



Navy Boatswain's Mate 2nd Class Sebastian Castano, an assistant suicide prevention coordinator assigned to Naval Station Mayport, ties a yellow ribbon around a tree at Mayport Memorial Park in recognition of Suicide Awareness Month. Participants tied yellow ribbons to represent the 46 active duty Sailors lost to suicide in 2019.

MC3 Alana Langdon

SUICIDE PREVENTION IS A YEAR-ROUND EFFORT

By Regena Kowitz

While September is the month when individuals and organizations across the nation raise awareness about suicide, efforts to promote psychological health and prevent suicide are an ongoing evolution that happen every month of the year at commands throughout the Navy Medicine West region.

"Suicide prevention is something the Navy and Navy Medicine West take very seriously," said Navy Lt. Cmdr. Heather Neumeyer, the NMW regional suicide prevention program manager and patient administration officer. "Ensuring our Sailors have all the tools and resources available to promote resilience and prevent suicide isn't just good for readiness, it's the right thing to do."

As the regional manager for suicide prevention, Neumeyer's job is to ensure

NMW's subordinate commands – 10 military treatment facilities and eight medical research labs – have designated suicide prevention coordinators and are up to speed on the latest policies and guidance, have received all the required training, and have access to the plethora of suicide prevention resources and information.

"The Navy's suicide prevention program is incredibly robust," Neumeyer said. "It begins with promoting a command culture that is supportive and works to reduce stigma, then incorporates a comprehensive training program that educates Sailors about suicide risk factors and warning signs."

Neumeyer ensures all command suicide prevention coordinators are trained to "ACT," an acronym that stands for ask, care, and treat – specific actions that anyone can take to assist a Sailor who may be at risk of suicide and key compo-

nent of the Navy's suicide prevention program.

Ask, the first step, means directly asking if someone is thinking of harming themselves. Care is about being there and listening to the person who may be at risk, offering hope and not judging their situation. Treat is about connecting the at-risk Sailor with a support system immediately, whether it's calling the Military Crisis Line (1-800-273-TALK, press 1), dialing 911, or escorting them to a chaplain, a trusted leader, or medical professional.

Additional elements of the program, according to Neumeyer, include intervention, response, and reporting:

■ Intervention involves proactive planning to ensure commands know what actions to take, such as referrals for care

“ The Navy's suicide prevention program is incredibly robust. It begins with promoting a command culture that is supportive and works to reduce stigma, then incorporates a comprehensive training program that educates Sailors about suicide risk factors and warning signs.

Lt. Cmdr. Heather Neumeyer

» See **SUICIDE | A7**

Navy tests Mine Countermeasures on USNS Hershel 'Woody' Williams

From PEO Ships and PEO USC Public Affairs

NORFOLK

USNS Hershel "Woody" Williams (T-ESB 4) recently completed a three-day voyage in the Chesapeake Bay to test an anti-mine system.

The Expeditionary Sea Base (ESB) ship used the Littoral Combat Ship Mine Countermeasure (MCM) Mission Package portable control station to maneuver the MCM equipment and the launch and recovery equipment, as well as to test the command and control of unmanned vehicles.

The demonstration proved ESB class ships' ability to serve as an MCM-capable platform to embark 12 twenty-foot equivalent



Bill Mesta

A Sailor and civilian technicians monitor an unmanned surface vehicle (USV), after it was launched from Military Sealift Command's expeditionary sea base, USNS Hershel "Woody" Williams (T-ESB 4), into the Chesapeake Bay, Sept. 14. The USV is a mine counter measure platform and the evolution was the first time a USV has been launched and recovered by a Military Sealift Command ship.

» See **MINE | A7**

Naval Medical Center Portsmouth to create Navy Medicine Readiness Training Commands

From Naval Medical Center Portsmouth Public Affairs Office

PORTSMOUTH, VA.

Naval Medical Center Portsmouth (NMCP) Military Treatment Facility (MTF), including its 10 branch health and TRICARE Prime clinics in the Hampton Roads area, will transition to the Defense Health Agency (DHA) on Oct. 1.

To support NMCP's transition, Navy Medicine is establishing a co-located Navy Medicine Readiness and Training Command (NMRTC) on that date. Navy Medicine, through the NMRTC, retains command and control of the uniformed medical force and maintains responsibility for oper-

» See **MEDICINE | A7**

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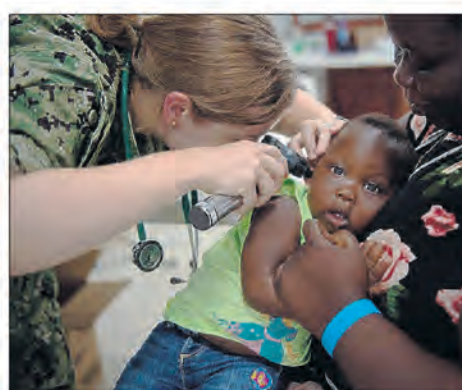
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"Transition on the go" provides help for service members

The "Transition on the Go" event Oct. 29 is free and open to transitioning military, all veterans, National Guard & Reservists, military retirees and all spouses.

»See **A5**



Comfort bolsters ties with Grenada

U.S. Navy and civilian engineers provided a Grenadian hospital with cylinders of oxygen that were critical to helping patients. The engineers also worked with hospital staff to repair the facility's oxygen generation plant.

»See **B1**

Laugh out loud with Larry the Cable Guy

One of the top comedians in the country, known affectionately as Larry the Cable Guy, is bringing his new tour to the Chartway Arena, Oct. 2.

»See **C1**

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HISPANIC AMERICANS IN THE U.S. NAVY

From Naval History and Heritage Command

As of June 2018, approximately 59,000 active and Reserve Sailors of Hispanic heritage serve in the U.S. Navy contributing to the strength of the nation’s force. Hispanic Americans’ military service dates back to the Civil War.

The tradition of observing Hispanic heritage began in 1968, when President Lyndon B. Johnson designated a week in mid-September as National Hispanic Heritage Week. Twenty years later in 1988, President Ronald Reagan extended that week to a month-long

observance.

The heritage month’s dates refer to Independence Day anniversaries of Latin American countries – September 15 is the anniversary of independence for Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Mexico declared its independence September 16, and Chile September 18.

The Navy is strengthened by the diversity of its force as it underlines that patriots of Hispanic American Heritage continue to build legacies of freedom and diversity as they fight for the security of the country and the peace of the world.

HISPANIC AMERICANS IN THE U.S. NAVY

1776-1815

INDEPENDENCE AND SOVEREIGNTY

Hispanic Americans have served in the Navy throughout our nation’s history, having stood not on the fringes of the service, but at its center as makers of American naval history.

They held every rank and occupation, from seamen, to four-star admirals, boatswain’s mates, corpsmen, fighter pilots, physicians, nuclear engineers, and policymakers.



Lieutenant Jorge Anthony Magin Farragut
Born on the Spanish-held Mediterranean island of Minorca, Farragut joined the Royal Spanish Navy during the American Revolution. Following his time in Tennessee and New Orleans, during the War of 1812, he served as a sailing master in the U.S. Navy until 1814. His son, David Glasgow Farragut, would rise to prominence in his own right decades later.



Commodore Uriah Phillips Levy
In the War of 1812, Levy served as Sailing Master aboard the USS Argosy, participating in the raid and seizure of British shipping in the English Channel. Captured in 1813 by the British, Levy returned home in 1815. Postwar, the Philadelphia, Pennsylvania native assumed the Navy’s first Hispanic and Jewish flag officer, serving until 1860, when he retired as the sailing officer of the entire Navy.

Among the first American naval heroes of Hispanic descent was Jorge Anthony Magin Farragut. He fought on land and at sea in both the Revolutionary War and during the War of 1812.

In the latter conflict, Commodore Uriah Phillips Levy, the nation’s first Hispanic and Jewish flag officer, also served at sea. Encouraged by maritime victories in the War of 1812, Congress postwar voted to expand the Navy to ensure future national security.

HISPANIC AMERICANS IN THE U.S. NAVY

1861-1865

REUNITING THE NATION

Decades of westward expansion prior to the period of domestic tragedy resulted in increased numbers of Hispanic Americans in uniform serving both the Union and Confederate navies.

During the Civil War, David G. Farragut, son of Jorge Farragut, rose to prominence to become America’s greatest naval officer of the 19th century and the Navy’s first full admiral. During the Battle of Mobile Bay in August 1864, he commanded his force while lashed to the rigging high in the mainmast of his flagship. Amidst the clash of arms, he witnessed his fleet fight past the guns of the Confederate-held Fort Morgan, guarding the bay’s entrance.

When the skipper of the lead ship in the column reported a line of enemy torpedoes blocking the channel, Farragut bellowed the order “Damn the torpedoes! Full speed ahead!” his flagship USS *Hartford* led the rest of the ships into Mobile Bay, securing a storied victory in American naval history.



Admiral David Glasgow Farragut
Born in eastern Tennessee, Farragut joined the Navy at age nine in 1810 and served continuously until 1870. Promoted to Rear Admiral in 1862 amidst the Civil War, by 1864 Farragut was pronounced the victor of New Orleans and the Battle of Mobile Bay. In 1869, Congress and the President made Farragut a full admiral, equivalent to a four-star admiral today, the first in the nation’s history.



Seaman John Ortega
The first Hispanic sailor awarded the Medal of Honor, Ortega emigrated from Spain before the Civil War and resided in Panama. Assigned to the USS *Albatross*, he participated in testing torpedoes in Chesapeake Sound in August–September 1864. For his valor in capturing prisoners and destroying Confederate war supplies, he received the nation’s highest honor.

HISPANIC AMERICANS IN THE U.S. NAVY

1917-1918

OVER THERE!

During World War I, the Navy operated against enemy U-boats in the Atlantic and Mediterranean, protecting convoys with supplies and troops destined for the frontlines in Northern France and Italy.

Hispanic Americans found themselves engaged in the emerging fields of naval aviation, radio communications, and the submarine service.

Prior to entry into the war the nation granted citizenship to Puerto Ricans making them eligible for Selective Service thereafter joining with tens of thousands of Hispanic Americans already in uniform.

The valorous deeds of two men in World War I warrant mention. In 1917, Lieutenant Frederick Louis Riefkohl sighted and engaged a German U-boat, thwarting further attack. The following year, Watertender 1st Class George E. Fernandez, who served aboard the USS *Shaw*, heroically responded to a collision at sea. For their quick thinking and bravery, both men received the Navy Cross, the Navy’s second highest decoration for valor.



Rear Admiral Frederick Louis Riefkohl
A central veteran of both World Wars, Riefkohl became the first Puerto Rican to graduate from the U.S. Naval Academy in 1911. The Navy awarded the Maumabo native the Navy Cross for his actions during the first war. In World War II, where Riefkohl served in all three major theaters of war, he attained the rank of Rear Admiral.



George E. Fernandez
On October 9, 1918, the destroyer USS *Shaw* collided with the British transport HMS *Acadams*, critically damaging the American warship and setting her afire. With flames raging around him, Fernandez coolly, efficiently, and selfless to the new fire-ready ammunition piled on deck overhead, saving the lives of his shipmates and the ship itself.

HISPANIC AMERICANS IN THE U.S. NAVY

1941-1945

THE GOOD WAR

By 1940, Hispanic men and women of military age in the United States, as with many other immigrant communities, were more often than not second or third generation Americans.



Commander Eugene A. Valencia, Jr.
An F4U Corsair pilot and recipient of the Distinguished Flying Cross, Valencia served aboard the carrier USS *Essex* during the war. He was shot down in the Pacific during World War II, surviving the three months in captivity in New Guinea. Born in San Francisco, California, Valencia would earn the Navy Cross, an Outstanding Flying Cross, and six Air Medals for his wartime service.



Captain Marion Frederick Ramirez de Arellano
In 1941, Ramirez de Arellano became the first Hispanic submarine commander when he took the USS *Barbero* on its 16th, 17th, and 18th war patrols. Born in San Juan, Puerto Rico, he graduated from the U.S. Naval Academy in 1935. During the war he received two Silver Stars, the Legion of Merit, and the Bronze Star with combat “V” for multiple war patrols.

During World War II, an estimated quarter to a half-million Hispanic Americans proudly served in the U.S. Armed Forces, making up about two and a half to five percent of the total force.

Many distinguished themselves in the Navy during the war, and over 9,000 Hispanics made the ultimate sacrifice.

Two notable examples are aviator Commander Eugene A. Valencia, a recipient of the Navy Cross and the third-highest scoring Navy fighter ace of all time, and Captain Marion F. Ramirez de Arellano, the Navy’s first Hispanic submarine skipper who commanded the USS *Barbero* on three war patrols.

HISPANIC AMERICANS IN THE U.S. NAVY

1946-1991

BEAR THE BURDEN

Hispanic Americans continued to serve with honor in the Korean and Vietnam wars, as well as throughout the Cold War when the Navy defended sea lanes against a potential Soviet threat.



Rear Admiral Benjamin F. Montoya
Montoya became the first Hispanic to command a Naval Facilities Engineering Command and served as Chief of the Civil Engineer Corps. A 1968 Naval Academy graduate, the Idaho, California native served in the Vietnam War and earned a law and two engineering degrees during his career. He received the Defense Distinguished Service Medal and two Legions of Merit, among other decorations.



Honorable Edward Hidalgo
In 1970, Hidalgo became the first Hispanic Secretary of the Navy. Born in Mexico City, Mexico, he earned a law degree from Columbia University in 1966. As a Naval Reserve lieutenant in World War II, he earned a Bronze Star as an air combat intelligence officer aboard the carrier USS *Enterprise*. Postwar, he served as Special Assistant to the Secretary of the Navy on several occasions.

During the 1970s the Navy developed an affirmative action plan that for the first time set recruiting goals for people of “Spanish heritage.”

In 1979, the Honorable Edward Hidalgo, a World War II Navy veteran, became the first Hispanic Secretary of the Navy and made recruiting more Latinos and Latinas, especially as officers, a top priority. Initially, the Navy set the recruiting goal for Hispanic officers at a figure reflecting the proportion of Latinos and Latinas with college degrees.

HISPANIC AMERICANS IN THE U.S. NAVY

1992-PRESENT

NEW WORLD CHALLENGES

Hispanic Americans have served in nearly every position the service has to offer, whether at sea, under the sea, in the air, on land, or in space.



Master Chief Petty Officer of the Navy Joe R. Campa, Jr.
At the 11th Master Chief Petty Officer School of the Navy, the Lumberton, California native became the first Hispanic to hold the Navy’s highest enlisted position. A veteran of the Persian Gulf War, he is a distinguished leader and graduate of the U.S. Navy Senior Enlisted Academy and earned a Masters in National Security and Strategy Studies from the Naval War College.



Chief Warrant Officer 1 Rosanne Oliveros
In her naval career, Oliveros, from Guadalajara, Mexico, became the first female Hispanic division officer, the first enlisted woman in the Navy to become the officer in charge of a diving detachment, and the first woman diver appointed as a chief warrant officer in Navy history. She is also a member of the Women Divers Hall of Fame.

In July 1994, the Secretary of the Navy launched an initiative seeking to achieve a naval officer corps that reflected the proportion of Hispanic people in the United States. This has been the Navy’s goal ever since.

In the foreseeable future there will be no more “firsts,” for the day will come when a Hispanic American will have served in every Navy billet. In the 21st century the Navy’s leadership remains strongly committed to diversity. The Navy recognizes the service of nearly 70,000 Sailors and civilians of Hispanic heritage who comprise approximately 11% of our active, reserve, and civilian forces.

Naval History and Heritage Command



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NEWS FROM NAS OCEANA



Cmdr. Bryan Roberts, assigned to Commander, Strike Fighter Wing Atlantic, instructs a student attending the 2019 Naval Air Station Oceana Air Show STEM Lab Learning Day as he flies a flight simulator. The NAS Oceana STEM Lab Learning Day is the largest field trip in the world, bringing over 8,000 students from Virginia Beach City Public Schools and Chesapeake Public Schools to the NAS Oceana Air Show to learn about topics in science, technology, engineering and mathematics.

MC3 Mark Thomas
Mahmod

2019 NAS Oceana Air Show STEM event shatters Guinness World Record

By MC2 Victoria Kinney
Air Test and Evaluation Squadron 1 Public Affairs

VIRGINIA BEACH, VA.

More than 8,000 students attended the 2019 Naval Air Station (NAS) Oceana Air Show, breaking the Guinness World Record for the largest field trip, Sept. 20.

Over 5,600 fifth grade students from Virginia Beach, Virginia, 1,500 fifth grade students from Chesapeake, Virginia, and students from other areas were welcomed a day before the air show officially opened to the public to attend the show's annual Science, Technology, Engineering, and Mathematics (STEM) Lab Learning Day.

"I love to volunteer at the STEM tents because its so great to see little kids, and even Sailors, become aware of what the Navy is doing and what it offers," said Lt. Laura Clarke, assigned to U.S. Fleet Forces at the Stewards of the Sea station. "We as a Navy do a lot to make sure we operate in safe oceans."

Some of the exhibits included Code Ninja, Navy Heritage Command, Submarine Forces, robot races, slime making, virtual-reality flight simulation, 3D printing, aluminum ship building, electrical engineering, as well as an interactive dive tank with submerged U.S. Navy divers and explosive ordnance technicians playing tic-tac-toe and

writing messages to kids through the tank glass.

"I've never seen an air show like this that has such great learning opportunities for the kids," said Ship's Serviceman 1st Class Melissa Flot, a mother chaperoning her son's class and assigned to Naval Station Norfolk. "They have an innovative way to teach kids and it's really reaching them."

The previous Guinness World Record was held by students of Guido de Brès School and the Attraction Park Walibi Holland (both Netherlands), in Biddinghuizen, Netherlands in 2013.

"I enjoy teaching and seeing the kids' eyes

widen with what they've learned," said Capt. Joan Malik, assigned to U.S. Fleet Forces, who has been teaching STEM for 13 years. "I'm happy as long as I've taught them just one little thing."

This year marks the 60th Annual Naval Air Station Oceana Air Show and celebrates the 76th anniversary of NAS Oceana. Originally opened in 1943 in the mudflats of Virginia Beach, NAS Oceana is now the Navy's East Coast Master Jet Base and home to all of Naval Aviation's F/A-18 Super Hornets. This year's theme is Thunder Over Oceana, with the U.S. Air Force Thunderbirds as the featured performance.

The 2019 NAS Oceana Air Show is planned, set up and performed by Naval Air Station Oceana personnel and requires the skills and knowledge of all Sailors stationed there. Thousands of hours are spent in making this the Navy's largest public outreach event.

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U.S. Navy

USS James E. Williams launches missiles during SWATT

By Lt. j.g. Jarred Reid-Dixon
USS James E. Williams (DDG 95) Public Affairs

ATLANTIC OCEAN

The Arleigh-Burke class guided-missile destroyer USS James E. Williams (DDG 95) launched two Standard Missiles (SM) 2 at the first series of aerial targets launched from Wallops Flight Facility during a Missile Exercise (MSLEX) as part of Surface Warfare Advanced Tactical Training (SWATT), Sept. 10-12.

SWATT is an exercise with other U.S. Navy warships coordinated through the Surface and Mine Warfare Development Center (SMWDC). James E. Williams and other Surface warships assigned to Carrier Strike Group 10 are participating in the exercise in

the Atlantic Ocean to maintain readiness, proficiency and lethality.

“SWATT is a total-ship evolution which requires the seamless integration of all ship functions,” said Cmdr. Christopher Norris, James E. Williams’ executive officer. “We prepare for this event by training the crew through a myriad of drills and scenarios, writing and revising our warfighting doctrines and challenging our own assumptions in an effort to build not just Sailors who can fight the ship, but Sailors who can also rapidly apply critical thinking to combat an ever-changing adversary.”

Cmdr. Jason Tumlinson, senior mentor at SMWDC, explained that SWATT not only integrates the functions of a ship, but also inte-

grates the functions of the strike group as well.

“MSLEX scenarios ensure that systems and weapons function as designed, contributing to lethality and proficiency needed for deployment,” said Tumlinson. “SWATT is the bridge that enables ships to successfully transition from the basic phase of training to the integrated phase, in which multiple units operate together in complex scenarios like MSLEX.”

Four ships fired supersonic and subsonic missiles at aerial targets that took the participation from multiple departments and expertise over the course of two days.

“From the air, power and water, strike group communications to the fine tuning of the Radar, none of this would be possible without everyone doing their part,” said Chief Fire Controlman (AEGIS) Sean O’Carroll.

More than a dozen warfare tactics instructors (WTIs) from SMWDC and other organi-

zations are underway on 6 ships with CSG 10 leading SWATT in the Virginia operating area.

“WTIs are the center of gravity in the execution of SWATT,” said Tumlinson. “They bring tactically relevant training to ships in order to assist in preparing them for the ever-changing fight.”

SWATT involves multiple events that support the ‘Live, Virtual, and Constructive’ fleet training concept, and the MSLEX evolution specifically by providing the crew live training in a real environment, operating real equipment.

“Shooting live targets with live missiles is the most amazing evolution this warship can do,” said O’Carroll. “It’s a remarkable experience to witness the reactions of the team throughout the evolution. As a chief, the most rewarding part is reminding our Sailors that their sacrifice and diligence make it possible for the ship to execute her duties.”

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Time: 8:00 a.m. until 3:00 p.m.
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Location: Peninsula Workforce Development Center
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<https://transitiononthegooct29.eventbrite.com>

Questions: LTaylor@vcwpeninsula.com or 757-766-4915

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“I AM ON LINKEDIN, NOW WHAT”

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“Transition on the Go” event provides employment assistance to service members

From Virginia Career Works

The “Transition on the Go” event will take place Oct. 29 and is free and open to transitioning military, all veterans, National Guard & Reservists, military retirees and all spouses.

MORE ABOUT “TRANSITION ON THE GO”

- October 29
- 8:00 a.m.-3:00 p.m.

LOCATION:

- Peninsula Workforce Development Center
600 Butler Farm Road, Hampton, Va. 23666

TOPICS INCLUDE:

- “Why should an employer pursue me?” (A Spectrum of Opportunities - Know your Worth)
- “I am on LINKEDIN, now what”
- “Networking lunch with employers”

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PARTNERS

TEAM partners include: Fleet and Family Support Center, Joint Base Langley-Eustis (Army Community Service); Langley Airman & Family Readiness Center, Fort Eustis Soldier for Life Transition Assistance Program (SFL-TAP), Coast Guard Work Life Program, Virginia Employment Commission, Virginia Career Works- Greater Peninsula, Virginia Peninsula Chamber of Commerce, Newport News Shipbuilding.



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SUICIDE | *Preventing suicide is an all hands on deck responsibility*

Continued from A1

and access to treatment, when a Sailor is at immediate risk.

■ Response means that timely and appropriate support is available to Sailors experiencing a crisis, including medical personnel, chaplains, or counselors from Fleet and Family Support Centers.

■ Reporting ensures appropriate resources and prevention measures are activated for the Sailor and their command.

Central to the Navy’s program is the idea that preventing suicide is an all hands responsibility. That’s why another aspect of the regional SPPM role is conducting site visits that assess staff training and familiarity with suicide prevention interventions and support resources.

“When I visit our commands throughout the region, I’ll stop by the quarterdeck and ask the Sailors on watch, “if I said I was having suicidal thoughts, what would you do?”” Neumeyer said. “I want to make sure information and training is getting to the deckplate – that they know how to manage the situation and get their Shipmate the help they need.”

But the ultimate goal is to not get to a crisis situation – it’s to prevent suicide



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by building resilience.

“Suicide prevention coordinators are part of our command resilience teams,” said Neumeyer. “We are looking holistically at what we can do proactively to support our Sailors. Because the resilience team represents a cross-section of the command and includes the command career counselor, the drug and alcohol program advisor, and the sexual assault prevention and response coordinator among others, we are pulling in multiple resources to create a cohesive and comprehensive program that approaches Sailor well-being from multiple avenues.”

The purpose of the command resilience team is to give commanders visibility of trends impacting the command’s climate while also helping improve support programs and enhance overall unit readiness.

By leveraging the expertise of the various members of the resilience team,

adds Neumeyer, commands can look for trends and stressors impacting Sailors and work to improve the overall command climate, which is good for building resilience, reducing stress, and maintaining readiness.

As the regional SPPM, Neumeyer’s goal is to help every command throughout the region improve their suicide prevention programs and have the best programs possible by ensuring they have the training and information they need to succeed.

“When one of our own is struggling with thoughts of ending their life, we all have a responsibility to do everything we can to prevent that from happening,” said Navy Rear Adm. Tim Weber, NMW commander and director, Medical Service Corps. “This is not an easy task and it can’t be accomplished by one person alone, which is why suicide prevention is an all hands effort. It also requires us to be vigilant year-round so that we are

always ready to help a Shipmate in need.”

SUICIDE PREVENTION MONTH 2019

The Department of Defense (DoD) and the Military Health System (MHS) observe Suicide Prevention Month 2019 to increase awareness about behavioral health care services and promote and enhance suicide prevention, intervention, and postvention for service members and their families. Our goal is to reduce stigma and increase awareness in order to facilitate help-seeking behaviors. MHS will highlight that strength and resilience are possible through support networks and the use of DoD and Department of Veterans Affairs (VA) resources.

Suicide Prevention Month is a prime opportunity for the U.S. Department of Defense and the Military Health System to raise public awareness of suicide risk among Service members, Veterans and beneficiaries.

REACH OUT FOR SUPPORT

- Military Crisis Line: 1-800-273-8255, Select Option 1
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255), Select Option 1
- Be There Peer Support Network
- Defense Suicide Prevention Office
- Psychological Health Center of Excellence
- Real Warriors Live Chat
- You Are Not Alone: Suicide Prevention Tools for Warriors

MINE | *Evolution was first time USV has been launched, recovered by Military Sealift Command ship*

Continued from A1

lent units, vehicles, and the support equipment required to operate, launch, and recover one full MCM mission package, including the buried mine hunting and unmanned sweeping mission modules, with flexible ship modifications.

“Considering the contested environments which our ships sail in, counter-mine capabilities are very important because we have to be able to keep the enemy at bay,” said Capt. David Gray, the USNS Hershel Woody William officer in charge.

“Mines of today are very inexpensive to make,” Gray explained. “Our adversaries can produce mines for a few hundred dollars and inflict a tremendous loss of life while causing millions of dollars of damage. So we need the assets out there to detect and destroy these threats ahead of time, and keep the world’s shipping lanes open.”

Representatives from Program Executive Office for Ships (PEO Ships) and Program Executive Office for Unmanned and Small Combatants (PEO USC) had overall responsibility for the planning and execution of the integration event, with support from the Naval Sea Systems Command’s Engineering Directorate, Naval Surface Warfare Center Panama City and Carderock Combatant Craft Divisions, and Mine Countermeasures Detachment 22. Personnel from Military Sealift Command (MSC) and ship’s force conducted ship operations, navigation, and maintenance of the ship systems during the course of the demonstration.

“This demonstration highlighted the inherent modularity of the Mine Countermeasure Mission Package,” said Capt. God-



Bill Mesta

Sailors and civil service mariners assigned to Military Sealift Command's expeditionary sea base, USNS Hershel "Woody" Williams (T-ESB 4), launch an unmanned underwater vehicle (UUV) Knightfish while at anchor in the Chesapeake Bay, Sept. 14.

frey Weekes, Littoral Combat Ships Mission Modules Program Manager, PEO USC. “The ability to deploy the MCM capability from this ship is a true force multiplier.”

Initial assessments showed positive results and will help inform the feasibility of integration on ESB, as well as other vessels of opportunity. This integration demonstration represents the potential to provide increased agility to our operational forces as they respond to the growing complexity of sea-mines while shifting to a broad-spectrum cross-domain, expeditionary approach.

With a large flight deck, as well as fuel

and equipment storage, repair spaces, magazines, and mission spaces, the ESB platform continues to demonstrate tremendous adaptability.

“This successful demonstration shows the versatility of the ESB platform to bring capability to the fleet through expanded expeditionary warfare mission sets,” said Capt. Scot Searles, Strategic and Theater Sealift Program Manager, PEO Ships. “Our teams worked collaboratively to develop and implement innovative designs that expand our operational advantage and provides tremendous benefit to our warfighters.”

The Littoral Combat Ship and its mission

capabilities remain critically important to the Navy. With the introduction of FFG(X) and Multi Mission Surface Combatant (MMSC) in the near future, in addition to a burgeoning fleet of unmanned surface and subsurface vehicles, PEO USC is ideally positioned to play a critical role in the Navy’s drive to boost innovation and increase the pace of technological change in the fleet.

As one of the Defense Department’s largest acquisition organizations, PEO Ships is responsible for executing the development and procurement of all destroyers, amphibious ships, special mission and support ships, and boats and craft.

MEDICINE | *Transition will be seamless for patients with little to no impact*

Continued from A1

ational readiness. This includes the medical readiness of Sailors and Marines, as well as the clinical readiness of the medical force.

The NMRTCs will report to Naval Medical Forces Atlantic (NMFA) and Pacific (NMFP), formerly known as Navy Medicine East and West, which in turn are accountable to the Bureau of Medicine and Surgery (BUMED).

Capt. Lisa Mulligan, the commanding officer of NMCP, will serve as both the MTF director under the DHA and the NMRTC commanding officer under Navy Medicine.

“Naval Medical Center Portsmouth is ready to make this transition that focuses on two missions,” Mulligan said. “First we need to ensure the readiness of our warfighters and the readiness and capability of the medical forces that support them, and to make sure our beneficiaries

continue to receive exceptional, high quality health care.”

The transition of administration and management will be seamless to patients, with little or no immediate impact to their experience, access, scope of current services or quality of medical care.

“The transition to DHA will enhance our support of the medical readiness of our warfighters by creating a more efficient and effective integrated health care system,” Mulligan said. “We will continue to take care of our beneficiaries – from active duty to retirees and their families – through the current MTF resources and health care providers in the Hampton Roads area.”

The National Defense Authorization Acts for Fiscal Years 2017, 2018 and 2019 require the Military Departments to transition administration and management of military MTFs to the DHA not later than Sept. 30, 2021. This transition should provide a more consistent experience of health care across the Military Health System.

Currently, NMCP’s name is expected to remain and a U.S. Naval Officer will continue to manage the facility, reporting to the DHA on administration and management of the MTF.

While DHA will be responsible for

“ The transition to DHA will enhance our support of the medical readiness of our warfighters by creating a more efficient and effective integrated health care system. We will continue to take care of our beneficiaries – from active duty to retirees and their families – through the current MTF resources and health care providers in the Hampton Roads area.

Capt. Lisa Mulligan

health care delivery and business operations, Navy Medicine will retain principal responsibility for operational readiness of the medical force.

NMCP will help meet the needs of operational commanders. Survivability of the Navy and Marine Corps personnel in future warfighting environments requires a medical force that’s ready to immediately deploy with the operationally relevant skills to save lives.

As the U. S. Navy’s oldest, continuously-operating hospital since 1830, Naval Medi-

cal Center Portsmouth proudly serves past and present military members and their families. The nationally acclaimed, state of the art medical center, including its ten branch and TRICARE Prime clinics, serves the Hampton Roads area and additionally offers premier research and teaching programs designed to prepare new doctors, nurses and hospital corpsmen for future roles in healing and wellness.

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



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Chief of Naval Operations visits Japan
Chief of Naval Operations (CNO) Adm. Mike Gilday visited Japan, Sept. 23-24, to engage with U.S. Seventh Fleet Sailors as well senior leaders from Japan's Ministry of Defense and Self-Defense Force. **See B4**

SECTION B | FLAGSHIPNEWS.COM | 9.26.2019



MC3 Maria G. Llanos
U.S. Navy Lt. Cmdr. Kari Wagner, a doctor assigned to the hospital ship USNS Comfort (T-AH 20), examines a baby's ear at a temporary medical treatment site in St. George's, Grenada, Sept. 19. Comfort is working with health and government partners in Central America, South America, and the Caribbean to provide care on the ship and at a temporary medical treatment site, helping to relieve pressure on national medical systems, including those strained by an increase in cross-border migrants.

COMFORT STRENGTHENS PARTNERSHIP WITH GRENADA FOLLOWING MEDICAL MISSION

By SN Brendan Fitzgerald
U.S. Naval Forces Southern Command / U.S. 4th Fleet

ST. GEORGE'S, GRENADA

The hospital ship USNS Comfort (T-AH 20) departed Grenada following the completion of the ship's seventh medical mission in Central America, South America, and the Caribbean, Sept. 21.

The Comfort team is comprised of mili-

tary and civilian personnel from U.S. and partner nations, including Argentina, Brazil, Canada, Costa Rica, Chile, Dominican Republic, Mexico, and Peru, as well as several non-government organizations creating a dynamic team capable of delivering medical assistance, humanitarian assistance, subject matter exchanges and partnership building.

During the visit, Comfort's U.S. Navy and civilian engineers provided a Grenadian hospital with cylinders of oxygen that were critical to helping patients. The engineers also worked hand-in-hand with hospital staff to repair the facility's oxygen generation plant that had been inoperable for approximately two years.

"An oxygen generation plant is signifi-

cant to the care of many patients," said Capt. Patrick Amersbach, commanding officer, Medical Treatment Facility. "This was something we could do to help support not only the hospital, but the people of Grenada."

During Comfort's six-day medical mission in St. George's, 800 medical professionals of the U.S. Navy, U.S. Air Force, U.S. Army, and U.S. Public Health Service alongside eight partner nations, provided care for 5,060 patients at two separate shore-based medical sites and performed 96

See COMFORT | B7



MC2 Nicholas Burgains
Sideboys salute as Secretary of the Navy (SECNAV) Richard V. Spencer approaches the amphibious dock landing ship USS Comstock (LSD 45) as part of Arctic Expeditionary Capabilities Exercise (AECE) 2019.

Spencer visits Sailors, Marines in Arctic Exercise

By MC2 Nicholas Burgains
Navy Public Affairs Support Element West

SEWARD, ALASKA

Secretary of the Navy Richard V. Spencer and Commandant of the Coast Guard Adm. Karl Schultz visited military

forces participating in Arctic Expeditionary Capabilities Exercise (AECE) 2019 in Seward, Alaska, Sept. 17.

About 3,000 Navy, Marine Corps and Coast Guard personnel are participating in the joint training exercise. AECE tests expeditionary logistical capabilities in the Arctic region and prepares joint forces to respond to crises across the Indo-Pacific.

"Alaska is one of the best training venues we have," Spencer said while in Seward. "The location is tremendously strategic when it comes to protecting the homeland,

and training here is extremely important to the Navy's Arctic strategy. We need to conduct exercises like AECE to continue pushing our joint force into the future, and continue pursuing innovation within the force."

Spencer and Schultz received a tour of AECE assets in Seward, including USS Comstock (LSD 45) and both a Landing Craft Unit (LCU) and Lighter, Amphibious Resupply, Cargo (LARC). They also ob-

See ARCTIC | B7

NATO nations hone anti-sub skills in Cutlass Fury

By MC2 Cameron Stoner
Standing NATO Group 1 Public Affairs

ATLANTIC OCEAN

NATO nations in the Royal Canadian Navy-led exercise Cutlass Fury 2019 recently executed advanced training in anti-submarine warfare (ASW) in the waters off Nova Scotia and Newfoundland.

Standing NATO Maritime Group One (SNMGI) is participating, along with ships, submarines, aircraft and helicopters from the United States, Canada, United Kingdom and Denmark.

"Cutlass Fury has been designed to provide advanced training opportunities for Canada and our Allies and partners," said Commodore Rich Feltham, commander, Canadian Fleet Atlantic. "Together it will allow us to build upon our readiness and ability to respond to any crisis in our waters or overseas, all while enhancing our relationships with key partners."

Training in ASW is a crucial aspect to maintaining the collective defense of NATO Allies and ensuring the Alliance stays up-to-date with current technology, tactics, and procedures. While each nation has anti-submarine capabilities, coming together under one exercise offers a unique opportunity to

See NATO | B7



Operational Stress Control

Frequently Asked Questions

Q1. How is the Operational Stress Control (OSC) program different from other stress-related programs?

OSC is the core of all Navy resilience-building efforts because it promotes an understanding of stress, awareness of support resources, and provides practical stress navigation tools. The OSC program encourages Sailors, families, and command leaders to take care of themselves psychologically, physically, and emotionally; to look out for one another; and take action when they see themselves or others reacting negatively to stress. It takes a holistic approach to focus on building resilience using practical tools to identify signs of stress and suggest appropriate actions so people can rebound when they encounter stress problems.

The OSC program provides training through two facilitated, small-group courses: Navy OSC Leader (NAVOSC-Lead) for commissioned officers and chief petty officers and Deckplate Leader OSC (DPL-OSC) for E4-E6 supervisors. OSC training teaches leader-focused actions and responsibilities to positively impact individual Sailor and command resilience and readiness.

Q2. Who is the OSC program for?

Everyone. Sailors, family members, and leadership must get to know one another well enough to recognize when they, their shipmates, families, and even commands are dealing with stress problems - and know who or where they can go to get help. A key concept of OSC is that if you know your people, you will recognize the signs of someone in need and intervene with resources before things get worse.

Q3. Why is it important now?

The strain of war, decreased unit manning, and extended deployments, coupled with the stresses brought on by household moves and the balance of family and job responsibilities can magnify the stress Sailors and their families are experiencing.

Q4. When will we know the OSC program is a success?

When Sailors, families, and leaders work together to help themselves and others to build resilience and use that strength to navigate through stressful times; when they seek help for stress issues before they become stress injuries; when seeking help is considered a sign of strength; and when shipmates who have received assistance for stress-related issues are fully integrated back into the command.

Q5. What is stress?

Stress is the way or process by which we respond to challenges to the body and mind. Stress is a normal part of life, but one we need to learn to navigate. Used to our advantage, stress can push us to higher levels of performance, but too much or extreme stress can have negative consequences.

Everyone experiences and reacts to stress differently. A first step in recognizing stress is having a common language. OSC uses a model that identifies stress reactions across a continuum, using “stress zones” to guide appropriate responses, addressing stress injuries early on, and providing leaders with the skills to promote resilience. The model uses four colors:

- Green – Ready – not stress-free but mission-ready
- Yellow – Reacting – when we have normal responses to stress, but may experience trouble sleeping or increased irritability
- Orange – Injured – when we need to admit that our stress may be more than we can handle alone and when we need to seek help
- Red – Ill – when medical attention is required

Q6. What can we do to navigate stress?

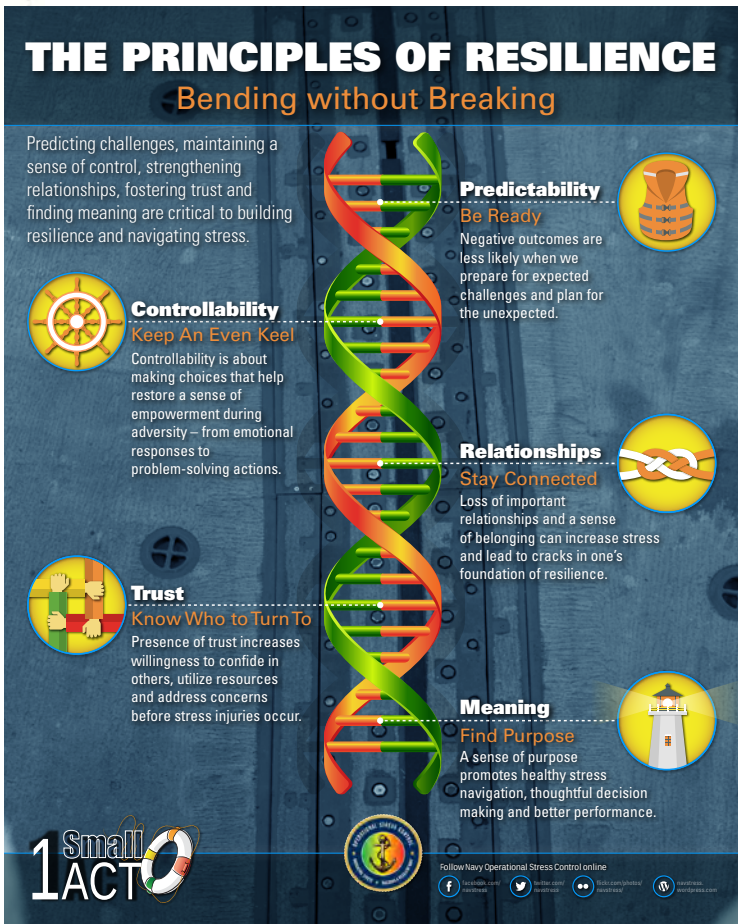
We prefer to use the term navigating rather than managing stress. We don’t always have control over what life throws at us, but we can learn how to identify stress reactions and take measures to deal with them. Talking to shipmates, friends, family, and sometimes professional caregivers often helps.

- Let others know you are feeling pressured
- Think about what you’ve done in the past to help get through tough times
- Ask others what has worked for them

When talking isn’t enough, remember that reaching out for help is a sign of strength and doing it early helps. Some resources that are available to help are:

- Your chaplain, chain of command or Ombudsman
- Fleet and Family Support Centers
- Military OneSource www.militaryonesource.mil
- Naval Center for Combat and Operational Stress Control www.nccosc.navy.mil
- Navy Operational Stress Control www.navynavstress.com

www.navynavstress.com



TRICARE dental and medical: Separate programs, separate enrollments

From tricare.mil

Not sure if you have dental coverage? Did you enroll in a dental plan? Your TRICARE dental and medical benefits are separate benefits. To gain coverage, you need to enroll in a dental plan and health care plan separately.

“Some beneficiaries think that they automatically have dental coverage when they’re enrolled in a TRICARE health plan,” said Douglas Elsesser with the TRICARE Dental Program at the Defense Health Agency. “That’s not the case. In reality, dental program enrollment isn’t related to health plan enrollment.”

TWO VOLUNTARY DENTAL PROGRAM OPTIONS

If you aren’t an active duty service member, you may be eligible for two different dental programs. They include:

■ **TRICARE Dental Program (TDP):** The TDP is dental coverage for active duty family members (ADFMs), National Guard and Reserve members not on active duty, and Na-

tional Guard and Reserve family members. You must enroll in the TDP for coverage. Also, the sponsor must have a minimum of one year left on his or her service contract.

■ **Federal Employees Dental and Vision Insurance Program (FEDVIP):** FEDVIP offers dental coverage for retired service members and their eligible family members. It also includes certain survivors. You must enroll in a FEDVIP dental plan for coverage.

To use TRICARE, you must be registered in the Defense Enrollment Eligibility Reporting System (DEERS). After you’re registered, you may enroll yourself and your eligible family members in TRICARE health and dental plans.

If you register in DEERS but don’t enroll in a dental program, like TDP, you won’t have dental coverage. If you get care and you don’t have TDP coverage, TRICARE will deny your claim.

“Often times beneficiaries realize they aren’t enrolled after a claim is denied,” said Elsesser.

ENROLLING IN TDP

If you’re the sponsor or an individual with a valid power of attorney, you can enroll ADFMs in TDP. Although there are three ways to enroll in TDP, enrolling online will speed up your enrollment.

1. Online

■ Log in to milConnect and click on the “Benefits” tab.

■ Click on “Beneficiary Web Enrollment (BWE)” under the “Benefits” tab.

■ Select the “Dental” tab.

2. Telephone

■ **Stateside:** 1-844-653-4061

■ **Overseas:** 1-844-653-4060

3. Mail

■ Download the TRICARE Dental Program Enrollment/Change Authorization Form.

■ Submit the completed TDP form and your first premium payment to:

United Concordia
TRICARE Dental Program
P.O. Box 645547
Pittsburgh, PA 15264-5253

As outlined in the TRICARE Dental Program Handbook, your date of TDP coverage depends on the date United Concordia receives your request. If the TDP contractor processes your TDP enrollment:

■ By the 20th of the month, your coverage starts on the first day of the next month

■ After the 20th of the month, your coverage starts on the first day of the second month

For information on how to enroll in a FEDVIP dental plan, visit the FEDVIP enrollment website.

Take command of your health and dental benefit by taking action to enroll in a plan. Remember that dental coverage isn’t automatic. It’s always a good idea to check your coverage before getting care.

Navy Housing

Q: My family and I are planning on moving into privatized or Government housing. Can we have a live-in aide or nanny?

A: There is no instruction that directly authorizes a live-in nanny. CNICINST 11103.5 CH-1 Navy Housing Eligibility, Assignment and Termination Criteria states in Enclosure 2, number 2 c.(5): If the inventory is available and when a live-in aide or nanny is approved by the CO of the Installation, they will be eligible for a separate bedroom.

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

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■ Information & Referral

■ Family Employment Assistance

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■ Family Advocacy Program

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■ Ombudsman Support

■ Relocation Assistance

■ Parenting Programs

■ Stress and Anger Management

■ Command Support

■ Crisis Support

■ Suicide Prevention

■ SAPR Support



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Norfolk/Portsmouth (757) 444-2102
Northwest (757) 421-8770
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Navy tests experimental technology at Trident Warrior 2019

By Elisha Gamboa
Naval Information Warfare Systems Command Public Affairs

SAN DIEGO

Naval Information Warfare Systems Command (NAVWAR) tested tools and techniques to rapidly equip the warfighter with advanced capabilities during Trident Warrior 2019 (TW19), which ended Sept. 19 off the coast of San Diego.

In its 17th year, Trident Warrior is an annual large-scale, at-sea field experiment where the Navy selects potential initiatives that address capability gaps and provide inventive solutions in an operational environment.

“We cannot expect victory fighting tomorrow’s conflicts with yesterday’s technologies,” said NAVWAR Commander Rear Adm. Christian Becker. “Experiments like Trident Warrior put the latest technologies into the hands of our Sailors so they can test and evaluate them for warfighting effectiveness and ultimately help us grow our advantage in the maritime domain.”

During TW19, NAVWAR joined government, military and academia to experiment with more than 16 key initiatives and concepts of operations. These initiatives focused on the rapid development and deployment of new capabilities to aid maritime forces in key domains of warfare including air, land, sea, sub-surface and cyber.

“Trident Warrior provides the recurring opportunity to work with partners across all domains and echelons in sourcing potential solutions to identified capability gaps and warfighter needs,” said Dan Hallock, Trident Warrior deputy director, Naval Information Warfare Center (NIWC) Pacific. “Trident Warrior also creatively repurposes existing technology in novel ways in order to increase our competitive advantage and effectiveness, helping accelerate the speed of technology adaption and adoption in today’s highly dynamic environment.”

During the event, participants experimented with a variety of technologies, including NIWC Pacific’s Cooperative Auton-



Rick Naystatt
Michael August, center, a scientist assigned to Naval Information Warfare Center Pacific (NIWC Pacific) trains Yeoman 3rd Class Shante O'Kelley, left, and Operations Specialist Seaman Taylor Hattaway on the Testbed for Internet of things (IoT) based Privacy-preserving Pervasive Spaces (TIPPERS) software application during Trident Warrior at-sea field experiment on board the guided missile destroyer USS Russell (DDG 59).

omous Systems for Standoff Maritime Inspection and Response (CASSMIR) system. CASSMIR uses unmanned surface vehicles to autonomously pilot remotely operated vehicles keeping operators out of harm’s way and away from underwater threats.

“CASSMIR helps the Navy to explore the autonomy and command and control of remotely operated vehicles,” said Anthony Jones, NIWC Pacific lead engineer. “During the experiment we were able to use an unmanned surface vehicle as an autonomous tender and command and control link to support the overall mine countermeasure mission.”

The Battlespace Awareness and Information Operations Program Office (PMW 120) conducted an Automatic Identification System (AIS) experiment to identify and examine anomalies in shipboard data for improved decision-making onboard Navy ships.

“AIS collects open-source AIS data that is broadcast from AIS transceivers on commercial shipping vessels,” explained Matthew Green, PMW 120 AIS cyber lead. “This data, combined with other intelligence and surveillance data, is used by Navy ships and submarines to improve safety of navigation

and situational awareness.”

TW19 participants also experimented with NIWC Pacific’s Reverse Proxy and Network Address Translator System (RP-NATS).

RP-NATS is a government off the shelf (GOTS) ship-based software that tracks down internal irregular network behavior in a matter of minutes. Previously, this tracking could take personnel days to resolve, with some incidents never being fully tracked and adjudicated.

“NIWC Pacific engineers were able to successfully demonstrate RP-NATS as a GOTS solution that provides shore-based users with the ability to reverse look up internal asset IPs using fields such as time stamp, source and destination IP and ports,” said Henry Au, NIWC Pacific electronics engineer. “The system would directly reduce man hours and increase cyber situational awareness, using a common simple interface, resulting in big impacts for the Navy.”

Other TW19 initiatives ranged from maritime domain awareness, networks, information operations, and command, control, communications, computers, intelligence, surveillance and reconnaissance (C4ISR) technologies.

Additionally, the NAVWAR Reserve Program (NWRP) had a number of Navy reservists providing expertise to support the event. NWRP Sailors leveraged their education, technical skills and military experience to address C4ISR systems tested during TW19.

“NAVWAR Reservists provide essential operational expertise and end-user feedback to events like TW19 to ensure technologies in the early phases of the acquisition process meet the needs of each and every warfighter,” said Operations Specialist Petty Officer 1st Class Joseph Hanovich.

NAVWAR is now working to analyze the data collected during TW19 to provide recommendations for future development and deployment of the tested technologies. NAVWAR is already planning for Trident Warrior 2020, scheduled for June-August 2020 in conjunction with the bi-annual Exercise Rim of the Pacific.

NAVWAR identifies, develops, delivers and sustains information warfighting capabilities and services that enable naval, joint, coalition and other national missions operating in warfighting domains from seabed to space. NAVWAR consists of more than 11,000 active duty military and civil service professionals located around the world.

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Chief of Naval Operations (CNO) Adm. Michael M. Gilday speaks to Sailors in the chief's mess aboard the Ticonderoga-class guided-missile cruiser USS Shiloh (CG 67). During his visit to Shiloh, Gilday toured the ship and engaged with the crew.

Chief of Naval Operations visits Japan, engages with Sailors and leadership

From Chief of Naval Operations Public Affairs

TOKYO
Chief of Naval Operations (CNO) Adm. Mike Gilday visited Japan, Sept. 23-24, to engage with U.S. Seventh Fleet Sailors as well senior leaders from Japan's Ministry of Defense and Self-Defense Force.
Gilday first visited Fleet Activities Yokosuka where he met with Sailors aboard the guided-missile cruiser USS Shiloh (CG 67) and the U.S. Seventh Fleet flagship USS Blue Ridge (LCC 19).
The ship tours provided Gilday the opportunity to hold several small-group discus-

sions with Sailors to listen to their feedback.
"It was important to visit Seventh Fleet and engage with our forward-deployed Sailors," said Gilday. "Meeting with them gives me the opportunity to hear what's on their minds and see the great work they are doing in this vital region."
Gilday then traveled to Tokyo where he met Japan's Minister of Defense Taro Kono, Joint Staff Chief of Staff General Koji Yamazaki, and Maritime Chief of Staff Admiral Hiroshi Yamamura.
During each engagement, Gilday reaffirmed the U.S. Navy's commitment to strengthening the U.S. and Japan alliance and maritime partnership.



Capt. Robert Johns, commanding officer of Ticonderoga-class guided-missile cruiser USS Shiloh (CG 67), gives a tour of the ship to Chief of Naval Operations (CNO) Adm. Michael M. Gilday. During his visit to Shiloh, Gilday toured the ship and engaged with the crew.

"The Japan Maritime Self-Defense Force a key strategic partner and it was important for me to come here and meet with our naval counterparts to discuss areas for continued cooperation," said Gilday. "I look forward to further collaboration that will help maintain security, stability, and prosperity within this region."

PAID ADVERTISEMENT

Girl Scout Leader Promotes Coast Guard Pride

Girl Scouts of the Colonial Coast



by Marcy Germanotta
GSCCC Communications Director
Most Girl Scout leaders begin their volunteering experience because Girl Scouts allows them to spend quality time with their daughters and affords them the opportunity to get to know and trust her circle of friends. That's exactly why Coast Guard Lieutenant Jeannette Rincon, Operations Officer for the Coast Guard Communications Command, got involved. Plus the fact that she says volunteering and helping out in the community is just a part of Coast Guard life.
"I wanted to get my daughter involved

in an organization that focuses on building citizenship and leadership," Jeanette said. "But when I went to sign my daughter up, there was a real need for leaders, so of course, I said yes. It was only natural as a military leader to want to help and develop the next generation of young ladies and future leaders."
That was two years ago and she has been leading a troop of 20 girls ever since, helping them earn badges and be successful cookie entrepreneurs. Her dedication to Girl Scouts goes beyond the troop. This year, Jeanette organized the first Girl Scouts Coast Guard Pride Day at the Coast Guard Base in Portsmouth, which was open to all troops. Girls who attended the event earned the Girl Scout Coast Guard Pride Patch which is one of several military explore patches created by Girl Scouts of the Colonial Coast to help girls and their families learn about the different military branches. The day-long event included a cutter tour, a life jacket relay race, trivia games, and flag etiquette training.
"People ask how I do it, a job, family

and volunteering," Jeanette said. "I tell them it's about being organized, flexible and not afraid to ask for help when you need it. It also helps that Girl Scouts has some great online tools, like the Volunteer Toolkit that helps volunteers organize their meetings and plan programs. Also, in Girl Scouts the program is girl led — the girls do a lot to plan meetings, events, and select the badges they want to work on. My girls are some real go-getters! They keep me very busy and I am fortunate to have a wonderful volunteer leadership team of parents within our troop."
Girl Scouts is the pre-eminent leadership development organization for girls, serving girls in K-12 grades. To volunteer, support a troop or help in other ways, visit www.gsccl.org or call 1-800-77SCOUT. Consider designating your United Way gift to Girl Scouts of the Colonial Coast - # 29-005016. ■



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NASA official tells audience to ‘find your voice’ at Hispanic Heritage Month Observance

By John J. Joyce
NSWC Dahlgren Division Corporate Communications

KING GEORGE, VA.

Sandra Alba Cauffman reminisced about watching the Apollo 11 moon landing on television as a seven year old girl growing up in Costa Rica.

Neil Armstrong stepped onto the surface of the moon with the words, “that’s one small step for man, one giant leap for mankind,” and Cauffman dreamed that she would work for the National Aeronautics and Space Administration (NASA) one day.

The NASA official recounted the highlights and the obstacles she overcame to achieve the goal she set for herself as military, government civilians, and defense contractors attending the NSWCDD-sponsored Hispanic Heritage Month Observance listened at the University of Mary Washington Dahlgren campus, Sept. 13.

“Follow your dreams and do something you’re really passionate about,” advised Cauffman, after sharing her story of inspiration, education, and employment.

“Find your voice,” she said. “Don’t listen to the perceptions and judgments of others.

Cauffman—acting division director of the Earth Science Division at the National Aeronautics and Space Administration (NASA) Science Mission Directorate — continued reflecting on her experience while inspiring her audience to pursue and achieve their dreams.

“Stand up for what you believe and network,” said Cauffman, who earned a master’s degree in electrical engineering as well as undergraduate degrees in physics and electrical engineering from George Mason University. “Contribute to attracting and retaining more women and minorities in the STEM (science, technology, engineering, and mathematics) workforce to help maximize innovation, creativity and competitiveness.”

As the deputy project manager for the Mars Atmosphere and Volatile Evolution

(MAVEN) Project, Cauffman assisted the project manager to keep the mission on track in terms of budget, schedule and technical requirements. MAVEN is a mission to explore the Martian upper atmosphere, ionosphere and interactions with the sun and solar wind.

“You don’t really manage people, you manage work,” she said. “The most important thing about dealing with people is to have good communication, a free flow of information going both ways. People should never be afraid to talk to you about anything, even mistakes. We are all about solving problems together.”

As the Acting Division Director of the Earth Science Division in NASA’s Science Mission Directorate, Cauffman provides executive leadership, strategic direction, and overall management for the entire agency’s Earth Science portfolio, from technology development, applied science, research, mission implementation and operation. Her awards include the NASA Exceptional Achievement Medal and the NASA Exceptional Leadership Medal. Cauffman is a four-time recipient of the NASA Acquisition Improvement Award and is a senior fellow on the Council for Excellence in Government.

“Mrs. Cauffman’s personal narrative was truly inspiring,” said Robin Catalano, Center for Surface Combat Systems executive director, after the observance with a theme focused on: “Honoring Hispanic Americans: Essential to the Blueprint of our Nation.”

“She faced numerous challenges and hardships throughout her journey but worked hard and broke barriers to become the strong, successful leader she is today,” said Catalano. “Mrs. Cauffman is a role model for all.”

In the Navy, more than 50,000 Hispanic sailors serve alongside approximately 16,000 Hispanic civilians.

“There are also several Navy ships that



Leonard Banks

Sandra Alba Cauffman – acting division director of the Earth Science Division at the National Aeronautics and Space Administration (NASA) Science Mission Directorate – tells her audience at the Naval Surface Warfare Center Dahlgren Division (NSWCDD) sponsored Hispanic Heritage Month Observance to “follow your dreams and do something you’re really passionate about.”

bear the name of well known Hispanic Navy service members,” said NSWCDD Commanding Officer Capt. Casey Plew in his welcoming remarks.

“An Arleigh Burke-class destroyer – the USS Rafael Peralta (DDG-115) – was named after U.S. Marine Sgt. Peralta who was killed in combat while saving the lives of Marines during the second Battle of Fal-lujah in Iraq,” said Plew. “His battle-worn rifle along with a letter written to his brother, Ricardo, is displayed in the National Museum of the Marine Corps in Quantico”

Plew also reflected on the heroic actions of Army Sergeant Christopher Miranda Braman. He was a Pentagon staff member and became a national hero on September 11, 2001 when he re-entered the Pentagon several times at the risk of his own life to save others as the Pentagon was engulfed in flames and smoke. President Bush awarded Sergeant Braman the Purple Heart.

“Braman comes from a Mexican American family with a history of U.S. military service,” said Plew. “His grandfathers served in the Army and Navy. Before

Sergeant Braman was relieved at the Pentagon on 9/11, he helped recover 63 bodies. The sergeant also saved a life. He pulled Sheila Moody and two others from the building. The other two later died.

“My faith and training got me through it. It was as if a switch had been flipped,” said the retired sergeant in an interview after the attack. Since 9/11, Braman, who is married with three daughters has spoken around the country about his experiences while educating people about terrorism.

Hispanic Heritage Month is observed annually from Sept. 15 to Oct. 15 to honor the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean, Central and South America.

The observance started in 1968 as Hispanic Heritage Week under President Lyndon Johnson. President Ronald Reagan expanded it in 1988 to cover 30 days starting Sept. 15 and ending Oct. 15.

Several significant dates fall within the 30-day period, starting with the anniversary of independence for five Latin American nations – Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua – on Sept. 15.

In addition, Mexico and Chile celebrate their independence days on Sept. 16 and Sept. 18, respectively. Columbus Day or Día de la Raza, which is Oct. 12, also falls within this 30-day period.

Hispanic-Americans make contributions in a myriad of fields that enable the greatness of America.

Their contributions to national defense, homeland security, the arts, sports, public service, research and development, non-profit organization management, civil rights, politics, business, agriculture, and the service industry enable America to maintain its competitiveness, relevance and position in the global landscape as the leader of the free world.

Today, thousands of Hispanic-American service members throughout the world are protecting our nation. Just as in generations past, we honor our Hispanic community—military and civilian—for significantly contributing toward protecting the United States and embodying Department of Defense values that unite the military services as one team.

HRMC recognized for contributions to Sailor self sufficiency

From CNRMC Public Affairs

NORFOLK

Sailors from the Hawaii Regional Maintenance Center (HRMC) were among those recently recognized by the Commander, Naval Surface Group Middle Pacific (MIDPAC)’s for their support of the 2019 Surface Ship Self-Sufficiency Symposium in Pearl Harbor.

This event focused on exposing shipboard Sailors to the various maintenance support programs such as the Navy Afloat Maintenance Training Strategy (NAMTS), Ship Organic Repair Capability Assist Team (SORCAT), and the Maintenance Assist Team

(MAT), all of which were developed with the goal of enhancing ship self-sufficiency and material readiness.

“The Pearl Harbor waterfront greatly benefitted from your expertise, availability, and instruction. Your efforts and time ensured that our ships have the knowledge, tools, and talent to increase readiness and maintain the ability to fight tonight,” said Capt. Joseph Naman, MIDPAC’s chief of staff, in a naval message of appreciation dated Aug. 29, 2019. “I appreciate your support and efforts to make this event successful and maintain warfighting readiness.”

Among those acknowledged were Lance Coverdill from HRMC MAT program; Edwin Yamashiro and Master Chief Machinist’s Mate Ben Ludwig from the HRMC NAMTS program; and Gabriella Quinones from the SORCAT program.

Through NAMTS, SORCAT, MAT, and other training and readiness programs such as the Corrosion Control Assist Team (CCAT) and Corrosion Control Program Manager (CCPM) training provided by the Type Com-

mander, the Navy continues its commitment to improving Sailors’ preventive and corrective maintenance skills and their ability to support sustained operations.

“The purpose of the MAT program is to bring RMC Sailors and civilian subject matter experts together in a ‘shop-to-ship’ training and repair effort to focus on targeted, high-failure equipment,” said CNRMC Intermediate-Level (I-Level) Production Manager, Daniel Spagone.

“The goal is to teach RMC and shipboard Sailors to properly conduct Planned Maintenance System (PMS) requirements and execute the corrective maintenance directed by the PMS program, all in an effort to help Sailors better understand their roles as owners and operators while underway.”

NAMTS is another RMC-based program designed to provide Sailors with professional development opportunities. Sailors enter as apprentices and graduate as journeyman in one (or more) of the 21 trade disciplines available for them across the RMCs, including Hull, Mechanical, Electrical (HM&E) and

Combat Systems programs. According to Spagone, the program builds on Sailors’ existing skills and provides them the opportunity to develop new skills through hands-on production work that will enable them to become technical experts needed to serve in the Navy of the future.

Through the SORCAT program, teams of RMC Sailors and civilians conduct onboard assessments of ships to determine which equipment needs to be repaired, installed, or removed; identify shortfalls in materials and Sailor training; and provide a report to the commanding officers of the ships. In addition, the team assists in installing and repairing equipment, while training Sailors to operate equipment properly.

“This is all done with the goal of building and maintaining an organic repair capability to support Sailor self-sufficiency at sea,” said Spagone.

CNRMC is a NAVSEA field activity and oversees the operations of Regional Maintenance Centers in their execution of surface ship maintenance and modernization.

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MC2 Justin Pacheco

Sailors assigned to Naval Operations Support Center, Wichita, render military funeral honors for Seaman 2nd Class Wilbur Clayton Barrett during a funeral, Sept. 14, in his hometown of El Dorado, Kansas. Barrett was killed aboard the battleship USS Oklahoma (BB-37) during the Dec. 7, 1941 Japanese attack on Pearl Harbor. In 2015, the Navy exhumed the unidentified remains of 380 Sailors and Marines lost aboard the Oklahoma, to identify them using DNA analysis so they could be returned to their families.

PEARL HARBOR SAILOR LAID TO REST IN KANSAS AFTER 78 YEARS

By MC2 Justin R. Pacheco
Navy Public Affairs Support Activity (NPASE) Detachment Hawaii

PEARL HARBOR

Almost 78 years after he died in the Japanese attack on Pearl Harbor, Hawaii, on Dec. 7, 1941, Navy Seaman 2nd Class Wilbur Clayton Barrett was finally laid to rest Saturday in his hometown of El Dorado, Kansas. Barrett was among 380 Sailors and Marines lost aboard the Nevada-class battleship USS Oklahoma (BB 37) in the attack. Early Thursday afternoon, more than seven decades after his ship sank, Barrett’s remains were flown into Wichita Dwight D. Eisen-

hower National Airport. Reserve Sailors from Navy Operational Support Center (NOSC) Wichita conducted planeside honors amid wind and rain, while crewmembers from USS Wichita (LCS 13) attended as part of Wichita Navy Week. “[Barrett] just came to Pearl Harbor to do a good job as a Sailor, just like all of us do,” said Master Chief Petty Officer Ryan King, USS Wichita command master chief. “He fought, and fought hard. Today we came here to honor his sacrifice, just like we do all of our service members that made the ultimate sacrifice like he did.”

At 25, Barrett left Kansas for the first time in 1940 to enlist in the Navy “to learn a trade,” according to his family. He served on board Oklahoma until the attack on Pearl Harbor killed more than 2,400 Americans. King said Barrett would have started a normal day on board the ship just like any other, until his life and the lives of all Americans changed forever in a few short minutes. Barrett’s journey finally ended in El Dorado with more than 200 local residents, officials and veterans on hand – dozens of American flags flourishing in a late summer breeze. Barrett’s surviving family attended and shared stories about his last days before reporting to Hawaii, and the letters he wrote home. “Talking to Seaman Barrett’s family, I learned something wonderful about his life – he was in love,” said Lt. John Stevens, from the Navy Office of Community Outreach. “He wrote letters home, which his family donated to the local museum, and one of which

talked about meeting someone in San Francisco. They had the time of their lives, blew all their money, and planned to get married after his tour on board Oklahoma.” Stevens added Barrett’s relatives are convinced his girlfriend wrote his final letter for him, as the handwriting and structure was different from his others. “His plans were tragically cut short, so it’s bittersweet, but the impression it left on his family was that he got to experience love,” said Stevens. “Sailors – all service members – they deserve the same honors,” said King, “and Seaman Barrett deserved his honors.” Barrett’s repatriation was one of more than 100 events in which Navy units participated Sept. 9-15 during Wichita Navy Week, one of 14 planned by the Navy Office of Community Outreach in 2019. Navy Weeks focus a variety of assets, equipment and personnel on a single city to bring America’s Navy closer to the people it protects.



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MC2 Julio Martinez Martinez
U.S. Navy Hospital Corpsman 3rd Class Charles Baker, right, and U.S. Public Health Services Cmdr. Nathan Mork, assigned to the hospital ship USNS Comfort (T-AH 20), conduct a tooth x-ray on a Grenadian woman at a temporary medical treatment site in St. George's, Grenada, Sept. 19.

COMFORT | *Navy, civilian engineers provided hopsital with cylinders of oxygen*

Continued from B1

surgeries aboard the ship.

“Men and women from Grenada and the United States working together for the betterment of the people – I think that is the most touching part of this,” said Nickolas Steele, the Grenadian minister for health, social security and international business. “That is the enduring message of us working together.”

This marks the first Comfort visit to Gre-

nada and the seventh to the region since 2007. At each of the upcoming missions, the embarked medical teams will provide care aboard the Comfort and at two land-based medical sites, helping to relieve pressure on national medical systems, including those strained by an increase in cross-border migrants.

This deployment is a part of the U.S. Southern Command’s Enduring Promise initiative and reflects the United States’ ongoing commitment to friendship, partnership, and solidarity with partner nations in the Caribbean, Central America, and South America.

For more information, visit www.facebook.com/NAVSOUS4THFLT, www.dvidshub.net/feature/comfort2019, and www.navy.mil.



MCSN Jordan R. Bair
U.S. Air Force Lt. Gen. Michael T. Plehn, military deputy commander, U.S. Southern Command, speaks during the closing ceremony for the hospital ship USNS Comfort (T-AH 20)’s eight-day medical mission in St. George’s, Grenada, Sept. 20.

ARCTIC | *Spencer, Schultz received tour of AECE assetts including USS Comstock*

Continued from B1

served the Amphibious Bulk Liquid Transfer System (ABLTS) being operated at Seward’s 4th of July Beach, observing sea-to-shore operations between Seabees from Navy Vargo Handling Battalion (NHCB) 1 and Beach Master Unit (BMU) 1.

“There is no better way to spend a day than with Sailors and Marines getting the mission done out in the field,” Spencer said. “Their enthusiasm and professionalism are contagious.”

AECE, in its first iteration, is designed to provide realistic training to Sailors and Marines while connecting with the local communities in the Aleutian Islands and south-central Alaska. The exercise concludes Sept. 25.

For more news from Commander, U.S. 3rd Fleet, visit www.navy.mil/local/c3f/.



MC2 Nicholas Burgains
Secretary of the Navy (SECNAV) Richard V. Spencer speaks with Cmdr. Kevin Culver, commanding officer of the amphibious dock landing ship USS Comstock (LSD 45), following a tour as part of Arctic Expeditionary Capabilities Exercise (AECE) 2019.

NATO | *Cutlass Fury designed to provide training for Canada, Allies and Partners*

Continued from B1

learn from each other and practice the ability to quickly integrate forces to successfully deter aggression.

“Cutlass Fury has been an excellent opportunity for NATO Allies to demonstrate their flexibility, readiness and the ability of maritime forces to quickly integrate into a multi-national task force, which is a key element to the Alliance’s ability to respond quickly when called upon,” said Rear Adm. Edward Cashman, commander, SNMG1. “Anti-submarine warfare is only one facet of NATO’s maritime capabilities, but it remains one of the most important. Training in a complex scenario such as the one created here in CUTLASS FURY is critical to maintaining those capabilities. It also demonstrates our commitment to the security of the North Atlantic as the strategic bridge that connects us and gives the Alliance its

name.”

While Cutlass Fury is a Canadian-led multinational exercise, the personnel who make up the staff of SNMG1 aboard the U.S. Navy guided-missile destroyer USS Gridley (DDG 101) come from a number of NATO nations. Spanish Navy Lt. Cmdr. Felipe de Castro, SNMG1’s staff anti-submarine warfare officer is noted the importance of interoperability and integration to successfully conduct joint exercises in an ever-changing maritime environment.

“It has been very enriching to work with experienced specialists in anti-submarine warfare from other countries,” Castro said. “Although we work within the same base procedures, we have different perspectives when it comes time to make a decision and take action. Exchanging points of view in the different aspects of ASW is the beginning of the lessons-learned process, which leads to developing better procedures, exercising with more safety and achieving total interoperability.”

Castro is not the only experienced ASW specialist who has learned invaluable information from Cutlass Fury 2019. U.S. Navy Lt. j.g. Kelsey Hicks, Gridley’s anti-submarine warfare officer, also expressed the vital

“Cutlass Fury has been an excellent opportunity for NATO Allies to demonstrate their flexibility, readiness and the ability of maritime forces to quickly integrate into a multi-national task force, which is a key element to the Alliance’s ability to respond quickly when called upon.”

Rear Adm. Edward Cashman

importance of working together in a joint environment.

“We have learned that communication is key with our allies,” said Hicks. “Understanding how they want to execute maneuvers vice what we would have done independently has broadened our application of tracking techniques. Tracking live submarines gives our Sailors the real life experience needed for future operations. Being able to participate in exercises enhances the skills they have learned and is very rewarding for when we gain contact.”

Cutlass Fury is designed to be a biennial, medium-scale exercise off the coast of Nova Scotia and Newfoundland, with the purpose

of unifying Canada’s Atlantic Fleet, Allied navies and other joint elements in tactical-level warfare.

SNMG1 is one of four standing maritime task groups composed of ships from various Allied countries. These task groups form the core maritime capabilities of NATO’s Very High Readiness Joint Task Force (VJTF). They provide a continuous maritime capability to execute NATO missions across the spectrum of operations, demonstrate solidarity, and strengthen diplomatic and professional links among Allied naval forces.

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

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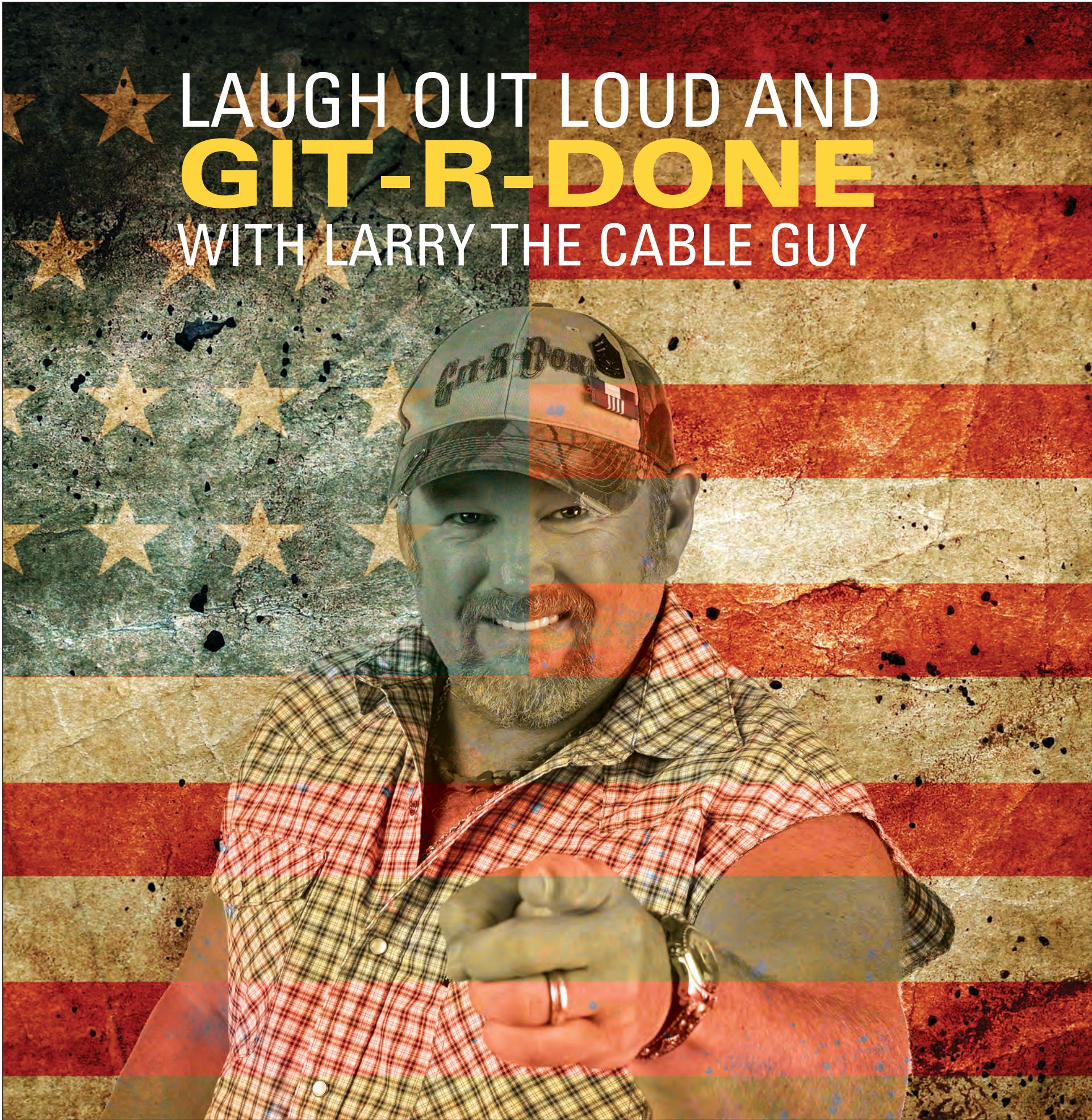
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Hamilton tickets on sale to public Sept. 27
Producer Jeffery Seller and Jam Theatricals announced that single tickets for Hamilton will go on sale to the public Sept. 27. Tickets will be available at 8:00 a.m. in-person at Chrysler Hall and at 10:00 a.m. online at BroadwayNorfolk.com and Ticketmaster.com. Tickets will be available for performances Dec. 10-29.

See C2

SECTION C | FLAGSHIPNEWS.COM | 9.26.2019



Courtesy of Larry the Cable Guy

By Yiorgo

The multi-platinum recording artist, Grammy nominee, Billboard award winner and one of the top comedians in the country known affectionately as Larry the Cable Guy, is bringing his new tour to the Chartway Arena, Oct. 2. Larry spoke with us recently about his career and his tour.

Yiorgo: Where were you born and why did you decide to get into this form of entertainment?

Larry the Cable Guy: I grew up in a small town in southeast Nebraska on a farm. I raised pigs and I grew up next to the cattle barns and I always wanted to be a cattle auctioneer and drive a pot belly cattle hauler. That's all I wanted to do and to this day I enjoy it. Then, I moved to Florida. I played baseball in college. I took a year off to pay for my own way and I started working at the Hyatt hotel in West Palm Beach, Florida and never went back. I was a fan of the old time comedians, Dangerfield and Rickles. I liked that one liner, vaudeville, rim shot, fast stuff. I went on a stage on a dare, my buddy dared me and I got hooked.

See LAUGH | C3

Righteous Brothers are bringing that lovin' feeling to the Sandler Center

By Yiorgo

The only place to be Sept. 28 is at the Sandler Center for the Performing Arts in Virginia Beach as the Righteous Brothers will be performing all of their hits live, as well as other surprises for their fans.

This is part II of the interview with the Righteous Brothers

Yiorgo: How did the two of you meet and decide to work together?

Bill Medley: Well there were two things that were very, very important. Bucky is doing a phenomenal job and he is a Righteous Brother, but you cannot replace Bobby. Bucky was a big fan of Bobby and I went in to

see Bucky sing one night and he was doing a couple of Journey songs and he just knocked me out. I had a bunch of people on me about reforming the Righteous Brothers and Bucky and I had been friends for years. That was the other thing that was important to me, that if I was to take on a new partner it would have to be somebody that I already knew, and knew that I would like, get along with and have a lot of fun, and I was right. Bucky has been amazing.

Bucky Heard: It's been an amazing four years. It's hard for me to believe that I am even saying that. I am enjoying every second of it.

See RIGHTEOUS | C5



Courtesy of Righteous Brothers

CalendarCommunity

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



Courtesy photo

46th Annual Neptune Festival Boardwalk Weekend

- Sept. 27-29, 12:00 p.m. to 11:00 p.m.
- Virginia Beach Boardwalk
- www.neptunefestival.com

This grand finale to the Neptune Festival season includes something for everyone! Boardwalk Weekend's signature event is the renowned Neptune's International Sandsculpting Championship. Internationally known as the largest competition of its kind in the United States, this event has the richest prize purse in the country and draws professional sand artists from around the globe to cultivate their finest masterpieces. These showy sand masterpieces will be on display in the Neptune Sand Gallery, Neptune's Land of Sand, from Sept. 27-29. The weekend also includes a continual series of daily outdoor concerts along 35 blocks of the Boardwalk with a variety of live music. There is even a 26-yard Crab Crawl for kids up to 5. Additionally, the Grand Parade features more than 100 floats, military units, costumed characters and marching bands, including the award winning Booker T. Washington High School Marching Band, along the oceanfront.



Courtesy photo

Elizabeth River Soul Festival

- Sept. 28, 4:00 p.m.
- Town Point Park
- www.sevenvenues.com/events/detail/elizabeth-river-soul-festival

Join us for the first ever Elizabeth River Soul Fest in Downtown Norfolk. Enjoy an evening in Town Point Park with the breeze from the Elizabeth River as the backdrop. It's a full day of good food and drinks from top vendors in Hampton Roads; and "feel good" music spanning multiple generations. Featuring R&B legends Chaka Khan, Stephanie Mills and the S.O.S. Band – ERSF will take you down memory lane with your favorite hits from the 80s and 90s.



Courtesy photo

Homeschool Day 2019

- Sept. 27, 10:00 a.m.-5:00 p.m.
- The Virginia Zoo
- <https://virginiazoo.org/events/homeschool-day/>

Join us for Homeschool Day! Bring learning to life as you encounter everything from towering Masai giraffes to tiny poison dart frogs. The Virginia Zoo is home to more than 700 furry, feathered and scaly animal friends. Explore the Africa Savannah and the tropical jungles of Asia. Don't forget to stop by our newly renovated World of Reptiles!



Courtesy photo

90s Night at Pierside Lanes

- Sept. 27
- Pierside Lanes Norfolk Naval Station
- 757-274-1291

Come join us for '90s Night at Pierside Lanes on September 27th from 7-9PM!! \$5 per person for food, drinks, music and a photo booth! Come dressed in your best '90s outfit and enter our contest for best outfit! Pre-Register at the Ticket and Travel Office today!

■ 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/



Joan Marcus

Hamilton tickets go on sale to public Sept. 27

Press Release

NORFOLK

Producer Jeffery Seller and Jam Theatricals announced that single tickets for Hamilton will go on sale to the public Sept. 27. Tickets will be available at 8:00 a.m. in-person at Chrysler Hall and at 10:00 a.m. online at BroadwayNorfolk.com and Ticketmaster.com. Tickets will be available for performances Dec. 10-29.

There is a maximum purchase limit of eight tickets per household for the engagement. When tickets go on sale, prices will range from \$75 to \$149 with a select number of \$249 premium seats available for all performances. There will be a lottery for 40 \$10 seats for all performances. Details will be announced closer to the engagement.

Jeffrey Seller notes, "It's tempting to get tickets any way you can. There are many sites and people who are selling overpriced, and in some cases, fraudulent tickets. For the best seats, the best prices and to eliminate the risk of counterfeit tickets, all purchases for the Norfolk engagement should be made through BroadwayNorfolk.com."

Hamilton is the story of America's Founding Father Alexander Hamilton, an immigrant from the West Indies who became George Washington's right-hand man during the Revolutionary War and was the new nation's first Treasury Secretary. Featuring a score that blends hip-hop, jazz, blues, rap, R&B and Broadway, Hamilton is the story of America then, as told by America now.

With book, music and lyrics by

Lin-Manuel Miranda, direction by Thomas Kail, choreography by Andy Blankenbuehler and musical supervision and orchestrations by Alex Lacamoire, Hamilton is based on Ron Chernow's biography of Founding Father Alexander Hamilton.

The Hamilton creative team previously collaborated on the 2008 Tony Award®-Winning Best Musical In the Heights.

Hamilton features scenic design by David Korins, costume design by Paul Tazewell, lighting design by Howell Binkley, sound design by Nevin Steinberg, hair and wig design by Charles G. LaPointe, casting by Telsey + Company, Bethany Knox, CSA, and General Management by Baseline Theatrical.

The musical is produced by Jeffrey Seller, Sander Jacobs, Jill Furman and The Public Theater.

The HamiltonOriginal Broadway Cast Recording is available everywhere nationwide. The Hamilton recording received a 2016 Grammy for Best Musical Theatre Album.



Courtesy photo

Haunted Horse Rides return for Halloween fun at the Hampton Carousel

Press Release

HAMPTON, VA.

Trick or Treating with the Headless Horseman and free candy are part of the fun in store for visitors to "Haunted Horse Rides" at the historic Hampton Carousel Oct. 1 through Nov. 3, 11:00 a.m.–8:00 p.m.

Located in Carousel Park, Downtown Hampton, the Hampton Carousel will be decorated for the season of ghosts and goblins, with costumed carousel staff giving candy to visitors. The finely carved and painted horses will be decorated also, including one of the horses occupied by the infamous Headless

Horseman.

Entry to the carousel pavilion and Halloween candy are free. Rides on the carousel are just \$1. The carousel is closed on Mondays.

ABOUT THE HAMPTON CAROUSEL

Built in 1920, the carousel is completely restored to its original beauty and housed in its own weather-protected pavilion on the city's downtown waterfront. It is one of only 170 antique wooden merry-go-rounds still existing in the U.S. Hand crafted by the Philadelphia Toboggan Company for the Buckroe Beach Amusement Park, Hampton's

Carousel is a whirling tribute to the skill of its creators.

After untold numbers of young and old enjoyed the carousel over its 65-year tenure, it was put in storage with the closure of Buckroe Beach Amusement Park in the mid-1980s. It was moved and restored at its current location in Carousel Park on Settlers Landing Road in Downtown Hampton in 1991. It still boasts its original mirrors and oil paintings, as well as 48 intricately decorated horses. Rising and falling to the strains of the original band organ, many of these carousel horses are so finely carved that the veins in their necks and legs are visible. Special hours are available for groups or special occasions.

The carousel will close December 29 and reopen for the season on April 1, 2020.

The Hampton Carousel is located at 602 Settlers Landing Road. Tickets on sale at the Hampton History Museum and at the Hampton Carousel. For more information, call 757-727-1102.

LAUGH *Larry the Cable Guy performing at Chartway Arena*

Continued from C1

hooked.

Your real name is Dan Whitney. Tell us about your Larry the Cable Guy character.

I loved improv and I would do characters on stage. One night I did a cable installer character and my buddy had a radio morning show and he thought I was real funny and had me call in as that character and he became really popular. Much later, a station in Orlando called me up and said they loved what I did and would I do it for them? They were syndicated in three states and payed me pretty good to do that. This was in the mid 90s. I did it for a while and I enjoyed doing it because it was all theater of the mind. You could get away with a lot. Everybody was pushing the envelope. I learned from the Howard Stern form of comedy that first you had to be shocking and then get them to come back for more.

They say there is no such thing as an overnight success.

Oh, you got that right. I started working as an open-micer at the Comedy Corner in Palm Beach. It had just opened up. It went on to become one of the top five comedy clubs in the country. Everybody came. I got to hang out with Seinfeld, Dennis Miller, they all came through there and they would help me along the way. I went professional in 1988. I did Blue Collar in 1999-2000. I got on the tour bus in 2003 and I never got off the tour bus until 2011. Last time I toured hard, I did 285 days on that tour bus.

Can you describe your character and his evolution?

For the radio, Larry the Cable Guy was kinda like a southern Archie Bunker. I combined some friends that I grew up with, but I wanted him to be likable and funny. What I want to make clear here is that it was all for radio. One night a buddy of mine Les McCurdy billed me at his comedy club Dan Whitney aka Larry the Cable Guy and he sold out two shows in 40 minutes. I was a little upset because I did not have any jokes, I was a one liner physical comedian. The character did social commentaries. They were all nonsense. All I cared about was being funny. I went on the stage and killed it. Les said I should try and do my whole show

like that. So I pulled some of my radio bits and it just exploded from there. We got syndicated to more stations. I started incorporating my act into my character and next thing you know I'm on the Blue Collar Comedy Tour, and that's how it happened.

What was life like being on the road so much?

Ever since I started touring in the mid-eighties, I don't think I ever gone to bed except maybe seven days total in the same day I woke up in. I'm a night owl, I write real good at night. My wife and kids are in bed, I go outside, smoke a cigar and come up with some jokes. I like staying up late. I feel bad for my kids because I don't have a normal job. My kids toured with me on the tour bus. Back when I was doing 12-14 thousand people a night, they grew up on a tour bus. The first five years of my kids lives they were on a tour bus. Then I did the History Channel for a couple of years and toured. Then I told my wife I was going to slow down. So by the time my kids are old enough to kinda figured out that their dad is an entertainer, well I feel bad for them. My kids now from about eight years and up, they are 13 and 11, their dad does not wake up until 10:00 in the morning and goes to bed at three in the morning. I want to tell them, listen I'm not a bum, I do work, I just have a very unusual job and that's what has payed for all of this here. I did most of my touring when they were little so they do not remember. I tell them all the time that it did not happen overnight. That it's hard work. When everyone else was out having relationships, getting married and starting a family, I was living in seedy hotel rooms doing shows for 30 people. This success is not easy and it does not happen overnight. They need to realize that we are pretty blessed. With all these reality shows on TV they think they can get famous overnight. I think they know that the odds of what happened to me is pretty thin.

What should your fans expect to see at your show?

Well, like I said, I'm a one-liner comedian I have five topics that I talk about and they are littered with one liners and some nonsense ones to tie them all together. Also now that I'm married and have kids, my jokes have changed, but I still do one liner jokes because that's how I write. My radio show made me be a writer because it forced me to write material. I just co headlined with STYX. I love them. I've known those guys forever. The only difference between STYX now and STYX 30 years ago is that 30 years

“ I loved improv and I would do characters on stage. One night I did a cable installer character and my buddy had a radio morning show and he thought I was real funny and had me call in as that character and he became really popular. Much later, a station in Orlando called me up and said they loved what I did and would I do it for them? ... This was in the mid 90s. I did it for a while and I enjoyed doing it because it was all theater of the mind.”

Larry the Cable Guy

ago backstage it smelled like pot, now it smells like pot and Bengay. So it's just a ton of one liner type jokes

You have been blessed with a great career.

Humor is such a great thing. God gave us a funny bone for a reason. For 13 years in a row I would finish up at the comedy club, go back to my hotel room and write up my commentary for the radio stations, so I have thousands and thousands of commentaries that I wrote. I am very blessed in my career. The fact is, that I never really sought out any of this. I just wanted to get into stand-up and make a good living at it. Everything that came after was like I can't believe this is happening. The movies and the books, I honestly never pursued any of it. I never called my agent once and said hey I want to do a movie. I would be sitting at home and next thing you know, listen we have a movie script for you. Like the movie Cars. I didn't audition for it. I came home one day and I got

a fax from my agent saying Disney wanted me for one of the characters in their movie Cars. When I say I've been very blessed, I am. I'm a comedian and I like making people laugh. My only regret is that I don't have something that has my real name on it because Larry the Cable Guy is a brand. If I had to do things differently I would put my real name on the Cars movies. So the last three to four years I just want to take it easy and I only do 30 shows a year and I'm fortunate enough to be invited to play some of these celebrity golf tournaments and I'm enjoying my family and my kids growing up.

What has been a wow, pinch me type moment for you?

Thank God there is a bunch of those but you know Kevin Hart and I, and I was the first one to do it, we are the only two standup comedians to ever perform in a stadium. I performed at the Lincoln Memorial Stadium in Nebraska with 53,000 thousand people and I taped my Comedy Central special there. Kevin Hart did Veteran Stadium, but I think I beat him by a couple of thousand people. I'm really proud of that. That was a complete wow moment walking out on that stage and seeing and hearing all those people. It was just so crazy.

My other one would be at the premiere of the PIXAR movie Cars. You know all these A list celebrities would love to be in one of those movies and I'm sitting there with my wife Sarah at the premiere and Mater appears on the screen and says, 'My name is Mater.' I had never seen my voice and the car sync together, so that was an incredible, incredible moment. Also there are so many people that have said to me 'Get it done' but one of the coolest ones was when I was doing Regis and Kelly. I had done their show about 6-7 times and Denzel Washington was there taping for another day. My publicist Maggie wanted to meet him and so I asked if we could get a picture with him and they said sure he is really nice. As we are about to walk over there he started coming toward us. He is this imposing figure: all decked out, he's got that walk and before I could say anything he sees me and says 'Well, Larry the Cable Guy, Get her done.' I was like now that's pretty awesome.

For tickets and info go to: www.chartwayarena.com/events/detail/larry-the-cable-guy

Yiorgo is a Hampton Roads arts, entertainment and sports writer. A stage, TV and movie actor; he is also an educator, motivational speaker, writer, storyteller and columnist.



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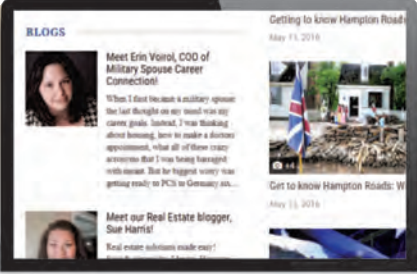
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coming to theaters

THE JOKER [R]

Failed comedian Arthur Fleck encounters violent thugs while wandering the streets of Gotham City dressed as a clown. Disregarded by society, Fleck begins a slow descent into madness as he transforms into the criminal mastermind known as the Joker.

LUCY IN THE SKY [R]

Lucy Cola, played by Natalie Portman, is a strong woman whose determination and drive as an astronaut take her to space, where she's deeply moved by the transcendent experience of seeing her life from afar. Back home as Lucy's world suddenly feels too small, her connection with reality slowly unravels.

PAIN AND GLORY [R]

Pain and Glory tells of a series of reencounters experienced by Salvador Mallo, a film director in his physical decline. Some of them in the flesh, others remembered: his childhood in the 60s, when he emigrated with his parents to a village in Valencia in search of prosperity, the first desire, his first adult love in the Madrid of the 80s, the pain of the breakup of that love while it was still alive and intense, writing as the only therapy to forget the unforgettable, the early discovery of cinema, and the void,

the infinite void that creates the incapacity to keep on making films. Pain and Glory talks about creation, about the difficulty of separating it from one's own life and about the passions that give it meaning and hope. In recovering his past, Salvador finds the urgent need to recount it, and in that need he also finds his salvation.

PRETENDERS [NR]

Life imitates deadly arts as a French New Wave obsessed film student, Terry, finds his muse in mysterious and beguiling actress, Catherine. Both Terry and his best friend, Phil, fall under the spell of this beautiful woman. But they soon realize that the more time they spend with her, the more enigmatic she becomes. After years of sex, betrayal, and collateral damage, the three end up in a dangerous situation that leaves one of them fighting for his life.

ROGUE WARFARE [R]

A group of skilled military elite join forces to fight an underground terrorist network.

THE ADDAMS FAMILY [PG]

Get ready to snap your fingers! The first family of Halloween, the Addams Family, is back on the big screen in the first animated comedy about the kookiest family on the block. Funny, outlandish, and completely iconic, the Addams Family redefines what it means to be a good neighbor.

GEMINI MAN [PG-13]

An elite assassin becomes the target of a mysterious young operative who can seemingly predict his every move.

base theaters

\$3 Movies

JEB Little Creek, Gator Theater – 462-7534

Friday | Sept. 27
7:00 p.m. Overcomer [PG]

Saturday | Sept. 28
1:00 p.m. Dora and the Lost City of Gold [PG]
4:00 p.m. Blinded By The Light [PG-13]
7:00 p.m. Ready or Not [R]

Sunday | Sept. 29
1:00 p.m. Scary Stories to Tell in The Dark [PG-13]
4:00 p.m. The Angry Birds Movie 2 [PG]
7:00 p.m. Angel Has Fallen [R]

NAS Oceana, Aero Theater – 433-2495

Friday | Sept. 27
7:00 p.m. Overcomer [PG]

Saturday | Sept. 28
12:00 p.m. Blinded By The Light [PG-13]
3:00 p.m. Ready or Not [R]
6:00 p.m. Angel Has Fallen [R]

Sunday | Sept. 29
12:00 p.m. The Angry Birds Movie 2 [PG]
3:00 p.m. Overcomer [PG]
6:00 p.m. Blinded By The Light [PG-13]

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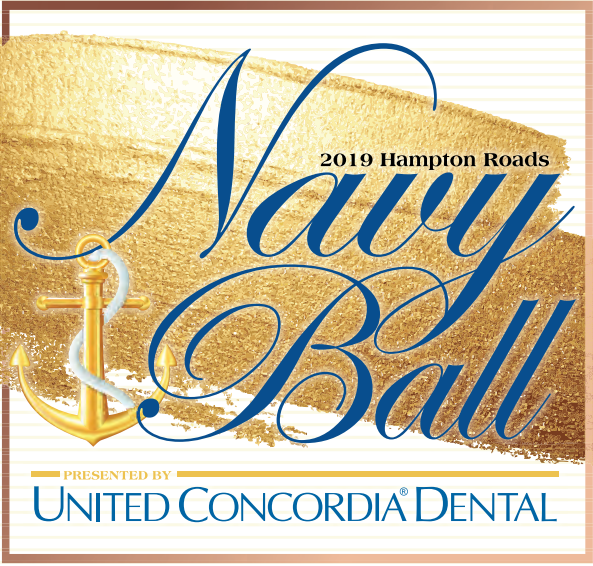




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RIGHTEOUS | Bill Medley finds success with new frontman

Continued from C1

Like Bill said we have been friends for a long time. Being with him is like going to Rock and Roll University, I've learned so much. I love him so much. He has been a second dad, a brother, a best friend. My family adores him. Everything you see on stage is not a put on, it's sincere. We get up there and we have the most fun you can imagine and that carries over to the audience and they have a good time with us.

What was the pivotal moment in each of your lives that changed everything for you?

BM: I In 1964 we were doing a national TV show called Shindig. We were on it every week and we got an offer to go to Chicago to do a show and we did not know why they wanted us. We were California guys and we didn't realize we were touching a lot of lives on this TV show. We went to Chicago, pulled

up to the theater and we were the headlining act. It said the Righteous Brothers on the marquee and we figured then, wow, I guess this is the real deal. Then we recorded Lovin' Feeling and we never looked back.

BH: Without getting to down about it, I lost my mom in 2000. She died suddenly. She was not sick or anything, it was just something that happened. She was 58. Losing her was the hardest thing that has ever been in my life. My mom had such a love for music. She had the same birthday as Elvis. She introduced me to Elvis and bought me my first record. It was a Chuck Berry record. It was such a heart wrenching moment for my family, but I live every day now to make her proud. When I sing on stage with Bill, I can feel her on stage smiling down at me because she is the one that brought music into my life and now music is my life.

What has been a wow moment or two for both of you?

BM: Two things for me. The first time they handed us a big wad of money, because we were not making much money working in clubs. When we started having hit records and

they started handing us a lot of money, it was kind of a mind blower. The other thing was some beautiful girl came up to me and she hit on me, I mean a girl that I would not even think about approaching, she is approaching me, I said boy, life is changing pretty good.

BH: OK, but it's going to sound weird but this is the one for me personally. Around the week of the NFL playoffs, Bill, myself and one of his friends we rent a cabin in the mountains, watch football, eat junk food and have a great time. Bill asked me one time if I wanted to go pick up a pizza. I said sure, I was kidding around, and said can I drive the Jaguar? Bill said yes. I had my Falcon pajamas and slippers on about to leave and Bill says, it's a bit chilly outside you may want to put this on. And he puts his Rock and Roll Hall of Fame jacket on me. I get down the hill, I called my wife described what I was wearing and driving, and said, I have arrived. It just does not get any better than that.

Why should people come to the show? What should they expect to see and hear?

BM: We do all the hits because I know the fans want to hear those songs and relive those

memories. We also have an amazing amount of fun while we are performing. We take the songs very serious but we have a lot of fun doing the show and the audience will be surprised how much fun it is.

BH: Lots of cool stuff. We come out and do all the hits. I try to stay as true to what Bobby did. Bill told me one cool thing. He said, "Think about this. I don't need you to sound like Bobby, I need you to sing like Bobby." I put my own feel to it but I stay as close to the script as possible so the fans hear the Righteous Brothers song like they expect to hear and we have a lot of fun on stage giving the fans some history, and some facts about the Righteous Brothers they might not know. Also as Bill said McKenna comes out and sings with her dad as well as perform her own songs. She is an unbelievable songwriter and singer and absolutely floors the audience. We also have some other surprises as well.

For ticket prices and other info, go to www.boxofficeticket.center/3894258/the-righteous-brothers-tickets

Yiorgo is a Hampton Roads arts, entertainment and sports writer. A stage, TV and movie actor, he is also an educator, motivational speaker, writer, storyteller and columnist.

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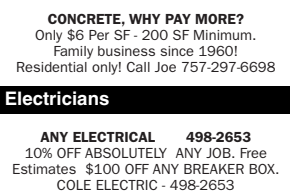


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HOT
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ACROSS
1 Persistent dull pain
5 Bohr studied them
10 Really toil
15 Mule or flat
19 Stubble spot
20 Thieving sort
21 Evita of "Evita"
22 Bigwig's benefit
23 Units of absorbed dose
24 Ending theme for Roy Rogers' show
26 Mata — (famous spy)
27 Ultimately occupy
29 Fencing implements
30 Added to the database
32 Unsaturated solid alcohols
33 "Cybill" actress Pfeiffer
34 Dozing audibly
35 Sam of "Sirens"
36 Rouse
37 Kind of PC terminal

39 Stephen of "Roadkill"
40 Conscious
45 Summertime drink
46 Whale herd
49 Most uncanny
51 Expand
52 Ancient region in Asia Minor
54 Perfume
55 Forest clearing, e.g.
58 Under oath
59 Smell — (be leery)
60 Rub away
61 Kitchen appliance producer
63 Piled up debt
64 Fix as a cobbler might
66 Old-time actor/singer Paul
68 Tea brand
70 French water
71 Tim Tebow's 2007 award
74 Turn sour
75 Sunlit courts
77 Noble- women
78 Provide (with)
80 Really must

82 Picks up and hauls in
84 Herring's kin
88 Solitary sort
91 Navy inits.
94 Actor Ed (hoops play)
95 "... lion, out like —"
96 Parked it
99 Famous
102 Parts of dols.
103 NBC show since '75
104 Company maxim
106 Churchill Downs, e.g.
109 Impish kid
112 Forming a single entity
113 OPEC vessel
115 Troublesome critter
116 Part of IRS
117 Pig's sound
118 Person flying the coop
119 Plaits of hair
120 Present perfect, e.g.
121 Fishers using nets

DOWN
1 Plot units
2 Monastery song
3 "X marks the spot" stash
4 Guarantee
5 "Iliad" hero
6 Bilingual person, at times
7 Alley- — (hoops play)
8 Bike with a small engine
9 Big name in voice chat
10 Lively outing
11 Sublet, say
12 Shapiro of NPR
13 Beetle producer
14 Port in Lower California
15 Marble, e.g.
16 Going in the direction of
17 Hatch on the Senate floor
18 Struggling to earn, with "out"
25 "Life" director
28 French fashion designer Paul
31 Rustic types
37 The "C" of C-section
38 Enact again
40 "Super!"
41 Place to order a Chianti, say
42 They may be classified
43 Buffets, e.g.
44 Inflames with love
47 Supplied with ventilation
48 Official charges
50 Turned on by
53 Missing, militarily
56 Analyze in grammar school
57 Birchbark craft
60 Extra-wide, as footwear goes
62 Gray color
65 City in Tibet
67 Ethyl or propyl ending
69 — Rock (central Australian landmark)
72 Nano and others
73 Sacred hymn
76 Driver's lic. and such
79 Maiden-named
81 Nonsense song syllable
83 Back stroke?
85 Cuzco native
86 Buyer's bottom line
87 Author Caldwell
88 Thin slices of bacon
89 The U.S., to Mexicans
90 Phone up
91 Not injured
92 Oklahoman, informally
93 Try very hard
96 Gnu or okapi marking
97 Expiating person
98 Calorific cakes
100 Eleanor of kid-lit
101 College officials
104 French kin of "danke"
105 TV financial adviser Suze
107 Not made up
108 Deli loaves
110 Fashion's Saint Laurent
111 Stun, as with a police gun
114 Silent film star Chaney

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Sudoku

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

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: **H** equals **S**

Z FEDM R KYI MND'H

UDEHGREGVI LDWRVZQZEK

QPRVDYHVI. Z HYBBDHP IDY

LZKNG HRI NP'H BWPRUNI-FPPE.

Last week's CryptoQuip answer

When you cross a four-leaf clover with poison ivy, I reckon you'll end up having a rash of good luck.

last week's answers

RES ADJ OMIT ABE TABS
OLESTRA PARABLES ATEE
MICK EYMOUSE JEERS ERIN
ASTI ERL ART AKINS
CH LETSKEEPI TTHATWAGE
ICH TOV NTSB ALTO
MOUNTAIN CHANGE INNATE
ABROAD EEO ALTE DOIN
PART SEW SHERMAN JOKES
CLARE NOG ITD LOO
THE TURN OF THE SCROOGE
ANA FLO NOU NILLA
AFOOLSGERUND UMA LEAN
LADY WEBE EIND CREATE
FRESCO BERT AND JOUREY
TORI PUTT ERN SSE
COME IN FROM THE RANGE
ADORN FAA REN NEAR
SERB FIFTY DOLLARBILGE
ELSE BETHESDA ROADMAP
SLED IRS STAY PEG ORO

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

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