer of Naval Air Station Oceana, left, during a tour on board Naval Air Station Oceana. Naval Air Station Oceana serves as the Navy’s East Coast Master Jet Base, homeport for five carrier air wings and 17 F/A-18 Super Hornet squadrons.



Cmdr. Brandon M. Scott, commanding officer of the “Gladiators” of Strike Fighter Wing (VFA) 106, right, discusses hangar condition with Vice Chief of Naval Operations Adm. Robert P. Burke during a hangar tour on board Naval Air Station Oceana. Burke visited VFA-106 to meet with command leadership and discuss aviation readiness.



Aviation Machinist Mate 1st Class Victor Barone, assigned to the “Gladiators” of Strike Fighter Squadron (VFA) 106, speaks to Vice Chief of Naval Operations Adm. Robert P. Burke about F/A-18 Super Hornet maintenance during a hangar tour on board Naval Air Station Oceana.

Aviation Structural Mechanic 1st Class Noah McDowell, an airframes supervisor assigned to the “Gladiators” of Strike Fighter Squadron (VFA) 106, speaks to Vice Chief of Naval Operations Adm. Robert P. Burke about F/A-18 Super Hornet maintenance during a hangar tour on board Naval Air Station Oceana.



SAINT LEO
UNIVERSITY®

Our Mission: Your Education

A leading educator for veterans, active-duty, guard, reservists and military families, Saint Leo University provides flexible undergraduate and graduate programs to help advance your career.

As a top 10 military-friendly school, Saint Leo is proud to educate our military and all those who play a role in supporting our service members. Take advantage of:

- Flexible and affordable education
- Discounted tuition for military
- Online and on-ground classes
- Military-friendly programs and support

CONNECT WITH US
f t i n

Chesapeake | 757.227.4450
Jeb Little Creek-Fort Story | 757.464.6449

NAS Oceana | 757.428.8395
NS Norfolk | 757.489.0969

Apply now | saintleo.edu



GI BILL® is a registered trademark of the U.S. Department of Veterans Affairs (VA). More information about education benefits offered by the VA is available at the official U.S. government website at <http://www.benefits.va.gov/gibill>.



NAVY
COMMANDER
LEADS
WARSHIP
THAT PLAYED KEY
ROLE IN THE RESCUE
OF HER FATHER

MC2 Anna Van Nuys

By Alvin Plexico
Navy Office of Community Outreach

NORFOLK

Cmdr. Jean Marie Sullivan is the senior officer aboard a ship that has a history that is remarkably intertwined with the history of her family.

In the summer of 1990, Sullivan’s family lived in Liberia, where her parents worked at the embassy as part of the U.S. State Department’s Foreign Service. According to U.S. Navy historical records, USS Whidbey Island was ordered to Mamba Station off the coast of Monrovia, Liberia, to serve as the flagship for evacuations as part of Operation Sharp Edge. That part of history is interesting; however, what makes the story truly remarkable is that the U.S. Marines ordered to rescue her father, and others, from the embassy were from the same ship that Sullivan commands today.

“My parents served in the State Department, and my family and I were in Liberia during the 1990s,” said Sullivan. “My siblings, mother and I were evacuated earlier,

but my father was required to stay. The civil war worsened, and the rebels surrounded the embassy, sending notice that they planned to kill all Americans in the embassy. U.S. Marines rescued my father, and those Marines came from the USS Whidbey Island. It’s hard to believe that nearly 30 years later I’m serving aboard the ship that delivered my father’s rescuers.”

Today, a key element of the Navy the nation needs is tied to the fact that America is a maritime nation, according to Navy officials, and that the nation’s prosperity is tied to the ability to operate freely on the world’s oceans. More than 70 percent of the Earth’s surface is covered by water; 80 percent of the world’s population lives close to a coast; and 90 percent of all global trade by volume travels by sea.

“ It’s hard to believe that nearly 30 years later I’m serving aboard the ship that delivered my father’s rescuers.”

Cmdr. Jean Marie Sullivan

Sullivan is playing an important part 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 Secretary of the Navy Richard V. Spencer. “Readiness, lethality and modernization are the requirements driving these priorities.”

Sailors’ jobs are highly varied aboard this ship. About 300 men and women currently make up the ship’s crew, which keeps all parts of the ship running smoothly, from handling weaponry to maintaining the engines. An additional 400 Marines can be

embarked, and the ship is capable of transporting these Marines and landing them where they are needed using helicopters and landing craft, air cushion (LCAC) vehicles.

When asked how she views her role as commanding officer, Sullivan replied, “Every day I am amazed by the men and women of Whidbey Island. Their steadfast devotion to the ship, mental toughness to overcome any challenge and complete commitment to their fellow shipmates truly inspires. Whidbey Island Sailors are why we can answer the call and go where it matters, when it matters.”

As a member of one of the U.S. Navy’s most relied-upon assets, Sullivan knows she is part of a legacy that will last beyond her lifetime providing the Navy the nations needs.

““Serving in the Navy brings meaning to my life because I’m serving something bigger than myself,” Sullivan said. “It’s not just serving the nation, but more importantly serving my sailors who come from different backgrounds and experiences. There’s something very powerful in that. It’s very American.”

breaking benjamin
Three Days Grace
DOROTHY DIAMANTE
SUMMER TOUR 2019
AUGUST 21

CHRIS YOUNG
RAISED ON COUNTRY
TOUR 2019
WITH CHRIS JANSON
JIMMIE ALLEN
AUGUST 22

SUMMER TOUR 2019
FLOGGING MOLLY AND SOCIAL DISTORTION
THE DEVIL MAKES THREE
LE BUTCHERETTES
SATURDAY
AUGUST 23

LUKE BRYAN
SUNSET Repeat tour
COLE SWINDELL
JON LANGSTON
DJ ROCK
SEPTEMBER 8

OUTLAW MUSIC FESTIVAL
WILLIE NELSON FAMILY
BONNIE RAITT
THE AVETT BROTHERS
ALISON KRAUSS
LUKAS NELSON & PROMISE OF THE REAL
SATURDAY
SEPTEMBER 14

LEGENDARY NIGHTS
MILL - FUTURE
MUSTARD
MEGAN THREE STALLION
SEPTEMBER 20
Z44 SHAGG FEST 19

CHRIS STAPLETON
ALL AMERICAN ROAD SHOW
WITH BROTHERS OSBORNE & KENDALL MARVEL
FRIDAY
OCTOBER 18

VETERANS UNITED HOME LOANS
AMPHITHEATER
AT VIRGINIA BEACH
LIVE NATION
AMPHITHEATER BOX OFFICE
TICKETMASTER | 800-745-3000
twitter@LiveNationVB | facebook/VABeachAmp
Veterans United
citi
Miller Lite

Brides AND BREWS
Presented by
O'CONNOR BREWING CO.
SUNDAY, SEPTEMBER 29th
O'Connor Brewing Co.
Local Wedding Vendors, Brews, Fashion & More
VIP Brunch: 11:30 - 12:30
General Admission: 12:00 - 4:00
Music, Beverages, Grooms Room, Live Fashion Show
TICKETS AVAILABLE AT
distinctionva.com/bridesbrews
General Admission Tickets: \$10; \$45 for VIP Brunch
Gold Sponsors: DISTINCTIVE Event Rentals, Colonial DJs, Silver Sponsor: Miller Lite, DISTINCTION CULURE, DINING & STYLE

By MC2 Christopher Roys
Navy Public Affairs Support Element East

“ It’s always special to see young people join our Navy.”

Capt. Joey Frantzen

NORFOLK

The Norfolk Tides hosted the 12th annual Navy Night at Harbor Park Stadium, Aug. 10., in honor of active duty and retired service members.

The game was kicked off with a ceremony that included Capt. Joey Frantzen, commanding officer of Joint Expeditionary Base Little Creek-Fort Story, administering the oath of enlistment to Navy recruits as they raised their right hands and pledged to enlist in the Navy.

“It’s always special to see young people join our Navy,” said Frantzen. “I was honored to have been a part of this, and I want to thank the Norfolk Tides for hosting us.”

The pre-game events also included the ceremonial first pitch being thrown out by Electronics Technician 3rd Class Mitchell Ortiz, the bluejacket of the quarter aboard the guided missile cruiser USS Monterey (CG 61), and Hospital Corpsman 1st Class Randy Fuhrman, assigned to Coastal Riverine Group Two (CRG 2), who was awarded Navy Expeditionary Combat Command’s Sailor of the Year.

Senior Chief Aviation Maintenance Administrationman Courtney Barber, assigned to Strike Fighter Squadron (VFA) 37 sang the National Anthem shortly after the Tides took the field, signifying the start of the game.

The Tides defeated the Syracuse Mets 8-6.



Photos by MC2 Chris Roys

Sailors salute the national ensign during the opening ceremony of Navy Night at Harbor Park Stadium, Aug. 10, 2019. The Norfolk Tides host Navy Night annually to honor the men and women of the United States Navy.



Sailors, assigned to Joint Expeditionary Base Little Creek-Fort Story, parade the colors during Navy Night at Harbor Park Stadium, Aug. 10, 2019.



Senior Chief Aviation Maintenance Administrationman Courtney Barber, assigned to Strike Fighter Squadron (VFA) 37, sings the National Anthem during the opening ceremony of Navy Night at Harbor Park Stadium, Aug. 10, 2019.



Electronics Technician 3rd Class Mitchell Ortiz, left, Hospital Corpsman 1st Class Randy Fuhrman, center, and Sierra Branum, a military spouse, throw the ceremonial first pitch during Navy Night at Harbor Park Stadium, Aug. 10, 2019.

VIRGINIA MEDIA
PRIME
expo

Join us

**Saturday,
August 17th
10 a.m. - 3 p.m.**
**Hampton Roads
Convention Center**

*An Informational Fair for Active People
Almost 50 & Over 50 Years Young*



Visit our Interactive Show Floor with national and local exhibitors and see respected experts on inspirational and educational show topics:

- Health & Wellness
- Financial & Legal
- Real Estate
- Home Improvement
- Lifestyle & Entertainment
- Travel & Agriculture
- How-to Clinics
- Health Screenings
- Immunizations (limited)
- Product Demonstrations
- Food Sampling *and More!*



Free Admission!
For expo info, go to
www.virginiamedia.com/primeexpo

Sponsored by:



Back to school resources

By MC3 Brittany Tobin

The new school year is quickly approaching, which means a time for new dreams and a fresh start. For some students, this could mean new school clothes and supplies. For others, it could mean moving across country and starting at a brand new school. Thankfully, the military is full of families that surround each other with support while going through similar life circumstances. There are also wonderful organizations that deal specifically with these situations and are able to provide relief for military children and families throughout the school year.

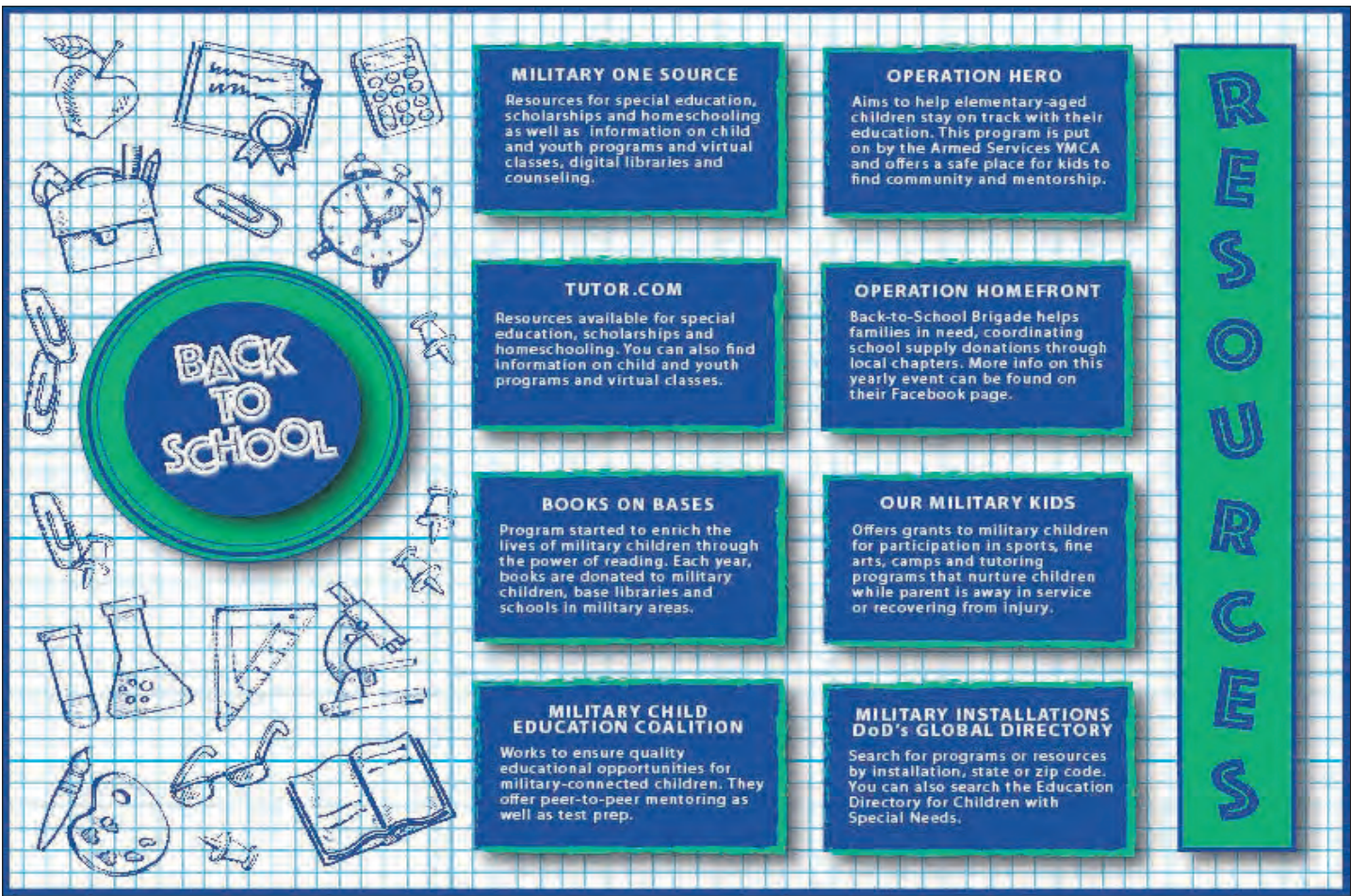
Military children are often faced with more challenges than the typical school-age child due to the absence of family members and frequent changes of location. If you are one of many families who recently moved to a new school district, school liaison officers can be extremely helpful. They work closely with local schools and relocating families to assist with the transfer of a student's credit for courses already completed.

Take advantage of your school's open house or back-to-school night to meet the teacher, find your child's desk and explore the campus together. Familiarizing your child with their new environment will help them with any first day jitters. A familiar friend can also make all the difference when heading back to school. Reconnect with parents and children from previous classes; refresh these relationships before school starts by scheduling a play date or start a school carpool.

The school supply list is usually available during open house, through the teacher or on the school's website. Take a special shopping trip with your child so they can be involved in picking out their supplies, allowing for a couple of splurges like a fun notebook or a favorite-colored pen. School supply lists also provide great insight into the schoolwork ahead and having the right tools will help them feel prepared. Get your child excited about school by explaining how they might use their new supplies.

Operation Homefront Back-to-School Brigade helps military families in need of school supplies. You can receive or donate backpacks, notebooks, paper, pencils and other supplies from your local chapter. For more information on this yearly event, search for your local chapter online or through Facebook. Our Military Kids is another program that provides grants to military children in need for participation in sports, fine arts, camps and tutoring programs that nurture children while a parent is away in service or recovering from injury.

Military OneSource has some tools to help with the back-to-school transition, including: information about special education, scholarship opportunities and homeschooling. You'll also find a variety of re-



MC3 Brittany Tobin

sources on their website, such as: youth programs, military support services and virtual classes offered by the Department of Defense Education Activity as well as non-DoD schools. They also offer free, confidential child and youth behavioral counselors as well as military and family life counselors. Services are available for children who may need help adjusting to a new environment, handling grief, fear, loss or separation. Counseling is also available for parents who need help balancing the challenges of military life. These professional counselors understand the issues military families face and can help to address these concerns in a healthy way.

Military Child Education Coalition (MCEC) is another valuable resource for parents, students and teachers. The MCEC is an organization with a mission to ensure inclusive, quality educational opportunities for all military-connected children affected by mobility, transition and family separation. Resources include initiatives such as "The Call for the Arts" and peer-based mentoring programs at the K-12 levels. As part of MCEC, School Quest offers free SAT/ACT prep. With this resource, military families can save some money and make sure that high school students are ready for testing. The coalition works diligently to make sure that the military child's needs are recognized and supported while empowering caregivers with the knowledge to ensure that children thrive.

Tutor.com is funded by the Department of Defense MWR Library Program, Yellow Ribbon Reintegration Program and Navy General Library Program. They offer military families free tutoring for homework, test prep, proofreading and studying. Professional tutors are available any time you need it on as many as 50 different subject matters. More resources and information is available on the website or app.

One of the most challenging parts of school for many kids is learning how to

read. For families that are operating with one parent, or for other family members filling in for a deployed parent, this process can be even more challenging. With United Through Reading, military families can still read together even when they are apart. Parents can record themselves reading a book and then send the recording home. The child can then play the video and the non-deployed parent can record the child's reaction.

Books on Bases is a program started by Blue Star Families in conjunction with Kids in Distressed Situations (K.I.D.S.) to positively impact the lives of military children through the power of reading. Each year, books are donated to military children, base libraries, Department of Defense schools and public schools in military areas. Digital library resources are also available on Military OneSource once you log in. You can also visit your local installation library for additional learning resources.

Children, especially between ages 6-12, bear a lot of the stress of military life. Working through all of their emotions and the situations they face can cause their academics to slip. Operation Hero aims to help this group of children get back on the right academic path. This program is put on by the Armed Services YMCA and offers a safe place for military kids to find community. Working as a team, the child can process their concerns and fears, while also learning life skills and coping mechanisms.

MilKids Education Consulting is another great resource for both teachers and military parents, providing tools to make the K-12 journey easier for all families. This site offers tips and advice to get through school while also breaking down the educational and legal jargon to more understandable terms. There's a whole section of the website dedicated to reviews of military schools in a given area. This can help you get a sense of a school before moving to your duty station.

The Military Interstate Children's Compact Commission is an agreement between all fifty states and DoD schools for children in the K-12 public education system, ensuring the smoothest transition possible between public schools due to PCS. It guarantees that students enrolled in kindergarten will continue on their academic journey, even if they move to a district where their birthday falls after the enrollment deadline. MIC3 can also help older students stay in gifted programs or meet graduation requirements. For more resources and programs available to you, be sure to check out Military INSTALLATIONS DoD's global directory, where you can search for information by a specific installation, state or ZIP code.

Whether your kids are excited for the start of school or are feeling a little apprehensive about moving to a new area, these resources will help make the transition back to the books as easy as possible.

For more information on the resources provided, please visit the related website at:

- Operation Homefront Back-to-School Brigade – www.operationhomefront.org
- Our Military Kids – www.ourmilitarykids.org
- Military OneSource – www.militaryonesource.mil
- Military Child Education Coalition (MCEC) – www.militarychild.org
- United Through Reading – www.unitedthroughreading.org
- Books On Bases – www.bluestarfam.org
- Operation Hero - www.asymca.org/operation-hero.com
- MilKids Education Consulting – www.milkidsed.com
- Military Interstate Children's Compact Commission (MIC3) – www.mic3.net
- Military INSTALLATIONS DoD's Global Directory – www.installations.militaryonesource.mil



U.S. Navy

Naval Support Activity Hampton Roads and area installations participate in school supply drive

By Katisha Draughn-Fraguada
Naval Support Activity Hampton Roads Public Affairs Office

NORFOLK

It is all about giving back to our military families.

In partnership with Navy Exchange Service Command (NEXCOM), Naval Support Activity (NSA) Hampton Roads' Navy Exchange (NEX) stores, as well as other area installations NEX stores, are participating in the 10 on Your Side Operation School Supplies Drive.

"Our command's mission is to support our Sailors and military families at home and abroad, and this event is a simple but important way we can help," said Melissa Dodson-Dozier, Tidewater District Vice President of NEXCOM. "This year the NEX Tidewater District is excited to participate in the school supply drive to benefit children and teachers in 12 different school districts — all of which serve our military families in surrounding communities."

This is the first year that NEXCOM has participated in the drive. There are boxes set up in area NEX stores where various school supplies such as pencils, notebooks,

binders and paper can be donated. Once the supplies are collected, they will be distributed to districts in Isle of Wight, Portsmouth, Franklin City, Elizabeth City, Pasquotank, Norfolk, Mathews County, Chesapeake, Hampton, Suffolk, Virginia Beach, Perquimans County and Newport News.

"We are happy that we are able to work with NEXCOM on this school supply drive, which will help benefit so many military families," said Capt. Jonathan Kline, Commanding Officer of NSA Hampton Roads.

At NSA Hampton Roads-Headquarters, the box is located in the NEX mini mart at Seabee Plaza and at Northwest Annex it is located in the mini mart on Ballahack Road.

"Our military families serve our nation too — through the countless moves, making new friends and learning a new city, they remain resilient," said Dodson-Dozier. "Hampton Roads is a heavy military area, so participating in this school supply drive is a simple but important way for the NEX to say thank you to our military and the local community for all they do! We are committed and proud to be

a part of events that ensure a child's success in and out of the classroom."

The school supply drive began on July 27 and ends Aug. 23.

Below are the nine NEX locations participating:

- **NEX Naval Station Norfolk** - 1560 Mall Drive, Bldg #CD-13, Norfolk, VA 23511-3893
- **NEX NAS Oceana** - 1449 Tomcat Blvd., Building No. 292, VA Beach, VA 23460
- **NEX Little Creek** - 1170 Amphibious Drive, Building No. 3443, VA Beach, VA
- **NEX Portsmouth Scott Center** - 1560 Cluverius Street, Bldg #1560, Portsmouth, VA 23709
- **NEX Naval Medical Center Portsmouth** - 620 John Paul Jones Circle, Bldg. #3, Portsmouth, VA 23708
- **NEX Naval Weapons Station Yorktown** - 2072 Lebanon Church Road, Newport News, VA 23603
- **NEX Dam Neck Annex** - 1977 Terrier Ave., Bldg #524, Virginia Beach, VA 23461
- **NEX NSA Hampton Roads Mini-Mart** - 1467 Ingram Street, Bldg #NH18, Norfolk, VA 23551
- **NEX Northwest Annex** - 1315 Ballahack Road, Bldg #396, Chesapeake, VA 23322



MC2 Kris R. Lindstrom
Capt. Lisa Mulligan, NMCP's commanding officer, speaks to participants about readiness during the Combat Extremity Surgery Course (CESC) kick-off on Aug. 1. When we talk about the ready medical force, this is exactly the kind of thing we are talking about, Mulligan said. That we are staying current and really learning the cutting-edge best techniques for taking care of our wartime casualties, and our beneficiaries when appropriate. I couldn't be more excited that we are offering this course here. CESC was designed to provide deploying surgeons, physician assistants, nurse practitioners and combat medics/hospital corpsmen the skills necessary to manage extremity trauma.

SURGICAL | CESC provides corpsmen the skills necessary to manage extremity trauma

Continued from A1

"When we talk about the ready medical force, this is exactly the kind of thing we are talking about," Mulligan said. "That we are staying current and really learning the cutting-edge, best techniques for taking care of our wartime casualties, and our beneficiaries when appropriate. I couldn't be more excited that we are offering this course here."

CESC was designed to provide deploying surgeons, physician assistants, nurse practitioners and combat medics/hospital corpsmen the skills necessary to manage extremity trauma. In addition to fractures, it is not uncommon for battlefield extremity injuries to also have complex soft tissue injuries, vascular injuries, and/or burns.

"One of our high-reliability organization principles is readiness, and

while stateside, we struggle with making sure we have enough trauma training for our surgeons," said Lt. Cmdr. Christopher Smith, director of the course and Orthopedic Research at NMCP. "This is one venue that can help bolster their knowledge, skills and abilities to go forward in theater and be safe surgeons taking care of our warfighters, which is our primary mission."

This is the fourth year in a row that NMCP has hosted the CESC and it is the east coast anchor for this course and plans to continue annually. Navy Medical Center San Diego (NMCS) also holds an annual course for the west coast.

Cmdr. James Hammond, department head of Orthopedic Surgery at NMCP, thinks that the training and availability the course provides for surgeons to get hands on with specific trauma related injuries is invaluable. He also said it's a great refresher for someone

"I think this course has the potential to become essentially the backbone for the surgical readiness piece for the forward deployed aspect of training."

Cmdr. James Hammond

in a practice that restricts their surgical scope to a specific part of the body and not all extremities.

"This is a great opportunity for guys like myself. I am a shoulder and elbow guy, so my day-to-day job is fixing rotator cuffs and doing shoulder replacements," Hammond said. "It's a great opportunity to get some reps in and to be able to refresh ourselves on things we have been trained in but haven't been exposed to in a while."

With readiness being the hot topic, Hammond is confident that the CESC will be a vital factor in combat extremity trauma training.

"I think this course has the potential to become essentially the backbone for the surgical readiness piece for the forward deployed aspect of training," Hammond said. "With us having this

Bio-Skills Center and being able to put on courses like this, we have the opportunity to really make this a hub for extremity trauma training."

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 ten branch health and TRI-CARE 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

PERFORMANCE | The Navy continues to drive towards a Culture of Excellence

Continued from A1

officers have to ensure Navy core values are maintained in order to uphold the moral and ethical standards expected of Navy personnel.

Upcoming policy changes come as part of a broader Navy approach to encourage signature behaviors for individual and team excellence.

"Our continuing drive towards a Culture of Excellence requires that we maintain an unrelenting focus on demonstration of our signature behaviors, to engender trust and confidence within our ranks and with the American people," said Nowell. "We are entrusted to maintain high standards of character and professional competence, and each commander and commanding officer is responsible and accountable to ensure our processes reinforce this mandate."

While administrative changes outlined in NAVADMIN 188/19 are not immediate, they are expected to be revised and made authoritative in subsequent policy announcements. Changes incorporate revised processes for documenting non-judicial punishment and security violations, among others. The changes also seek to give commanding officers increased responsibility and ability to administratively provide the foundation for a culture of excellence.

"Measures that we have outlined in the NAVADMIN will help our Navy achieve best-ever performance, becoming more effective and lethal as individuals and teams," said Nowell.

Administrative changes outlined include the following:

- Documentation of Enlisted NJP
- Administrative Letter of Reprimand (ALOR)
- Report of No Misconduct
- Reporting of Security Incidents
- Reporting Tools
- Officer and Enlisted Administrative Separation
- Separation By Reason of Best Interest of the Service (BIOTS)
- Delegation of Show Cause Authority
- BOI Panel Membership

The NAVADMIN emphasizes that due process will still be paramount and that records will not be updated until legal matters are adjudicated.

While the changes are geared toward administrative efforts, Sailors at all levels are encouraged to help one another as one team achieve a culture of excellence.

For more news from Chief of Naval Personnel, follow us on Facebook at <https://www.facebook.com/usnpeople/>, Twitter at <https://twitter.com/usnpeople> or visit <https://www.navy.mil/cnp/index.asp>.



U.S. Navy

NAVFAC Atlantic change of command

From NAVFAC Atlantic Public Affairs

NORFOLK

"I relieve you, sir." With those simple, yet time-honored words, Rear Adm. Dean VanderLey relieved Rear Adm. Darius Banaji as Commander, Naval Facilities Engineering Command (NAVFAC) Atlantic and Fleet Civil Engineer, U.S. Fleet Forces Command during a change of command ceremony conducted on the front lawn of the Lafayette River Annex on August 6, 2019.

Rear Adm. John W. Korka, Commander, Naval Facilities Engineering Command, and Chief of Civil Engineers, presided over the ceremony and was the guest speaker.

In his remarks to guests and the NAVFAC Atlantic work force, Korka focused on command's role in the defense of the nation.

"When I picture NAVFAC Atlantic," said Korka, "I see a foundry, a workshop that enables fleet readiness and lethality in

an era of great power competition. It serves as one of our highest RPM engine rooms across NAVFAC for delivering products and services for the Fleet and the U.S. Marine Corps."

Korka presented Banaji the Legion of Merit in recognition of a command tour that began July 27, 2016. Under his leadership, NAVFAC Atlantic executed over 60,000 construction, repair, services contracts and lease actions in excess of \$20 billion in support of Navy and Marine Corps bases. Upon receiving the award, Banaji credited the NAVFAC Atlantic work force for the accomplishments during his three years at the helm.

"I'll wear this award proudly on behalf of the men and women of NAVFAC Atlantic, my four commanding officers and our 54 Navy & Marine Corps field offices across the globe," said Banaji. "These men and women proudly rise to the challenge every single day;



Rear Adm. Dean VanderLey is rendered side honors as he departs a change of command ceremony where he relieved Rear. Adm. Darius Banaji as Commander, Naval Facilities Engineering Command (NAVFAC) Atlantic and Fleet Civil Engineer, U.S. Fleet Forces Command. The ceremony took place on Aug. 6, 2019 at the command's headquarters in the Lafayette River Annex, Norfolk, Va.

U.S. Navy

they earned this award."

"Some say change is the enemy," said Banaji as he reflected on the accomplishments of the NAVFAC Atlantic work force. "I believe that change is the catalyst for improvement and an opportunity to reinvent ourselves. And that we have done. We have a renewed and deeper focus on the development of our workforce, and have swiftly adapted and improved many, many processes. All this enabled NAVFAC Atlantic to deliver products and services at the speed of relevance."

Banaji's 32-year Navy career includes a variety of experiences in expeditionary construction battalions, with facilities as-

signments as commander, assistant resident officer in charge, construction division director, public works, and operations officer. NAVFAC Atlantic was his sixth tour in command. Banaji's next assignment will be as Deputy Director, Defense POW and MIA Accounting Agency at Hickam Air Force Base, HI, where he will lead the team handling research, investigation, recovery, identification, and supporting functions to account for missing military personnel.

VanderLey becomes the 62nd commander of NAVFAC Atlantic, returning to the command for the third time in his career, most recently as Vice Com-

mander.

Upon assuming command, VanderLey paid tribute to his predecessor.

"NAVFAC Atlantic is a phenomenal command due to the leadership of Adm. Banaji," said VanderLey. "I think that many of the successes we will see over the next years will be based on the foundation you have laid over the past three years."

VanderLey concluded his remarks with a reflection on the preparations he undertook before assuming his new command, focusing on the word "hope" as an expectation of a bright future based on hard work.

"It's my commitment to provide that hope to NAV-

FAC Atlantic," said VanderLey. "We are a phenomenal organization full of talented people and our best days are ahead of us."

NAVFAC is the Systems Command that delivers and maintains quality, sustainable facilities, acquires and manages capabilities for the Navy's expeditionary combat forces, provides contingency engineering response, and enables energy security and environmental stewardship. NAVFAC Atlantic includes four Facilities Engineering Commands that are the single provider of all NAVFAC products and services for Navy and Marine Corps clients in their regions.

A GREAT WEBSITE

dedicated to our active duty military and their families!

MILITARY NEWS



Your online military connection to Hampton Roads



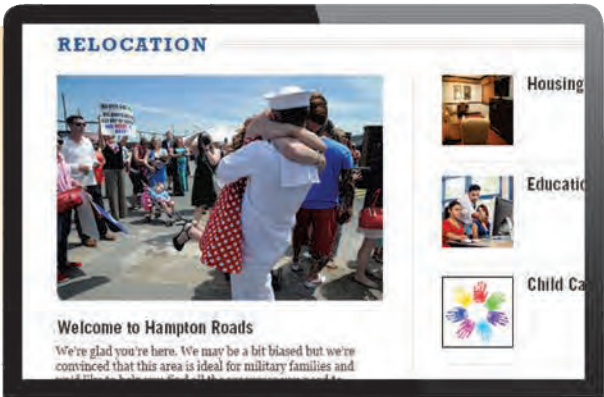
INTRODUCING

MILITARYNEWS.COM

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

★ **RELOCATION INFO**

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



★ **DISCOUNTS & DEALS**

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



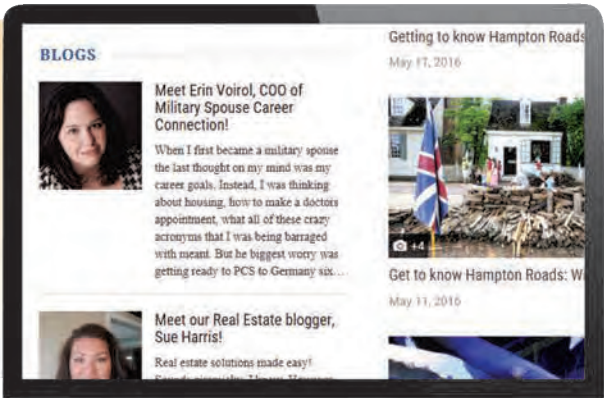
★ **EVENTS & CALENDAR**

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



★ **MILITARY NEWS & BLOGS**

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



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



Repatriation: Final resting place
Two brothers, Seaman 2nd Class Calvin H. Palmer and Seaman 2nd Class Wilfred D. Palmer, were laid to their final resting places, more than three-quarters of a century after they perished in the attack on Pearl Harbor. [See B3](#)

SECTION B | FLAGSHIPNEWS.COM | 8.15.2019

BATAAN AMPHIBIOUS READY GROUP COMPLETES SWATT

From USS Bataan Public Affairs

ATLANTIC OCEAN

The USS Bataan (LHD 5) Amphibious Ready Group (ARG) completed its first Surface Warfare Advanced Tactical Training (SWATT) exercise Aug. 5.

For the Bataan ARG, SWATT provided an important transition from single ship operations to multi-ship, aircraft, and landing craft operations in scenarios that spanned multiple warfare areas. SWATTs are a relatively new construct in the Surface Fleet that deliver advanced tactical training to increase surface force lethality and tactical proficiency by providing warfare commander and unit level training beyond the basic phase. As a result, ARGs and other warfare commander teams are more ready to receive operational tasking or deploy following a SWATT.

“SWATTs prepare individuals, watch teams, ships and staffs to be more capable, ready and lethal to ‘Own the Fight,’” said Capt. Lance Leshner, commodore of Amphibious Squadron 8. “It’s crucial that ships’ crews are prepared to work together, communicate and face all varieties of challenges at sea. That need is amplified when you have multiple ships conducting coordinated operations as a group.”

SWATT exercises are conducted in two phases. The first phase of the Bataan ARG SWATT — like similar SWATTs — was an in-port academic session where Warfare Tactics Instructors (WTI) from Naval Surface and Mine Warfighting Development Center (SMWDC) provided training to shipboard teams that directly led into the

development of warfighting capacity during the second phase of training. After the in-port phase, underway training commenced when all the ships, aircraft and landing craft that make up the Bataan ARG — including USS Bataan (LHD 5), USS New York (LPD 21), USS Oak Hill (LSD 51), and embarked Helicopter Sea Combat Squadron 28 (HSC 28) and Naval Beach Group 2 assets — completed training events to sharpen their warfighting skills. These events included conducting integrated air and missile defense (IAMD), anti-submarine / surface warfare (ASW/SUW), amphibious warfare (AMW), information warfare (IW), mine warfare (MIW), ship maneuvering, and live-fire events designed to tactically prepare surface forces for maritime warfare missions.

SMWDC led the SWATT exercise with 18 WTIs, senior mentors, and subject matter experts embarked aboard each ship. These onboard trainers provided over-the-shoulder mentoring for watchstanders and commanding officer and warfare commander level guidance from senior mentors. Subject matter experts and onboard technical community personnel delivered rapid replay capability from scheduled training exercises that provided immediate feedback for watchstanders to help them rapidly learn from challenges they experienced during training. The SWATT culminated in a Live Fire With a Purpose (LFWAP) exercise with rolling airframe missiles.

Lt. Bobby Chamberlain, an ASW/SUW WTI, explained that SWATT allows each



MC2 Anna Van Nuys

Sailors assigned to the amphibious assault ship USS Bataan (LHD 5) operate the 11 meter rigid-hull inflatable boat as part of a Surface Warfare Advanced Tactical Training (SWATT) exercise with other U.S. Navy warships. Warships assigned to the Bataan Amphibious Ready Group are participating in the exercise in the Atlantic Ocean, off the coast of Virginia, to maintain readiness, proficiency and lethality.

[See SWATT | B7](#)



MCSN Brett Walker
Electrician's Mate 2nd Class Talaya White, from New York, assigned to USS Gerald R. Ford's (CVN 78) reactor department works on aft high volt shore equipment. Ford is currently undergoing its post-shakedown availability at Huntington Ingalls Industries-Newport News Shipbuilding. (This image has been altered by blurring out space markers for security purposes.)

USS Gerald R. Ford's propulsion plant reaches completion

By MC2 Ryan Seelbach
USS Gerald R. Ford Public Affairs

NEWPORT NEWS, VA.

Sailors assigned to USS Gerald R. Ford's (CVN 78) Reactor Department and Huntington Ingalls Industries-Newport News Shipbuilding (HII-NNS) technicians recently completed a production milestone by reaching the propulsion plant completion date (PPCD), July 22.

After more than 12 months of maintenance and repairs, the Navy accepted re-delivery of the

propulsion plant upon PPCD, marking significant progress in Ford's post-shakedown availability (PSA), and driving the ship closer to getting back out to sea.

“For the past year or so, the focus has been supporting the shipyard in propulsion plant production work,” said Cmdr. Emily Bassett, from Edmonds, Washington, Ford's reactor officer. “With hard work, innovation, and teamwork, reactor depart-

[See FORD | B7](#)

Comfort provides medical assistance in Panama following opening ceremony

From USNS Comfort Public Affairs
COLON, PANAMA

Host nation government officials, partner nation representatives and senior leadership from the hospital ship USNS Comfort (T-AH 20) attended an opening ceremony to mark the beginning of the ship's medical mission in Colon, Panama Aug. 7.

The purpose of the mission is for U.S. service members and medical professionals will work alongside partner and host na-

tion medical specialists to provide medical assistance and help relieve pressure on health systems strained by the Venezuelan migration crisis.

The ceremony signifies that medical sites are fully operational and will treat hundreds of patients during its mission.

“Since Panama took its first steps as a republic, we’ve had the U.S. helping us in the health system,” said Republic of Panama Vice Minister of Health Luis Francisco Sucre. “What better way to strengthen the bonds be-

tween the people of the U.S. and the people of Panama by providing health care and good quality of attention to all of our population.”

The Comfort team consists of more than 900 personnel, including military, non-governmental organization volunteers and personnel from partner nations.

“As brother countries we reflect our alliances with Panama and Latin America,” said Capt. Matthew Turner, defense co-

[See COMFORT | B7](#)



Chief Hospital Corpsman Orlando Atencia, from Miami, assigned to the hospital ship USNS Comfort (T-AH 20), cleans a patient's teeth at a temporary medical treatment site. Comfort is working with health and government partners in Central America, South America, and the Caribbean to provide care on the ship and at land-based medical sites, helping to relieve pressure on national medical systems strained by an increase in Venezuelan migrants.

MC2 Julio Martinez



https://themeatandpotatoesoflife.com

HAVE LIFE’S RULES CHANGED?

By Lisa Smith Molinari
The Meat & Potatoes of Life

Parking my yellow convertible on the square, I read the words aloud,

“Inherit shrunken head collection. Pay \$10,000 for museum to accept it.’ Aw, man!”

“Quit yer whining!” my older brother snickered with sick satisfaction. No matter what game we played, he always appointed himself the banker, setting an immediate tone of domination. He snapped the brightly colored bills out of my hand with a greedy sneer.

Growing up in the 70s with only three television channels and one mind-numbingly monotonous Atari Tennis game, my brother and I relied heavily on board games for entertainment. We played Monopoly, Sorry!, Risk, Payday, Stratego, Rock’em Sock’em Robots, Battleship and other games expressly intended to reward the rich, ruthless, lucky, and intellectually superior.

There were no consolation prizes – if you lost, you suffered complete destitution and utter humiliation, and we liked it that way. After all, if losing wasn’t so unbearable, why bother winning?

Once I’d had my own kids,

they would often whine, “We’re BORED!” I’d remind them of the bikes, scooters, and athletic equipment lying dormant in our garage, and they would sigh. I’d remind them of our four televisions with over 200 channels each, and they would sigh. I’d remind them of our stacks of neglected board games, and they would sigh.

One summer, I baited them with unhealthy snacks into playing The Game of Life, which they had received for Christmas that year. A few minutes later, I heard their banter coming from the dining room.

“‘Support Wildlife Fund.’ Ooo, I got \$5,000.”

“‘Cycle to work.’ Ha! I got \$10,000!”

“Wait a minute? What game are you guys playing?” I interrupted. There on our table lay The Game of Life with its characteristic segmented pathway, rainbow spinner, and white plastic buildings. However, upon closer inspection, I could see that this was not the game of my youth.

“What’s this – ‘Countryside Acres?’ What happened to The Poor Farm? And are these minivans? You get money for recycling now? What’s going on?!”

Confused, I called my

mother, who like me is unable to get rid of anything. Sure enough, she found The Game of Life my brother and I used to play in the basement of our 1950s brick ranch. She carefully opened the brittle old box and read to me from its faded game board.

“Big day at the races. Collect \$80,000.”

“Pay \$5,000 for toupee.”

“Find Uranium deposit. Collect \$100,000.”

“Buy raccoon coat. Pay \$500.”

“Uncle in jail. Pay \$500 bail.”

“Buy Rolls Royce. Pay \$16,000.”

“REVENGE. Collect \$100,000 from any player.”

With each square, fond memories of summer days spent trying to crush my opponent flooded my mind. Back then, the rules of Life were clear – get a good job, be responsible, make as much money as possible. Sure, every player had to deal with hard knocks in Life like tornadoes, jury duty, poison ivy, and poor relatives. But if you got rich, there was no shame in rewarding yourself with yachts and trips to Monte Carlo. Simply put, wealth was necessary to win at The Game

of Life.

But players in The New Game of Life get money for planting trees, having family picnics, returning lost wallets, joining health clubs and even making new friends. Nobody goes bald or inherits a skunk farm anymore. Gambling and revenge have been outlawed, and players have ample chances in Life to “Spin again if not in the lead.”

The old game’s daunting “Day of Reckoning” has now been replaced with an anti-climactic choice between a government subsidized retirement community called “Countryside Acres,” and watered-down Millionaire Estates. No more Poor Farm or risk-taking Millionaire Tycoons. Everyone’s a winner. Frankly, I’m surprised the game doesn’t award trophies for every player.

Gloomily, I said goodbye to my mother and hung up the phone. “What’s this world coming to?” I thought.

Just then, I heard a commotion in the dining room, and rushed in to find my son holding his sister in a headlock as she squealed, “You’re just mad ‘cause I beat you again! I’m richer than you are!”

“Whew,” I thought, and was relieved to see that some things in Life will never change.

https://themeatandpotatoesoflife.com/



Q: My ship is making a change of home-port. What is my control date?

A: The control date will be the earlier of either:

- The date the dependents move to the new home port and apply for housing after official announcement of the home-port change, or
- The effective date of home port change

If you are assigned to the new home port after the official announcement of the home port change, but prior to the actual change, your control date will be based on the date of detachment from the last permanent duty station.

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

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

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



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

www.cnic.navy.mil/navylifema

Start the school year right with healthy teeth

From TRICARE.MIL

The school year is just around the corner. Make sure to send your child back to school with a healthy smile. According to the American Dental Association (ADA), “dental disease alone causes children to miss more than 51 million school hours each year.” Before the new school year, it’s a good idea to check your calendar to see if your child is due for a dental cleaning or exam.

As described in the TRICARE Dental Program Handbook, the TRICARE Dental Program (TDP) covers two routine cleanings and two fluoride treatments during a 12-month period for children age 1 and older. Learn more about your covered services under TDP in the handbook. If you need to find a TDP dentist, use the Find a Dentist tool on the TDP website.

If you’re going to take your child to see the dentist, ADA offers these tips to help your child have a successful dental visit:

■ **Encourage Good Dental Habits at Home:** The best checkup is a

cavity-free checkup. You can help make this happen by encouraging your kids to brush twice a day for two minutes and floss once a day.

■ **Choose the Right Time:** Schedule your children’s dental visit at a time that works well with their schedule and not when they’ll be distracted or tired.

■ **Feed Your Child Before the Visit:** A hungry child isn’t a happy patient. Feed your child a light, healthy snack before the dental visit. Still have him or her thoroughly brush and remove all food residue before the checkup.

■ **Stay Calm:** If your child gets in the dental chair and panics, stay calm and try to provide comfort. Work with the dental team to get the checkup accomplished in hopes the next time will go more smoothly.

Your children may also need other services before school begins. Learn what rules or limits TRICARE may have on services like school physicals, vaccinations, and eye exams.



iStockphoto

DoD

Safe Helpline

Sexual Assault Support for the DoD Community

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

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

For confidential victim assistance, visit www.SafeHelpline.org

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

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



Photos by MC2 Vaughan Dill

Sailors assigned to the Naval Base Kitsap Funerals and Honors Division ceremoniously fold flags over the remains of two brothers, Seaman 2nd Class Calvin H. Palmer and Seaman 2nd Class Wilfred D. Palmer, during a repatriation ceremony at Sunset Lane Cemetery. The Palmer brothers perished when their battleship, USS Oklahoma (BB 37), was attacked by Japanese aircraft at Pearl Harbor on Dec. 7, 1941.

Repatriation ceremony brings brothers to final resting place

By MC2 Vaughan Dill
Navy Public Affairs Support Element, Det. Northwest

PORT ORCHARD, WASH.

Two brothers, Seaman 2nd Class Calvin H. Palmer and Seaman 2nd Class Wilfred D. Palmer, were laid to their final resting places, more than three-quarters of a century after they perished in the attack on Pearl Harbor, during a repatriation ceremony at the Sunset Lane Cemetery, Aug. 9.

With family, friends, veterans, and state representatives in attendance, Naval Base Kitsap's (NBK) Funerals and Honors Division served as pallbearers while the NBK Honor Guard performed a gun volley and Rear Adm. Eric Ruttenberg, chief engineer for Naval Information Warfare Systems Command, served as one of the guest speakers, Calvin and Wilfred were laid to rest after more than 78 years.

"What in my life might I ever do that would be as consequential as what Wilfred and Calvin have done for us?," said Washington State Representative Jesse Young. "The sacrifice that they have given and the example that they have lived their lives by is truly something we should all strive for. The honor and service that these brothers provided, to put themselves in harm's way so that my children could be here today, is an example of what has really bound America together."

Both Palmer brothers were assigned to the battleship USS Oklahoma (BB 37), homeported in Pearl Harbor, Hawaii, when it was torpedoed and sunk in the infamous attack by Japanese air-

craft on Dec. 7, 1941. The attack resulted in the death of 429 crew members in total, including the brothers.

"My children have a grandfather that was in Pearl Harbor that day, he served on the [USS] Nevada (BB 36), and as a gunner's mate, he lived through that engagement," said Young. "It's not a far stretch to realize that maybe he survived because of the sacrifice of these two men laying their lives down for all of us."

Charles F. Burns desperately tried to save the brothers who were stuck in the laundry area when the attacks took place. As the flames got too thick, his efforts were unsuccessful and he was forced to find an area surrounding the ship that was not on fire where he managed to escape and get to shore, according to Helene Jensen, a niece of the brothers and Burns' daughter.

The Palmer brothers were laid to rest next to their good friend Burns, as part of a family plot at the Sunset Lane Cemetery in Port Orchard, Wash.

"My grandpa and Rosie are here today. Their graves are marked with two flags, you can see Rosie and Charlie Burns, who was the husband of my mother and who tried to save them out of the laundry room," said Jensen. "You can also see the site where my mother will be laid to rest when she passes away, so the family is truly being reunited in many ways."

The crew of Oklahoma were recovered from the waters of Pearl Harbor between December of 1941 and June of 1944 and placed to rest in Oahu's Halawa and Nu'uaniu cemeteries, listed as unknown remains.

The American Graves Registration Service exhumed the remains of the fallen crewmembers in September of 1947 in hopes of identifying the remains but unfortunately were only able to identify 35 Oklahoma Sailors. The unidentified remains were then transferred to the National Memorial Cemetery of the Pacific and in 1949 classified as non-recoverable - included were Calvin and Wilfred.

In June 2015, the Defense POW/MIA Accounting Agency began exhuming the remaining USS Oklahoma unknown remains from the cemetery for analysis. Using anthropological analysis, circumstantial and material evidence, and DNA analysis, they were able to identify the Palmer brothers on March 19, 2019.

"Over the last four years, we have gone to great lengths, not only to identify these remains but to bring them home to their families," said Ruttenberg.

Nearly 400,000 of the 16 million personnel that served during WWII never made it home and more than 72,000 are still unaccounted for.

"This truly is a great nation and it's wonderful that we're able to have something like this to show everybody so they can see the sacrifices and have them understand that freedom doesn't come for free," said Jensen. "It's not something that happens just because you live here; it takes all of us to continue to make sacrifices. I really appreciate the Navy for stepping in and doing this for my family so that we can finally have closure and bring everybody back home."



Master Chief Master-at-Arms Charles Kittle, senior enlisted advisor, Naval Base Kitsap Funerals and Honors Division, presents a flag to the family of two brothers, Seaman 2nd Class Calvin H. Palmer and Seaman 2nd Class Wilfred D. Palmer, during a repatriation ceremony at Sunset Lane Cemetery. The Palmer brothers perished when their battleship, USS Oklahoma (BB 37), was attacked by Japanese aircraft at Pearl Harbor on Dec. 7, 1941. Their remains went unidentified until they were exhumed for analysis from the National Memorial Cemetery of the Pacific in Honolulu, Hawaii in 2015.

Rose & Womble

REALTY COMPANY

Connecting Heart and Home

Waterfront Living

Lafayette/Winona **\$849,900**
Fully restored 1905 Victorian Farmhouse on 140 ft of deep water access w/20x25 ft dock & 10k lb boat lift. 1st & 2nd floor masters plus guest suite. 10ft ceilings, beautiful hardwood floors & gourmet kitchen w/ family room.
Linda Daniel 757-285-8446

All Brick Beauty

Julie Acres **\$495,000**
4 BR/3.5 BA transitional w/ gourmet kitchen, lovely master, relaxing covered back porch overlooking a private landscaped rear yard.
Kimberly Bedsole 757-434-6748

Open & Bright 4 BR/ 3 BA End Unit

Larchmont **\$474,900**
Gorgeous 3-sty condo w/ 2 c att gar, convenient to Bases, ODU, EVMS & Norfolk General Hospital. 2862 sqft w/ front porch & balcony, gas FP, great rm & lovely kit. Will consider rental \$2800/mo.
Donn Irby 757-434-3073

Updated & Custom Features

Forest Lakes **\$455,000**
Getter Helmet, GAF roof, new vinyl siding & windows plus new H2O tank, sky lights & more are found in this 3 BR/3.5 BA ranch w/ great rm, FR, DR, & screened porch.
Kimberly Bedsole 757-434-6748

Five Big Bedrooms

Bellamy Manor Estates **\$399,900**
Spacious quality home in beautiful established neighborhood. Great kitchen w/ Corian counters, center island, inviting breakfast room & wood laminate floors.
Lynda Martin 757-717-3859

Quality Built Custom Ranch

Le Cove **\$389,900**
3 BR/2.5 BA ranch plus additional .82 acre parcel behind and being sold together. Featuring a huge solarium w/ wood flr & FP.
Kathy McLaughlin 757-620-3684

Great Opportunity to Move to Larchmont

Larchmont **\$299,000**
4 bedroom, 2 bath cottage on quiet street in Larchmont. Large corner lot, off street parking, great neighborhood schools. Close to ODU, naval bases, downtown, shopping and restaurants.
Christina Brandon 757-621-1417

Model Like Home

Kings Fork Farm **\$284,900**
Covered front porch, formal LR/ 2-sty vaulted ceiling, beautiful kit open to fam rm w/ gas FP. 3 BR/ 2 BA, master suite w/ sitting/office w/ gas FP. neighborhood amenities too!
Anne Hewitt 757-621-1277

Welcome Home!!

North Siesta Garden **\$232,900**
Beautiful well maintained 4 bed 2 bath and 2 car garage, minutes from interstate, restaurants and entertainment. Easy commute to all bases.
Pooja Goswami 757-201-4307

So Much New!

Knells Ridge **\$158,000**
Beautifully updated and situated in a quiet, wooded corner lot. Entertain in a stunning kitchen w/ granite counters, farmhouse sink & tile back splash. Convenient location.
Jennifer Boyd 757-969-7786

Sportsman Paradise!

Knotts Island, NC **\$529,900**
5 BR/ 4 BA Cape Cod nestled on an acre of land w/ 27' bulk-headed canal access, boat ramp, swimming pool w/ lg deck & an att & det garages.
Kimberly Bedsole 757-434-6748

\$50,000+ in Extras!

The Park @ Centerville CM **\$490,000**
A must see to appreciate, huge chef's kitchen, formal LR/study, spacious first fir mater, sprinkler system, all backs to lovely pond & open field.
Lorrie Gilbert 757-285-2192

Great Neck Lakefront

Southern Points **\$479,000**
Beautiful 4 Bedroom 2.5 Bath 2400 Sq Ft, Great Neck School district; hardwood floors; screened porch.
Robert Ramey 757-235-1818

Your Larchmont Home

Seabrook Landing **\$390,000**
4 BR/3.5 BA home w/ a lg custom deck & slate patio overlooking a branch of the Elizabeth Rvr. Offering foyer, office/ LR, great rm and att 2 c garage.
Jessica LaBrie 757-842-1505

In-Law Suite

Stately All Brick 4 BR
Richard Calderon 757-897-9299

Elmwood Landing

Elmwood Landing **\$335,000**
A rare find w/ a huge updated kitchen, spacious DR, formal LR, lg family rm open to kitchen. lg master a a relaxing screened porch.
Lorrie Gilbert 757-285 2192

Reduced - Home in Norfolk VA

Riverfront **\$264,900**
This home needs a family. Large capecod, 4 Bedrooms -2 up and 2 down, 2 Baths with hardwood floors, corner lot with inground pool, fenced backyard with storage shed.
Ronnie Hooks/Yvonne Covey 757-567-9883

Great 3 Bdrm, 2 Bath Condo In The Heart Of Ghent

Ghent **\$232,000**
3 bedroom, 2 bath condo with fireplace, 2 car deeded parking spots, pool clubhouse w/exercise facility, play area, close to shopping and restaurants, good schools.
Christina Brandon 757-621-1417

NUWC Division, Keyport advances mission by accommodating workforce

By Nathanael Miller
Naval Undersea Warfare Center Division, Keyport
Public Affairs

KEYPORT, WASH.

John Tebo was beginning the disability retirement process when he learned the federal government’s reasonable accommodation program might enable him to remain working for years to come.

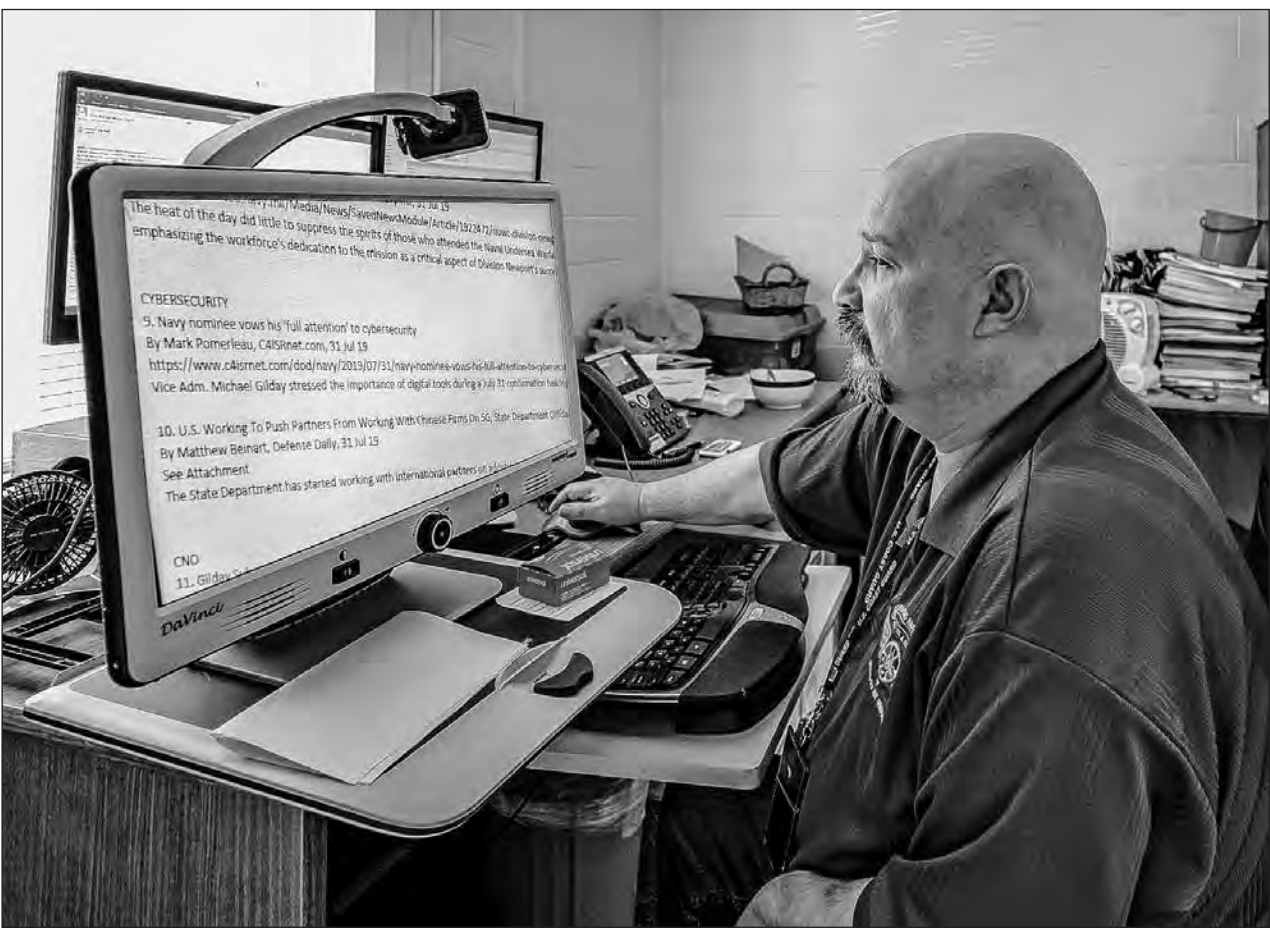
Tebo, the chief steward for the Bremerton Metals Trade Council (BMTC) union on board the Naval Undersea Warfare Center (NUWC) Division, Keyport, was slowly losing his eyesight due to medical complications.

“I was a machinery technician in the Coast Guard,” Tebo said. “After I retired, I came to Keyport.”

Tebo came to NUWC Division, Keyport as a technician maintaining torpedoes before becoming the union’s chief steward in 2016. As chief steward, his job is to represent the workforce to leadership in order to ensure NUWC Division, Keyport’s mission is successfully accomplished. Over the past three years, Tebo found his eyesight steadily deteriorating.

“I’m a diabetic, and that’s one of the first things to go. In all actuality, I didn’t think anything could be done,” Tebo said. Although he was receiving medical treatment for the condition, his vision troubles prevented him from effectively doing his job, and he began the process for a disability retirement in March.

Tebo’s supervisor strongly encouraged him to look into the reasonable accommodation program before he terminated his profes-



John Tebo, chief steward of the Bremerton Metal Trades Council union on board the Naval Undersea Warfare Center (NUWC) Division, Keyport, uses a special device obtained through the federal government’s reasonable accommodation program to overcome his vision difficulties and continue functioning as member of the NUWC Division, Keyport team, Aug. 1. The reasonable accommodation program is a federal initiative that allows civilian employees with special needs to work with their supervisors to find equipment or other means of ensuring the employee’s continued service, thus retaining highly qualified and talented people in the federal workforce.

Shayna Gosney

sional career.

“Reasonable accommodation is about removing obstacles and allowing you the ability to do your job,” said Tebo. “This keeps good people working longer.”

The federal government established the reasonable accommodation program in order to maximize its efforts to keep qualified people employed, Tebo said. The Naval Sea Systems Command (NAVSEA), of which NUWC Division, Keyport is a part, has even codified this philosophy of empowering and equipping talented and qualified people as one of the primary pillars of its Campaign Plan 2.0. If there is a way a worker with a special need can be reasonably accommodated and kept on the job, NAVSEA and its subordinate commands like NUWC Division, Keyport will do it.

Rob Hollander is NUWC Division, Keyport’s disability program manager. He described reasonable accommodation as a means by which talented people can be kept on the team.

“It’s a program to help people continue working,” Hollander said. “The program is for qualified individuals with disabilities. We work within their individual limitations. It’s an interactive process where we work with them and their supervisor to find the right solution.”

Hollander said there is a contingency in place if the individual’s needs would prevent from doing their original job. In that case, the program would look to find them comparable employment elsewhere in NUWC Division, Keyport, or even in an entirely different geographic location. Hollander said that would be a last resort, but if it kept a talented worker on the federal government’s team, it is a possibility that can be considered.

Tebo said his meeting with Hollander in March resulted in him finding a medical device online the same day. The device is a special camera and screen that can magnify his computer monitor and, through the use of a swivel arm, also magnify documents on his desk. Once the device was identi-

fied, a request was routed to Tebo’s supervisor for approval.

“I’m fine now,” Tebo said. “I can do my job. It took a bit of getting used to, but I can read and I can work now. The whole process took less than two weeks.”

In under 14 days, Tebo went from preparing for a disability retirement he did not want, to having a device that allows him to return to full productivity for the union and NUWC Division, Keyport.

Tebo said he believes the reasonable accommodation program is under-utilized because he sees many people fearing being stigmatized if they come forward for assistance.

“When you mention reasonable accommodation to people, I think people fear being ostracized. They fear their disability will be held against them,” Tebo said. “The response I’ve gotten, however, has been positive.”

Tebo said it’s impossible to hide his disability since the device sits on his desk in plain view. Instead of being stigmatized, he has found

that people are impressed he was given a tool that allows him to remain on the job.

“I’ve even recommended the reasonable accommodation program to a few people,” said Tebo. “I don’t know if they’ve looked into it or talked to Rob Hollander, but I hope so.”

Hollander and Tebo both said they want to get the word out about the program and remove the perceptions of stigma. Disabilities are not a sign of weakness, Hollander said. They are simply a fact of life for many people, but they are a fact of life that should not prevent those people from being able to contribute to the NAVSEA or federal mission. Reasonable accommodation exists to keep talented and qualified people in the NAVSEA and federal workforce, said Tebo.

“If you want to continue to work, reasonable accommodation is the way to go,” Tebo said.

For more news from Naval Undersea Warfare Center Division, Keyport, visit www.navy.mil/local/nuwcd/.

WE GET YOUR BUSINESS IN FRONT OF OUR MILITARY

PRINTEVENTSONLINE

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



Photos by MC1 John Philip Wagner, Jr.

Musician 3rd Class Jared Goodrum, a native of Albuquerque, N.M., high fives students at George B. Harris Elementary school during a concert by the 7th Fleet Far East Edition Brass Band during Civic Action Team week. CAT Palau provides community construction support to the host nation, assists and trains apprentices with general engineering skills, facilitates a medical outreach program and coordinates community relationship programs. CAT Palau is an integral part of the U.S. mission to assist and support the development of the Republic of Palau through agreements made in the Compact of Free Association between the two nations. 2019 marks the 50th anniversary of the CAT mission in Palau.

Navy Band celebrates 50 years of the civic action team

By MC1 John Philip Wagner, Jr.
CTF 75 Public Affairs

KOROR, PALAU

The U.S. 7th Fleet Far East Brass Band played four concerts to celebrate 50 years of the Civic Action Team (CAT) and the partnership between the U.S. and Palau to more than 1,500 students at schools throughout Palau, starting Aug 12.

The brass band is in Palau to help celebrate the 50th anniversary of the CAT, which was created in 1969 by the U.S. Department of the Interior and carried out by the Department of Defense. Initially a Navy led program, the Army and Air Force began their involvement in 1970. The three services rotate deployments to Palau every six months.

“Thus far, all of our performances have been for the school kids which we love doing,” said Chief Musician Brandon Schoonmaker, a native of Newhaven, Ind. “The next couple of public performances will be for the general public for all ages. We will play some music and put some smiles on people’s faces and get to interact with the people here in Palau. It’s the best part of the job,” he added.

The band is scheduled to play a free public concert Thursday, Aug. 15 at 6:30 p.m. at the Ngarachamayong Culture Center. They are also slated to perform at the Koror Night Market Friday, Aug. 16.

“The Navy band is the greatest thing to get to experience here at Palau High School,” said Jay Berakuit, a senior at Palau High School. “I got to get out and dance with the band and have a good time. And being able to hear such

great music and information about the CAT team and what they do for Palau ... it was a fun afternoon in school.”

The U.S. 7th Fleet Band strives to bring music and cultural experiences to people of different backgrounds.

“It gives us an opportunity to connect one on one with people,” said Musician 2nd James Brownell, a native of Miami, Fla. “I am really looking forward to the rest of CAT week’s musical engagements; they will be a lot of fun.”

Playing for a group of students provides the band members as much enjoyment as they provide for the students.

“I doesn’t matter how many concerts I do, it’s always a surprise when you see a kid come out and dance or express themselves,” said Musician 3rd Class Jared Goodrum, a native of Albuquerque, N.M. “When they come out and dance and have a good time I get hyped, I get excited no matter how tired I am.”

For the band members, who are



Musician 3rd Class Adam Byars, a native of Birmingham, Ala., dances with students at George B. Harris Elementary during a concert by the 7th Fleet Far East Edition Brass Band during Civic Action Team week.

stationed in Yokosuka, Japan, getting to interact with Palauans has been a highlight of the trip.

“Being here in Palau has been amazing. The people are so welcoming and the audiences have just been fantastic,” Schoonmaker said. “We have played two performances each day at local

schools and the children have just been great audiences.”

CAT Palau provides community construction support to the host nation, assists and trains apprentices with general engineering skills, facilitates a medical outreach program and coordinates community relationship pro-

grams. CAT Palau is an integral part of the U.S. mission to assist and support the development of the Republic of Palau through agreements made in the Compact of Free Association between the two nations. 2019 marks the 50th anniversary of the CAT mission in Palau



Members of the 7th Fleet Far East Edition Brass Band cool off Musician 1st Class Vincent Moody, a native of Severn, Md., during a concert at George B. Harris Elementary school during Civic Action Team (CAT) week.

Carderock's composite-patch technology is an alternative repair method for sensitized aluminum

By Brooke Marquardt and Kelley Stirling
Naval Surface Warfare Center, Carderock Division Public Affairs

WEST BETHESDA, MD.

In a research lab such as Naval Surface Warfare Center, Carderock Division, a “win” is to see one’s research applied in real life. For engineers Daniel Hart, John Noland and Bruce Wells, not only have they been involved in the development and application of their research, but they have also transitioned it to the fleet.

In 2010, this team out of Carderock’s Structures and Composites Division received funding to find a non-welded repair for stress-corrosion cracking in highly sensitized aluminum that was happening on Ticonderoga-class cruisers. Leveraging international co-operation and previous experience from the Royal Australian Navy (RAN), they designed a fracture-mechanics-based bonded repair to address the cracking issue on the cruiser’s superstructure.

According to Hart, the original reason for the composite patches was aluminum sensitization and the corresponding degree of sensitization, which is caused by the aluminum alloy being exposed to heat and a corrosive environment. There are four basic levels of sensitization: unsensitized; sensitized, but weldable; sensitized and weldable, but requires some type of cold work; and, above a certain level of sensitization, the metal is unweldable.

“Most of the plates we’ve come across have been on the high side of sensitized, but weldable with cold work to unweldable,” Hart said. “Welding aluminum plate is a detailed and technical process, made more difficult when the material has sensitized.”

The first ship the Carderock team installed the repairs on in late 2010 was USS Port Royal (CG 73). Hart said they had some issues on that first repair, but they were able to learn quickly from the problems.

“We learned a lot about our surface prep and discovered a couple of things, not only about the way we were treating and abrading, but also about the effects a shipboard environment has on our original surface preparation chemicals,” Hart said.

In a traditional stress crack on a ship, welding might be the best solution. However, Hart said that this composite patch allows them to make repairs to stress-corrosion cracks in difficult places. Composite patches typically only require access from one side of the struc-

ture and generally do not require the removal of equipment, wires, ventilation, insulation, plumbing or weapons systems. Welding requires not only the removal of the equipment and cracked plate, but also removal of enough highly sensitized plate to reach weldable plate. Welders then have to install the replacement metal and post a fire watch throughout the welding process.

All of this adds up to a lot of money. Hart estimated that their composite-patch repair has saved the Navy anywhere between \$1 million and \$4 million per repair for several of the larger repairs.

One such repair was an emergency repair on USS Normandy (CG 60) to stabilize a 10-1/2-foot crack and four cracked longitudinal stiffeners. Normandy was the third Ticonderoga-class cruiser assigned to a Baltic Sea exercise in 2012 with no alternative asset available after two sister ships in the class were unable to support the mission. Before the ship could deploy, a repair was needed to restore structural integrity to a cracked deck. As a direct result of the research done at Carderock, the composite patch team designed, negotiated structural technical warrant holder (TWH) approval and installed a hat-stiffened composite patch in 21 days at a cost of \$140,000. The weld repair estimate required more than six weeks at a cost of \$1.5 million.

From 2010 to 2015, the investment in composite-patch science and technology was about \$6.2 million, and it has resulted in greater than \$30 million of maintenance cost savings across on 15 Ticonderoga-class cruisers and one Harpers Ferry-class dock landing ship.

This process is now an official temporary repair procedure approved by Naval Sea Systems Command (NAVSEA), and starting in 2017, the Carderock team began transitioning the composite-patch repair work to the Regional Maintenance Centers (RMC) for broad fleet use.

“We have been training the RMCs to install the composite patches, and that allows us to get back to focusing on the research side of it,” Hart said. “That’s really our goal for this transition.”

Last October, the team was called to help the Southwest RMC do an emergency composite-patch repair on USS Mobile Bay (CG 53) with only three weeks to get the repair done, including designing it and getting the structural TWH approval. The damage and



Provided by Dan Hart
Regional Maintenance Center team members (clockwise from left) David Marx, Hull Maintenance Technician 1st Class James Falkner and Hull Maintenance Technician 1st Class Desmond Rapach laminate a composite patch on USS Port Royal (CG 73) in January 2019.

design process was very similar to the USS Normandy effort in 2012, however, this would be the RMC’s first attempt at a repair.

“That was a really fast turn-around, and it was a complicated repair,” Hart said, adding that team members Wells and Anna Bernal, an engineer with Carderock’s Non-Metallic Materials Research and Evaluation Branch, went to San Diego to provide oversight and support for the repair.

Somewhere in the neighborhood of 100 repairs later, Hart said they went back to Port Royal in 2019 while it was in a maintenance availability at Pearl Harbor Naval Shipyard. However, this time, they taught the RMC how to install the repair. Composite-patch installers from both Southwest RMC and Pearl Harbor’s fleet maintenance facility-surface (FMR) worked together to do some large and logistically complicated repairs, as well as complete their installer qualifications. That repair effort qualified seven RMC and FMR installers under the newly developed composite patch qualifications developed by Carderock and NAVSEA.

Hart said they have memos with Commander Navy Regional Maintenance Centers (CNRMC) and the individual RMCs outlining the requirements for installer qualification, inspection procedures and maintenance of the composite-patch repair, which included attending a training course co-developed by Carderock and Gougeon Brothers. Gougeon Brothers is the manufacturer of the epoxy resin used for the repairs.

“We had worked with them (Gougeon Brothers) under some TIPS (Technology Insertion Program for Savings by Office of Naval Research) funding to set up what the course would look like, and ensured it covered all the aspects that we thought were impor-

tant,” Hart said, adding that they still provide oversight of the RMCs on the actual shipboard repairs. “Class is one thing, but having to coordinate all your materials, schedule, timing, get all the stuff on the ship, that’s a whole other animal.”

The Carderock team is working with RMCs in Norfolk, San Diego, Pearl Harbor and Mayport, Florida, as well as those forward deployed in Yokuska, Japan, and Rota, Spain.

“Now the RMCs are building the capability to install NAVSEA-approved composite patches,” Hart said. “Once certified, the RMCs can install basic patches, and we can provide guidance and oversight for more complex repairs. With the RMCs on the waterfront, it’s a lot easier for them to work with the incoming ship’s schedule and respond quickly to emergent needs.”

Composite-patch related research and development continues with transition to other ship classes, such as Harpers Ferry, Wasp, littoral combat ships and other military branches.

“We are also working on the verification of the analysis and design tools required to extend patches to structural repairs, modifications and ship alterations,” Hart said.

Continued research is focusing on further understanding the bond-line behavior; the ability to bond to corroded and contaminated steel; advanced numerical-analysis tools; methods necessary to design bonded reinforcement solutions for structural reinforcement; and the experimental mechanics required to inform those models and generate accurate predictions.

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



ONE DAY UNIVERSITY

ONE DAY UNIVERSITY BRINGS TOGETHER PROFESSORS FROM THE FINEST UNIVERSITIES IN THE COUNTRY TO PRESENT SPECIAL VERSIONS OF THEIR VERY BEST LECTURES - **LIVE**.



A DAY OF GENIUS

PRESENTED BY

The Virginian-Pilot

NEW!

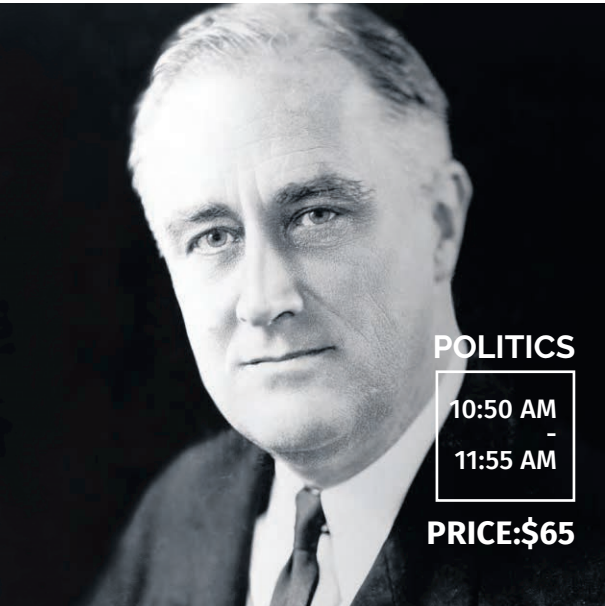
Purchase each class separately OR buy the full Day of Learning at a discount.



MUSIC
9:30 AM - 10:35 AM
PRICE: \$65

CLASS 1:
The Musical Genius of Wolfgang Amadeus Mozart

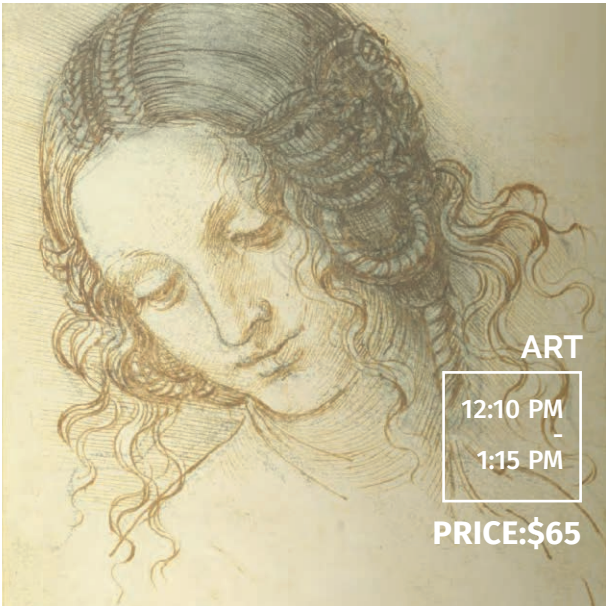
PROFESSOR:
Craig Wright
Yale University
American Musicological Society's Alfred Einstein Prize



POLITICS
10:50 AM - 11:55 AM
PRICE: \$65

CLASS 2:
The Political Genius of Franklin D. Roosevelt

PROFESSOR:
Jeffrey Engel
Southern Methodist University
Teaching Excellence Award



ART
12:10 PM - 1:15 PM
PRICE: \$65

CLASS 3:
The Groundbreaking Genius of Leonardo da Vinci

PROFESSOR:
Denise Budd
Columbia University
Director, ArtWatch International

Full day price ~~\$159~~

\$129

Use code **Norfolk**
(100 STUDENTS ONLY)

DATE: SATURDAY, OCTOBER 5
9:30 AM – 1:15 PM
LOCATION: CHRYSLER MUSEUM OF ART
1 MEMORIAL PL | NORFOLK

REGISTER TODAY TO LOCK IN YOUR DISCOUNT FOR THIS REMARKABLE EVENT

Register at OneDayU.com or call 800 300 3438



MC2 Brenton Poyser
A rolling airframe missile (RAM) is fired aboard the Harpers Ferry-class amphibious dock landing ship USS Oak Hill (LSD 51) during a live-fire exercise while the ship participates in a Surface Warfare Advanced Tactical Training (SWATT) with other U.S. Navy warships.

SWATT | Delivering advanced tactical training

Continued from B1

ship and the ARG as a whole an opportunity to train in realistic underway scenarios to focus the development of warfare capability and less on receipt of a certification – a luxury for warfighters that SWATT and LFWAP provide.

“We are solely here for the purpose of providing training,” said Chamberlain. “That gives a lot of flexibility in how we execute and how we deliver training. SWATT enables the ship to focus on their operations rather than worrying about a grade. We provide the goods and feedback on how they can improve going forward through the Amphibious Ready Group Marine Expeditionary Unit exercise, composite training unit exercise and deployment and how to sustain combat operations.”

The amphibious warfare (AMW) WTI, Lt. Audrey Collier, the lead AMW WTI for the ARG SWATT, noted that being able to exercise landing craft utility and landing craft air cushion movements and practicing primary and secondary ship control duties for ship-to-shore movements was key to increasing the ARG’s mission readiness.

“Once they come out of the basic phase we want them to be tactically sound and able to conduct warfare doctrinally prior to them going into their integrated phase,” said Collier.

Since 2016, there have been 11 SWATT exercises completed by carrier strike group cruiser-destroyer units and ARGs.

SMWDC is a subordinate command of Commander, U.S. Naval Surface Forces, and is headquartered at Naval Base San Diego with four divisions in Virginia and California focused on IAMD, ASW/SUW,



MC2 Zachary A. Anderson
The Wasp-class amphibious assault ship USS Bataan (LHD 5), the San Antonio-Class amphibious transport dock ship USS New York (LPD 21) and the Harpers Ferry-class Amphibious dock landing ship USS Oak Hill (LSD 51) participate in a simulated strait transit during a Surface Warfare Advanced Tactical Training (SWATT) exercise with other U.S. Navy warships.

COMFORT | Strengthening the bonds between the U.S. and the people of Panama

Continued from B1

operation officer in Panama. “Panama is a key partner to take on regional issues. We are happy to take the challenges of health issues side by side.” This marks the fourth Comfort visit to Panama and the seventh to the region since 2007. The embarked medical teams will provide care aboard Comfort and at two land-based medical sites.

This mission stop is part of the U.S. Southern Command’s Enduring Promise initiative and reflects the United States’ ongoing commitment to friendship, part-

nership and solidarity with partner nations in the Caribbean, Central America and South America. It is also an invaluable opportunity to learn from other partner nations.

For more information, visit www.facebook.com/NAVSOU4THFLT, www.dvidshub.net/feature/comfort2019, and www.navy.mil.

Get more information about the Navy from US Navy Facebook or twitter.

Get more information about the Navy from US Navy facebook or twitter.

For more news from Navy Public Affairs Support Element, visit www.navy.mil/lo-



MC3 Brendan Fitzgerald

Lt. Cmdr. Julie Suguitan, a Navy pediatric dentist, assigned to hospital ship USNS Comfort (T-AH 20), treats a patient during her first time at the dentist at a temporary medical treatment site. Comfort is working with health and government partners in Central America, South America, and the Caribbean to provide care on the ship and at land-based medical sites, helping to relieve pressure on national medical systems strained by an increase in Venezuelan migrants.

FORD | USS Gerald R. Ford nears return to sea with propulsion plant completion

Continued from B1

ment Sailors and their shipyard counterparts together have achieved a major milestone. We now enter the transition phase, where our focus shifts from a shipyard production work mindset to a ship’s force operational and maintenance mindset. Reactor Department Sailors are owning it!”

Troubles with Ford’s propulsion system were first noted while conducting trials at sea in January 2018, when the crew identified a component in the propulsion train that was operating outside of design specifications. HII-NNS determined that the issue was due to a manufacturing defect (not improper operation) in the propulsion train component that affected the same component in the other propulsion trains.

In May 2018, three days into a planned underway to continue testing and evaluation, the ship experienced another propulsion plant issue associated with a design modification which resulted in Ford returning to homeport. Once in Norfolk, adjustments were made and the ship returned to sea later that month.

Ford returned to port June 7, 2018, following the successful completion of all required ship testing during its at sea period. During these tests, the Navy and Newport News Shipbuilding determined the required steps to correct the manufacturing defects would be fully corrected during Ford’s PSA.

As a first-in-class ship, some issues were expected, giving rationale for the long periods of testing and evaluation. Ford was tasked with conducting critical test and evaluation operations that are meant to identify construction and design issues. Ford’s propulsion issues weren’t with the nuclear reactors themselves, rather the issues resided in the mechanical components associated in turning steam created by the nuclear plant into spinning screws that propel the ship through the water.

During Ford’s PSA, Sailors worked alongside HII-NNS shipyard technicians to complete 400,000 man hours of maintenance and production work to reach this important milestone, but Ford Sailors are still working hard every day to get the ship ready to join the rest of the fleet and return to sea to complete additional aircraft carrier qualifications.

Lt. Cmdr. Deron Spencer, from Winnsboro, Texas, Ford’s reactor maintenance officer said that he can see the mindset shifting through the reactor department.

“Instead of being focused on coming to support the shipyard work, it’s ‘what ship’s force preventative maintenance



MC2 Ryan Seelbach
Electronics Technician (Nuclear) 2nd Class Casey Diss, from Alamosa, Colorado, left, and Machinist's Mate (Nuclear) 2nd Class Daniel Brzezinskirockwell, from Craig, Colorado, both assigned to USS Gerald R. Ford's (CVN 78) reactor department, prepare to test a pressure gauge during a routine maintenance check. Ford is currently undergoing its post-shakedown availability at Huntington Ingalls Industries-Newport News Shipbuilding.

“We own the fight, we own the maintenance, we own the priorities and we own the end state.”

Lt. Cmdr. Deron Spencer

nance am I required to do to maintain equipment?” said Spencer. “There’s also training evolutions and walk-throughs being conducted. The day shifts from the production environment to an operational environment.”

Since first getting underway on April 8, 2017, Ford has safely conducted 10 underway evolutions and has completed all of the testing that was required prior to beginning the ship’s PSA last summer. Collectively, this has brought a

tremendous amount of knowledge to the Ford-class program. The lessons learned, corrections, and design changes can be integrated in the construction of the next ships in the Ford-class of aircraft carriers.

“We have asked a lot of the Sailors in Reactor Department. They have answered with a tremendous effort and teamwork to achieve every milestone required of them,” said Bassett. “We own the fight, we own the maintenance, we own the priorities and we own the end state.”

Gerald R. Ford is a first-in-class aircraft carrier and the first new aircraft carrier designed in more than 40 years. Ford is currently undergoing its post-shakedown availability at Huntington Ingalls Industries-Newport News Shipbuilding.

For more news from USS Gerald R. Ford (CVN 78), visit www.dvidshub.net/unit/CVN78 or www.facebook.com/USSGeraldRFord.

FREE HOME DELIVERY

for south hampton roads residents



GET THE PAPER DELIVERED TO YOUR DOOR FOR FREE!

**Some restrictions apply. See newspaper for details. ** Home delivery available in the cities of Norfolk, Virginia Beach, Chesapeake, and Portsmouth*

SIGN UP TODAY!

CALL 222-3990

OR

**VISIT US
ONLINE**



flagshipnews.com





Party on the pier

The City of Norfolk’s Department of Public Works, in collaboration with the Elizabeth River Trail (ERT) Foundation and Nauticus, will commemorate the completed construction at this month’s Party on the Pier on Thursday, August 29, 2019 from 5:00 pm – 8:00pm.

See C3

SECTION C | FLAGSHIPNEWS.COM | 8.15.2019



Courtesy of The Colonial Williamsburg Foundation

Colonial Williamsburg offering huge savings Sept. 7-22

The Colonial Williamsburg Foundation
Press Release

WILLIAMSBURG

Homeschooling families receive exclusive deals on admission and special interactive educational programs Sept. 7-22.

Single-day and multiday admission tickets granting access to Historic Area exhibition buildings, gardens, trades and the Art Museums of Colonial Williamsburg are available during the offer at more than 75 percent off retail.

Special ticketed programs offered during Fall Homeschool Days include opportunities to explore S.T.E.A.M. through historic trades and buildings, meet people of the past, witness the

birth of American Independence at the fifth Virginia Convention, experience the life of an apprentice, discover Colonial Williamsburg’s rare breeds programs, learn about American Indian culture, retrace Thomas Jefferson’s footsteps, take a drop spindle class, enjoy special tours of the Governor’s Palace and Capitol buildings and have a behind the scenes look at special collections letters, maps and other evidence used to help recreate the Historic Area.

Visits can be tailored to include on-site dining, 18th century-style tavern meals, evening entertainment and lodging. Homeschool Days pass holders qualify for special rates at the Williamsburg Woodlands Hotel & Suites and



Courtesy of The Colonial Williamsburg Foundation

15% off Colonial Houses using code “HOME”.

To receive the Homeschooler discount, tickets and hotel accommodations must be purchased in advance online. For more information, visit colonialwilliamsburg.com/homeschoolers. All sales are final.

Colonial Williamsburg also offers exclusive pricing year-round for homeschool groups of all sizes and a wide variety of books, DVDs, and teaching resources. Information on customized guided tours and homeschool planning is available by calling 800-228-8878 toll-free or by emailing groupsales@cwfb.org.

Landstown High School graduate trains to be a U.S. Navy future warfighter



U.S. Navy photo by MC1 Jesse Hawthorn

By MC1 Jerry Jimenez
Navy Office of Community Outreach

GREAT LAKES, ILL.

Sailors are some of the most highly-trained people on the planet, according to Navy officials, and this training requires highly-dedicated instructors.

At Naval Education and Training command, instructors at advanced technical schools teach sailors to be highly skilled, operational, and combat ready warfighters, while providing the tools and opportunities for continuous learning and development.

Seaman Elijah Barlow, a native of Virginia Beach, Virginia, is a student at NETC, learning the necessary skills needed to be an electronics technician.

An electronics technician is responsible for operating and repairing various electronics equipment and radars onboard Navy warships.

Students attend advanced technical schools after “boot camp.” They are taught the basic technical knowledge and skills required to be successful in their new careers.

Barlow, a 2018 graduate of Landstown High School, credits success in the Navy to many of the lessons learned growing up in Virginia Beach.

“I did JROTC in high school and that taught me a lot of leadership capabilities,” Barlow said.

NETC educates and trains those who serve, providing the tools and opportunities which enable lifelong learning, professional and personal growth and development, ensuring fleet readiness and mission accomplishment.

NETC is made up of six commands that provide a continuum of professional education and training in support of Surface Navy requirements that prepare enlisted sailors and officers to

serve at sea, providing apprentice and specialized skills training to 7,500 sailors a year.

A key element of the Navy the nation needs is tied to the fact that America is a maritime nation, and that the nation’s prosperity is tied to the ability to operate freely on the world’s oceans. More than 70 percent of the Earth’s surface is covered by water; 80 percent of the world’s population lives close to a coast; and 90 percent of all global trade by volume travels by sea.

Barlow plays an important role in America’s focus on rebuilding military readiness, strengthening alliances and reforming business practices in support of 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 Secretary 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 Barlow, who has military ties with family members who have previously served. Barlow is honored to carry on the family tradition.

“My father served in the Marines and my brother currently serves in the Navy,” Barlow said. “I have a sense of pride carrying the family torch serving our country.”

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

“Being so young, serving in the Navy gives me an opportunity to see the world and make a difference that will make an impact beyond my community and myself,” Barlow said.

Calendar

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



Courtesy photo

Virginia CaribFest

- Aug. 17, 12:00 p.m.
- Town Point Park
- www.sevenvenues.com

Come and experience the pageantry of dazzling fusion of colors, creativity, music, masquerades and incredible art at the street parade. Then enjoy live, authentic Caribbean music at Town Point Park with International recording artists, and electrifying diverse audience with high-energy tunes that will move the crowd to dance under the stars. Tickets are \$10 - \$100 plus applicable fees.



Courtesy photo

Gladys Knight

- Aug 17, 8:00 p.m.
- Chrysler Hall
- www.sevenvenues.com

Gladys Knight has long been recognized as one of music’s most memorable singers, validated by more than 50 years of unassailable artistry. She’s a seven-time Grammy Award winner, has enjoyed #1 hits in Pop, Gospel, R&B and Adult Contemporary, and has triumphed in film, television and live performance. Knight is inducted into the Rock ‘N’ Roll Hall of Fame and the Rhythm & Blues Hall of Fame. She’s a Lifetime Achievement Award recipient in the annual BET ceremony. Tickets are \$34 - \$125 plus applicable fees



Courtesy photo

Dwight Yoakam and The Cadillac Three

- Aug. 16, 8:00 p.m.
- Chrysler Hall
- www.sevenvenues.com

First becoming popular in the mid-80’s, Dwight Yoakam has recorded more than twenty albums and compilations, charted more than thirty singles on the Billboard Hot Country Songs charts, and sold more than 25 million records. He has recorded five Billboard #1 albums, 12 gold albums, and nine platinum albums, including the triple-platinum “This Time.”



Courtesy photo

NEON Contemporary Art Tour

- Aug. 16, 7:00 p.m.-9:00 p.m.
- Chrysler Museum Glass Studio
- www.hampton-roads-hikers.com/new-neon

Enjoy a unique pedestrian experience of art, culture, and community. Hear brief, artist-approved, narratives relevant to 26 artworks and their creators. Get tickets at www.hampton-roads-hikers.com/new-neon. We begin outside the Chrysler Glass Studio on our 2-hour, 2-mile stroll through the streets and hidden conduits of the NEON District. Mike will be your guide: Having hosted over 600 tours and hikes in and around my hometown of Norfolk, I’ve spent seven years exploring and sharing. Each artist has a story and each piece a spirit.

Community

■ Submit YOUR events, news and photos

The Flagship welcomes submissions from our readers online.

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

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

Norfolk Native Trains to be a U.S. Navy Future Warfighter

By Rick Burke

GREAT LAKES, ILL.

Sailors are some of the most highly-trained people on the planet, according to Navy officials, and this training requires highly-dedicated instructors.

At Naval Education and Training command, instructors at advanced technical schools teach sailors to be highly skilled, operational, and combat ready warfighters, while providing the tools and opportunities for continuous learning and development.

Seaman Apprentice D’equon Ricks, a native of Norfolk, Virginia, is a student at NETC, learning the necessary skills needed to be an operations specialist.

An operations specialist is responsible for maintaining and operating radars onboard Navy warships.

Students attend advanced technical schools after “boot camp.” They are taught the basic technical knowledge and skills required to be successful in their new careers.

Ricks, a 2016 graduate of Maury High School and Virginia State University graduate, credits success in the Navy to many of the lessons learned growing up in Norfolk.

“I learned to never give up and stay on top of your game,” Ricks said. “Even through all the struggles you can rise up and come back even stronger than ever before.”

NETC educates and



Photo by MC1 Jesse Hawthorne

Seaman Apprentice D’equon Ricks, a 2016 graduate of Maury High School and Virginia State University graduate, credits success in the Navy to many of the lessons learned growing up in Norfolk.

trains those who serve, providing the tools and opportunities which enable lifelong learning, professional and personal growth and development, ensuring fleet readiness and mission accomplishment.

NETC is made up of six commands that provide a continuum of professional education and training in support of Surface Navy requirements that prepare enlisted sailors and officers to serve at sea, providing apprentice and specialized skills training to 7,500 sailors a year.

A key element of the Navy the nation needs is tied to the fact that America is a maritime nation, and that the nation’s prosperity is tied to the ability to operate freely on the world’s oceans. More than 70 percent of the Earth’s surface is covered by water; 80 per-

cent of the world’s population lives close to a coast; and 90 percent of all global trade by volume travels by sea.

Ricks plays an important role in America’s focus on rebuilding military readiness, strengthening alliances and reforming business practices in support of 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 Secretary 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 Ricks, who has military ties with family members who have previously served. Ricks is hon-

ored to carry on the family tradition.

“My grandfather and cousin both served in the Navy and my father was in the Marines,” Ricks said. “My uncle is currently serving in the Navy as a chief petty officer and to serve my country makes me go even harder to carry out what they had started and finish it.”

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

“Serving in the Navy means everything to me,” Ricks said. “I can travel and meet new people in different parts of the world and take care of my family, while performing my duty to fight and protect everyone else’s families as well.”



Coast Guard crewmembers from Coast Guard Station Wrightsville Beach transfer a patient to a Coast Guard MH-60 Jayhawk from Coast Guard Air Station Elizabeth City 46 miles off the coast of North Carolina during a search and rescue case August 7. One of the two passengers transferred was reportedly suffering from abdominal pain aboard a Uruguayan naval training vessel.

U.S. Coast Guard photo courtesy of Petty Officer 1st Class Mark Ward

Coast Guard medevacs Uruguayan naval cadet 46 miles off North Carolina

WILMINGTON, N.C.

The Coast Guard medevaced a 23-year-old female from a Uruguayan naval training vessel 46 miles east of Wilmington on Wednesday afternoon after she reportedly began suffering from abdominal pain.

The Uruguayan naval vessel contacted the Coast Guard’s 5th District command center in Portsmouth, Virginia, to request assistance Wednesday morning.

A 45-foot Response Boat—Medium from

Coast Guard Station Wrightsville Beach and an MH-60 Jayhawk helicopter from Air Station Elizabeth City were launched to assist.

The female and an accompanying nurse were transferred to the response boat, which was then met en route by the Coast Guard helicopter, who hoisted the two aboard to facilitate expedited care. The personnel were then transported to the Naval Medical Center at Marine Corps Base Camp Lejeune for further care.

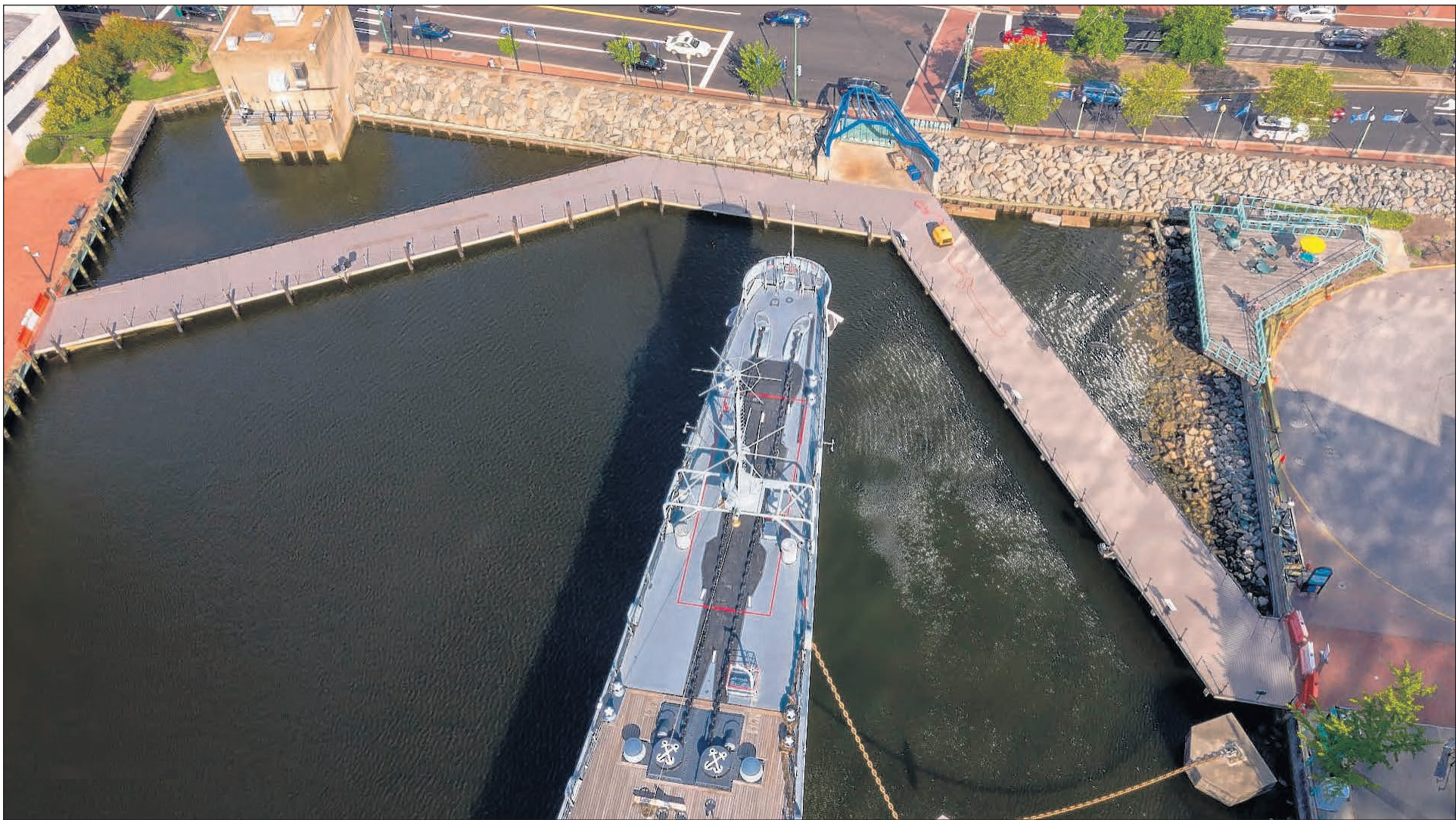


U.S. Coast Guard photo courtesy of Petty Officer 1st Class Mark Ward

Coast Guard crewmembers from Coast Guard Station Wrightsville Beach transfer a patient to a Coast Guard MH-60 Jayhawk from Coast Guard Air Station Elizabeth City 46 miles off the coast of North Carolina during a search and rescue case August 7. One of the two passengers transferred was reportedly suffering from abdominal pain aboard a Uruguayan naval training vessel.

“Good communication between the response boat and the aircrew is crucial to conducting a complex evolution like a boat-to-helo transfer,” said Lt. Nicholas Kealy,

an MH-60 Jayhawk helicopter pilot at Air Station Elizabeth City. “We train every day so we can safely conduct these transfers and get patients the help they need.”



Courtesy of the city of Norfolk

PARTY ON THE PIER

USS WISCONSIN BASIN PEDESTRIAN BRIDGE RE-OPENS

NORFOLK

Enjoy the USS Wisconsin Basin Pedestrian Bridge once again! The bridge officially re-opened to the public on August 1, 2019. The City of Norfolk’s Department of Public Works, in collaboration with the Elizabeth River Trail (ERT) Foundation and Nauticus, will commemorate the completed construction at this month’s Party on the Pier on Thursday, August 29, 2019 from 5:00 pm – 8:00pm.

“We’re thrilled with the improvements to this important waterfront thoroughfare,” said Stephen E. Kirk-

land, Executive Director of Nauticus. “The boardwalk not only connects us with our community, it gives residents and visitors a chance to truly appreciate the scope and scale of the last battleship built by the Navy.”

The 25-year-old bridge’s supporting wood structure and decking were replaced, along with the hardware. In addition, the refinished rail and new LED light features now provides the public with a bridge that is both safe and attractive. Participants will be able to enjoy the refurbished USS Wisconsin Bridge and the Elizabeth River Trail portion of the boardwalk, which

connects the downtown waterfront to historic Freemason. The celebration will be held in front of Nauticus and is free and open to the public.

The August 2019 Party on the Pier will feature:

- Live music from Red Stapler Duo;
- Food trucks, to include Capt’n Crabby and Rita’s Italian Ice;
- Hoffman Beverage providing select beverages for sale at \$5 per ticket; and
- A dog-friendly environment (dogs must be leashed)

For more information, visit Norfolk.gov.

“The boardwalk not only connects us with our community, it gives residents and visitors a chance to truly appreciate the scope and scale of the last battleship built by the Navy.”

Stephen E. Kirkland,
Executive Director of Nauticus

FREE
HOME DELIVERY
for south hampton roads residents



GET THE PAPER DELIVERED TO YOUR DOOR FOR FREE!

*Some restrictions apply. See newspaper for details. ** Home delivery available in the cities of Norfolk, Virginia Beach, Chesapeake, and Portsmouth

SIGN UP TODAY!
CALL 222-3990

OR
VISIT US ONLINE
flagshipnews.com





LIKE US ON FACEBOOK!

AN ALTERNATIVE WAY TO KEEP UP WITH YOUR COMMUNITY THROUGH THE FLAGSHIP!

GET THE LATEST ON NEWS, PHOTOS AND SPECIALTY PUBLICATIONS

The Flagship

 www.facebook.com/The.Flagship

Don't let a traffic ticket sideline your career.

Take the *original* AAA Driver Improvement Course to meet Virginia DMV point reduction requirements and satisfy Virginia court orders.

 **Tidewater Virginia**

Military Discounts Available
AAA.com/DriverImprovement • (757) 233-3887





iStock photo

Sun Protection Tips for Young Children

Skincancer.org

NEW YORK

As we inch closer to September, many families may want to take advantage of the last full summer month by spending a lot of time outdoors. But whether you're barbecuing in the backyard or taking a vacation at the beach, it's important to remember sun protection for any little ones enjoying the summer sun with you. Babies are especially vulnerable to sun damage due to their relative lack of melanin, the skin pigment that provides some sun protection, so protecting them from harmful ultraviolet (UV) radiation is imperative.

"All of the sun damage we receive as children adds up and greatly increases skin cancer risk later in life," says Deborah S. Sarnoff, MD, president of The Skin Cancer Foundation. "That's why it's so important that parents make sun protection for infants and toddlers a priority and eventually teach children these habits that will benefit them for many years to come."

The Skin Cancer Foundation wants parents and caregivers to know that skin cancer is highly preventable and offers the following tips to help keep young children sun-safe for the rest of the summer and all year long:

■ **Shade.** Avoid direct sun exposure during peak sun hours, between 10 AM and 4 PM, and use an umbrella while on the beach. On walks, keep to the shady side of the street and use a sun shield on your stroller.

■ **Cover Up.** Keep your baby covered up with a brimmed hat and lightweight clothing that fully covers the arms and legs. For added protection, look for special clothing marked with an ultraviolet protection factor (UPF) of 30 or more.

■ **Be Careful in the Car.** While glass screens out most UVB rays, the main cause of sunburn, UVA rays can penetrate win-

dows. Like UVB rays, UVA rays damage DNA and can lead to skin cancer. By law, front windshields are treated to filter out most UVA, but side and rear windows generally aren't. Consider buying a UV shield, which you can hang over any window that allows sunlight to reach the child's car seat. Another option is to install professional UV-blocking window film.

■ **Start Sunscreen at 6 Months.** Since infants' skin is so sensitive, it's best to keep them out of the sun completely. Beginning at 6 months of age, you can introduce sunscreen use. Choose a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher. Look at active ingredients; zinc oxide and titanium dioxide are good choices, because these inorganic filters are less apt to cause a skin reaction. You may want to test sunscreen on the inside of your baby's wrist. If the child

has a little irritation, try another sunscreen.

■ **Use Sunscreen As Directed.** Use sunscreen on all exposed areas not covered by clothing, such as the back of the hands, face, ears and neck. Apply sunscreen 30 minutes before going out and reapply it every two hours and immediately after swimming or sweating.

Toddlers rarely stand still, so you may need to get creative with your sunscreen application routine. Sunscreen sticks work well for the face and hands, since the child is less likely to rub the product into their eyes. Sprays are another good option. Make sure to apply the sunscreen evenly and liberally all over exposed skin, then rub in. For the face, spray into your hands, then apply to your child's face.

For more information, visit The Skin Cancer Foundation's website, SkinCancer.org.

3 great ways to get kids motivated to move more

Statepoint

Getting regular physical activity helps children meet developmental milestones and promotes mental and physical wellness. However, forming this healthy habit works best when you get started early. To motivate your kids to move more, consider the following ideas:

• **Go on an outing:** At least some of the time, be sure to select active outings. This way, physical activity will become a natural part of your family's lifestyle. For example, go skating or rock climbing instead of to the movies. If you're going on a picnic, hike or bike to the picnic site and bring along frisbees, balls and other toys and games that keep people moving.

• **Put on your dancing shoes:** It's easy to get kids moving and grooving with fun dance games. Especially those that incorporate innovative and interactive tech such as the new VTech Kidi Star Dance. By wearing motion-activated bands, kids can learn 20 cool dance moves step-by-step by following the animated dance instructor. Once kids learn the

moves, they can put them together and dance along to the included music. Color-changing lights flash along to the music to make kids feel like a star. Play four motion games or create music through movement by playing 14 different effects, including drums and magical fairy sounds. Give the second band to a friend and challenge them to a game or dance-off. Connect your own MP3 player or load songs using a microSD card to add more music so kids never get bored.

• **Take evening walks:** Instead of heading straight for the couch in the evenings, make a ritual of taking a short walk first. This is a great chance to chitchat, get some fresh air and even promote better sleep. Kids may not be able to travel too far at first, so start with a brief walk around the block. As they begin to build endurance, extend it a bit farther or consider turning the ritual into a friendly race.

Physical activity is not only great for you, but it's also a lot of fun. By incorporating games and activities into evenings and weekends, parents can play an active role in getting kids motivated to move more.



Statepoint



Fandango

coming to theaters

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.

BURN [R]

Burn follows a lonely, unstable gas station attendant Melinda (Tilda Cobham-Hervey), tired of being overshadowed by her more confident, outgoing co-worker Sheila (Suki Waterhouse). When the gas station is held at gunpoint by Billy (Josh Hutcherson), a desperate man in need of quick cash, Melinda finds an opportunity to make a connection with the robber, regardless of who gets hurt.

OVERCOMER [PG]

Filled with a powerful mix of faith, a twist of humor, and a ton of heart, Overcome follows the Kendricks' previous features Facing the Giants, Fireproof, Courageous, and the #1 box-office hit, War Room. Life changes overnight for

basketball coach John Harrison and the high school where he and his wife teach when they learn the largest manufacturing plant in town is shutting down. Uncertainty swirls as hundreds of families depart, leaving John fearful for the future of his family and his team. Forced to coach a sport he doesn't even like, John is inspired by an unexpected friendship, and an unlikely athlete pushing her limits on a journey toward discovery. With newfound resolve and the support of the community, Hannah and her coach challenge the impossible in the biggest race of her life.

SAHO [R]

The Story is about a power battle which is taking place in the higher echelons of power unrelated and unconnected episodes occurring in different parts of the globe, Intertwine in an unforeseen manner to revelation of mind games.

VITA & VIRGINIA

Set amidst the bohemian high society of 1920s England, Vita & Virginia tells the scintillating true story of a literary love affair that fueled the imagination of one of the 20th century's most celebrated writers. Vita Sackville-West (Gemma Arterton) is the brash, aristocratic wife of a diplomat who refuses to be constrained by her marriage, defiantly courting scandal through her affairs with women. When she meets the brilliant but troubled Virginia Woolf (Elizabeth Debicki), she is immediately attracted to the famed novelist's eccentric genius and enigmatic allure. So begins an intense, passionate relationship marked by all-consuming desire, intellectual gamesmanship, and destructive jealousy that will leave both women profoundly transformed and inspire the writing of one of Woolf's greatest works.

base theaters

\$3 Movies



IMDb

JEB Little Creek, Gator Theater – 462-7534

Friday | Aug. 16

7:00 p.m. The Lion King (2019) [PG]

Saturday | Aug. 17

1:00 p.m. The Lion King (2019) (3-D) [PG]

4:00 p.m. Spider-Man: Far From Home [PG-13]

Sunday | Aug. 18

1:00 p.m. Yesterday [PG-13]

4:00 p.m. The Lion King (2019) [PG]

7:00 p.m. Annabell Comes Home [R]

NAS Oceana, Aero Theater – 433-2495

Friday | Aug. 16

6:00 p.m. The Lion King (2019) [PG]

9:00 p.m. Stuber [R]

Saturday | Aug. 17

12:00 p.m. The Lion King (2019) [PG]

3:00 p.m. Spider-Man: Far From Home [PG-13]

6:00 p.m. Crawl (2019) [R]

Sunday | Aug. 18

12:00 p.m. Yesterday [PG-13]

3:00 p.m. Annabelle Comes Home [R]

6:00 p.m. The Lion King (2019) (3-D) [PG]

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

A WEBSITE

dedicated to our active duty military and their families!

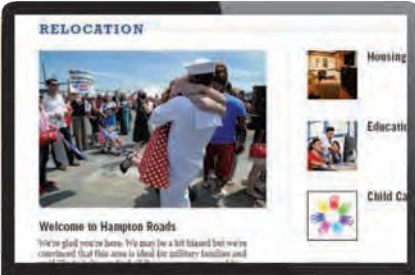


INTRODUCING MILITARYNEWS.COM

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

★ RELOCATION INFO

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



★ DISCOUNTS & DEALS

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



★ EVENTS & CALENDAR

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



★ MILITARY NEWS & BLOGS

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



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

TO PLACE AN AD:
Visit placeanad.pilotonline.com

Flagship Values

Hampton Roads Military Classified Marketplace

■ **advertise
your business**
The Flagship is a
weekly publication
aimed at military
service members,
family, and retirees.



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

ESTATE SALE
404 Callis Rd., Portsmouth
(off Elmhurst)
Fri. & Sat., Aug. 16 & 17, 8:30-3 PM
Round-top vintage Coke machine,
quilts, large collection of Templa-
tion ware, lots of Longaberger bas-
kets, marble top tables, collection
of Lenox statues, set of Pistolet
Pfaltzgraff earthenware, crystal &
China, garage full of good tools &
interesting items, walnut table &
bed, costume jewelry, lots of Christ-
mas items, many, many things. Ev-
erything will & must be sold. Cash/
Check Only. Larry Zedd, Va Beach
Antique Co. 422-4477



Misc. Merchandise For Sale

**4X5 ROUND BALES FOR
CATTLE - \$35/BALE**
Small square bales of orchard grass
hay for horses - \$6/bale. We deliver.
434-390-7165

FREE PICK UP
Of your broken or unwanted lawn
equipment. No riders. Call 412-5664.

**PAOLI EXECUTIVE DESK,
CREDENZA, BOOKSHELF.**
Maple 7 step finishing process.
Like new. \$3,000 Call 757-572-2634



Good Things To Eat

RIVER CITY MARKET NOW
OPEN! [HTTPS://SQUAREUP.COM/
STORE/RIVER_CITY_MARKET](https://squareup.com/store/river_city_market)



Dogs, Cats, Other Pets

AKC REG MINI SCHNAUZERS



Tales docked, dew claws removed,
come with shots and dewormed. 5yr
health guarantee, socialized and very
active. Salt/Pepper and Parti color
\$1000 kris.dire2u@gmail.com

MALSHIPOOS
Adorable Teddy bears! Ready 8/18.
Taking dep. 1st shots/worming & vet
check M & F \$700 Pics: 757-512-4246

MINI SCHNAUZERS



All Colors. Super Coats. Year Health
Guar. \$900+ 434-349-3854 or 434-
770-1464 www.smithschnauzers.com

Dogs, Cats, Other Pets

SHELTIE PUPS
AKC (Little Lassie) Tri's & Sable w/
full white collar. Dew claws, first sho-
ts, POP. \$900-\$1,100 757-613-6651

SIBERIAN HUSKY
16 Wks, male, beautiful, sweet, vet-
ted, w/crate, \$600, 7578037949



**Waterfront Property
For Sale**

**PORTSMOUTH-524 LANIER
CRES.**



Auction TBA, River Park Sec., 2 BR,
2 BA, Deep Waterfront Twnhse., good
cond, call to view, VauctionCo.com
757-538-0123. VAAF 662



Room For Rent

PORTSMOUTH
Offering low weekly & daily rates.
Weekly rates starting at \$249 & up.
Economy Lodge Portsmouth
1015 Broad Street, VA 23707
Call To Reserve: (757) 399-6341

VIRGINIA BEACH
Bellamy Plantation Area. Utils incl.
\$500/mo. Working person pref. 757-
937-3076, 757-524-9170 leave msg

HILLTOP
Furnished room. \$500 757-513-4572

VIRGINIA BEACH- BAYSIDE
Furn., kitch, & laundry priv. Share BA.
No alcohol/drugs/smking. Full Time job
& own car required. \$600 473-9284

CHESAPEAKE
Greenbriar/Clifffield area. Kitchen,
laundry, cable, WiFi, nice neighbor-
hood. \$150/week or \$600/month
757-472-3518 - Brian

Houses For Rent

CHESAPEAKE
Hickory-Grassfield. 4BR, 2BA, garage,
private yard. \$1650/mo. 757-373-7763



Travel/Camping Trailers

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

Motorcycles and ATVs

HARLEY 2018 FATBOY EDITION
114 cu in engine, 4500 mis., still
under factory warranty, Stage 1
Breather, Vance & Hines pipes, ABS
security, detachable saddle bags,
detachable wind screen, bike cover,
showroom new, \$16,900. Call for de-
tails 675-0288. Va. Dir.

Autos for Sale

BMW 2015 320
Very clean with new tires and in-
spection. Won't last! 757-788-4048
\$16,700

BUICK 2004 LESABRE

HOT
Mint condition - LOW MILES! Auto,
air, loaded, inspected, look & drives
perfect! \$3990 757-439 8017 Va Dir.
757-481-7777 Process Fee \$375

CHEVROLET 2007 CORVETTE
SILVER 69K MILES GARAGE KEPT ALL
SERVICE RECORDS. EXCELLENT CON-
DITION 23K CALL 757-449-0845 OR
TEXT FOR PHOTOS

Autos for Sale

CHEVROLET 2013 CAMARO



RS, leather, roof, alloy, fully loaded -
must see! \$16,900 VA Dir. Process
fee \$395 757-717-1715/757-963-
2299

CHEVROLET 2016 CRUZE



LT 1 owner, new bdy, 26k mi., 560 wa-
rr. LIKE NEW! \$12,900 757-880-3045

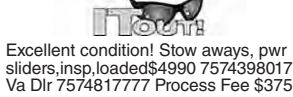
CHRYSLER 2008 SEBRING

HOT
Looks & runs GREAT! New inspec-
tion, auto, air, loaded \$3990 757-439
8017 Va Dir. 757-481-7777 Process
Fee \$375

**CHRYSLER 2008 TOWN &
COUNTRY**

**CHECK
IT OUT!**
Excellent condition! Stow aways, pwr
sliders, insp, loaded \$4990 757-439-8017
Va Dir 757-481-7777 Process Fee \$375

DODGE 1966 POLARA



Station Wagon. 106k mi. 383. Excel-
lent con. \$13,400. 757-880-3045.

DODGE 2015 CHARGER



SXT Plus leather, roof, alloy - super
nice! \$19,450 VA Dir. Process fee
\$395 757-717-1715/757-963-2299

FORD 1999 EXPEDITION

Clean in and out, runs strong, AWD,
tow hitch. \$2,500. Call 757-228-6656

FORD 2003 MUSTANG

LOOK
Convertible, LOW MILES-GREAT
CONDITION! Auto, air, loaded, in-
spected \$3990 757-439 8017 Va. Dir.
757-481-7777 Process Fee \$375

FORD 2018 FOCUS



SE auto, ac, great miles! \$13,850
VA Dir. Process fee \$395 757-717-
1715/757-963-2299

GMC 2005 YUKON



LT looks & runs great, auto, air, load-
ed, inspected \$4990 757-439-8017
Va. Dir. 757-481-7777. Process Fee
\$375

HONDA 1998 CIVIC

5 speed, ready to go. \$1800 OBO
Call 813-580-2083

HONDA 2003 CR-V

Runs Great, Just Detailed, Smoke-Free
New Brakes, Rotors, Belt, & Battery.
Roof Racks \$4,200 757 636 6251

HONDA 2006 ACCORD

**CHECK
IT OUT!**
EX mint condition, leather, sunroof,
loaded, inspected, drives perfect
\$4990. 757-439-8017 Va. Dir. 757-481-
7777. Process Fee \$375

HYUNDAI 2014 EQUUS

1 owner, garaged, 37k mi, extended
warr records shwm 757-340-1023
\$22,500 You'll want this car!

INFINITI 2005 G35

Ready to go. \$4,500 OBO
Call 813-580-2083

Autos for Sale

LINCOLN 2013 MKZ

Showroom garnet chrome pkg 39k all
opts \$17650 9193244391

MAZDA 2001 MPV

EX, 4 door, new inspection, leather,
power, clean van, runs good. 170k
miles, \$2,500. Call 757-228-6656

MAZDA 2015 MAZDA6



Touring Leather, alloy, must see! New
inspection. \$13,950 VA Dir. Process
fee \$395 757-717-1715/757-963-
2299

**MERCURY 2004 GRAND
MARQUIS**

3300
757-615-7283

OLDSMOBILE 1999 CUTLASS

88,000 miles, recent inspection,
\$1,950 firm - cash. 757-481-6212

PONTIAC 2008 G6

WOW!
Mint condition! Auto, air, loaded, in-
spected \$3990. 757-439 8017 Va. Dir. 757-481-7777 Process Fee \$375

TOYOTA 1990 CAMRY

**LOOK
AT THIS!**
Station Wagon LE 134k - LOW MIL-
ES! Beautiful burgundy finish, looks &
drives great, \$2990 757-439-8017 Va.
Dir. 757-481-7777. Process Fee \$375

TOYOTA 1999 COROLLA

**MUST
SEE**
LE Great condition, auto, air, in-
spected, loaded, 130K - LOW MILES!
\$2990 757-439-8017 Va. Dir. 757-481-
7777. Process Fee \$375

TOYOTA 2006 COROLLA

**LOOK
AT THIS!**
LE beautiful burgundy finish, excellent
condition, auto, air, inspected, loaded
\$4990 757-439-8017 Va. Dir. 757-481-
7777. Process Fee \$375

TOYOTA 2007 CAMRY

**CHECK
IT OUT!**
LE low miles, mint condition inside
and out, inspected, auto, air, loaded
\$6450. 757-439-8017 Va. Dir. 757-481-
7777. Process Fee \$375

TOYOTA 2007 SIENNA

**MORE FOR
YOUR MONEY**
LE LOW MILES looks/drives perfect!
Stow away seats, pwr sliders, loaded,
new insp. \$5990 757-439 8017 Va Dir.
757-481-7777 Process Fee \$375

TOYOTA 2014 CAMRY



SE auto, ac, alloy, spoiler. \$14,450
VA Dir. Process fee \$395 757-717-
1715/757-963-2299

TOYOTA 2016 CAMRY

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

VOLKSWAGEN 2016 JETTA

SEL: Auto; A/C, Leather, Navigation,
Full Power Incld Sunroof, Cruise, Ex-
cellent Condition, 31k miles. VW War-
ranty. \$14,000. Call: 443-235-0304

Classic, Antique Cars

FORD 1997 THUNDERBIRD

LX - Limited edition, new tires,
new paint job, new inspection, 1
owner, excellent condition. \$4000
obo. 757-567-6764

**OLDSMOBILE 1974 CUTLASS
SUPREME**

5000 or best price 1974 olds cutlass
supreme
Orig miles 73000 with orig parts.
Phone number
443-676-4338. Good condition. No
visible damage

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

Trucks and SUVs

CHEVROLET 2004 TAHOE

Very good condition, 141k, v8, AT, AC,
2WD, clean, no leaks, no rust, no
issues. \$5,000. 757-497-4740

CHEVROLET 2012 COLORADO



LT, ext. cab. auto, ac, alloy, \$10,875
VA Dir. Process fee \$395 757-717-
1715/757-963-2299

CHEVROLET 2016 COLORADO

Crew Cab, Z71 pkg, 28K mis., 4WD,
custom lift & tires, push bars, new
insp. Runs & looks great. \$27,500.
Call for details 675-0288. Va. Dir.

CHEVROLET 2016 TRAVERSE



LS auto, 7 passenger, great condition
- must see! \$17,450 VA Dir. Process
fee \$395 757-717-1715/757-963-
2299

**CHRYSLER 2004 TOWN &
COUNTRY**



Wheelchair Vans. Others to choose
from starting at \$7000. Call Ken
757-769-8636. Va. Dir.

FORD 2003 F-250

PRICE REDUCED. 4450.00
Runs Fantastic, Work Truck w/Tool
Body,
Auto. Transmission, 225,000 Miles
Please call 757-460-0999

FORD 2010 F150

Super Cab V8, 124K, Silver, Sprayed
Bed Liner, Satellite Radio, Dealer
Maintenance w/Records, Super Clean
\$11,500 757-513-9193

FORD 2011 ESCAPE

**MUST
SELL**
XLS. Excellent condition! Auto, air,
loaded, inspected. \$3990 757-439
8017 Va Dir. 757-481-7777 Process
Fee \$375

FORD 2013 E350

15 passenger window van, 72K origi-
nal mis., XLT package, tow package,
new inspection, runs & looks great,
warranty, \$15,900. Call for details
675-0288. Va. Dir.

GMC 2004 SIERRA 1500

**LOOK
AT THIS!**
Extended Cab 4 dr. LOW MILES-
MINT CONDITION! Auto, air, in-
spected, loaded \$6990 757-439 8017 Va Dir.
757-481-7777 Process Fee \$375

HONDA 2008 CR-V

EX-L. 1 owner, dealer maintained,
4WD, metallic green, sunroof, leath-
er, nav/ tech package, avg. miles.
\$9,300 757-357-5451 before 8pm

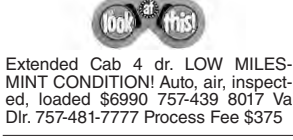
HONDA 2016 CR-V

AWD, Auto, A/C, Cruise, Power Win-
dows & Locks, Back Up Camera, Hon-
da Warranty, Exc Cond. Carfax, 26k
miles, \$16,950. Call: 757-351-5611

HONDA 2017 CR-V

8000 miles, garaged, excellent cond.
\$25,000 or best offer. 757-943-7979

JEEP 2011 WRANGLER



Unlimited. Fully loaded, good miles
- must see! Lots of extras! \$19,950
VA Dir. Process fee \$395 757-717-
1715/757-963-2299

KIA 2007 SORENTO

135k miles, loaded, AWD, excellent
condition \$4,150. 757-739-8946

Trucks and SUVs

**MERCEDES-BENZ 2013
C-CLASS**



C250 Fully loaded - MUST SEE, WON'T
LAST! \$12,850 VA Dir. Process fee
\$395 757-717-1715/757-963-2299

MERCURY 2006 MOUNTAINEER

**FOR SALE
SWEET DEAL!**
XLS AWD. mint condition, leather,
sunroof, loaded, inspected \$4990
757-439-8017 Va. Dir. 757-481-7777.
Process Fee \$375

NISSAN 2003 PATHFINDER

Runs great, AC great, new inspection.
\$4,450 negotiable. 917-843-0020

NISSAN 2004 MURANO

**Cook
Here**
AWD, beautiful condition! Auto, air,
loaded, inspected \$3990. 757-439
8017 Va Dir. 757-481-7777 Process
Fee \$375

NISSAN 2013 ROGUE



AWD, 1 owner, good miles, new in-
spection. \$9,450 VA Dir. Process fee
\$395 757-717-1715/757-963-2299

TOYOTA 2015 RAV4

31k miles, like new, garage kept.
\$18,500 757-588-8601

TOYOTA 2015 VENZA



AWD, auto, ac, 1 owner, hard to find!
\$16,945 VA Dir. Process fee \$395
757-717-1715/757-963-2299

Wanted Automotive

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

Boats & Watercraft

1989 25FT CHRIS CRAFT

Volvo-Penta 325HP, fuel injected in-
board/outboard motor; Volvo-Penta
SS dual prop; trim tabs; 50mi range
radar; Garmin GPS w/ Sonar; Apelco
color fish finder w/ depth finder; Out-
riggers, downriggers, swim platform,
enclosed head, F/W sink, alcohol
stove and cuddly cabin w/ hard top.
Shorelander tandem trailer included.
\$10,000 757-409-3080

2012 CAROLINA SKIFF 198DLV

90 hp Yamaha 4 stroke. Trailer. 15500.
7573737275.

USED TRAILER SALE!!!

OVER 100 Avail. For Boats 12'-38'
BUDGET BOATS: (757) 543-7

Don't pay full price!

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

The Virginian-Pilot
PilotOnline.com

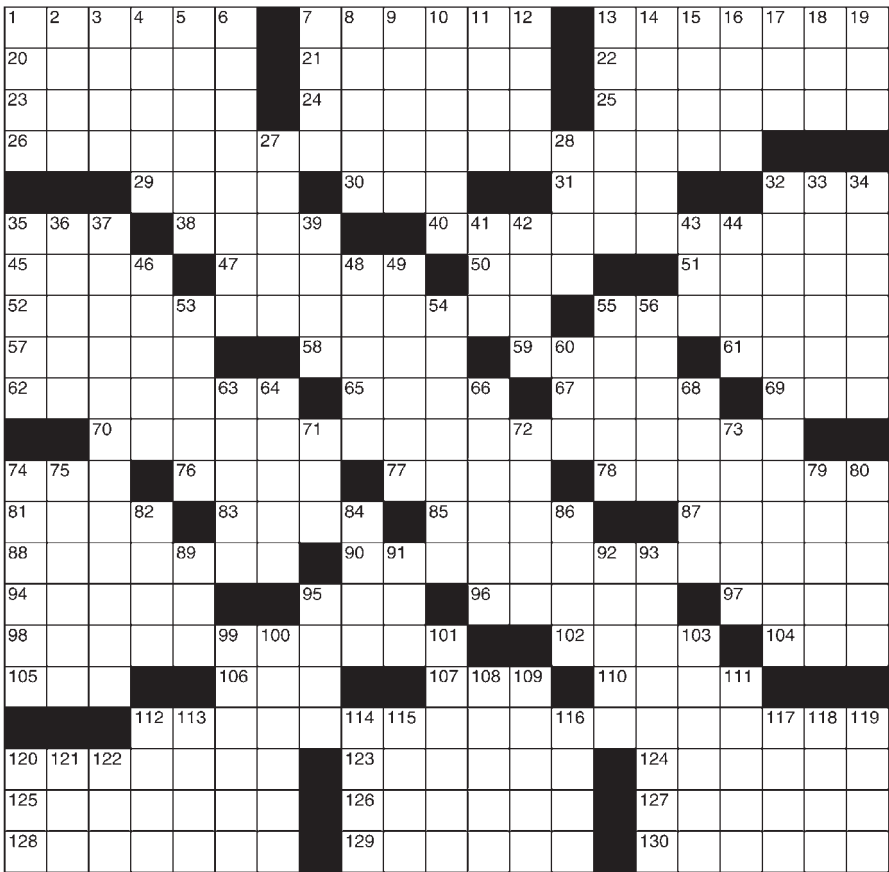
Fun and Games

Super Crossword

SHOW
HONOR

ACROSS

- 1 Inflate
7 Cattle pen
13 Sucks up
20 Ida of old Hollywood
21 Excite
22 Graduation document
23 Verdi opera set in Cyprus
24 Carrot, tater or cuke
25 Barn bash
26 "Spread the news!"
29 Sore, as muscles
30 Mermaid setting
31 Demiur — (newest fashion)
32 Mauna — (Hawaiian peak)
35 Mom's mate
38 Give relief of
40 "Hip, hip, hooray!"
45 "— From Muskogee" (country hit)
47 Tons of, informally
50 Down a meal
51 Author Nin
52 1975 Joni Mitchell hit
55 Feed voraciously
57 Conan O'—
58 Rialto glower
59 Itinerary specification
61 Piqued state
62 Totally fill
65 Santa — (some winds)
67 Warm up
69 USN jr. officer
70 Country that one's forebears are from
74 Unwell
76 "Farewell!"
77 City near Grenoble
78 Enjoys anew, as a book
81 Wine valley in California
83 Sonic the Hedgehog's creator
85 Pouchlike parts
87 Lower leg bone
88 Refrigerator part for
90 1953 Bing Crosby film
94 Metropolis in Japan
95 Find a sum
96 Lucky number
97 Actress Liu
98 Title dance in a 1962 novelty song
102 River in Germany
104 Blue Jays, on sports tickers
105 Grammy-winning Brian
106 Kauai wreath
107 Peak periods
110 "Yeah, right!"
112 Prize won by the ends of
120 Its capital is Kingston
123 Quite polite
124 "Damien: —" (1978 sequel)
125 Structure near a tonsil
126 Voting item
127 Thread puller
128 1949 Tony winner
129 Derisive smiles
130 Sergeant Bilko and others
131 Ink spot
132 Mandolin kin
3 German auto
4 "One of Ours" writer
5 Loosen, as a skate
6 Place to play snooker
7 Guinea pig
8 Cookies since 1912
9 Knavish one
10 Toddler
11 "Yeah, right!"
12 Roué's look
13 Hang on (to)
14 Having artificial body parts
15 Hurried
16 It made the Cutlass
17 Joey, e.g., informally
18 German auto
19 SFPD part
27 Common disinfectant
28 "Power" rapper
32 Heard of
33 Inception
34 Good traits
35 Pundit Lou
36 Film director — Kurosawa
37 Yamaha or Casio product
39 Princely school
41 Witch's spell
42 Sortie, e.g.
43 Witch
44 Slaughter in the outfield
46 "There wasn't a dry — the house"
48 Take a vow
49 Not in any key
53 Ratify
54 Market researcher
55 Old numbing liquid
56 Zora — Hurston
60 PIN taker
63 Rib
64 Aspartate, for one
66 Young pigs
68 Toadlike, in a way
71 Gift stick-on spouse, in Soissons
73 Actor Sam of "Backtrack"
74 Earned pay
75 Cartoonist Gary
79 Style for the Bee Gees
80 Lustful deity
82 Queries
84 Actor Alan of "The Aviator"
86 Golfer Ballesteros
89 Margarine square
91 Billfold items, briefly
92 Make hazy
93 In single file
95 Gal pal, in Grenoble
99 Bring to light
100 Like "Carrie" in 2013
101 Modest
103 Juicing gizmo
108 Norman Vincent —
109 Tijuana Mr.
111 12-year-old, say
112 Glazier's unit
113 Large brawl locales
114 Rubber duck
115 Where shahs ruled
116 New York ball team
117 "... — in my cap ..."
118 Vex
119 Goes totally kaput
120 "Brady Bunch" sister
121 Toothpaste box abbr.
122 Pawns, e.g.



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

last week's answers

P	A	R	S	E	C	A	N	V	I	L	S	S	T	R	I	A	T	E
A	T	H	E	N	A	B	O	O	T	E	E	T	R	E	N	T	O	N
P	O	U	N	D	S	T	E	R	L	I	N	G	T	R	E	N	T	E
U	L	M	I	K	I	D	A	N	I	D	I	S	E	S	S	O		
A	L	B	V	E	T	C	R	A	N	E	O	P	E	R	A	T	O	R
			R	E	T	I	C	L	E	I	N	G	E	M	A	R		
O	L	D	E		A	L	A		A	S	T	O		M	U	S	T	D
H	O	O	D	O	R	N	A	M	E	N	T		O	P	E	L	H	E
M	U	D	D	L	E		I	S	N	T		C	D	L		D	E	P
S	I	D		I	G	O	R		T	I	T	O		A	S	S	U	R
	S	E	R	V	I	C	E	O	R	G	A	N	I	Z	A	T	I	O
A	I	R	I	E	S	T		L	Y	L	E		N	A	M	E		O
R	A	I	D		A	P	E		A	B	E	S		B	E	A	K	E
A	N	N		P	E	L	E		F	R	O	S	T		W	A	R	N
B	A	G	F	U	L		A	B	E	E		S	E	A		T	E	T
			I	N	E	R	R	O	R		P	E	P	T	I	D	E	
B	U	R	N	S	C	A	L	O	R	I	E	S		S	S	E		L
A	B	I	E		T	D	S		A	D	E		G	O	I	N		A
T	O	P	S	P	I	N		B	R	O	W	N	I	N	G	S	A	U
E	L	U	S	I	V	E		E	I	L	E	E	N		H	E	B	R
S	T	P	E	T	E	R		A	S	S	E	T	S		T	R	E	A

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

Sudoku

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

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: V equals A

TGKM UVRKA TOQG RCCDOMJ
CM V JVP PQCEK, O QGOMD VM
VEOVQCZ TCSXA HZKUKZ SPOMJ
QGK HOXCQ XOJGQ.

Last week's CryptoQuip answer

Did you hear that old chef who was seasoning his French fries? He was using salty language.

Religious Services

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

WE GET YOUR BUSINESS IN FRONT OF OUR MILITARY







PRINT | EVENTS | ONLINE

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

CONTACT US TODAY TO START ADVERTISING

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

