



NAVAL MUSEUM HOSTS 19TH ANNUAL CPO HERITAGE EVENT

Matthew Bodenner

Groups of Chief Petty Officer Selects from area commands compete in the cadence and guidon competition as part of the 19th Annual CPO Heritage Days event. The event was held on August 20-22, and was hosted by the Hampton Roads Naval Museum, Nauticus, the City of Norfolk, the Hampton Roads Naval Historical Foundation and area Chief Petty Officers.

By Max Lonzanida
Hampton Roads Naval Museum

NORFOLK

Before the crack of dawn for three days this week, Norfolk’s Town Point Park reverberated with the echoes of the U.S. Navy’s fight song “Anchors Aweigh”. The park, next to the Hampton Roads Naval Museum, was where a sea of over 250 Chief Petty Officer Selects mustered on August 21-23 this week to kick off the 19th Annual Chief Petty Officer Heritage Days.

The event is the largest and longest run-

ning training event for newly selected CPO Selects in the region. Over the course of three days over 860 CPO Selects from over 58 area gathered to connect with the rich history and heritage of the U.S. Navy throughout training stations aboard the decommissioned Iowa-Class Battleship USS Wisconsin (BB-64).

After moving with a purpose to cross the brow of the Battleship, guest presenters at various stations provided a wealth of historical information to groups of CPO Selects. The Battleship’s wardroom was the setting

for a presentation by Master Chief Petty Officer of the Navy (Ret.) Duane Bushey, who provided some insights into his tenure as the U.S. Navy’s 7th MCPON. The Captain’s wardroom was the setting for a presentation by Fleet Master Chief (Ret.) Susan Whitman and Senior Chief (Ret.) April Maletz, who tag teamed an energetic presentation about the roles of Women in the Navy. Additional learning stations throughout the spaces aboard the Battleship were facilitated by area Chief Petty Officers both active and retired.

In a shaded area below turret #3, Captain Eddie Lee Duckworth, USN (Ret.) and the museum’s Deputy Director of Education Elijah Palmer, presented some insights into the U.S. Navy’s role during the Vietnam War. Duckworth served during the conflict and piloted 224 combat missions while assigned to Helicopter Attack Squadron (Light) Three; nicknamed the “Seawolves”, which was active from 1967 through 1972.

The presentation hinted to the museum’s

» See **HERITAGE | A7**

USS Harry S. Truman receives Battle “E” Award

By MC1 D. Keith Simmons
USS Harry S. Truman (CVN 75) Public Affairs

NORFOLK

Commander, Naval Air Force Atlantic, Rear Adm. Roy Kelley presented the East Coast’s CY2018 Aircraft Carrier Battle Effectiveness (Battle “E”) Award to the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) during a ceremony Aug. 21 in the ship’s hangar bay.

The Battle “E” is awarded annually to Navy units that demonstrate superior performance and command readiness throughout a year-long evaluation.

Kelley personally delivered the award, congratulating the crew and individually recognized departments for their outstanding achievements.

“To the crew of USS Harry S. Truman, I offer you my sincere congratulations

on a job well done. I applaud each and every one of you. I am truly impressed with the crew, this mighty warship, and all that this great team represents. You do



MC3 Sam Jenkins

Cmdr. Andres Pico, the ship’s maintenance officer, explains the mission of the aviation intermediate maintenance department to Commander Naval Air Force Atlantic, Rear Adm. Roy Kelley, aboard the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75). Harry S. Truman is currently moored at Naval Station Norfolk conducting targeted maintenance and training, and remains operationally ready.

some incredibly challenging work, and you make it look so easy. Best wishes for a safe and successful deployment,” said Kelley.

Kelley also congratulated the crew on Truman’s other recent awards including

the Admiral Flatley Memorial Award for aviation safety, the Admiral Stan Arthur Award for supply logistics, and the Ramage Award for carrier/air wing operational

» See **TRUMAN | A7**

Navy releases more Public-Private Housing Survey results, continues corrective plans

From Commander, Navy Installations Command Public Affairs

WASHINGTON

The Navy has released more details from its 2019 Summary of the Navy Public Private Venture (PPV) Housing ‘Out of Cycle’ Survey, conducted earlier this year based on concerns with privatized family housing.

The survey was conducted April 2-May 9 by CEL & Associates for Commander, Navy Installations Command.

In July, the Navy released a redacted version of the “out of cycle” survey to allow PPV partners enough time to develop corrective action plans. The Navy has released the rest of the results to enhance transparency for residents who participated, now that the housing providers have identified corrective actions.

» See **SURVEY | A7**

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Gilday signs on as new CNO
Adm. Mike Gilday relieved Adm. John Richardson as the Chief of Naval Operations (CNO) in a ceremony, Aug. 22, at the Washington Navy Yard. Gilday became the 32nd CNO, the U.S. Navy’s most senior officer.
»See **B1**



NMCP, Weighted Angels fill the void
Naval Medical Center Portsmouth’s (NMCP) Labor and Delivery Department, along with the Weighted Angels Organization, hosted a donation ceremony to honor families who have experienced the great loss and heartache of losing an infant.
»See **A6**

Smackdown Live coming to Scope Arena
Presenting their worldwide broadcast of the weekly television program SmackDown Live, the stars of (WWE) will perform at Norfolk Scope.
»See **C1**

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Nominations open for Human Resources Junior Officer of the Year

From Chief of Naval Personnel Public Affairs

WASHINGTON

The Chief of Naval Personnel is seeking nominations for the fiscal year 2019 Human Resources Junior Officer of the Year (JOOY) Award.

The annual award was established to recognize Navy Human Resources junior officers, O-4 and below, who have made significant contributions to Navy’s manpower and personnel readiness during the past fiscal year.

Any Human Resources junior officer (1200, 1207 and 1205) may be nominated for the award through their commanding officer (CO) or officer in charge (OIC). Nominations must be submitted by October 11, 2019 to the Director, Human Resources Center of Excellence (HRCOE).

Nomination packages must include a one-page CO or OIC endorsement cover letter, completed OPNAV 1650/16 (HR JOOY nomination) form, completed OPNAV 1650/3 (Personal Award Recommendation)

form and a Navy Commendation Medal citation. Write packages in Times New Roman font, no smaller than 12 point size.

Fill in Block 2 of the Personal Award Recommendation with Chief of Naval Personnel, 701 S. Courthouse Road, Arlington, VA 22204, Block 2a, with 45997 as the UIC.

Send the cover letter and completed forms as a PDF file, and the Navy and Marine Corps Commendation Medal citation as a Microsoft Word file to Director, HRCOE at hrcoe(at)nps.edu, via the DoD safe access file exchange at https://safe.apps.mil/.

A panel of senior Human Resource officers will review nominations packages and make a final recommendation for the winner of the award.

OPNAVINST 1650.33A provides further instruction, rules and guidelines for the award.

Award results will be announced by Dec. 15, 2019.

For further details, email the Director, Human Resources Center of Excellence at

hrcoe(at)nps.edu.

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

CNO Gilday’s message to the fleet

Adm. Mike Gilday
Chief of Naval Operations

I am humbled and honored to be your Chief of Naval Operations. Together, we are part of the greatest navy in the world. Everyone on our team – officers and enlisted Sailors, active and reserve, uniformed and civilian – plays an important part in making sure we not only remain the greatest navy in the world, but that we get even better.

For the first time in a very long time, we face serious challenges at sea around the world. For decades, we took for granted that no other blue-water navy would dare take us on. That’s no longer true.

The U.S. Navy has been and will continue to be a global force for security and stability. But there are other nations who would use their maritime forces to threaten the freedom of the seas to intimidate their neighbors or to coerce others in violation of international law. Those maritime forces are growing in numbers and in strength. Still others know they cannot take us on at sea but will try to attack our Navy in areas like cyber.

Rapidly modernizing our Navy and keeping pace with technology will remain a priority for us. But I still believe what my firstchief told me, that people are our most important weapons system. A well trained force is our competitive advantage. I look forward to hearing from leaders at every level at how we can continue to make improvements for Sailors and their families.

And I have a great sense of urgency to get after solutions to the challenges we face.

In the coming weeks, my FIRST priority will be visiting with many of you. I will work with our leaders in the fleets, with our Marine Corps teammates and with our other joint service and international partners as we develop our way ahead to meet these challenges.

We will question our assumptions. We will think differently about the competition we are now in. We will be the Navy the nation needs now, and we will build the Navy the nation needs to fight and win in the future.

What remain constant are our core values of honor, courage and commitment. We will remain true to our core attributes of integrity, accountability, initiative and toughness. We will remain the premier Navy in the world, and I know we will be even better tomorrow than we are today.

Thank you for all you do for our Navy and for each other. I’ll see you out in the fleet.



U.S. Navy



Editorial Staff

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

Graphic Designer | Abby Likens, 757-222-3859

Flagship, Inc.

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

Creative Director | Allyson Garner, 757-222-3955

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

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

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MC3 Mark Thomas Mahmood
Emergency personnel provide medical attention to a simulated casualty during the Naval Air Station Oceana 2019 Pre-Air Show Exercise. Personnel from NAS Oceana and local first responders simulated a mishap to prepare for any situations that can potentially occur during an airshow.

NAS OCEANA HOLDS 2019 PRE-AIR SHOW EXERCISE

By MC3 Mark Thomas Mahmood

VIRGINIA BEACH, VA.

Naval Air Station Oceana held its annual Pre-Air Show Exercise Aug. 23 to demonstrate the ability of NAS Oceana and the City of Virginia Beach to respond and recover from a mass casualty incident. Personnel from NAS Oceana and local first responders simulated a mishap to prepare emergency personnel for any situations that can potentially occur during an airshow. Firefighters simulated the rescue of people trapped on board an aircraft. During the annual airshow, guests are able to board various “static display” aircraft, and the exercise provided an opportunity for first responders to practice in case of a real-life

incident. Sailors and civilians role-played as injured bystanders, each wearing a “patient card” with details of their fictitious condition and injuries. Emergency medical personnel practiced treating and transporting the “patients” to local medical facilities. Local agencies such as the Virginia Beach Fire Department, Virginia Beach EMS, Virginia Beach Police Department, Sentara Virginia Beach General Hospital and Virginia Port Authority partner with NAS Oceana for the annual airshow and were present at the exercise to practice for an incident. “Each year, we change the scenario based on last year’s after action report,” said Erin Sutton, Virginia Beach emergency manager. “With any exercise, communica-

tion is always a challenge, so we always put an emphasis on communication.” Sutton said exercises like this help build the relationship between the military and local community. “This exercise is always a great opportunity, with new people rotating in,” said Sutton. “It gives a great opportunity to build the relationship between Oceana and the community.” NAS Oceana commanding officer, Capt. Chad Vincelette, said this exercise is an important part of every airshow and builds upon the relationship between NAS Oceana and the city of Virginia Beach. “We gather all the teams we anticipate would respond to a mass casualty event together and work on the basics,” said Vincelette. “Although today is a day to

practice several things, we work together all the time and we have a fantastic relationship.” Though practicing for a mass casualty event is important, Vincelette said he doesn’t expect any incidents to occur at the 2019 NAS Oceana Air Show. “The airshow is a very safe event,” said Vincelette. “Just in case something happens, Sentara General Hospital sets up an emergency hospital on base. If you’re going to get sick, the airshow is a great place for it to happen because we have all the emergency response right here.” Approximately 250 thousand guests attend the Naval Air Station Oceana Air Show annually. This year’s airshow will be held Sept. 21 and 22 on board NAS Oceana. Gates will open at 8 a.m. and the show is scheduled to begin at 10 a.m. The featured performance for the 2019 NAS Oceana Air Show is the United States Air Force Thunderbirds.

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From Left to Right: Norfolk Naval Shipyard's Public Works Officer Cmdr. William Butler, Norfolk Naval Shipyard Commander Captain Kai Torkelson and Whiting-Turner's Division Vice President Sam Abutaleb cuts the ribbon to the newly renovated Bldg. M-32 during a ceremony at Norfolk Naval Shipyard Aug. 22.

Shelby West

Norfolk Naval Shipyard dedicates renovated building

By Michael Brayshaw
NNSY Lead Public Affairs Specialist

PORTSMOUTH, VA.

Continuing its aggressive push in the realization of the Shipyard Infrastructure Optimization Plan (SIOP), Norfolk Naval Shipyard (NNSY) cut the ribbon on its renovated Building M-32 August 22.

The building, which dates back to 1905, has undergone a \$30 million makeover which includes all new heating, ventilation and air conditioning, plumbing, electrical and fire suppression systems. It will also improve employee quality of life, with showers, a nursing mother's room, kitchens and eating areas.

The building will house approximately 200 employees from multiple divisions in NNSY's Nuclear Engineering and Planning Department and the Production Facility and Equipment Management Division.

"Improved facilities like this enable us to optimize the opportunities for our workforce to learn, to improve, to innovate, and to teach consistently, better positioning us to achieve excellence in repair and modernization of our nation's ships and submarines," said Shipyard Commander Cap-

tain Kai Torkelson at the ribboncutting. "Along with improved workplace functionality, we have a number of life safety and quality of life improvements for our high performing teams residing within this historic facility."

The drive for renovation goes back to September 2014, when Naval Facilities Engineering Command (NAVFAC), Public Works Department Portsmouth was fielding multiple requests for Building M-32 repairs. After assessing the situation, the most sensible option was designating M-32 as a special project for a complete building renovation. Construction began in early 2017.

Reflecting on the renovation challenges, NAVFAC Construction Manager Dan Bischof said, "the biggest thing was working within the limits of the existing building—predetermined ceiling heights, structures and things like that. It took a lot of investigating the facility and coordinating with the occupants."

Not only did the renovation need to meet the needs of the new occupants, it also had to adhere to the guidelines of the State Historic Preservation Office. Among the

shipyard's more unique structures, featuring rounded arches and two square towers, this four-story building provided home to Marines stationed at the shipyard for its first 70-plus years.

For all the modern improvements, Building M-32 also honors its history with a miniature museum of sorts displaying items uncovered during the building's renovation. These include letters, magazines and Marine hygiene products such as razors and toothbrushes. "We even found a bullet from 1880," said Bischof. "We then found a picture from the 1800s with the Marines with the gun in their hands that would fire that round. These items are displayed inside the building now, helping to tell the history of the facility."

The building exterior is more aesthetically pleasing with fresh sod and newly planted trees, and even more importantly has what Bischof described as "environmentally friendly drainage" with a dry swale that filters rainwater prior to it entering the storm sewers.

Bill Dezem, M-32 Project Manager from NNSY's Facilities Support Branch (Code 985), said, "This building is special to me because I worked in it before renovation, I am the project manager, and now I will be one of the lucky ones who can say I am now working in the finished product. To me, I feel like I am a part of its history. I am looking forward to going back into M-32

and seeing the changes, improved quality of life, and what it offers the shipyard in the near and far future."

Another beneficiary of the renovation is NNSY's Civilian Morale, Welfare and Recreation (CMWR). Later this year, CMWR will return to Building M-32 with a food service facility. Formerly known as The Brig, it will now feature a new menu, new layout and even a new name—The Gosport Café. The café will feature self-serving stations for breakfasts and lunches, such as omelet and panini stations, and an expanded menu with freshly baked breads, fruit, salads and possibly even sushi. "Having new equipment will allow us to provide offerings that younger workers like, while still providing the favorite foods like meatloaf and fried chicken that longtime shipyarders have come to expect," said Cris Sigler, CMWR Business Operations Manager. "My vision is for the Gosport Café to look like a food court with improved ambience and lighting. It's a new place with a whole new look."

The Building M-32 ribboncutting caps off a summer of SIOP initiatives at the shipyard. In June, NNSY dedicated its new \$9.9 million waterfront submarine maintenance facility, and in July broke ground on a new \$64.7 million production training facility, which will consolidate training currently spread across 26 different locations at NNSY.

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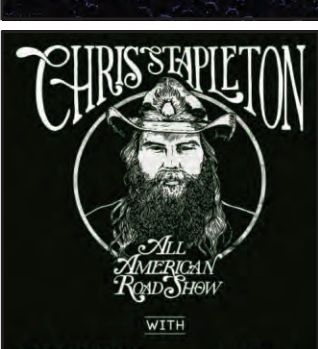
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Annual walk to raise awareness of depression and suicide prevention

By Christine F. Gilchrist
Founder of the Hampton Roads Survivors of Suicide Support Group, Inc. and Hampton Roads Morning of Hope Organizer

VIRGINIA BEACH, VA.

On Sept. 7, the annual Hampton Roads Morning of Hope walk will be held at Mt. Trashmore in Virginia Beach to promote positive mental health education, suicide prevention and raise awareness of depression as a treatable disease and of suicide as a preventable tragedy.

Last year, more than 3,600 people from each of the seven Hampton Roads cities attended the event. The Navy had more than 30 commands participate.

The event will be emceed by WAVY-TV 10 anchor, Tom Schaad.

Several speakers will share their personal stories of how they have been touched by depression or suicide. Several civic and military leaders will speak about the effects of mental illness and the effect it has on their communities.

In addition to the guest speakers, this event

provides participants a complimentary breakfast of Chick-fil-A chicken biscuits, Starbucks coffee, Flowers Baking Co., Sam’s Club pastries and breakfast bars.

For support and education, 15 counselors will be on site and available to talk, answer questions, hand out information and assist with a depression inventory for interested participants.

For those who have lost a loved one to suicide, there are a number of ways to remember them. There is a Memory Wall where participants can add a picture of their loved one and add their names to a Memory List. Attendees can also have their loved ones name read during the program. Last year, 262 names were read in remembrance.

Participants affected by suicide can wear a colored ribbon as an armband.

- Red: If you lost a father or mother
- Green: If you lost a brother or sister
- Yellow: For extended family (i.e., uncle)
- Blue: For a spouse
- Purple: If you lost a son or daughter



Hampton Roads Morning of Hope
Last year, civilians and military came together for this cause of promoting good mental health and of preventing suicide.

■ Silver: If you have been affected by depression

The ribbons bind us together in a fellowship of healing, help and hope.

The crane represents the Hampton Roads Morning of Hope because it is an international symbol of healing, peace and hope.

In ancient Japan, people believed the crane lived for a 1,000 years. Legend has it that if you fold 1,000 origami cranes your prayers can be answered.

A curtain of 1000 cranes will be present for

participants to walk through after the program.

As the Hampton Roads Morning of Hope ends, people are given a crane for hope and for remembrance.

The Hampton Roads Morning of Hope is sponsored by the local, nonprofit, the Hampton Roads Survivors of Suicide Support Group, Inc. and is a CFC charity.

For additional information: visit the website www.hamptonroadssos-hope.org or call: Event Director, Rosanne Foggin at 757-343-8630.



SN Imani N. Daniels
Naval Medical Center Portsmouth's (NMCP) Labor and Delivery Department and the Weighted Angels Organization hosted a donation ceremony, on Aug. 23rd, to honor families who have experienced the great loss and heartache of losing an infant.

NMCP, Weighted Angels filling the void of infant loss

By SN Imani N. Daniels
Naval Medical Center Portsmouth Public Affairs Office

PORTSMOUTH, VA.

Naval Medical Center Portsmouth's (NMCP) Labor and Delivery Department, along with the Weighted Angels Organization, hosted a donation ceremony, on Aug. 23rd, to honor families who have experienced the great loss and heartache of losing an infant.

Weighted Angels is a non-profit organization operating in the Hampton Roads area. Their mission is to provide weighted stuffed animals to grieving families who have experienced stillbirth and infant loss. The stuffed animals, gifted to the families, is a way to end families leaving the medical center and various hospitals, having suffered a tragedy, with empty arms. The Weighted Angels' belief is that no family should have to go home empty handed.

"Our organization started as a support group of grieving mothers," said Casey Ballard, president of Weighted Angels. "We mothers consecutively agreed that the worst part of experiencing such a loss after giving birth is being discharged and wheeled away without having our babies with us. We wanted to make sure that families have something that feels similar to their baby in their arms to try to alleviate the emptiness that they feel."

The actual weighted angels are various stuffed animals made in honor of babies, each having been made with different weights, to give to families to take home with them. Each weighted angel also comes with a letter written by members of the organization to add a personal touch to the gift.

"This gift is an extension of love, from mothers to other mothers, who have experienced and lived through this type of loss," Ballard said. "We want to show that life does continue, even though it continues in a different way. These weighted stuff animals fill the void families feel and gives a mother something to have with them forever."

Perinatal bereavement follows perinatal loss which is a complex and multifaceted occurrence that is of concern to nurse clinicians and nurse researchers around the world. Perinatal loss is commonly defined as the unintended early loss of an infant from factors such as miscarriage, still birth or neonatal loss.

The Perinatal Bereavement Team at NMCP lends support to families and provides spiritual, religious and culturally sensitive bereavement services for families experiencing losses with pregnancy, infancy or childhood.

“ We want to show that life does continue, even though it continues in a different way. These weighted stuff animals fill the void families feel and gives a mother something to have with them forever.”

Casey Ballard

"Our program allows us to take better care of our patients," said Norma Dawn Knight-Pongratz, perinatal educator and bereavement advocate nurse at NMCP. "We want to be able to meet their emotional needs. We're good at the medical aspects of patient care, but filling that emotional gap and taking care of that long-term need that the patient has once they leave the hospital is very important to us."

Knight-Pongratz believes that, with the generous donation and partnership with Weighted Angels, the emotional feel of the department will be deeply impacted.

"This donation will mean a lot to our patients," Knight-Pongratz said. "As bereaved mothers go home without a baby in their arms, a weighted angel is something that is tangible so they can hold that and think of their baby. The gift is not something meant to be a replacement, but it is something to fill that space in the family's hearts and arms."

As the U.S. Navy's oldest, continuously-operating military hospital since 1830, Naval Medical Center Portsmouth proudly serves past and present military members and their families. The nationally-acclaimed, state-of-the-art medical center, along with the area's 10 branch health and TRICARE Prime Clinics, provide care for the Hampton Roads area. The medical center also supports premier research and teaching programs designed to prepare new doctors, nurses and hospital corpsman for future roles in healing and wellness.

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

USS George Washington reaches halfway point of mid-life overhaul

By USS George Washington Public Affairs

NEWPORT NEWS, VA.

The Nimitz-class aircraft carrier USS George Washington (CVN 73) has reached the halfway point of the ship's force work package (SFWP) in its mid-life refueling complex overhaul (RCOH) at Newport News Shipyard. George Washington's RCOH started approximately two years ago, becoming the 6th Nimitz-class carrier to undergo the unprecedented and unequaled four-year long overhaul period.

During George Washington's time in the shipyard, she will overhaul and upgrade the combat systems and other warfighting capabilities, improve the ship's material condition, and refuel the reactors. The work put in for the SFWP during RCOH, with additional work completed by Newport News Shipyard, ensures that George Washington will leave the shipyard as the world's most technologically-advanced capital warship, a validation of the type of work that can only be accomplished at one shipyard in the entire nation.

Every department has chipped away at reaching significant milestones the last two years, and their combined efforts have played a critical role in the ship reaching the halfway point.

"We have the opportunity to do two things everyday: solve interesting problems and lead," said Capt. Daryle Cardone, executive officer of George Washington. "That's what our Sailors do each and every day they come into the shipyard and aboard our ship. It's the energy and motivation they bring to each challenge that has enabled us to reach this momentous halfway point in the ship's force work package and it's what will drive us to the finish line."

Some Sailors been on board since RCOH began and the task of its completion seemed daunting at first.

"It's huge [reaching the halfway point]," said Electronics Technician 3rd Class Kade Gibbs, a Sailor assigned to the combat systems department aboard George Washington. "When I first got here, it felt like we weren't even close to being done. But now...we're halfway."

Gibbs checked aboard George Washington in October 2016, and has since seen a huge shift in personnel, equipment, and the ship itself. It is certainly true that an RCOH tour is an unconventional one, and Gibbs has seen that firsthand.

"I'm really excited to see my equipment onboard," said Gibbs. "Maybe even see it alive. Light up. I have a little more than three years to go on this ship. I feel like it'll be an experience to at least see [the ship] up and moving and not a skeleton in a dry dock."

Despite the obstacles and challenges these Sailors face, their initiative and toughness enable them to push forward and complete the important mission of returning George Washington to operational status.

"As far as getting the ship out of the shipyard, for the next half: just keep on the grind and keep pushing forward," said Aviation Boatswain's Mate (Equipment) 2nd Class Eric Lee, the work center supervisor of production management (PM) 13 team, also known as deck team. "When you meet an obstacle and require help, seek help, and make it over the obstacle. Don't stop. Find a solution. Treat every day as a different day. Don't carry the weight of yesterday into today."

In the coming months, the dry dock in which George Washington is currently being worked will be flooded, marking another major milestone in the ship's life cycle. Flooding the dry dock will require the collaboration between many of the key stakeholders at Newport News Shipyard, and George Washington's deck department will be at the forefront of the effort, just as they will be when the ship enters and leaves ports the world over.

"The biggest challenge for us [so far] was coordinating with the shipyard and working together to get the anchors put on in a timely manner," said Chief Boatswain's Mate Myren Fripp, a leading chief petty officer in deck department aboard George Washington. "Making sure all of the equipment needed for this evolution was up and running and making sure we had all of the right people in the right places at the right times definitely helped the process run smoothly."

The work accomplished during the first half of the SFWP, marking the notional halfway point of the ship's life cycle, will enable George Washington to sail the high seas for another 25 years. Although each department is responsible for restoring their respective equipment back to operational capability, completing the overhaul of these systems requires cooperation between all departments.

"If not for PM teams, every department would be tasked with their everyday duties as well as getting their spaces completed for RCOH, and that's a lot to ask from a ship that's already undermanned," said Aviation Boatswain's Mate (Handling) 1st Class Todd Brockett, the leading petty officer of PM 13. "Knowing that the epoxy decks we lay and the hard work we've put into every space we've touched is a great feeling. The spaces we are working in now will be walked on the rest of the ship's remaining 25 years."

The current RCOH environment has also encouraged departments and Sailors to find unique ways to gain in-rate experience while ensuring critical maintenance and ship's force work is accomplished.

Machinist's Mate 1st Class Larissa Pruitt, auxiliary division's leading petty officer, said the shipyard period has presented certain challenges and opportunities for her division.

"Transitioning from normal operations to RCOH has given us the opportunity to completely disassemble our equipment and learn the proper way to rebuild it, in order to restore it to an operational state," said Pruitt. "I wouldn't do anything differently as this shipyard period has made us better machinist's mates and a stronger family."

Pruitt added that while the department has had to overcome obstacles along the way, meeting certain checkpoints by predetermined dates has assisted in reaching projected milestones.

"Effectively communicating with Newport News Shipyard contractors on a daily basis ensures project milestones are completed on or before the requested due date," said Pruitt.

The efforts of each Sailor play a critical role in returning George Washington to its place as the Navy's premier and always ready aircraft carrier, regardless of where she will be called upon in defense of her nation. As milestones are accomplished through the next two years of George Washington's RCOH period, Sailors will be at the ready to propel the ship and her crew past the finish line and ultimately back out to the fleet as the most advanced capital warship in the world.



Matthew Bodenne
Groups of Chief Petty Officer Selects from area commands compete in the cadence and guidon competition as part of the 19th Annual CPO Heritage Days event. The event was held on August 20-22, and was hosted by the Hampton Roads Naval Museum, Nauticus, the City of Norfolk, the Hampton Roads Naval Historical Foundation and area Chief Petty Officers.

HERITAGE | Event is largest, longest running training event for CPO selects in the region

Continued from A1

new exhibit about the Vietnam War, which include highlights of naval intelligence, special warfare communities, the surface navy, naval air power, riverine operations, and the capabilities of logistical and non-combat support operations. Its slated to open on October 9, 2019.

After mustering on the fantail, CPO Selects cycled through for group photos and lunch. At the conclusion of each day was the culminating event, the cadence and guidon competition. As in years past, the event was held under the covered Sail Nauticus Pavilion where groups of CPO Selects and area CPOs gathered for an event that merged the lines of a USO show and vaudeville act to

show esprit de corps while competing for the title of Best Mess.

Groups took their turn on stage showcasing their best and presented their guidons to the panel of judges. Guest speakers after the competition included Fleet Master Chief (Ret.) Susan Whitman, Fleet Master Chief (Ret.) Thomas Howard, US Navy Reserve Force Master Chief Chris Kotz and U.S. Fleet Forces Fleet Master Chief Rick O’Rawe. A presentation of the trophy for the Best Mess was presented each day by the museum’s military ceremonies coordinator and chair, BTC(SW) Thomas Dandes, USN (Ret.), concluding each days event that has enabled groups of CPO selects to connect with the history and heritage of the U.S. Navy.



Matthew Bodenner
Senior Chief (Ret.) April Maletz presents an engaging historical presentation about the role of women in the U.S. Navy aboard the decommissioned Iowa-Class Battleship USS Wisconsin.



MC3 Sam Jenkins
Commander, Naval Air Force Atlantic, Rear Adm. Roy Kelley, congratulates the crew of the Nimitz-class aircraft carrier

TRUMAN | Rear Adm. Kelley presented award to Truman crew

Continued from A1

excellence. Additionally, Kelley congratulated the crew for achieving the highest Maintenance and Material Management Inspection (3MI) score for any U.S. carrier in the last seven years.

Harry S. Truman was awarded the Battle “E” for displaying a maximum condition of readiness and efficiency to perform its wartime responsibilities during the competitive cycle and received excellence awards in all 15 individual department categories for the Battle “E” assessments, a clean sweep.

“Don’t ever get tired of winning,” said Capt. Kavon Hakimzadeh, Harry S. Truman’s commanding officer. “All you have done over the past year is win. Every single department on this ship has won an excellence award.”

Harry S. Truman is currently moored at Naval Station Norfolk conducting targeted maintenance and training, and remains operationally ready.

For more news from USS Harry S. Truman, visit www.navy.mil/local/cvn75.

SURVEY | Navy released rest of results to build transparency with participants

Continued from A1

The action plans are in progress or will soon begin, once they’re reviewed by Navy business agreement managers and Navy region and installation leadership. Each installation action plan is tied to specific concerns raised by residents in the out-of-cycle survey that warrant action by installation property managers.

“The Department of the Navy team is committed to improving the quality and care for the housing provided to our Sailors and their families, which they deserve for their service to our Nation,” said Lucian Niemeyer, acting assistant secretary of the Navy (Energy, Installations and Environment). “Resident satisfaction surveys provide valuable feedback by location and enable the Navy and PPV partners to create and implement corrective action plans to focus our efforts where they are needed most,” he noted.

“We are releasing additional survey information at this point for two reasons,” Niemeyer continued. “We wanted our partners to have a chance to review the survey results and to propose plans for improving quality and service, which they have proactively accomplished. Second, we want to maintain transparency and accountability to our military families.

“We will continue to encourage our residents to care for their homes and provide constructive feedback when they are concerned with the quality of workmanship or the customer service of our partners,” Niemeyer said.

“These survey results are critical,” said Rear Adm. John W. Korka, commander, Naval Facilities Engineering Command (NAVFAC). “They substantiated areas of concern and will guide the next steps necessary, particularly in implementing and carrying out corrective action plans and accountability across the PPV program.”

CEL & Associates provided a corrective action plan template and training on how to use the template to both the partner property manager and the Navy Housing Service Center. For this survey, the Navy raised the threshold for corrective action plans to 75 points, more stringent than earlier surveys’ standard of 70 points. Based on this sur-



MC2 Charles Oki
Gabrunas Hall unaccompanied housing on Joint Base Pearl Harbor-Hickam.

vey, any neighborhood with a score below 75 (rated average to very poor) is required to develop a plan of action addressing residents’ concerns. The PPV partner submitted this document to the appropriate business agreement manager before the deadline earlier this week.

Navy Housing Service Center staff are also developing and implementing action plans for all Navy-specific issues at each installation.

“I want to thank the Sailors and their families who spent their time to take the survey,” said Vice Adm. Mary M. Jackson, commander, Navy Installations Command (CNIC). “They have helped us tremendously in focusing on residents’ concerns, and it is important that they see the full results. Now it is our responsibility to stay engaged with our PPV partners as the advocates for Sailors and their families.”

Each military service has different business-agreement constructs, and the Navy business arrangements use limited liability companies (LLCs). The Navy is the non-managing member and the Public Private Venture housing partners are the managing members of each LLC. The Navy’s six PPV partners are Balfour Beatty, Clark, Hunt, Landmark, Lincoln and Patrician.

Balfour Beatty operates about 8,700 family housing units. Project NORTH-EAST includes seven installations in Navy Region Mid-Atlantic, and project SOUTHEAST includes 11 installations in Navy Region Southeast.

Clark operates about 2,400 unaccompanied units at Pacific Beacon, San Diego, in project San Diego Unaccompanied Housing in Navy Region Southwest.

Hunt operates roughly 10,500 family housing units and about 3,600 unaccompanied units. Project HAWAII includes two installations in Navy Region Hawaii. Project KINGSVILLE II is one installation in Navy Region Southeast. Project MID-WEST includes three installations in Navy Region Mid-Atlantic. Project NORTH-WEST includes three installations in Navy Region Northwest. The unaccompanied units are in Hampton Roads, Norfolk, Virginia, in project Hampton Roads Unaccompanied Housing in Navy Region Mid-Atlantic.

Lincoln operates about 18,800 family housing units. Project Mid-Atlantic San Diego is a combined installation project in Naval District Washington. Project MID-ATLANTIC includes six installations in Navy Region Mid-Atlantic. Project SAN DIEGO includes seven installations in Navy Region Southwest.

Patrician operates about 900 family housing units at one installation, project NEW ORLEANS in Navy Region Southeast.

Landmark’s regular 2019 resident satisfaction survey was in progress, so they were not included in the 2019 “out of cycle” survey. Landmark operates approximately 400 family housing units. Project SOUTH TEXAS includes two installations in Navy Region Southeast.

Local Housing Service Center contact information is available at www.cnic.navy.mil/ContactHousing.

Residents who have questions about privatized housing can contact Navy Housing Headquarters at NavyHousingHQ@navy.mil



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IWTC Monterey dedicates Navy Yard to Chief Shannon Kent
Information Warfare Training Command Monterey dedicated its command training stage and surrounding buildings in honor of Senior Chief Cryptologic Technician (Interpretive) Shannon Kent.

See B4

SECTION B | FLAGSHIPNEWS.COM | 8.29.2019



MC1 Ray Diaz
Chief of Naval Operations (CNO) Adm. John Richardson is relieved by Adm. Mike Gilday at a change of office ceremony held at the Washington Navy Yard. Richardson served as the 31st Chief of Naval Operations from September 2015 to August 2019.

GILDAY RELIEVES RICHARDSON AS CNO

From Chief of Naval Operations Public Affairs

WASHINGTON

Adm. Mike Gilday relieved Adm. John Richardson as the Chief of Naval Operations (CNO) in a ceremony, Aug. 22, at the Washington Navy Yard.

Gilday became the 32nd CNO, the U.S. Navy's most senior officer. As a member of the Joint Chiefs of Staff, the CNO acts as an advisor to the President of the United States, the National Security Council, the Homeland Security Council, and the Secretary of Defense. Under direction of the Sec-

retary of the Navy, the CNO is responsible for the command, utilization of resources, and operating efficiency of naval forces and shore activities assigned by the Secretary.

The Secretary of the Navy Richard V. Spencer acted as the presiding officer and guest speaker at the

ceremony. In his speech, Spencer focused on the Navy's many accomplishments during Richardson's tenure.

"The Sailors serving this nation are constantly on Adm. Richardson's mind and close to his heart. As much as Adm. Richardson has done for our capabilities and processes, he's done more for our people. Thanks to his efforts, the men and women of the U.S. Navy are safer, better prepared, and better commanded

while standing watch around the world."

Before concluding, Spencer spoke about the future of the Navy. "Adm. Gilday has already played a critical role in restoring our readiness and lethality, and he's well positioned to help take our integrated naval force into the next decade."

During the ceremony, Gilday spoke about the status of the Navy

See CNO | B7



MC3 Andrew Langhoff
Personnel Specialist 1st Class Susan Figueroa, right, and Personnel Specialist 2nd Class Matthew Martinez compile pay audit reports aboard the aircraft carrier USS Theodore Roosevelt (CVN 71).

Navy completes its largest cloud migration to date

From Program Executive Office for Enterprise Information Systems and Naval Supply Systems Command Public Affairs

WASHINGTON

The Navy Enterprise Resource Planning (ERP) "tech refresh" completed Aug. 19, 10 months ahead of the projected completion date — the Navy's largest system migration to the cloud. Nearly \$70 billion flows into the U.S. economy annually through Navy ERP, which manages more than half the

Navy's finances.

"The magnitude of this accomplishment is incredible," said Secretary of the Navy Richard V. Spencer. "The Navy ERP tech refresh is our largest system cloud migration to date and will enhance the performance of our force."

"I am proud of the team efforts to accomplish this on an accelerated schedule, cutting the projected timeline nearly in half," Spencer said. "The team managed this through innovative ap-

proaches to problem solving and close collaboration with integration teams, network engineers and industry partners."

This tech refresh culminated roughly three years of planning and preparation, involving tens of thousands of hours of effort. The migration is a critical step in modernizing financial management capabilities.

Thomas Harker, Assistant Secretary of the Navy for Financial Management and Comptroller (ASN [FM&C]), stressed its significance to the simplification and modernization of the department's

See CLOUD | B7

Two Navy EOD technicians respond to vehicle crash in Prescott, Arizona

From Explosive Ordnance Disposal Group One Public Affairs

PRESCOTT, AZ

Two Navy explosive ordnance disposal (EOD) technicians assigned to EOD Training and Evaluation Unit (TEU) 1 witnessed a vehicle crash and responded immediately by providing first aid to the driver and passenger and evaluating the vehicle for further hazards on Aug. 24 in Prescott, Arizona.

Explosive Ordnance Disposal First Class David Medwedeff and Explosive Ordnance Disposal First Class Kit Wingate were returning from small arms training when they witness a car ahead of them crash and flip over before coming to a stop. Medwedeff was the first on scene and established communications with the driver who was stuck in his seat while Wingate called 911. After assessing the car for immediate hazards, both Medwedeff and Wingate successfully removed the driver from the vehicle and conducted emergency response procedures by evaluating the man for any serious external injuries, bleeding or airway restrictions. After evaluating the man, they checked the ambulatory passenger for any injuries and the local police arrived shortly thereafter.



U.S. Navy
Master Explosive Ordnance Disposal (EOD) pin.

Wingate and Medwedeff helped move the driver and passenger to a relief position in the shade while continuing to monitor and reassess the status of both. An ambulance arrived on scene and transported both the driver and passenger to the hospital for further evaluation.

"I was surprised to see so many people initially standing around, not providing any help. I knew we had to pull him out in case something else happened with the car," said Medwedeff. "As I was trying to assess him, Kit controlled the scene and directed people to help in other ways. Kit then assisted me in removing the individual and conducting a medical assessment until paramedics arrived."

All Navy EOD technicians receive comprehensive training in expeditionary combat skills, which includes combat first aid. Although the training is focused

» See EOD | B7

THE LEAGUE OF WIVES: AN UNEXPECTEDLY INSPIRING VIETNAM WAR STORY

By Lisa Smith Molinari
The Meat & Potatoes of Life

Unlike the sorrowful portrayals that dominate Vietnam War history books, movies and documentaries, Heath Lee’s new book, *The League of Wives: The Untold Story of the Women Who Took On the U.S. Government to Bring Their Husbands Home from Vietnam*, offers an unexpectedly uplifting account from a previously overlooked perspective. This is the fascinating saga of a group of military spouses who, after being informed that their husbands were being held by the North Vietnamese as prisoners of war or were missing in action, fought those in power for truth and diplomacy, and against all odds, won. Though the Vietnam War would be dubbed “a lost cause,” the battle waged by the brave wives was undoubtedly an inspiring success.

What began with a gathering of thirteen grief-stricken Navy wives around Sybil Stockade’s Coronado dining room table in 1966, grew into “The National League of Families,” with a membership that included thousands of determined POW/MIA wives, official headquarters at 1 Constitution Avenue in Washington, D.C., and a direct telephone link to the White House.

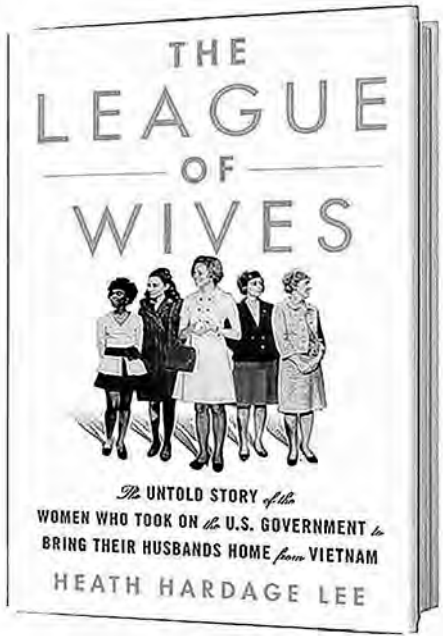
In order to muster the chutzpah to take on government officials and top military brass who had told them to “keep quiet,” the wives had to shed strict military spouse protocol and 1960s cultural norms. These reluctant feminists became brave warriors — relentlessly demanding meetings with U.S. presidents and diplomats, working with Naval Intelligence to exchange coded letters with their POW husbands in Hanoi, publicizing the truth about the use of extreme torture by North Vietnamese captors, holding press conferences to criticize the U.S.’s weak diplomacy efforts, and showing up at embassies in Paris and Stockholm successfully demanding to speak with North Vietnamese representatives.

Interestingly, the National League of Fam-

ilies formed unexpected alliances to accomplish their objectives. Disgusted with the cover ups of the Johnson administration, the POW/MIA wives embraced Richard Nixon as President. Unlike LBJ who refused to meet with them, Nixon listened to and worked with the women, encouraging National Security Advisor Henry Kissinger to meet with them bimonthly. However, the League also found itself trapped in an uneasy relationship with communist supporting peace groups, because the sympathizers had the ear of the North Vietnamese and could exchange the wives’ letters, packages, and sometimes, prisoners themselves. The wives even forged a friendship with Texas oil tycoon, Ross Perot, who supplied them with his own piloted jumbo jet to fly them to Sweden and South Asia to demand meetings with North Vietnamese officials.

In the end, the diplomatic efforts of the U.S. government, as heavily influenced by the powerful League of Families, led to Kissinger negotiating with the North Vietnamese for the POWs’ release. They came home, battered but not broken, on February 12, 1973. During the eight years that the North Vietnamese held U.S. prisoners of war, their wives organized and advocated fervently for their rescue, all while grieving, managing households, raising children, struggling financially, experiencing crushing loneliness and mental health issues, and even battling cancer.

Heath Lee deftly tells this well-researched, extraordinary tale by weaving military, political, and cultural history with fascinating personal diary entries and quotes from “key influencers” such as Sybil Stockdale, Jane Denton, Andrea Rander, Louise Mulligan, Phyllis Galanti, and Helene Knapp, as well as Kissinger, Nixon and naval intelligence officer Bob Borouhgs, who the women dubbed “Uncle Bob.” Lee makes sense of the complicated historical timeline so that we, the readers, suffer the tragedies and celebrate the successes with the women — from ominous



Courtesy of the Meat & Potatoes of Life

Heath Lee deftly tells this well-researched, extraordinary tale by weaving military, political, and cultural history with fascinating personal diary entries and quotes.

military officials knocking on their doors with devastating news, to their awkward but heartfelt reunions with their husbands so many years later.

As a navy wife myself, I found Lee’s *League of Wives* to be incredibly fascinating, but also, the book left me welling with pride, not only in the brave U.S. prisoners of war and missing in action, but in the enduring resilience of military spouses who face challenges alone with courage, strength and honor.

The *League of Wives: The Untold Story of the Women Who Took On the U.S. Government to Bring Their Husbands Home from Vietnam* went on sale April 2 by St. Martin’s Press (2019).

<https://themeatandpotatoesoflife.com>

What do you need in a survival kit?

From redcross.org

At a minimum, you should have the basic supplies listed below:

- Water: one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- Food: non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home).
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries (Similar item available in the Red Cross Store)
- Deluxe family first aid kit
- Medications (7-day supply) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers (Similar item available in the Red Cross Store)
- Family and emergency contact information
- Extra cash



transitandlevel.com

- Emergency blanket
- Map(s) of the area

Consider the needs of all family members and add supplies to your kit:

- Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, etc)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Two-way radios
- Extra set of car keys and house keys
- Manual can opener

Additional supplies to keep at home or in your survival kit based on the types of disasters common to your area:

- Whistle
- N95 or surgical masks
- Matches
- Rain gear
- Towels
- Work gloves
- Tools/supplies for securing your home
- Extra clothing, hat and sturdy shoes
- Plastic sheeting
- Duct tape
- Scissors
- Household liquid bleach
- Blankets or sleeping bags

Hit the highway with these car travel safety tips

From redcross.org

If you’re planning on hitting the highway, the American Red Cross offers these important car travel safety tips to help get you to your destination safely.

PREPARE FOR DRIVING

- Carry a Disaster Supplies Kit in your trunk.
- Pack high protein snacks, water, First Aid kit, flashlight, small battery-operated radio, an emergency contact card with names and phone numbers, extra prescription medications and important documents or information you may need.
- Let someone know your destination, your route, and when you expect to arrive. If your car gets stuck along the way, help can be sent along your predetermined route.
- Find out what disasters may occur in the place where you are traveling, especially if

they are disasters you have never experienced before. Find out how you would get information in the event of a disaster (local radio systems, emergency alert systems).

- Pay attention to the weather forecast for your destination. Travel and weather web sites can help you avoid storms and other regional challenges that could impact your safety.
- Don’t let your vehicle’s gas tank get too low.
- If you are taking your pet with you, there are special things you should know to make your trip more enjoyable.

ON THE HIGHWAY

- Buckle up, slow down, don’t drive impaired.
- Be well rested and alert.
- Use caution in work zones.
- Give your full attention to the road. Avoid distractions such as cell phones.
- Observe speed limits – driving too fast or too slow can increase your chance of being in a collision.
- Make frequent stops. During long trips, rotate drivers. If you’re too tired to drive, stop and get some rest.
- Be respectful of other motorists and follow



American Red Cross

the rules of the road.

- Don’t follow another vehicle too closely.
- If you plan on drinking, designate a driver who won’t drink.
- Clean your headlights, taillights, signal lights and windows to help you see, especially at night.
- Turn your headlights on as dusk approaches, or if you are using your windshield wipers due to inclement weather.
- Don’t overdrive your headlights.
- If you have car trouble, pull off the road as far as possible.



Q: What types of family housing are available?

A: There are three types of housing available to families:

Public/Private Venture (PPV) Housing is also referred to as privatized housing in the Navy. The Navy partnered with different private management companies to provide housing to service members. These companies are responsible for the construction, renovation, maintenance and day-to-day management of the housing. PPV housing may be located on or off government property and in most cases will be former military housing.

Government Owned (also known as Military Housing or Navy Managed Housing) is what was formerly thought of when we thought about on-base housing. While only available in limited quantities CONUS, Government Owned Housing is still widely available OCONUS.

Community Housing is any housing that a service member may choose that is not PPV or government operated. This is housing outside of the base that is privately owned and operated.

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- Relocation Assistance
- Parenting Programs
- Stress and Anger Management
- Command Support
- Crisis Support
- Suicide Prevention
- SAPR Support



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Barnacle samples in pressure cycling technology (PCT) tubes and bullet with barnacle samples in the background are used for proteomics analysis at U.S. Naval Research Laboratory, Washington, D.C. August 2. The barnacle base plate covers the glue, illustrating how difficult sample collection is; the tubes and bullet are specially designed to handle high pressure conditions.

Cassandra Eichner

Researchers develop groundbreaking process to study barnacle glue, could save Navy millions

Story and Photos by Cassandra Eichner
Strategic Communications, U.S. Naval Research Laboratory Public Affairs

WASHINGTON

Researchers at the U.S. Naval Research Laboratory developed a new method for identifying the glue proteins that barnacles produce to adhere to ship hulls and other surfaces.

The new method, featured on the cover of the May issue of Integrative Biology, is faster, safer, improves efficiency of samples and yields more effective results than traditional methods. Researchers hope the discovery will lead to new solutions for dealing with the accumulation of barnacles on ship hulls, which hinders Navy operations by creating drag and increasing fuel costs.

“We are developing a new way to actually study the adhesive to see what it is composed of,” said Janna Schultzhause, research biologist and National Research Council Postdoctoral Associate at NRL. “Before we can develop something that will work against it, we have to know what it is.”

These small but mighty crustaceans cre-

ate a cement-like adhesive layer that is difficult to remove once applied. The adhesive layer, called barnacle glue, is made of proteins that have remained mysterious to researchers. Researchers believe identifying the proteins is the first step toward understanding the glue, and ultimately developing materials to effectively combat the glue’s adhesive qualities.

“If we can figure out how to make them not attach as well, they will be easier to remove or [ensure] they just won’t attach,” Schultzhause said. “That would save the Navy a lot of money.”

Researchers have used solutions like toxic hexafluoroisopropanol to dissolve the glue and identify proteins. The problem with that method is that not all of the glue fully dissolves. That means that while researchers are able to identify some of the glue’s proteins, they have no way to identify the proteins in the remaining undissolved glue.

“Imagine if you have a lot of salt and you put it in the water,” said Dasha Leary, NRL research biologist “Not all the salt will dis-

solve. But if you want to study all the salt you need to either add more water or come up with a different way of dissolving it. That’s kind of how these guys are. We have chunks of the proteins, but we need them all broken down in the solution to be able to study them.”

Schultzhause and her fellow researchers designed a study to test how well their barocycler machine, a laboratory instrument used to subject specimens to cycles of pressure, could break down the proteins with three separate test solvents. The machine worked by continuously applying and releasing high pressure on the samples.

In the study, researchers identified more than 80 proteins, about double the number identified in previous studies. After they characterized the proteins, they discovered several enzymes, which Schultzhause believes may play a role in the production of glue, the transport of proteins, or in the support of the barnacle molting process. She hopes future studies will reveal the purpose of each.

The pressure cycling technology also al-

lowed the researchers to use smaller samples and get results in a shorter time compared to traditional solvent-soaking approaches.

“We can do 16 samples at a time while before we could do only one sample and we had to pull several barnacles together to get enough material to study it,” Leary said. “Here we can look at material from a single barnacle and tell the individual differences better. It could take several days to get the results with the old process because there were extra steps.”

NRL’s barnacle team believes developing novel ways to extract proteins will be critical to understanding how barnacles interact with the environment and, ultimately, how to keep them from attaching effectively.

“We now have a controlled way to break the glue down and see what’s there and what’s changing,” Schultzhause said.

Their findings also have implications for the medical community. According to Schultzhause, medical researchers can use this technique to study similar substances, like plaques formed during disease.

Complete details of the collaborative research by NRL’s Center for Bio/Molecular Science and Engineering Division and Chemistry Division can be found in the June 28, edition of Integrative Biology (doi.org/10.1093/intbio/zyz020).

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Defense Language Institute Foreign Language Center Public Affairs
Sailors attached to Information Warfare Training Command (IWTC) Monterey stand in formation during a ceremony. IWTC Monterey dedicated its command training stage and surrounding buildings in honor of Senior Chief Cryptologic Technician (Interpretive) Shannon Kent, Aug. 21.

IWTC MONTEREY DEDICATES NAVY YARD TO SENIOR CHIEF SHANNON KENT

By CTIC Ian Wyatt

MONTEREY, CALIF.

Information Warfare Training Command (IWTC) Monterey dedicated its command training stage and surrounding buildings in honor of Senior Chief Cryptologic Technician (Interpretive) Shannon Kent, Aug. 21.

The area is now formally known as the “Kent Navy Yard,” a small portion of the Presidio of Monterey and Defense Language Institute (DLI), which includes a number of Navy barracks buildings. A boulder with a bronze plaque was placed in front of the stage to permanently memorialize Kent, who was herself a graduate of the DLI.

In November 2018, Kent deployed to Syria as part of a highly skilled, multidisciplinary armed forces task force involved in critical and demanding intelligence work. Kent was killed in action by an improvised explosive device detonated by a suicide bomber in the city of Manbij, Jan. 16, 2019.

“Today, we have the privilege of honoring Senior Chief Shannon Kent for her inspiring leadership, steadfast dedication, and ultimate sacrifice to the nation and Navy,” said Cmdr. Michael Salehi, commanding officer of IWTC Monterey, in his opening remarks. “From this day on, every Sailor that walks the decks of Information Warfare Training Command Monterey and the Defense Language Institute will remember her sacrifices as a Sailor, and also as a wife, mother, daughter, sister, and friend.”

The decision to dedicate the Navy Yard to Kent came very shortly after news of her death was announced.

“It was a no-brainer,” said Master Chief Cryptologic Technician (Interpretive) Christopher Stevens, IWTC Monterey’s senior enlisted leader. “She was one of us. She began her career here and she exemplified everything we expect of our students and more. Now she will continue to be a role



Defense Language Institute Foreign Language Center Public Affairs
IWTC Monterey dedicated its command training stage and surrounding buildings in honor of Senior Chief Cryptologic Technician (Interpretive) Shannon Kent, Aug. 21.

model for all future generations of Navy linguists.”

Senior Chief Cryptologic Technician (Interpretive) Scott Welker was the guest speaker for the ceremony. While his speech did include details from Kent’s life and career, the message was for the students in attendance. He described an early interaction with Kent in which he asked her if she wanted to take on a particularly dangerous duty. Her response was simple: “Send me.” This became a refrain to illustrate the selfless sense of duty displayed by Kent throughout her career.

“It is because you do your job with pride, with drive, with positive attitude that fewer and fewer names are added to the walls of the various agencies and commands we

support,” said Welker. “Senior Chief Kent knew this well, and seized every opportunity to accept risk and challenge, because it was necessary. If not her, who? ‘Send me.’”

“You will be asked to push your abilities to their limits, and beyond,” Welker continued. “Not for you, but for those who will never know you. This is the legacy into which you are being baptized. This is the legacy of Senior Chief Kent. ‘Send me.’”

Nearly all of the Sailors of IWTC Monterey are students of the DLI, engaged in some of the longest and most mentally challenging training in the Department of Defense. Learning about Kent and realizing how much they share in common with her has been an inspiration to many of them, pushing them to engage with their studies

on a deeper level. “I feel incredibly humbled,” said Seaman Makinna Olmstead. “I want to be the degree of change that she was in the lives of so many. She inspires all of us in the intelligence community to persevere, work hard, and always strive to be the very best.”

The ceremony concluded with the unveiling of the memorial plaque. The names of the team members killed in the Jan. 16 attack, including Kent, were read aloud. Each name was followed by two bells, a naval tradition to honor and say farewell to fallen shipmates.

Kent was posthumously promoted to senior chief petty officer. She was interred at Arlington National Cemetery, Feb. 25, 2019, and added to the National Security Agency’s Memorial Wall, Feb. 28, 2019.

Her decorations include the Bronze Star Medal, Purple Heart Medal, Defense Meritorious Service Medal, Meritorious Service Medal, Joint Service Commendation Medal, Navy and Marine Corps Commendation Medal, Army Commendation Medal, Joint Service Achievement Medal (two awards), Combat Action Ribbon, and various unit and campaign medals.

Kent is survived by her husband and two young sons.

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

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

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

MyNavy Financial Literacy App provides roadmap to success

From By Cmdr. Erik Wells
Sea Warrior Program (PMW 240) Public Affairs

WASHINGTON

Achieving your personal financial goals is not easy, but the Navy is helping Sailors and their families with the updated release of MyNavy Financial Literacy app, Aug. 26. The app is part of Sailor 2025, the Navy’s program to empower Sailors by providing them the necessary tools to easily manage all aspects of their careers and life.

The app allows Sailors and their families to access financial literacy education anywhere, anytime via their mobile devices. The latest update includes new links to YouTube videos, retirement calculators and adds Continuation Pay Rates under the Blended Retirement System for calendar year 2020.

“Studies show that a majority of Americans live paycheck to paycheck and unfortunately that applies to some Sailors,” said

John Hunt, lead program analyst for 21st Century Sailor Office (OPNAV N17). “The MyNavy Financial Literacy app provides a solid foundation of knowledge to help Sailors navigate their way to a more secure financial future.”

The app covers a wide-range of topics to include most of life’s major milestone events. For Sailors who find themselves needing financial education, the app highlights proven techniques to reduce and pay off debt such as the Power Payment Plan.

The app does not replace the advice of a financial counselor, but does provide important financial information and resources, such as guidance on creating a spending plan so Sailors live within their means and create a plan for their financial success.

“We want Sailors and their families to understand their financial future is within their control and laying the foundation of

fiscal responsibility starts with a monthly budget that involves the concept of paying yourself first,” said Hunt. “Paying yourself first simply means each month you put money aside into a savings account or long-term fund like the Thrift Savings Plan (TSP). With TSP, the government will match the first five percent of basic pay so it’s important that Sailors attempt to max out their TSP.”

The Sea Warrior Program (PMW 240) team updated the app. The Sea Warrior Program manages a complex portfolio of information technology systems that provide full life cycle management to support MyNavy HR business operations initiatives, including developing mobile applications.

“It’s rewarding to develop mobile apps like MyNavy Financial Literacy because we are able to empower Sailors and their families,” said David Driegert, assistant program manager for the Sea Warrior Program. “The app provides excellent information for anyone needing guidance on major milestone events in their lives like getting married, having a child, or buying a house.”



applocker.navy.mil



An Expeditionary Warfare Unmanned Surface Vessel (USV) autonomously navigates a predetermined course through the water during Advanced Naval Technology Exercise 2019. The 40-foot self-driving boat is integrated with a HellFire Longbow missile system and a .50 gun mounted on a remote weapon station along with radar, video, and infrared systems. ANTX 2019 is an event designed to test new technology with academic, industry and Navy participants.

LCpl. Nicholas Guevara

Navy, Marine Corps Leaders witness new expeditionary warfare USV in action at ANTX demonstration

From NSWC Dahlgren Public Affairs
DAHLGREN, VA.

The Expeditionary Warfare unmanned surface vehicle (USV) – capable of performing force protection and long-range USV missions during distributed maritime operations, littoral operations in a contested environment, and expeditionary advanced base operations – was developed for Navy surface warfare and Marine Corps expeditionary warfare missions Aug. 26.

The Navy civilian engineers who developed a unique weaponized USV tested by the Marine Corps in July, envision that its technological capabilities will revolutionize naval warfare.

“We believe the USV autonomous sensing, targeting, and engagement systems demonstrate a leap-ahead capability for U.S. Navy and Marine Corps forces,” said John Fiore, Naval Surface Warfare Center Dahlgren Division (NSWCDD) technical director. “This also provides an early look at possible achievements on a larger scale with the future U.S. Navy large and medium USV platforms.”

Marines and distinguished visitors – including Assistant Secretary of the Navy for Research, Development and Acquisition James Geurts and Assistant Commandant of the Marine Corps Gen. Gary Thomas – observed that large-scale potential at a live demonstration as the Expeditionary Warfare USV performed a force protection mission for a high value asset at the July 18 exercise.

“They saw an effective unmanned system for control of in-shore and littoral areas, as well as a

means to identify and engage remote targets,” said Bob Gripshover, one of the NSWCDD engineers who briefed Geurts and Thomas on the autonomous unmanned system tested during the 2019 Advanced Naval Technology Exercise (ANTX) at Camp Lejeune, N.C.

“There are really two customers for this autonomous surface vehicle,” said Gripshover, who is the technical program manager for the Expeditionary Warfare USV. “We’re trying to prove to the Navy and Marine Corps that it’s possible to use these technologies to make weaponized unmanned surface vehicles as effective as manned ground vehicles.”

“What’s exciting from my perspective is the agility that a venue like this provides us,” said Thomas in his remarks at the ‘Fight the Naval Force Forward’ ANTX. “This is extremely high value.”

The Marine Corps general emphasized that the Marines need new capabilities for their concept of operations to work and that they need them quickly.

“We are also interested in showing the Navy that this type of system is available,” said Gripshover. “As unmanned boats are integrated into the force structure, these weapon automation technologies will be critical to their success. We want the Navy to be aware that putting weapons on unmanned boats involves more than bolting them on the deck. The weapons have to be controlled effectively.”

Gripshover and his team of NSWCDD scientists and engineers worked with their industry partner, Textron Systems, under a Cooperative Research and Development Agreement to integrate

expeditionary warfare payloads they developed and integrated onto the company’s Common Unmanned Surface Vehicle.

“There are certain things you can do with these systems that you will never be able to do with manned vehicles,” said Gripshover regarding the Expeditionary Warfare USV his team created. “These types of systems opens up new ways of fighting as well as new missions. If fully implemented, these unmanned systems could revolutionize the way we fight.”

Specifically, the Expeditionary Warfare USV could transform how the Navy and Marine Corps provide maritime force protection and maneuver with payloads that include a Longbow Hellfire Missile Launcher and a 50 caliber machine gun on a Sea deFNder Remote Weapon Station.

“Large numbers of these small, weaponized unmanned vehicles for use in distributed maritime operations and littoral operations in a contested environment will saturate the adversaries’ defenses, and can provide protection for the manned vessels,” said Gripshover. “In the long run, these unmanned systems save lives on both sides. It’s better to have machines fighting machines than to have humans fighting humans.”

At one point during ANTX, the Expeditionary Warfare USV autonomously located potential threats in the open ocean off Onslow Beach and at Mile Hammock Bay in Camp Lejeune while its NSWCDD operators made decisions related to engaging those targets. As the ANTX assessors watched the action, they could see how valuable the USV’s ‘leap-



U.S. Navy

The Naval Surface Warfare Center Dahlgren Division (NSWCDD) Expeditionary Warfare Unmanned Surface Vessel (USV) team - pictured at the 2019 Advanced Naval Technology Exercise (ANTX). NSWCDD scientists and engineers standing left to right are: Colin Pritchard, Adam Broad, Logan Camacho, Robert Gripshover, Kevin Green, Michael Teresi, Mark Manzano, Joseph 'Tripp' Cannella, and Michael Liska.

ahead’ capabilities would be in protecting Navy and Marine Corps manned high value assets.

The Expeditionary Warfare USV consists of a 40-foot self-driving boat, a HellFire Longbow missile system, and a .50 gun mounted on a remote weapon station. The boat uses radar and video to navigate, find and track surface contacts while providing tactical behaviors such as automated patrol, intercept, and chase. The gun and missile system use video and infrared systems to automatically identify targets, alert the weapon operator, and provide fire control. The system is operated remotely, either from an ashore site or a ship.

“With these autonomous systems and automated weapons, we are trying to automate enough of the kill chain to allow the human-machine team to react fast enough to deal with multiple incoming threats,” Gripshover explained. “We’re not trying to develop weapons where the machine is in control. We are trying to find the right balance – where the human and machine are both doing what they do best. The machine can search autonomously for potential threats and targets while the human can make the decision on those targets and decide when to engage them.”

The Navy and Marine Corps are currently assessing the results of the ANTX – including the Expedi-

tionary Warfare USV’s capability of performing expeditionary, littoral, and force protection operations as well as its long-range USV missions in support of expeditionary advanced based -operations. The services will determine if there is potential for further development of any of the technologies demonstrated at the July ‘Fight the Naval Force Forward’ ANTX.

NSWCDD invested approximately \$5 million in Naval Innovative Science and Engineering (NISE) Section 219 investments in fiscal year 2018-2019 to enable the command’s scientists and engineers to mature the automated targeting, adaptable missile launcher, and weapons control systems and integrate them into the autonomous Textron System’s CUSV platform creating the Expeditionary Warfare USV.

“This effort represents the gold standard in leveraging NISE 219 funding as a force multiplier to achieving advanced technological capabilities,” said Kathleen Jones, NSWCDD chief technology officer. “We take great pride in the innovation of our scientists and engineers and their efforts to partner with industry and collaborate across warfare centers to bring this capability to fruition.”

For more news from NSWC Dahlgren , visit www.navy.mil/local/NSWCDD/.

US SAILORS AND MARINES CONDUCT BEACH CLEANUP IN RIO DE JANEIRO

By MC3 Kody A. Phillips
U.S. Naval Forces Southern Command & U.S. 4th Fleet Public Affairs

RIO DE JANEIRO

Sailors and Marines, assigned to the amphibious dock landing ship USS Carter Hall (LSD 50), participated in a community relations (COMREL) event while in Rio de Janeiro, Aug. 21.

Nineteen Sailors and Marines partnered with Brazilian sailors and marines to help clean-up Icarai beach during UNITAS LX (60).

“The partnerships between the Navy and Marine Corps, and the Brazilian navy were highlighted as we came together to conduct the beach cleanup” said Lt. Cmdr. Rick Williams, the command chaplain on USS Carter Hall (LSD 50). “It was wonderful to watch Carter Hall’s Sailors and Marines bridge the



MC3 Kody A. Phillips

communication gap with the Brazilian sailors to develop friendships and build relationships that will last long after UNITAS concludes.”

Carter Hall is currently in port in Rio de Janeiro to participate in UNITAS LX.

UNITAS is an annual, multinational exercise that focuses on strengthening our existing regional partnerships and

encourages establishing new relationships through the exchange of maritime mission-focused knowledge and expertise during multinational training operations.

For more news from U.S. Naval Forces Southern Command & U.S. 4th Fleet, visit www.navy.mil/local/cusns/.

U.S. Navy Sailors and Marines, assigned to the Harpers Ferry-class amphibious dock landing ship USS Carter Hall (LSD 50), conduct a community relations event at Icarai Beach with Brazilian sailors and marines in support of UNITAS LX (60) in Rio de Janeiro Aug. 21. UNITAS, which is Latin for unity, was conceived in 1959, first executed in 1960 and has been held every year since.

WOMEN’S EQUALITY DAY

CELEBRATING MILESTONES IN WOMEN’S SUFFRAGE

By MC3 Brittany Tobin

Less than one hundred years ago, women were not allowed the right to vote. Married women could not own property and had no legal claim to any money they might earn. Women were expected to focus on housework and motherhood, not politics.

The campaign for women’s suffrage was a small but growing movement in the years before the Civil War. Starting in the 1820s, various reform groups flourished across the United States. Many American women were resisting the notion that the ideal woman was a reverent, submissive wife and mother concerned solely with life at home. This resistance morphed into a new mindset of what it meant to be a woman and a citizen in the United States.

The first women’s rights convention was held in the United States in Seneca Falls, New York on July 1848 with 240 woman suffragists in attendance. The idea for the convention came about during discussion among Lucretia Mott, Elizabeth Cady Stanton and three other women over tea. Many participants at the convention signed a “Declaration of Sentiments and Resolutions” that outlined the main issues and goals for the emerging women’s movement. Following the convention, the demand for voting became a focal point of the movement and women’s rights meetings were held on a regular basis. For the next 50 years, activists and supporters worked to

educate the public about the validity of woman suffrage.

The American Civil War impeded suffrage momentum from 1861 to 1865 as women, North and South, diverted their energy to “war work.” This served as valuable training experience for women to gain crucial organizational and occupational skills to use after the war. Elizabeth Cady Stanton and Susan B. Anthony got things moving again in 1866 by forming the American Equal Rights Association, an organization for white women and African Americans dedicated to the goal of universal suffrage. Stanton and Anthony, along with Lucretia Mott and other activists, continued to raise public awareness and lobbied the government to grant voting rights to women. These efforts started opening the floor to other activists in the women’s movement towards equality.

The Fourteenth Amendment was ratified in 1868, which extended the protections of the Constitution against unjust state laws to all citizens. This Amendment was the first to define “citizens” and “voters” as “male.” Stanton and some of the other suffrage leaders objected to the proposed 15th Amendment to the U.S. Constitution, which would give black men the right to vote without extending the same privilege to American women of any skin color. With the adoption of the 15th Amendment in 1870, a politically organized African-American community joined with white allies in the Southern



MC3 Brittany Tobin

states to elect the Republican Party to power, bringing radical changes to the South. Women, and African Americans, persisted to have their voice heard across the nation, despite the nullification of the 15th Amendment.

Susan B. Anthony was arrested in 1872 and brought to trial in Rochester, New York, for attempting to vote for Ulysses S. Grant in the presidential election. At the same time, Sojourner Truth appeared at a polling booth in Grand Rapids, Michigan, demanding a ballot only to be turned away.

Meanwhile, Lawyer Belva Ann Lockwood is denied permission to practice law before the Supreme Court. Lockwood spent three years pushing legislation that enabled women to practice before the Court and become the first woman to do so in 1879.

Through the efforts of many early activists, a Women’s Suffrage Amendment was finally introduced in the United States Congress in the late 1800’s. The wording was left unchanged until 1919, when the amendment finally passed through both houses. At the turn of the century, women reformers in the club movement and in the settlement house movement wanted to pass reform legislation. However, many politicians were unwilling to listen to a disqualified group. Women began to realize that in order to achieve reform, they needed to win the right to vote.

The woman’s suffrage movement became a mass movement at this point, passing leadership to two organizations. The first, the National American Woman Suffrage Association (NAWSA), led by Carrie Chapman Catt, was a moderate organization. The NAWSA undertook campaigns to liberate women in individual states, and simultaneously lobbied President Wilson and Congress to pass a women’s suffrage Constitutional Amendment. In the 1910s, NAWSA’s membership

numbered in the millions. The second group, the National Woman’s Party (NWP), under the leadership of Alice Paul, was a more militant organization. The NWP undertook radical actions, including picketing the White House, in order to convince Wilson and Congress to pass a women’s suffrage amendment.

In 1912, Theodore Roosevelt’s Progressive Republican Party becomes the first national political party to adopt a woman suffrage principle. The following year, Alice Paul and Lucy Burns organize the Congressional Union, later becoming the National Women’s Party in 1916. Using radical tactics, members of the Woman’s Party participated in hunger strikes and engaged in forms of civil disobedience to bring attention to the suffrage cause.

On March 3, 1913, members of the Congressional Union organized a suffrage parade, strategically scheduling it the day before President Wilson’s inauguration. Not all parade observers were suffrage supporters and hostile members of the crowd insulted the marching women. As planned, the publicity resulting from this incident provided further momentum for the suffrage campaign.

The National Federation of Women’s Clubs, which by this time included more than two million women throughout the United States, formally endorsed the suffrage campaign in 1914. Just a couple of years later, Jeannette Rankin of Montana became the first American woman elected to represent her state in the U.S. House of Representatives. A suffrage petition signed by more than a million women in 1917 signaled the determination of the women of New York to gain the vote. The suffrage measure won by a margin of 100,000 votes in New York City and broke even in the rest of the state.

The onset of the First World War slowed movement efforts as many suffragists decided to shelve

their activism and go back to work in support of their country. This decision served as a useful platform for women to validate the right to vote as an American citizen. President Wilson finally addressed the Senate personally, arguing for women’s suffrage at the war’s end in September, 1918. This is largely believed to be what catapulted women to the reform they were seeking.

After nearly a century of protest, in May and June of 1919, the Nineteenth Amendment passes both House and Senate in a special session and went to the states for ratification. Following ratification by the necessary thirty-six states, the Nineteenth Amendment was adopted on August 26, 1920, stating “the rights of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex.” This victory is considered to be one of the most significant achievements of women in the Progressive Era. It was the single largest exercise of democratic voting rights in our nation’s history, and it was achieved peacefully, through democratic processes. Women had finally been heard and could continue to have a voice as citizens.

This is the reason for celebrating Women’s Equality Day on the 26th of every August.

While the battle for women’s suffrage was won, the fight for equality was just beginning. Women’s suffrage has been achieved at various times in countries throughout the world. In many nations, women’s suffrage was granted before universal suffrage, so women and men from certain classes or races were still unable to vote due to non-citizenship or suppression laws. Women’s suffrage was only the beginning of the journey towards total equality, something that our society is still working towards almost a century later. The right to vote was

fiercely fought for by so many and remains the single best way to elicit change.

WHILE THE BATTLE FOR WOMEN’S SUFFRAGE WAS WON, THE FIGHT FOR EQUALITY WAS JUST BEGINNING.



Nominate a local Military Retiree or Veteran today!

They have served our country and are still serving our region by making significant contributions to the Hampton Roads community through their work, philanthropic and volunteer efforts. Help us recognize our retired and veteran military by nominating them for the 2019 Still Serving Awards. Honorees will be recognized at a reception on November 7th at the Westin Virginia Beach Town Center and highlighted in our Still Serving publication.

DEADLINE FOR NOMINATIONS
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Scientists explain how aeromedical evacuation affects injured warfighters

From Naval Medical Research Center Public Affairs

KISSIMMEE, FLA.

Naval Medical Research Center (NMRC) scientists presented their research, “Simulated aeromedical evacuation exacerbated histopathology and immunomodulation,” during the Military Health System Research Symposium (MHSRS) in Kissimmee, Florida August 22.

The hypothesis for their research on aeromedical evacuation examines how low encompassing (ambient) air pressure can negatively impact a wounded warfighter suffering from a serious organ injury.

According to Dr. Anke Scultetus, head of NMRC’s En-Route Care & Critical Care Research Program, Neuro-Trauma Department, this type of evacuation is often used as a rapid and effective way to transport severely injured warfighters.

“There is limited information available on the effects of aeromedical evacuation,” she said. “Wounded service members are of particular concern, since changes in cabin pressure, temperature, and constant vibration could aggravate or worsen their injury.”

Scultetus and her team used a test blast model, and a 12 hour simulated aeromedical evacuation two days after injury, which resulted in increased evidence of tissue damage to multiple organs, particularly the lungs, brain and intestines.

“The inflammatory response was modified in subjects exposed to blast followed by simulated aeromedical evacuation, suggesting the inflammatory response can be altered due to changes in the outside environment, including ambient pressure,” said Scultetus. “Our research suggests aeromedical evacuation has the potential to worsen long-term outcomes, and we have to consider current practices and re-evaluate

our strategies to transport injured warfighters.”

“Similar to ambient air pressure, traumatic brain injury (TBI) increases inflammatory responses,” said Scultetus. “I recommend further studies are warranted to investigate the physiologic effects, and possibly reconsider our current practice with aeromedical evacuation.”

ABOUT NAVAL MEDICAL RESEARCH CENTER

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

“ Our research suggests aeromedical evacuation has the potential to worsen long-term outcomes, and we have to consider current practices and re-evaluate our strategies to transport injured warfighters.

Dr. Anke Scultetus

undersea medicine, medical modeling, simulation and operational mission support, and epidemiology and behavioral sciences.

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



MC1 Ryan U. Kledzik

Chief of Naval Operations (CNO) Adm. Mike Gilday delivers his first remarks as the 32nd CNO during a change of office ceremony held at the Washington Navy Yard. Gilday, former Director, Joint Staff, relieved Adm. John Richardson, the 31st CNO.

CNO | Gilday becomes 32nd CNO of Navy

Continued from B1

and what he sees in the service’s future.

“I believe our Navy’s strategic direction is rock solid and that our Navy is in great shape,” said Gilday. “We are recruiting and retaining a high-quality force, we are providing well trained combat-ready forces forward, around the globe. We are modernizing our Navy at a scope and pace not seen in decades. I can say all that, in large part, due to the leadership of our 31st CNO.”

Gilday also thanked Richardson and his family for their service throughout the years.

“Admiral and Mrs. Richardson – John and

Dana – thanks for your nearly four decades of selfless service,” said Gilday. “You have given so much – and accomplished so much – all of it quietly and humbly, yet so effectively.”

In his speech, Richardson thanked his family, friends, those who served with him during his 37-year tenure, as well as the men and women serving in the Navy.

“The Navy has given so much to me and my family,” said Richardson. “Most important has been the chance to be part of a noble institution, working with honorable and talented people. Dana and I are so grateful for a lifetime of working shoulder-to-shoulder with the Navy team.”

Richardson also praised Gilday and spoke about some of his accomplishments.

“Admiral Gilday is a true cutting edge warfighter, a surface warrior who, by virtue

“ Admiral Gilday is a true cutting edge warfighter, a surface warrior who, by virtue of his leadership at 10th Fleet, fully appreciates the challenges we face in the cyber warfare arena and the increasing pace of competition in new domains

Adm. John Richardson

of his leadership at 10th Fleet, fully appreciates the challenges we face in the cyber warfare arena and the increasing pace of competition in new domains,” said Richardson. “His experience as the director of the Joint Staff will ensure that the Navy continues to look for every opportunity to collaborate with other services, allies, and partners

around the world. The Navy will be in good hands with Admiral Gilday at the helm.”

You can follow the Office of the Chief of Naval Operations on the following social media platforms:

- Facebook
- Twitter
- Instagram

CLOUD | \$70 billion flows into the U.S. economy annually through Navy ERP

Continued from B1

financial reporting process. “The Navy ERP tech refresh is a major milestone toward consolidating all Department of the Navy financial systems into a single general ledger, which is essential to the department’s ability to produce accurate financial information, obtain a clean audit opinion and improve our data analytic capability.”

With the cutover complete, Navy ERP, deployed to about 72,000 users across six Navy commands, is now entirely cloud-based, operating significantly faster in memory, data storage and processing. Prior to the migration, Navy ERP operated on a Systems, Applications, and Products (SAP) server-based Oracle platform. During the tech refresh, Navy ERP upgraded to the SAP HANA (high-performance analytic appliance) cloud-based platform.

The Navy ERP program is managed by Program Executive Office for Enterprise

Information Systems’ (PEO EIS) Navy Enterprise Business Solutions program management office.

Program Executive Officer for Enterprise Information Systems Ruth Youngs Lewis added, “In addition to supporting PEO EIS’ goals of delivering an enhanced and positive customer experience and enhancing data-driving decision-making, the shift of Navy ERP to the cloud supports the goal to accelerate enterprise cloud adoption. We are already seeing significant benefits in performance such as report runtimes.”

Naval Supply Systems Command (NAV-SUP) Business Systems Center (BSC) develops and sustains the Navy ERP in support of the program office. “This major transition of our ERP system will not only improve system performance, it provides the Fleet and NAVSUP Enterprise enhanced resilience and survivability that further strengthens Navy readiness and supply chain visibility,” noted NAVSUP Commander Rear Adm. Michelle Skubic. NAV-SUP BSC supports ERP business operations and functional processes within the NAVSUP Enterprise that drive innovative, reliable and cost-effective solutions to meet the Navy’s current and future business requirements.

EOD | Sailors were returning from small arms training when they witnessed crash

Continued from B1

on providing immediate first aid to those wounded in combat, the skills learned throughout the training have applicability off the battlefield as well.

“Dave was able to reach the man in the vehicle first. I could tell by the tone of his voice that the man was in a somewhat stable condition,” said Wingate. “Due to my dive supervisor and EOD training, I knew that I should assess the entire situation for hazards before assisting Dave. I began to check the car for signs of a potential explosion, made sure 911 was called and employed the rest of the people on scene to direct traffic. Once I felt comfortable with the external situation, I proceeded to help Dave get the man out of the vehicle.”

Cmdr. David Blauser, commanding officer of EODTEU1, said he was proud of his Sailors for responding to the vehicle

accident and glad that they were in the right place at the right time to provide assistance. “EOD technicians are well-trained to make great decisions under high stress,” said Blauser. “I am extremely proud of EOD1 Medwedeff and EOD1 Wingate for taking charge and responding to this incident in a safe and professional manner. Their calm approach to this situation, assessing hazards and working as a team are indicative of the high-caliber of Sailors in the Navy expeditionary combat community.”

U.S. Navy EOD is the world’s premier combat force for eliminating explosive threats so the Fleet and Nation can fight and win wherever, whenever and however it chooses.

EODTEU1 provides rigorous, relevant and realistic training to EOD and mobile diving and salvage forces to prepare them to execute their required operational capabilities in all projected operational environments to include locating, identifying, rendering safe, exploiting, recovering, and disposing of all explosive ordnance including chemical and nuclear weapons.

For more news from Explosive Ordnance Disposal Group 1, visit: <http://www.facebook.com/eodgroup1>

Krystal
Content Creator
Military Spouse

Build a career from anywhere.

Military spouses are at least four times more likely to be unemployed than the national average, often as a result of frequent moves. To help with their journey, Google is offering free tools, training and resources so military spouses can build meaningful careers wherever they are.

grow.google/militaryspouses

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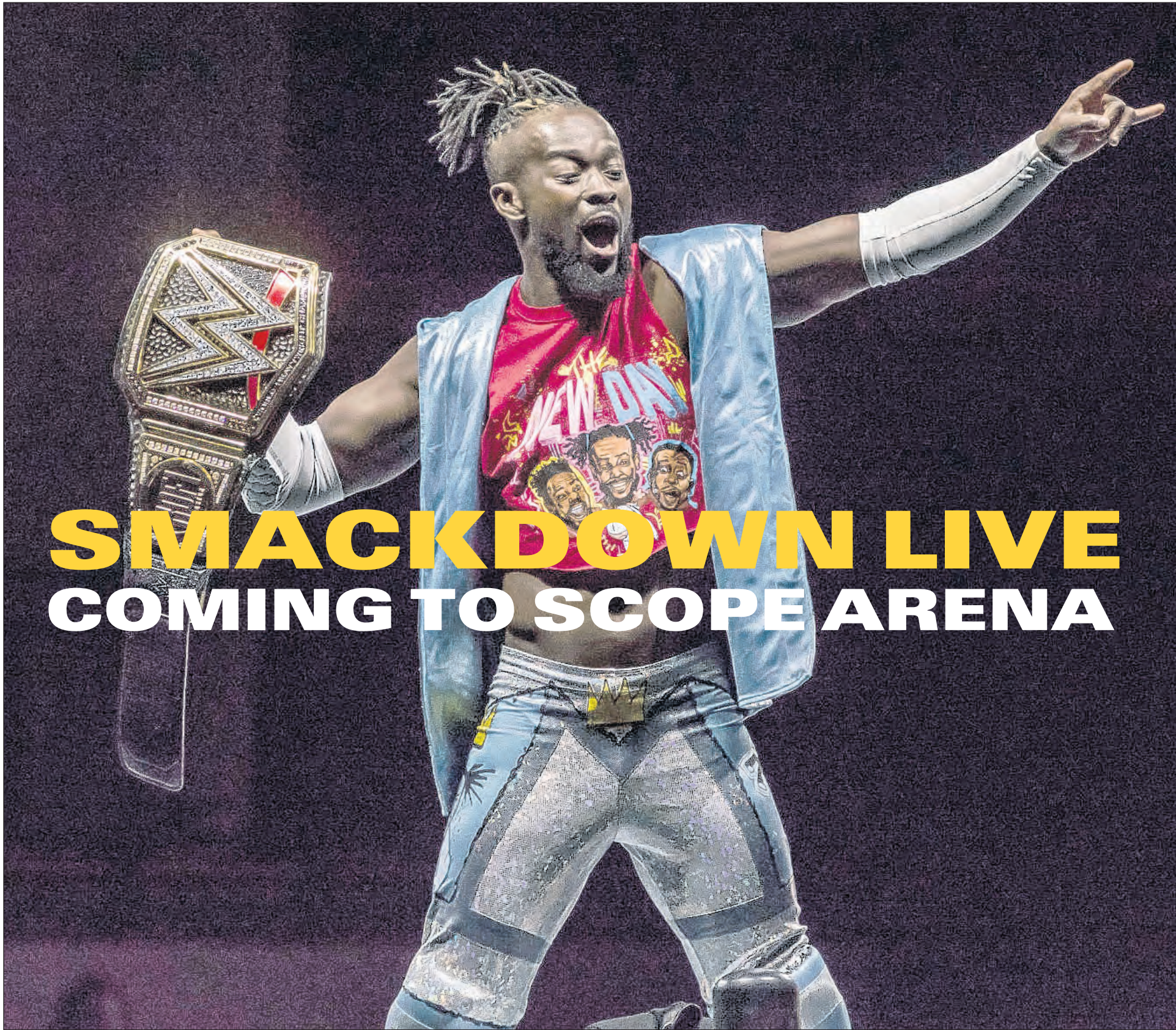


Naval Station Norfolk to host car auction

Come out Sept 4 to SP-123 for Naval Station Norfolk's auto auction fun where food and beverages will be sold from the MWR Food Truck. Vehicles can be viewed at SP-123. Everyone must have a valid CAC/Military ID card. On the day of, the gate will open at 10:00 a.m., and you will then be able to register.

See C4

SECTION C | FLAGSHIPNEWS.COM | 8.29.2019



WWE Champion Kofi Kingston at a recent WWE Live event in Petersburg.

Jonathan McLarty

By Jonathan McLarty
Contributing Writer

Presenting their worldwide broadcast of the weekly television program SmackDown Live, the stars of World Wrestling Entertainment (WWE) will perform at Norfolk Scope on September 3. SmackDown Live airs weekly on USA Network and features stars such as WWE Champion Kofi Kingston, Randy Orton, Charlotte Flair, Roman Reigns, and WWE SmackDown Women's Champion Bayley. Following the two-hour SmackDown broadcast, the stars of WWE's 205 Live program will present

their brand of action from Norfolk for broadcast live on the WWE Network.

The 2019 King of the Ring tournament is underway. Eight male competitors from Monday Night Raw and eight from SmackDown Live are competing in the single-elimination tournament on both programs, culminating in the finals at the Clash of Champions pay-per-view event on September 15. Norfolk fans will be treated to the quarter-final contests. An early upset has taken place so far in the tournament with SmackDown newcomer Buddy Murphy defeating former WWE Champion

Daniel Bryan.

Speaking of Bryan, he and his partner Erick Rowan have been in the middle of an investigation into who has attacked Roman Reigns in recent weeks. Originally inferred that Rowan was behind the acts, Bryan continues to point fingers to anyone else but the duo. After their battle went to a double countout at SummerSlam, WWE Champion Kofi Kingston and Randy Orton have continued to cross paths. A recent affiliation of Randy Orton with Monday Night Raw's The Revival has resulted in clashes with Kofi's fellow New Day members Xa-

vier Woods and Big E.

Tickets for WWE SmackDown Live in Norfolk can be obtained from the Norfolk Scope box office, as well as all Ticketmaster outlets. Active members of the Military can obtain free tickets to the event from the box office just prior to the 7:45 PM bell time.

Jonathan McLarty is a contributing writer for The Flagship, as well as a local sports and event photographer. Connect with him on Twitter (@JonathanMcLarty) and view his photography at McLartyPhoto.Zenfolio.com.

Virginia Symphony Orchestra presents free Labor Day weekend concert series

Press Release

HAMPTON ROADS, VA

Scenic outdoor venues in Chesapeake, Williamsburg and Yorktown will be the site for the Virginia Symphony Orchestra's Symphony Under the Stars series, August 29 - September 1, the VSO's annual Labor Day weekend celebration.

All three concerts are free and open to the public.

This year's program, "Toons for a Summer Evening," features both classical and original music used in animated features. Concertgoers will hear timeless classics like Holcombe's Looney Tunes Overture, Wagner's Ride of the Valkyries and Beethoven's Sym-

Symphony Under the Stars

Aug. 29 7:00 p.m., Lake Matoaka, Williamsburg (at the College of William & Mary)

Aug. 31 7:30 p.m., Riverwalk Landing, Yorktown

Sept. 1 7:30 p.m., Chesapeake City Park

phony No.5, as well as contemporary pieces, like John Powell's "The Story of Mumble" from Happy Feet. This concert is sure to be a fun time for the whole family!

Aaron Breid will conduct the three performance. An inspiring and versatile musician, Breid is rapidly garnering acclaim as both an operatic and symphonic con-

ductor. In the last five years, Breid has conducted a wide range of pieces with operas and orchestras across the nation. Currently Breid is the Cover Conductor for the Washington National Opera.

"These wonderful free outdoor concerts have become an annual tradition in the Hampton Roads region," said VSO President and

CEO Karen Philion. "They are a gift to the tens-of-thousands of our friends and neighbors who turn out to enjoy these relaxed evenings under the stars with blankets and picnics each year, made possible through the support of so many generous community leaders, business partners, colleagues, and gifts from Orchestra fans."



Courtesy of Virginia Symphony Orchestra

August 29 | 7:00 p.m. | Lake Matoaka, Williamsburg (at the College of William & Mary)

Presented by the City of Williamsburg, the College of William & Mary, and William & Mary's Student Assembly.

See VSO | C2

Calendar

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



WWE.com

WWE Smackdown Live

- Sept. 3, 7:45 p.m.
- Scope Arena
- sevenvenues.com

WWE Smackdown Live comes to the Scope Arena! Kofi Kingston vs Randy Orton! WWE Championship Matc, Roman Reigns vs Daniel Bryan, Special Attraction Match. See your favorite WWE Superstars including: Women’s Champion Bayley Charlotte Flair Intercontinental Champion Shinsuke Nakamura Finn Balor Elias ...and many more! Tickets available at the Scope Arena Box Office and Ticketmaster.com starting at \$15.



Courtesy photo

End of Summer Boat Bash

- Aug. 31, 12:00 p.m.-4:00 p.m.
- Naval Station Norfolk Sailing Center and Marina
- www.navymwrnavalstationnorfolk.com

End of Summer Boat Bash at the Marina. Free sail boat rides, free power boat rides, free kayaks and paddleboards rental, free cook out and land activities. Bring the whole family and lets celebrate and have a good time on the water.



FREDDIE CABRERA/

Guy Fieri Appearance at Guy Fieri's Dive & Taco Joint

- Sept. 4, 6:00 p.m.-8:00 p.m.
- Guy Fieri's Dive & Taco Joint Hampton
- 757-902-1613

Guy Fieri is rolling up to Flavortown for his first appearance at Guy Fieri's Dive & Taco Joint Hampton and Guy Fieri's Pizza Parlor at Power Plant Hampton Roads on Sept. 4 This is a free event. Capacity is first come, first serve. Grab your friends and family; eat delicious tacos at Guy Fieri's Dive & Taco Joint Hampton; drink tasty margaritas and grab a slice at Guy Fieri's Pizza Parlor.

Rock 'n' Virginia Beach Half Marathon

- Sept 1, 6:30 a.m.
- 14th Street and Pacific Ave.
- <https://www.runrocknroll.com/Events/virginia-beach>

Virginia Beach is the place to be for the unofficial last weekend of the Summer in 2019! Run with us at 2019 #RnRVirginiaBeach. With a Mile on the Sand, 5K, and Half Marathon, there are distances for everyone. Round up your squad and we'll see you at the Start Line on Labor Day Weekend!



Courtesy photo

Vampire Weekend

- Aug. 30, 7:00 p.m.
- Constant Convocation Centre
- www.vividseats.com/concerts/vampire-weekend-tickets.html

Vampire Weekend has confirmed the itinerary of its most ambitious North American tour to date! The Father of the Bride Tour will feature the band’s biggest headline shows to date, including August 30 at Ted Constant Convocation Center.

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/



U.S. Navy photo by MC1 Jesse Hawthorne

NORFOLK NATIVE SUPPORTS U.S. NAVY LARGEST TRAINING CENTER

By MC1 Jerry Jimenez
Navy Office of Community Outreach

GREAT LAKES, ILL.

Home to the Navy’s only boot camp, Naval Station Great Lakes has been turning civilians into U.S. Navy sailors for nearly a century.

The Navy’s largest training facility has trained and sent to the fleet more than two million new sailors through the Recruit Training Command, and nearly an equal number from its technical schools.

Petty Officer 1st Class Brittany Hadley, a native of Norfolk, Virginia, plays an important role at NAVSTA Great Lakes as an operations specialist, supporting the training and mentoring of sailors for the future of the fleet.

An operations specialist is responsible for monitoring radar contacts in the air, surface and subsurface, and identify friends and foes onboard Navy warships.

Hadley, a 2007 graduate

of Booker T. Washington High School, credits success in the Navy to many of the lessons learned growing up in Norfolk.

“I learned the importance of having ambition and wanting to succeed further in life,” Hadley said.

NSGL’s mission is to enable and sustain fleet, family and fighter by providing superior, integrated base operating support for all tenant commands and elements on the installation.

NSGL supports over 50 tenant commands and elements as well as over 20,000 sailors, Marines, soldiers, and DoD civilians who live and work on the installation.

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 per-

cent of the Earth’s surface is covered by water; 80 percent of the world’s population lives close to the coast; and 90 percent of all global trade by volume travels by sea.

Hadley 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.”

Though there are many ways for sailors to earn distinction in their command, community and career, Hadley is most proud of earning the rank of petty officer first class.

“It was a goal of mine to

“ It was a goal of mine to achieve this rank before I hit my 12 years in service.”

Brittany Hadley,
Petty Officer 1st Class

achieve this rank before I hit my 12 years in service,” Hadley said.

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

“My grandfather and father both served in the Navy and it makes me proud to follow in my father’s footsteps,” Hadley said.

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

“It makes me proud to serve my country,” Hadley said.

VSO | Sympony will play music used in animated features

Continued from C1

Aug. 31 | 7:30 p.m. | Riverwalk Landing, Yorktown

This event is funded by community contributors from organizations, businesses, and individuals along with the following sponsors: York County, York County Arts Commission, and the Virginia Commission for the Arts. The volunteer Celebrate Yorktown Committee of the Yorktown Foundation works diligently each year to raise the funds needed to cover the cost of presenting this free-to-the-public evening of music for the enjoyment of the community.

Sept. 1 | 7:30 p.m. | Chesapeake City Park

Presented by the Chesapeake Fine Arts Commission, ArtsALIVE! and Chesapeake Parks, Recreation & Tourism Department. Sponsored by Carl’s Wash.

As the region’s most celebrated musical, educational and entrepreneurial

arts organization, the Virginia Symphony Orchestra continues to challenge expectations and push the boundaries of what an American orchestra can be – even as it approaches its 100th anniversary in 2020.

At the heart of the VSO’s narrative is innovation. In 1991 the VSO made a very bold move in appointing the gifted young American conductor JoAnn Falletta as its music director. Since then, the orchestra has received national attention for its unique mission serving a home area of 1.7 million across the diverse communities of southeastern Virginia. Through appearances at the Kennedy Center and Carnegie Hall and commitment to adventurous programming, the VSO and its musicians have been highlighted in the media including The New York Times, The Washington Post, National Public Radio and BBC Worldwide News.

As the largest arts performing organization in southeastern Virginia, the VSO and VSO Chorus present more than 150 concerts and events to educate, enlighten and entertain more than 100,000 residents and visitors each year. Recent innovations include health and wellness programs, including interactive therapeutic experiences



Courtesy photo/

About the series

Aaron Breid, conductor
Joseph Mazzara, baritone
Holcombe: Looney Tunes Medley
Wagner: Ride of the Valkyries
Rossini: Barber of Seville Overture
Rossini: Largo al factotum
Liszt: Hungarian Rhapsody No. 2
Mancini: Pink Panther
Beethoven: Symphony No. 5
Bizet: Toreador’s Song
Guaraldi/Kelly: Linus and Lucy
John Powell: Happy Feet
Zimmer: Lion King Orchestral Suite

for people living with Alzheimer’s and dementia. As it approaches its Centennial year, the Orchestra and its legions of fans look forward with anticipation as the VSO conducts a worldwide search for its next music director.

Vaccines: A public health success story

By Army Col. Andrew Wiesen

Throughout U.S. history, people have benefited from improvements in the field of public health. The availability of clean water, the development of sewage systems, and other effective interventions worked to cut the rate of disease in entire segments of the population at relatively low cost. Vaccination is an intervention that has proved effective in terms of cost and effort in protecting the population from disease.

Individuals clearly benefit from the disease protection offered by vaccinations. In addition, if vaccination levels are high enough within a population, protection may be extended to those unable to be vaccinated, either due to a medical restriction or because they are too young. This is because without enough susceptible individuals acting as “carriers,” the disease can’t effectively be transmitted from person to person. The ideal situation is when the disease is eradicated. This has only happened once in recorded human history, with smallpox. We need enough participation in vaccination programs so both individuals and society can enjoy the benefits of freedom from disease.

As a scientist, the recent backlash against vaccines and decision by some parents not to have their children vaccinated concerns me. The use of vaccines is a societal process of risk and benefit, not only for individuals but for everyone. We have a basic tenet in society: balancing an individual’s right to choose with that person’s duty to protect him or herself, any children, other loved ones, and



Air Force Tech Sgt. Joseph Anthony administers a vaccination to a member of the U.S. Army Reserve’s 336 Engineering Company Command and Control, Chemical Radiological and Nuclear Response Enterprise Team. Department of Defense-issued vaccinations are used to prevent a variety of diseases that military members may encounter in the course of their duties.

society as a whole.

Some of the information circulating in today’s media about vaccines isn’t scientifically based; instead, it’s based on emotion. Measles was declared eliminated in the United States in 2000 because people were vaccinated against it at such high rates that there was no continuous disease transmission. Measles is now making a comeback as a substantial portion of the population has chosen not to be vaccinated against it. Approximately 1 per 1,000 individuals who gets measles will have a serious adverse outcome that can include life-long disability or death. Neurological complications can occur from measles – it’s a potentially dangerous disease that’s completely preventable.

A complicating issue for society is that some individuals who would normally take a vaccine for some diseases can’t be vaccinated for medical reasons. They’re either too young or have an immune deficiency or some other limiting factor. These people are now being exposed to unnecessary risk by others who have declined to

take a vaccine because they have a belief against it for whatever reason.

Of course, measles isn’t the only disease that can be controlled by vaccinations. Others include:

Mumps. We know that mumps often doesn’t cause as many problems as measles long term, but mumps does have serious potential consequences. There was a recent outbreak of mumps among active-duty personnel. This is likely because the mumps portion of the MMR vaccine isn’t as effective initially as the measles or rubella portions, and even in those who have an initial immunity to mumps, the protection declines more rapidly than the other portions over time. There’s no current recommendation or policy to re-vaccinate people against mumps, except during a mumps outbreak, so mumps still occurs.

Whooping cough (pertussis). This disease more often causes complications and serious diseases in children. We have policies for certain DoD-run activities, such as day care centers, requiring individuals to be vacci-

nated against pertussis. The policies were put in place primarily because of the potential for children to spread it to other children, with potentially serious complications.

Hepatitis A. This disease is most commonly transmitted through contaminated food or water. It is currently a routine childhood vaccine. We vaccinate all service members for hepatitis A.

Influenza. Every year we offer an influenza vaccine. We require all service members to get it, and we offer it to all beneficiaries. The “flu shot” is especially important for populations targeted by CDC as “higher risk,” including children from six months to about 9 years of age and pregnant women. The CDC has recommended that everyone get the vaccine, but public health professionals struggle to reach a rate as high as 50 percent. Other than for service members, the decision of whether or not to receive the influenza vaccine remains with the individual. While we provide guidance and counseling to assist them, the individual must balance any concerns about

the vaccine with the potential benefits of not getting flu.

Additional vaccinations are critical in the military, beginning in basic training when large numbers of individuals from around the country are housed together. The adenovirus vaccine is given because this upper respiratory infection can cause significant lost time during training, and on rare occasion it can have more severe consequences, including death.

Other vaccines are required for military personnel because of their occupations or the potential risks they might face – like anthrax and smallpox. Some vaccines are given to warfighters as protection against diseases we don’t worry about in the United States; these diseases, including meningitis and yellow fever, cause problems elsewhere. Our service members must be as ready as possible at all times, and a medically ready force must be free of potentially disabling and disability-producing diseases. At this time, vaccines are among the most effective tools we have to reduce the risk of a service member acquiring a preventable disease.

Regarding vaccines, the military follows Centers for Disease Control and Prevention guidelines for the general population, except in the specific cases just mentioned where vaccines are required for military reasons.

In a sense, the effectiveness of vaccines to control and eliminate diseases causes a problem: Vaccines are a victim of their own success. Many people think they don’t need to protect themselves anymore, that the diseases eradicated here are now somebody else’s problem in another part of the world. The current measles outbreaks demonstrate the flaw in this reasoning. Our emphasis in public health in general is that vaccines are good, and the need for them is ongoing. The vaccines we use are proven safe and effective. Any risk from a vaccine pales in comparison to the benefit to the individual and to society. The scientific evidence is clear: Vaccines are a public health success.

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Rules and regulations of car auction

Come out Sept. 4 to SP-123 for Naval Station Norfolk's auto auction where food and beverages will be sold from the MWR Food Truck. Vehicles can be viewed at SP-123 from 10:00 a.m. to 1:00 p.m. on Sept. 2 and 3 prior to the auction. Everyone must have a valid CAC/Military ID card. On the day of, the gate will open at 10:00 a.m., and you will then be able to register.

THE VEHICLES:

All vehicles have been abandoned on the Naval Station and are sold as is. There is no guarantee that the vehicles will run. Vehicles are not guaranteed as to year or state inspection. *SPECIAL ODOMETER NOTE: DO NOT rely on the odometer reading, as it could be incorrect. Odometer reading could be more or less. Bidders are explicitly advised to closely examine the vehicle they are bidding on. There are no guarantees expressed or implied.

VIEWING OF VEHICLES:

Vehicles may be viewed at SP-123 from 1000 to 1300 on the Monday and Tuesday prior to the day of the auction. There will be a list of vehicles available at the viewing: however, any vehicle may be pulled from the auction up until the close of business Tuesday. Everyone entering the lot must have valid CAC/Military ID card. This auction is only open to our military/CAC cardholders. (Active Duty, Retirees, Dependents, Civil Service)

BIDDER REGISTRATION:

All bidders must be registered and have a bidder number. Receipt of a bidder number implies an understanding of the legal obligations to these stated rules and regulations. Registration will start at 1000 on the day of the auction at the auction site. Bidders must register their name and address as they wish them to appear on the Certificate to Obtain Title. The MWR Department reserves the right to refuse to register bidders who have previ-



iStock

More information

Call the Impound Lot office at 757-444-2631, Monday-Friday, 0900-1700 or go to www.genedanielsauctions.com.

ously failed to follow the rules of their auctions. Registered bidders are responsible for all bids under their number. You, the registered bidder, are responsible for bids tendered, irrespective of the designated purchaser of the vehicle. i.e. DO NOT BUY A CAR FOR A FRIEND OR RELATIVE UNLESS YOU ARE PREPARED TO ASSUME RESPONSIBILITY FOR THE PURCHASE. The Certificate to Obtain Title must be made out in the name of the winning bidder. Do not bid on a car and then request that the Certificate to Obtain Title be prepared in someone else's name.

BIDDING ON VEHICLES:

The auction will normally start at noon on Wednesday at the direction of the auctioneer. The auctioneer will proceed down the row of vehicles taking verbal bids on each vehicle in turn. Bidders who are interested in a particular vehicle should stand near the vehicle so that the auctioneer will hear their bid. All sales are final. Please be sure of the vehicle you are bidding on. Bidders may not participate in the auction while on their phones or electronic devices. The MWR Department reserves the right to refuse any and all bids and to settle any and all disputes involving bids. This is an absolute auction. There are no extra fees or charges that must be paid. The bid price is the sale price. Once the auctioneer declares a vehicle "sold", the high bidder must sign a Form 1348-I (transfer of government property)

acknowledging the bid price.

PAYMENT FOR VEHICLES:

IF PAYMENT IS MADE IN FULL ON THE DAY OF THE AUCTION: The highest bidder on each vehicle may pay in full on the day of the auction at SP-314. Such payment must be made in the form of cash or credit card (no checks). If payment is made in full on the day of the auction, the Certificate to Obtain Title (Form 97) will be prepared immediately and presented to the buyer. Payments are taken until 1530 auction day.

IF PAYMENT IS NOT MADE IN FULL ON THE DAY OF THE AUCTION: The highest bidder must pay a minimum of \$20 or 10% deposit, whichever is greater, on the day of the auction. This non-refundable payment may be made by cash or credit card. The remaining balance must be paid with cash or credit card (no checks) within five working days. Payment must be made at the Naval Station Impound Lot office, Bldg SP-314 located at the end of 10th Ave., between the hours of 0900 and 1630. When the complete payment is made within five working days of the auction, the Certificate to Obtain Title will be issued to the buyer. The signed Form 1348-I will act as a bill of sale for removal of the vehicle from the auction site.

FAILURE TO MAKE FULL PAYMENT WITHIN FIVE WORKING DAYS: The failure on the part of the bidder to make full payment within five working days of the auction will make the sale null and void, and result in the forfeiture of any deposits. The vehicle will then be re-offered for public sale at the next abandoned vehicle auction.

Cars for auction

1984	BLACK	LINCOLN	TOWNCAR	1LNBP96FXY609251
1984	SILVER	COX	BT TRAILER	1CZBA23T2E1009995
1987	GRAY	JAGUAR	XJ6	SAJHY1540KC586733
1987	BLACK	MERCURY	MARQUIS	2MEBM72F0HX663975
1988	RED	FORD	BRONCO	1FMCU14T2JUB74847
1989	RED	MERCEDES	560 SL	WDBBA48D5KA094313
1989	RED	TOYOTA	CAMRY	4T1SV21EXKU066854
1991	RED	FORD	F150	1FTEX15N2MKA16089
1991	WHITE	MERCEDES	300SEL	WDBCA25E6MA563692
1992	GREY	CHEVROLET	CAPRICE	1G1BL534NR123042
1997	SILVER	ACURA	CL	19UYA2250VLO06957
1997	BLACK	CHEVROLET	CAMARO	2G1FP22K7V2112843
1999	WHITE	HYUNDAI	ELANTRA	KMHJF25F0XU784481
1999	WHITE	TOYOTA	CAMRY	4T1BG22K7XU906238
2000	RED	FORD	F150	1FTZX1721YNC02585
2000	WHITE	TOYOTA	AVLON	4T1BF28B8YU019193
2000	GOLD	HONDA	CIVIC	1HGEJ8640YL004802
2000	SILVER	BUICK	REGAL	2G4WF5513Y1126517
2001	GREY	MAGIC	TRAILER	1M5BW101711E61649
2001	SILVER	TOYOTA	CELICA	JTDDR32T910085079
2001	WHITE	MITSUBISHI	MONTERO	JA4LS41R31P066119
2001	GOLD	HONDA	ODYSSEY	2HKRL18621H600228
2002	BLUE	FORD	F150	1FTRF172X2NA82764
2002	WHITE	FORD	E150	1FTRE14292HA71275
2002	SILVER	LANDROVER	DISCOVERY	SALTY124X2A762026
2003	BLACK	DODGE	RAM	1D7HA16K13J679697
2003	GOLD	GMC	YUKON	1GKEK13Z83R107558
2003	SILVER	NISSAN	ALTIMA	1N4AL11D03C345931
2005	RED	HYUNDAI	ACCENT	KMHCG35C35U331860
2005	RED	FORD	MUSTANG	1ZVFT80NX55257797
2006	SILVER	SUBARU	IMPREZA	JF1GD79686G501548
2007	RED	HONDA	CIVIC	2HGFG21527H06079
2007	BLUE	CHEVROLET	COBALT	1G1AK55F377304703
2007	BLACK	HONDA	SI	2HGFG215X7H710395
2007	GRAY	KIA	OPTIMA	KNAGE124775129482
2008	WHITE	PONTIAC	G6	1G2ZG57N684155372
2009	BLACK	CADILLAC	CTS	1G6DF577990171247
2011	BLACK	CHEVROLET	IMPALA	2G1WB5EK3B1324247
2012	BLACK	NISSAN	ALTIMA	1N4AL2AP5CC143330
2014	GREEN	CHEVROLET	SONIC	1G1JC6SH6E4230118
2014	BLUE	CHEVROLET	CRUZE	1G1PC5SB2E7275006
2014	GRAY	FORD	FUSION	1FA6P0H70E5365351
2016	BLACK	FORD	FUSION	1FA6P0H78G5134507

REMOVAL OF VEHICLES:

Vehicles must be paid for in full before they are removed from the auction site. All vehicles must be towed off of the lot. Buyers have five working days from the day of the auction to remove their vehicle and may do so from 0900-1545 Monday-Friday. Vehicles may not be worked on in the lot of the new location. You must show a signed Form

1348-I, Form 97, or registration for the vehicle to be released. Buyers who have paid in full for their vehicle and have not removed it within five working days will be assessed a \$20 per day/vehicle storage charge. Vehicles left for two weeks from the auction date will be declared abandoned and will be towed. Buyers will then be assessed a towing charge in addition to the \$20 per day storage charge.



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Fandango

coming to theaters

SAHO (2019) [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, Inter-twine in an unforeseen manner to revelation of mind games.

OFFICIAL SECRETS [R]

She risked everything to stop an unjust war. Her government called her a traitor. Based on world-shaking true events, Official Secrets tells the gripping story of Katharine Gun (Keira Knightley), a British intelligence specialist whose job involves routine handling of classified information. One day in 2003, in the lead up to the Iraq War, Gun receives a memo from the NSA with a shocking directive: the United States is enlisting Britain's help in collecting compromising information on United Nations Security Council members in order to blackmail them into voting in favor of an invasion of Iraq. Unable to stand by and watch the world be rushed into an illegal war, Gun makes the gut-wrenching decision to defy her government and leak the memo to the press. So begins an explosive chain of events that will ignite an international firestorm, expose a vast political conspiracy, and put Gun and her family directly in harm's way.

THE GOLDFINCH [R]

Theodore Decker was 13 years old when his mother was killed in a bombing at the Metropolitan Museum of Art in New York. The tragedy changes the course of his life, sending him on a stirring odyssey of grief and guilt, reinvention and redemption, and even love. Through it all, he holds on to one tangible piece of hope from that terrible day -- a painting of a tiny bird chained to its perch.

HUSTLERS

Former strip club employees band together to turn the tables on their Wall Street clients.

AD ASTRA [PG-13]

Astronaut Roy McBride (Brad Pitt) travels to the outer edges of the solar system to find his missing father and unravel a mystery that threatens the survival of our planet. His journey will uncover secrets that challenge the nature of human existence and our place in the cosmos.

RAMBO: LAST BLOOD

Almost four decades after he drew first blood, Sylvester Stallone is back as one of the greatest action heroes of all time, John Rambo. Now, Rambo must confront his past and unearth his ruthless combat skills to exact revenge in a final mission. A deadly journey of vengeance, RAMBO: LAST BLOOD marks the last chapter of the legendary series. Lionsgate in association with Millennium Media presents, a Millennium Media Balboa Productions and Templeton Media production, in association with Campbell Grobman Films, and in association with Dadi Film (HK) Limited.

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\$3 Movies

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Friday | August 30

7:00 p.m. Fast & Furious Presents: Hobbs & Shaw [PG-13]

Saturday | August 31

1:00 p.m. The Lion King (2019) [PG]
4:00 p.m. Fast & Furious Presents: Hobbs & Shaw [PG-13]
7:00 p.m. Once Upon a Time in Hollywood [R]

Sunday | September 1

1:00 p.m. Crawl (2019) [R]
4:00 p.m. Fast & Furious Presents: Hobbs & Shaw [PG-13]
7:00 p.m. The Kitchen [PG-13]

NAS Oceana, Aero Theater – 433-2495

Friday | August 30

6:00 p.m. Fast & Furious Presents: Hobbs & Shaw [PG-13]

Saturday | August 31

12:00 p.m. Fast & Furious Presents: Hobbs & Shaw [PG-13]
3:00 p.m. The Lion King (2019) [PG]
6:00 p.m. The Kitchen [R]

Sunday | September 1

12:00 p.m. The Kitchen [R]
3:00 p.m. Fast & Furious Presents: Hobbs & Shaw [PG-13]
6:00 p.m. Once Upon a Time in Hollywood [R]

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

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announcements

Announcements

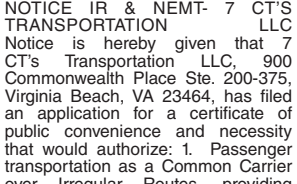
CRAFT FAIR Oct. 5th, 9-4. St John Lutheran Church, 8918 Tidewater Dr., Norfolk VA 23503. A few spaces still available for vendors. Phone 757-588-7381.

NOTICE IR & NEMT- 7 CT'S TRANSPORTATION LLC Notice is hereby given that 7 CT's Transportation LLC, 900 Commonwealth Place Ste. 200-375, Virginia Beach, VA 23464, has filed an application for a certificate of public convenience and necessity that would authorize: 1. Passenger transportation as a Common Carrier over Irregular Routes, providing service in the Cities of Chesapeake, Norfolk, Portsmouth, Suffolk and Virginia Beach, Virginia as a Non-Emergency Medical Transportation Carrier as defined in Section 46.2-2000 et seq. of the Code of Virginia.

Any person who desires to protest the application and be a party to the matter must submit a signed and dated written request setting forth (1) a precise statement of the party's interest and how the party could be aggrieved if the application was granted; (2) a full and clear statement of the facts that the person in prepared to provide by competent evidence; (3) a statement of the specific relief sought; (4) the name of the applicant and case number assigned to the application; and (5) a certification that a copy of the protest was sent to the applicant. The case number assigned to this application is MC1900466SK.

Written protests must be mailed to DMV Motor Carrier Services, Attn: Operating Authority, P.O. Box 27412, Richmond, VA 23269-0001 and must be post marked on or before September 9, 2019.

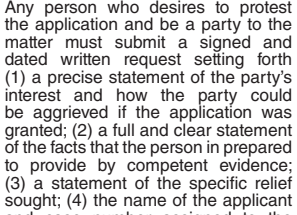
Any protest filed with competent evidence will be carefully considered by DMV. However, DMV will have full discretion as to whether a hearing is warranted based on the merits of the protest filed.



Garage Sale

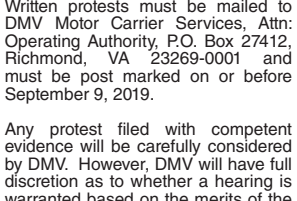
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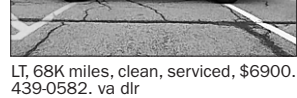
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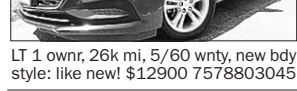
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GT conv, 5 spd, 56K mis., clean, serviced, \$13,900. 439-0582. Va Dir

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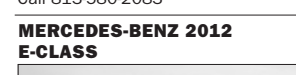
HONDA 2003 CR-V

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INFINITI 2005 G35

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MERCEDES-BENZ 2012 E-CLASS



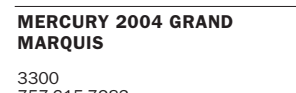
Serviced 38k \$19,900 439-0582vadir

MERCURY 2004 GRAND MARQUIS



3300 757-615-7283

NISSAN 2009 370Z



68k mi, black on black, all power options, new stereo with custom sub enclosure. You must see this one! \$13,500 757-739-8946

NISSAN 2011 ALTIMA



SL package leather seats Bose Sound system Pearl White Taupe Interior 78K miles Excellent condition original owner \$8950. Call: 757-619-7049

PONTIAC 2008 G6

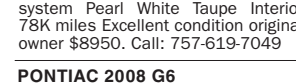


Mint condition! Auto, air, loaded, inspected \$3990. 757-439 8017 Va Dir. 757-481-7777 Process Fee \$375

SUBARU 2012 FORESTER

50K original miles, 4 wheel drive, alloys, auto, runs & look great, new inspection, \$12,700. Call for details 675-0288. Va. Dir.

TOYOTA 2007 SIENNA



XLE 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

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Autos for Sale

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 2009 RABBIT



74,000 mis., clean, serviced, auto, \$6400. 439-0582. Va. Dir

VOLKSWAGEN 2015 JETTA

1 owner, 44K orig. mis., auto, air, new inspection, warranty, runs & looks great. \$9900. Call for details 675-0288. Va. Dir.

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45k miles, V8, green, auto, EC. \$7500 OBO 757-287-6366

FORD 1997 THUNDERBIRD

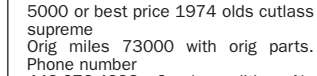
LX - Limited edition, new tires, new paint job, new inspection, 1 owner, excellent condition. \$4000 obo. 757-567-6764

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

Trucks and SUVs

CHEVROLET 2003 SUBURBAN



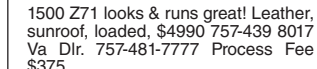
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CHRYSLER 2004 TOWN & COUNTRY



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

FORD 2004 EXPLORER



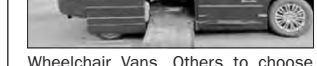
XLT mint condition - 84k orig. mi. LOW MILES! Auto, air, loaded, inspected \$4990 757-439 8017 Va Dir. 757-481-7777 Process Fee \$375

FORD 2007 ESCAPE



XLT, V-6, Clean, serviced, 89K mis., \$5900. 439-0582. va dir

FORD 2011 ESCAPE



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

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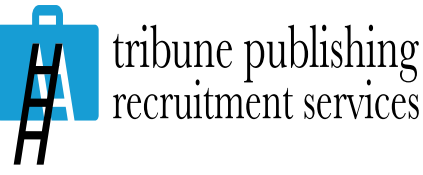
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FORD 2013 F-150



4X4 Supercrew Platinum EXCELLENT cond. 79K mi. 5.0L V8. Leather. Powetrain warranty thru 100K or 8/20. Leveled front, 33X12&1/2 inch Toyo tires 20 in aluminum rims. Maint. records kept. \$28,500 7577052912

GMC 2004 SIERRA 1500



Extended Cab 4 dr. LOW MILES- MINT CONDITION! Auto, air, inspected, loaded \$4990 757-439 8017 Va Dir. 757-481-7777 Process Fee \$375

Trucks and SUVs

HONDA 2013 ODYSSEY



EX, 58,000 miles, clean, serviced, must see. \$14,900. 439-0582. Va dir

HONDA 2016 CR-V

AWD, Auto, A/C, Cruise, Power Windows & Locks, Back Up Camera, Honda 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 2017 RENEGADE

14K mis., 1 owner, factory warranty, showroom new, \$15,600. Call for details 675-0288. Va. Dir.

Trucks and SUVs

MERCEDES-BENZ 2014 GLE 400
GL450. 36K orig. mis., gar kept, all serviced, 4-Matic, 3 sunroofs, fully loaded, runs & looks great. 4X4. \$32,800. Details 675-0288. Va. Dir.

NISSAN 2003 PATHFINDER

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

NISSAN 2004 MURANO



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Fun and Games

Super Crossword

TORMENT OF THE TIMID

ACROSS

- 1 Garam — (spice mix in Indian cuisine)
7 Core PC component
10 Praiseful poem title starter
15 Cheering yells
19 Off the mark
20 Some little batteries
21 "Time waits for —"
22 Dismounted from a horse
23 Start of a riddle
26 Musical pitch
27 Moist again
28 A — (like some logic)
29 Like ore
30 Set of rules
31 Riddle, part 2
35 San Luis —, California
38 — Poke (candy brand)
39 Singer Lovett
40 With
50-Down, happened to meet
41 Laundry-day spray
46 Great sorrow

- 48 Top-floor storeroom
52 Riddle, part 3
56 Reptile with a spiny back
57 Like meat prepared per Muslim law
58 With
97-Across, like late payments
59 Felt sick
61 Plum parts
62 Engine conduits
64 Suffix with acetyl
65 Fa follower
67 Parking area
68 Riddle, part 4
73 Grizzly baby
76 Joanne of "All the King's Men"
77 Male doll
78 Rambled on and on
82 Adam's second son
84 Neuters
86 Mars, to Greeks
88 — time (ever)
89 Invalidate
91 Riddle, part 5
94 Singer
95 "The Greatest" fighter

- 96 Beaver, e.g.
97 See
58-Across
98 Kind of tide
100 Moo goo — pan
102 Traps, as by a winter storm
105 End of the riddle
113 Diner grub
114 In most cases: Abbr.
115 Repair, as a shoe bottom
116 Longtime Toyota
120 Andean ancient
121 Riddle's answer
124 Den noise
125 Kagan of the court
126 Teacup part
127 Frozen fries brand
128 Long dagger
129 Winona of "Mermaids"
130 — -Caps (candy brand)
131 Cooking oil brand

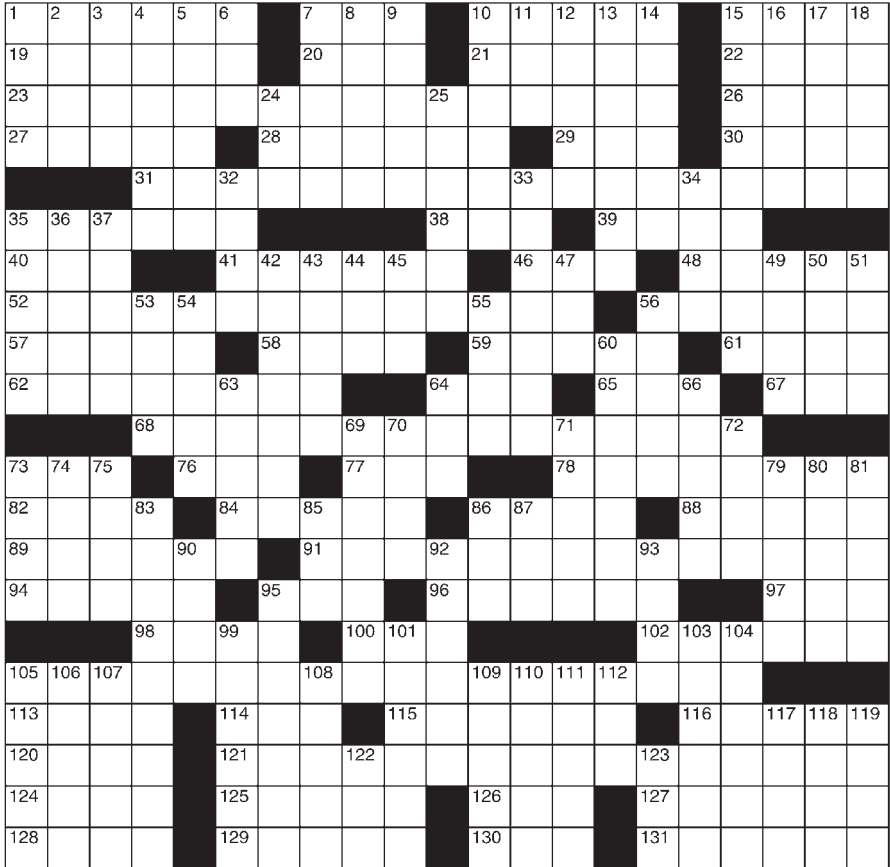
DOWN

- 1 Bryn — College
2 Arthur of the court

- 3 Ragout, e.g.
4 James of "Gunsmoke"
5 Portable computer
6 Passing vote
7 Island near Naples
8 Politico
9 Make — (employ)
10 Nobelist
11 ICU figure
12 Atlanta university
13 Not too wild to domesticate
14 Counterpart of round-trip
15 Increase by degrees
16 Detached
17 Dhobi wearer
18 Mill metal
24 — -Locka, Florida
25 Start of the old Ipana toothpaste jingle
32 Station
33 More humble
34 Mill debris
35 Lawn care brand
36 Religion of Iran
37 Counting everything

- 42 Wraps, as a healing ankle
43 "It's — of do or die"
44 Some are civil: Abbr.
45 Sever
47 Olive of the comics
49 Kite's trailer
50 See
40-Across
51 Play's actors
53 Barber's sprinkle-on
54 Greek epic
55 Singer k.d.
56 Start of a denial
60 Footballer Boomer
63 "ER" figure
64 Berlin article
66 Allow to attack
69 Through the roof
70 City east of Phoenix
71 Without blinking —
72 MacFarlane of "Ted"
73 Bit of pasta, informally
74 Lyft rival
75 Flock of quail
79 Forays
80 Boredom
81 Gold-medal swimmer
Amy Van —

- 83 Usurer
85 Beltmaking tool
86 Rumpus
87 Wand
90 Genuflection joint
92 Big families
93 Power co.
95 In a mockingly humorous way
99 Court jester, e.g.
101 In back
103 Cardinal
104 Draws forth
105 Wade Boggs' base
106 Vietnam's capital
107 Acting award
108 Steadied by attaching a rope to
109 Snaky letters
110 "Over There" songwriter
111 Last Oldsmobile model
112 Untilled field
117 Letters before chis
118 Start over on
119 Hot — oven
122 Reno-to-Spokane dir.
123 NYSE index



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Sudoku

		6			8	1		
2			3					4
	5			7	9		2	
4			7					8
		8		3		9	5	
	7				1		4	
9					5			3
	4		9				6	
1	3		6		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: T equals F

BX RAJJX ZEIGJ BG CT C

FVAYJ MV YVVICDM TVS

QOCDME FCQO OCB, RAQ C

EZCJ "EGGI TVS XVASEGYT!"

Last week's CryptoQuip answer

If people love living in British apartments, I guess that should be termed "inflatuation."

last week's answers

DEUTCH OLATHE DIT STU
IMPALA FERRET ANISTON
MUTUAL OF OMAHA LEOPARD
ONYOU SOY SARGASSO
WANTS TRAFFIC CITATION
ADO OATY UNTIL SSE
SEWING NEEDLES ATOM
DIA SRO AMBIENCE
STRATUS UNDERASSAULT
CHOAGUA IOWE EDGAR
HENS ENGINE SWAPS SERA
ISAAC ERIC SUMP NED
SELF AFFIRMED PALETTE
MADE IRAS YEP REA
PCSTAGUP LOBS NRA
LAURASANGIACOMO SITIN
ARBORIST NOG OHARE
ZAMBONI KENTUCKY DERBY
ATTISUE ICETEA MINNIE
SSTESS MORASS NEESON

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

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