



New approach to Operational Stress Control focuses on mental and physical health

From Chief of Naval Personnel Public Affairs

WASHINGTON

Navy announced a new approach and an expansion of the Operational Stress Control program that prioritizes the mental and physical well-being of Sailors in NAVADMIN 222/19, released Sept. 30.

The Expanded Operational Stress Control (E-OSC) program informs, empowers and encourages the Navy community to recognize signs of stress within themselves and others and know where to turn for help. “Our Command Resilience Teams

(CRT) will play a pivotal role in this expansion,” said Rear Adm. Philip Sobeck, director, 21st Century Sailor. “Their efforts will allow the focus of OSC training to expand from targeting pre-deploying units to using operational stress control regardless of a unit’s deployment status.”

CRTs are embracing a new approach as critical enablers of E-OSC by adopting principles of primary prevention and human factors. Members of the CRTs trained with other key Navy personnel in August 2019 to improve individual and team performance through adopting these principles.

ples.

“Our recent training summit provided an opportunity to formally introduce primary prevention and human factors education,” said Sobeck. “As a result, our expanded focus will address a broad range of stressors that Sailors deal with like relationship problems, career transitions, disciplinary and legal issues, performance issues and also financial strain.”

The NAVADMIN outlined several additional changes to the OSC expansion:

» See **STRESS | A7**

Rear Adm. Philip Sobeck

“ Our expanded focus will address a broad range of stressors that Sailors deal with like relationship problems, career transitions, disciplinary and legal issues, performance issues and also financial strain



U.S. Secretary of Defense Dr. Mark T. Esper visits USS Gerald Ford CVN 78) in Norfolk, Sept. 25.

Lisa Ferdinando

ESPER: READINESS ISSUES, SUICIDE IS BIGGEST CONCERN

By Jim Garamone

NORFOLK

Defense Secretary Dr. Mark T. Esper touched on suicides, the budget and maintenance and readiness issues during a broad-ranging news conference in Norfolk, Va.

Esper told reporters that readiness issues – such as the electrical problems on the aircraft carrier USS Harry S. Truman – are cutting into the U.S. defense strategy. The ship – a visible commitment to allies and partners around the world – cannot deploy.

“Any time you arrive late to a shipyard for maintenance or leave late out of maintenance, it creates ripples throughout the force,” the secretary said. “The key thing is we need adequate shipyards and a qualified workforce to do that whether it’s the public or private sector.”

Esper emphasized DOD must manage the process better. He said schedules are important and DOD needs to “manage the demand” from combatant commands to ensure maintenance schedules are realistic. “At the end of the day we have to maintain a ready and lethal force not just for today but for tomorrow,” Esper said.

“(Suicide) is something we continue to wrestle with. I believe we have the means and the resources to get ahead of this and do better than our civilian counterparts.”

Defense Secretary Dr. Mark T. Esper

The secretary also said the DOD needs to focus on suicide prevention. Three sailors aboard the aircraft carrier USS George H.W. Bush recently took their own lives. “The suicides are tragic,” he said. “Every single one is a tragedy. You mourn for the families and you mourn for their shipmates, everyone else.”

“I wish I could tell you we have an answer to prevent further, future suicides in the armed services: We don’t,” Esper said.

Esper said DOD is part of the greater national epidemic of suicide among American youths.

“It’s something we continue to wrestle with,” he said. “I believe we have the means and the resources to get ahead of this and do better than our civilian counterparts.”

Esper said DOD’s budget will not be finished in time for the new fiscal year, which begins Oct. 1. He said Congress has acted on a continuing resolution – which could be in place for the start of the fiscal year.

But continuing resolutions bring their own problems.

“Every day that we have a continuing resolution means it’s a day in which our training, our maintenance, our modernization and everything is impaired because there are a number of things that you cannot do under the CR, such as new starts of programs,” he said.

“The biggest concern we have out there is not only does this drag on for weeks or months, but it could end up being a year-long continuing resolution. That is devastating – devastating to our military readiness.”

Esper visited with Marines and sailors in North Carolina before arriving in Norfolk, the largest Navy base in the world. “I’m very impressed, of course, by our naval forces,” he said. “They provide a great core presence. They are a symbol of American might and values.”

'Man the Torpedoes!' Navy restores Torpedoman's Mate rating

From Chief of Naval Personnel Public Affairs

WASHINGTON

Navy announced the re-establishment of the Torpedoman’s Mate rating (TM) in NAVADMIN 225/19, to be released Oct. 1.

According to the naval message, re-establishing the rating will renew the heritage and pride of the submarine TM.

“The Torpedoman’s Mate rating was disestablished in 1995, but based on feedback from the fleet we are bringing it back,” said Capt. Angela Katson, branch head of Enlisted Force Shaping Plans and Policies. “In the spirit of heritage, and Sailor 2025 initiatives, we are returning to the use of the original Torpedoman’s Mate rating badge.”

During an All Hands Call that took place at Naval Base Kitsap in Bangor, Washington, then-Chief of Naval Operations Adm. John M. Richardson fielded questions from Sailors on the possibility of re-establishing the TM rate in April. Shortly after, the Navy began the process to approve re-naming the Machinist’s Mate (Non-nuclear, Submarine Weapons) (MMW) rating to Torpedoman’s Mate.

“I think the Navy bringing back the TM rating is going to pay incredible dividends,” said MMWCS Heath Mangrum the force torpedoman at Commander, Submarine Force Atlantic. “The excitement level amongst the Sailors is through the roof. It’s the right time for a change like this to light the fire under our Sailors, and embrace the heritage in the rating.”

The Torpedoman rating was established in 1921 and renamed Torpedoman’s Mate in 1942. Following the success of the submarine force in WWII, the rate remained until 1995 when it was merged into the Machinist’s Mate rating.

“Although there are similarities between a Machinist’s Mate and a Torpedoman’s Mate, the TM’s main focus at sea is weapons handling, force protection and maintaining an incredible level of proficiency in ordnance, small arms and the upkeep of those systems,” said Mangrum.

TMs are responsible for all phases of weapons loading, unloading and storage on all classes of submarines. This includes torpedoes, Tomahawk missiles and counter-

» See **TORPEDOES | A7**

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IKE almost ready for deployment

The aircraft carrier USS Dwight D. Eisenhower took another step toward becoming a deployment-ready naval vessel, completion of Tailored Ship’s Training Availability/Final Evaluation Problem.

» See **A6**



Navy kicks off housing course

As part of the ongoing effort to improve residents’ housing experience, the Navy kicked off a new course this week at Naval Air Station Jacksonville on conducting housing inspections.

» See **B1**

Catching up with Craig

Yiorgo catches up with Craig Ferguson at his home in Scotland to talk comedy, what it’s like to be American and what to expect from his upcoming show on Oct. 8.

» See **C1**

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SN Imani N. Daniels
Branch Health Clinic (BHC) Naval Station Norfolk's Health Promotions Clinic set up a display of 79 pairs of boots to remember the 79 Sailors who were lost to suicide in 2018, and to raise awareness for suicide prevention. Along with the pairs of boots, there are handwritten notes from loved ones and peers of the fallen individuals. At the end of the month, the notes will be used to create a mural of messages to remember those Sailors and their families. "Have you seen the boots?" is an initiative to identify and remember Sailors who are lost to suicide, and to try to figure out what it is that we, as a community, are missing when it comes to this tragedy.

LETTER FROM THE EDITOR

DEAR READERS,

We have a problem. Our military has a problem; our suicide rates are higher than those of our civilian neighbors. We can talk all day about why this is, and there's a million different reasons. You've seen the interviews, read the stories and there's not much I can write that you haven't already been exposed to.

Instead I ask, active duty and veteran brothers and sisters, please know you have people who care about you. Please reach out and let someone help you.

I've been affected by suicides on three separate occasions. Two were acquaintances and one was a close friend but each time I spent weeks and months thinking about what I had missed and what I could have done to help them and why I didn't notice. These deaths haunt me.

I've stood suicide watches to make sure Sailors with suicidal ideations don't hurt themselves. I have been lucky enough to be able to help Sailors and get them to the hospital before they hurt themselves and help them reintegrate to the crew so they did not feel like they were facing reprisal.

Each one of these instances haunts me. How close we came to losing more Sailors. But these are also some of my proudest personal moments in the Navy, when I felt I truly made a difference in someone's life.

One particular instance that sticks out in my mind is when we had a Sailor check in to the command from A-school. This new Sailor was withdrawn from the get go but I was lucky enough to have a really great group of Sailors and they did what they could to help him adapt to shipboard life.

Over the next several weeks this Sailor became more and more withdrawn and despite our best efforts we couldn't get the Sailor to open up about what they had going on.

One day this Sailor went to medical to ask for help and was having

trouble communicating what they needed so my Sailor clammed up and walked away without getting help.

Fortunately, one of my Third Class Petty Officers was walking by and saw the exchange. My PO3 followed up with that Sailor and discovered that Sailor was planning to kill themselves that night. They had a plan and they had attempted to kill themselves before.

It was a team effort but we were able to get that Sailor the help they needed and I have no doubt that Third Class Petty Officer saved a life that day. I am eternally grateful.

But we wouldn't have had that chance if that Sailor hadn't tried to reach out for help first.

Life in the military can make you hard, but not so hard that we can be callous to needless deaths of our brothers and sisters active duty or veteran.

One of the most common reasons I have been told that people do not ask for help is because they are worried about reprisals from their chain of command. In all my years on active duty, I have never once thought about punishing someone because they needed help. My first thought has always been to get the Sailor the help they needed. I have absolutely put measures in place to make sure they were safe and could not hurt himself or herself or anyone else. Once they received the help and treatment they needed my main concern was how to reintegrate those Sailors so they could be contributing members of a team again. I know I'm not the only person on active duty with this mindset.

My brothers and sisters in arms, active duty and veteran, you are cared about and It's okay to ask for help. We are here for you. We understand that every struggle is different. Please ask for help!

ALL THE BEST TO YOU,
MCC(SW/AW) Shannon Warner

SUICIDE PREVENTION RESOURCES

Reach Out For Support
The Department of Defense (DoD) takes the issue of suicide very seriously and is actively working to reduce the number of suicides. To learn more about suicide and how to prevent it take a look at the resources available to you.

CALL THE MILITARY CRISIS LINE:
■ 1-800-273-8255
■ Select Option 1

CALL THE NATIONAL SUICIDE PREVENTION LIFELINE:
■ 1-800-273-TALK (8255)
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REAL WARRIORS LIVE CHAT—A REAL VOICE WITH REAL ANSWERS 24/7
https://chat.magellanhealth.com/Cutesoft_Client/CuteChat/DCOE_SupportClient.aspx

PSYCHOLOGICAL HEALTH CENTER OF EXCELLENCE
www.pdhealth.mil/resource-center/national-suicide-prevention-awareness-month-2018



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NEWS FROM NAS OCEANA

NAS Oceana changes command at 2019 air show

From Naval Air Station Oceana Public Affairs

VIRGINIA BEACH, VA.

Capt. John Hewitt, Naval Air Station Oceana executive officer, relieved Capt. Chad Vincelette, commanding officer, Sept. 21 during an in-flight ceremony at the 2019 NAS Oceana Air Show.

Making history as one of the highest-attended change of command ceremonies, Hewitt relieved Vincelette in front of over 149,000 guests.

Hewitt, a native of Smithtown, New York, became the 46th Commanding Officer of NAS Oceana.

Hewitt enlisted in the United States Navy in 1987 and deployed aboard USS INDEPENDENCE (CV 62) and USS FORRESTAL (CV 59) as an Aviation Boatswain's Mate (Launch & Recovery). He received his commission in 1995 through the Naval Reserve Officers Training Corps Program and was designated an E-2C Hawkeye Naval Flight Officer in 1997.

At sea, he has served with the VAW-117 Wallbangers, Commander, Cruiser Destroyer Group TWO, the VAW-112 Golden Hawks, and was the Executive and Commanding Officer of the VAW-126 Seahawks where he saw the squadron awarded the 2013 Commander, Naval Air Forces Atlantic Battle Efficiency Award. Hewitt also commanded the E-2 and C-2A Fleet Replacement Squadron – the VAW-120 Greyhaws.

Hewitt has deployed worldwide aboard numerous aircraft carriers and supported Operations Southern Watch, Desert Fox,



MC2 Victoria Kinney Naval Air Station (NAS) Oceana Commanding Officer Capt. Chad Vincelette and relieving-commanding officer John Hewitt fly in F/A-18 Super Hornets during an in-flight change of command ceremony that took place as part of 2019 NAS Oceana Air Show.



Capt. John Hewitt Enduring Freedom, and Iraqi Freedom.

Ashore he has served with VAW-120 as a Fleet Replacement Squadron Instructor, with U.S. Joint Forces Command at the Joint Deployment Training Center, and with the Joint Staff, J-7 Deployable Training Division.

Hewitt graduated with distinction from New York Maritime College with a Bachelor of Science Degree in Marine Business and Commerce and earned a U.S. Merchant

Marine Third Officer's License. He is a graduate of both the United States Naval War College where he earned a Master of Arts Degree in National Security and Strategic Studies and the Joint Forces Staff College.

Hewitt has accumulated 2,500 flight hours, 450 arrested landings, and 62 combat missions in the E-2 Hawkeye. He is a Joint Qualified Officer and a graduate of the E-2 Weapons School. He most recently held the position of executive officer of NAS Oceana.

Vincelette, a native of Virginia Beach, Va., became the 45th commanding officer of NAS Oceana on March 9, 2018, after serving as the executive officer for 18 months.

Vincelette, entered the Navy in 1993 after graduating from the University of Virginia. Vincelette received his wings in 1996. He spent the last 21 years serving in a variety of roles. His operational assignments include the Diamondbacks of Fighter Squadron (VF) 102, and an assignment to Black Knights of VF-154, where he deployed for

commencement of Operation Iraqi Freedom. He served as executive officer and commanding officer of the Swordsmen of VFA-32. His shore assignments included instructor duty at Strike Fighter Weapons School Atlantic (SFWSL) after attending the U.S. Navy Fighter Weapons School (Top Gun), flag aide to Commander U.S. Fleet Forces, and action officer at the NATO Headquarters, Supreme Allied Commander, Transformation (SACT). He accumulated over 3000 flight hours and 600 carrier arrested landings. He enjoyed the honor of commanding NAS Oceana during its 75th Anniversary celebration in 2018.

Vincelette will be retiring after 26 years of serving his country in the U.S. Navy.

Naval Air Station Oceana is the Navy's East Coast Master Jet Base, home to F/A-18 Super Hornets. The primary mission of the Naval Air Station Oceana is as a Shore-Based Readiness Integrator, providing the facilities, equipment and personnel to support shored-based readiness, total force readiness and maintain operational access of Oceana-based forces.



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Sailors from USS George H. W. Bush (CVN 77) and their families participate in the Morning of Hope Suicide Prevention and Awareness Walk at Mount Trashmore Park in Virginia Beach. U.S. Navy

USS Bush Sailors join local survivors to support suicide prevention

From USS George H.W. Bush Public Affairs
VIRGINIA BEACH, VA.

Sailors from USS George H. W. Bush (CVN 77) joined more than 3,000 community leaders, citizens and other Sailors stationed in the Hampton Roads area Sept. 28 for the Morning of Hope Walk event at Mount Trashmore Park.

The Hampton Roads Morning of Hope Walk is an annual event to remember those who lost their lives to suicide.

Commanding Officer Capt. Sean Bailey walked alongside his Sailors and members of the Hampton Roads Survivors of Suicide Support Group to raise

awareness about suicide prevention as well as the services available to those in need of help.

“We are here as a family,” Bailey said. “We are helping each other heal from the tragedies we have suffered in our crew and to reinforce that reaching out for help is a sign of strength.”

This past week, a Navy medicine Special Psychiatric Rapid Intervention Team (SPRINT) deployed aboard Bush. The SPRINT provides support to the crew and increases awareness of services available.

“I am extremely proud of this command and the leadership here,” said Cmdr. John Connolly, a ship’s chaplain.

“We are here as a family. We are helping each other heal from the tragedies we have suffered in our crew and to reinforce that reaching out for help is a sign of strength.

Commanding Officer Capt. Sean Bailey

“As a family, we’ve begun to help us to heal.”

If Sailors of family members find themselves in need, call the Suicide Hotline number at 1-800-273-TALK (8255) or Military OneSource at 1-800-342-9647. Those seeking help can also text “home” to the Crisis Hotline at 741741.

Carriers critical, notes Navy Aviation Admiral

From Commander, Naval Air Force Atlantic Public Affairs

WASHINGTON

Commander, Naval Air Force Atlantic (CNAL), Rear Adm. Roy Kelley, spoke at the Lexington Institute’s Carrier Strike Group Working Forum at the Ritz-Carlton, Sept. 27.

In addition to Kelley, nearly 60 retired admirals, congressional staff members, defense and industry leaders attended the forum to discuss the role of aircraft carriers as guarantors of national security.

Kelley, a carrier aviator and a carrier Sailor, discussed his responsibilities as CNAL and inherent key role his type command (TYCOM) has in supporting national defense and maritime security.

“My job is to ensure that our aircraft carriers, aircraft, and the men and women who operate them have the tools, training, and supplies they need to sail in support of national defense and maritime security,” said Kelley, who spoke with forum attendees on the important defense role aircraft carriers provide.

Prior to assuming command of CNAL, Kelley commanded the USS Theodore Roosevelt Carrier Strike Group, and is reminded daily in his current role of the commensurate range and depth of combat capabilities that carriers provide.

“America needs aircraft carriers,” said Kelley. “Carriers deploy and redeploy with the responsiveness, endurance, multi-dimensional might, inherent battlespace awareness, and command and control capabilities that America needs to prevail in great power competition.”

Commander, Naval Air Force Atlantic, headquartered at Naval Support Activity, Hampton Roads, is responsible for four nuclear-powered aircraft carriers, 54 aircraft squadrons, 1,200 aircraft and 50,000 officers, enlisted and civilian personnel based on the East Coast of the United States. It provides combat ready, sustainable naval air forces with the right personnel, properly trained and equipped, with a focus on readiness, operational excellence, interoperability, safety, and efficient resourcing.



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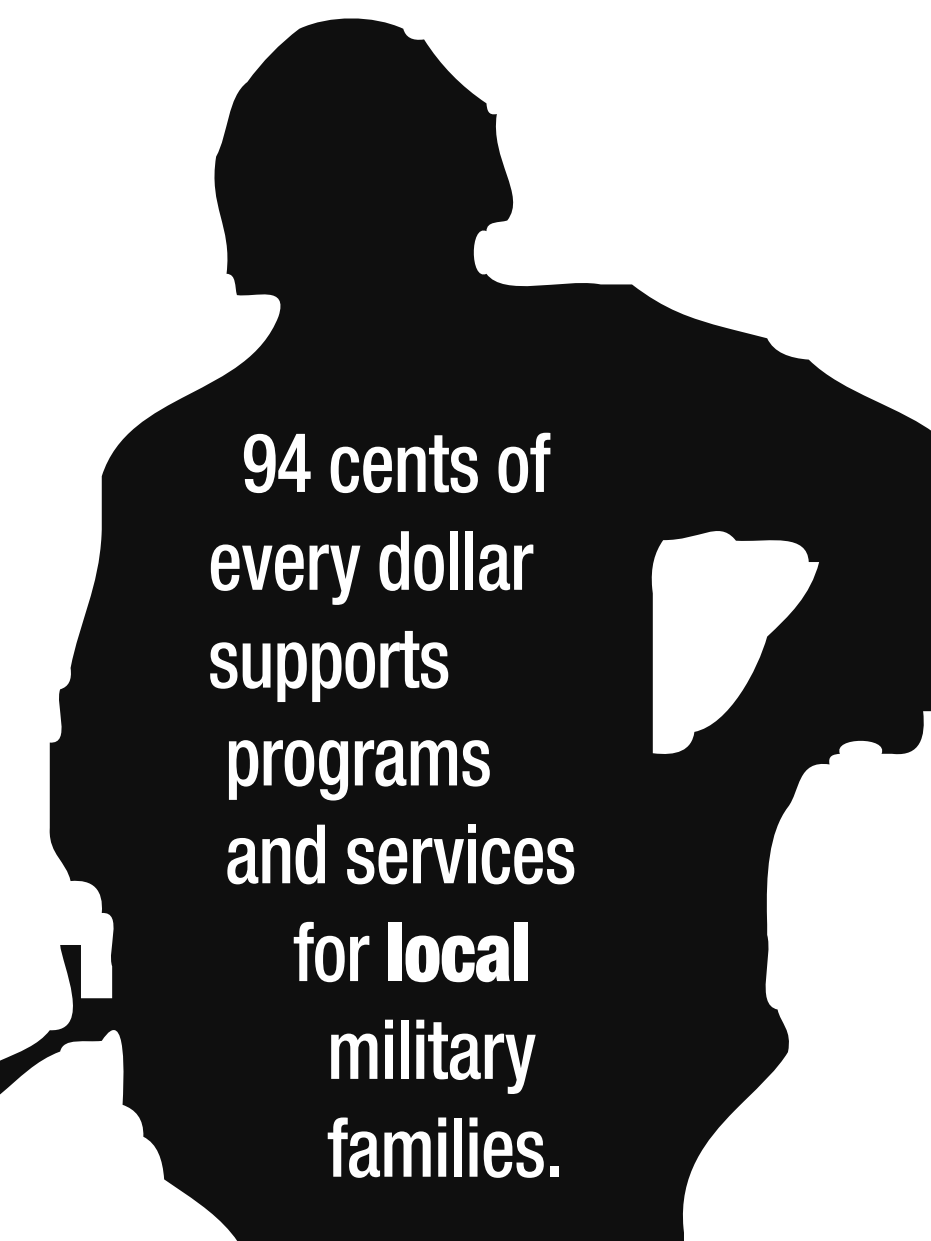
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Hampton Roads and Central Virginia



It's ok to ask for help

By MC3 Brittany Tobin

NORFOLK

The Navy observes Domestic Violence Awareness Month (DVAM) in October to inform Sailors and Navy spouses about domestic violence awareness, prevention and appropriate reporting.

Domestic violence (DV) goes beyond physical abuse and affects all age groups and social classes – both male and female. It is recognized as a pattern of behavior to establish control that can stem beyond physical abuse, to include: emotional abuse and sexual abuse. It is important to learn about the different warning signs and how to identify domestic abuse. If you recognize DV, do not hesitate to reach out and get help.

The Family Advocacy Program (FAP) is available to support families in the U.S. and overseas. FAP representatives offer a number of services to victims of domestic abuse, including connecting victims to emergency services, counseling, shelter, legal services and other resources on and off base. They can also explain reporting options, provide information about military and civilian response to domestic violence and explain all of the resources available to victims.

Many couples have arguments and need help getting through relationship problems. Making an appointment for couples' counseling does not automatically result in the creation of a Family Advocacy Program (FAP) case. Nor does family or couple's counseling harm one's career or security clearance. Professional services of licensed counselors are available free of charge at Fleet and Family Support Centers (FFSC). These are available to active duty and their family members



MC3 Brittany Tobin

It is okay to ask for help. Servicemen and women have some of the toughest jobs out there. Between rigorous training, deployments to dangerous parts of the world, to frequent moves every few years – the stresses of military life are many. The risk for abuse is greatest when victims are separated from supportive networks and/or under stress.

– even Sailors who are unmarried can have couple's counseling with their partners. A variety of courses that teach healthy relationship skills are also available through FFSCs. These include anger management and conflict resolution. These are also free and available to both active duty military and spouses.

It is okay to ask for help. Servicemen and women have some of the toughest jobs out there. Between rigorous training, deployments to dangerous parts of the world, to frequent moves every few years – the stresses of military life are many. The risk for abuse is greatest when victims are separated from supportive networks and/or

under stress.

According to a 2013 VA study, more than 36 percent of active duty females reported having experienced intimate partner violence during their service. The study also showed approximately 22 percent of service members were domestic violence perpetrators. Blue Star Families conducted a 2017 survey showing that 15 percent of military and veteran respondents reported they did not feel safe in their relationship. Sadly, the same survey revealed that 87 percent of military spouse respondents did not report their physical abuse because they thought it wasn't a big deal or felt embarrassed.

There are two reporting options available for victims of domestic abuse: restricted and unrestricted. Restricted reports do not involve military chain of command or law enforcement. Unrestricted reports, however, include an investigation by command and/or law enforcement. In both cases, victims can receive a full range of advocacy, medical and counseling services.

Prevention is promoted to not only raise awareness of domestic violence, but also help to stop it. During DVAM, personnel should educate themselves on how to stop domestic violence should it occur. Domestic violence is a crime, and it should never be a part of a loving

relationship. It is not a normal or accepted by-product of military life. Regardless of how or why domestic violence may affect you or someone you know, resources are available to help.

If you think you may be a victim of domestic violence, you can anonymously contact the National Domestic Violence Hotline at 1-800-799-SAFE. Sailors or their spouses can also call or visit any Fleet and Family Support Center for information on available resources. Locate a Fleet and Family Support Center at <http://www.ffsp.navy.mil>.

Military One Source at <http://www.militaryonesource.mil> offers a number tips for reaching out to a suspected victim. The website advises personnel to show their concern, and offer information on support services, as well as remind the victim of the impact that abuse has on those around the violence, especially children.

For more news from Commander, Navy Region Mid Atlantic, visit www.navy.mil/local/cnrma/.



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MC3 Devin Alexandra Lowe
Sailors investigate a simulated aircraft casualty during a mass casualty drill on the flight deck aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69). Ike, with embarked Carrier Air Wing 3, is underway conducting the Tailored Ship's Training Availability (TSTA) and Final Evaluation Problem (FEP) as part of the basic phase of the Optimized Fleet Response Plan.

IKE COMPLETES FINAL PRE-DEPLOYMENT TEST

By MC3 Marques Franklin

ATLANTIC OCEAN

The aircraft carrier USS Dwight D. Eisenhower (CVN 69) (Ike) took another step toward becoming a deployment-ready naval vessel, after returning to Norfolk upon completion of Tailored Ship's Training Availability/Final Evaluation Problem (TSTA/FEP) Sept. 29.

"Ike Sailors have done it," said Capt. Kyle Higgins, Ike's commanding officer. "Through a mixture of patience, determination and perseverance, the Sailors of our mighty ship and the rest of the Ike Carrier Strike Group (CSG) completed our first Basic Phase work-up. We hold ourselves to the highest standard and push for perfection."

TSTA/FEP is a training assessment that tests the ship's ability to integrate with other assets within CSG 10, including the ships assigned to Destroyer Squadron (DESRON) 26 and the aircraft attached to Carrier Air Wing (CVW) 3.

The evolution was graded by Commander, Naval Air Forces Atlantic (CNAL) and Afloat Training Group (ATG) Atlantic, who embarked aboard the aircraft carrier for its latest underway.

In addition to working through the ship's ability to integrate with other assets, numerous drills and exercises



MCSN Conner Houghtaling
Damage Controlman 3rd Class Destiny Oliveros, from San Francisco studies firemain routes for maintenance in repair locker 5 aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69).

were performed to test the crew and its own level of readiness. These included mass casualty evolutions, shipboard firefighting, simulated man overboard, and various flight operations scenarios.

Over 15 separate training teams assisted in ensuring that the ship's crew was battle-tested and ready for the evaluators to come aboard.

"Every member of every training team fully embraced their training responsibilities, and the crew performed at the

highest levels" said Lt. Cmdr. Jamie Drage, the ship's training officer. "We have made tremendous progress in a fast-paced training cycle, and our readiness is a direct reflection of the hard work and dedication of our Sailors."

To date, Ike has accomplished 98% of Basic Phase graded requirements. The Ike has also totaled 91 days at sea and conducted approximately 2,400 aircraft sorties.

The next step for IKE will be the

"Ike Sailors have done it. Through a mixture of patience, determination and perseverance, the Sailors of our mighty ship and the rest of the Ike Carrier Strike Group (CSG) completed our first Basic Phase work-up. We hold ourselves to the highest standard and push for perfection."

Capt. Kyle Higgins

Integrated Phase of the Optimized Fleet Response Plan, followed by Composite Unit Training Exercise (COMPTUEX), which will test all warfare mission areas of the ship and CSG-10.

For more news from USS Dwight D. Eisenhower, visit www.dvidshub.net/unit/USSDDE-CVN69/ or <http://www.facebook.com/ussdwightdeisenhower>.

For more news from USS Dwight D. Eisenhower (CVN 69), visit www.navy.mil/local/cvn69/.

Queen Elizabeth Carrier Strike Group visits CSG-10 and Mighty Ike

By MC3 Devin Alexandra Lowe
USS Dwight D. Eisenhower Public Affairs

ATLANTIC OCEAN

Commodore Mike Utley, Order of the British Empire Royal Navy, Queen Elizabeth Carrier Strike Group, and Capt. Steve Moorhouse, Order of the British Empire Royal Navy, Her Majesty's Ship (HMS) Queen Elizabeth, visited Carrier Strike Group Ten and the aircraft carrier USS Dwight D. Eisenhower (CVN 69), Sept. 27.

The Royal Navy senior officers were invited by CSG-10 and the IKE in order to gain a better understanding of U.S. maritime operations and promote camaraderie between allies.

Side boys posted as the commodore and captain arrived and stepped off the helicopter, greeted by Rear Adm. Paul Schlise, commander, Carrier Strike Group Ten and Capt. Kyle Higgins, Ike's commanding officer, on Ike's flight deck.

"It's been an honor to host Commodore Utley and Capt. Moorhouse aboard the Mighty Ike," said Schlise. "The U.S.



MC3 Kaleb J. Sarten
Commodore Mike Utley, OBE Royal Navy, Queen Elizabeth Carrier Strike Group, salutes as he boards the aircraft carrier USS Dwight D. Eisenhower (CVN 69). Utley and Capt. Steve Moorhouse, OBE Royal Navy, HMS Queen Elizabeth (R08), visited Ike, Sept. 27.

Navy's partnership with the Royal Navy transcends time and generations of Sailors and leaders who've forged an alliance that makes us all stronger and more secure. This opportunity to train and operate with elements of the Queen Elizabeth Strike Group is the latest chapter of a book still being written. Our shared commitment to global maritime security and determination to stand against those who would threaten it is the foundation of our alliance."

Lunch was served in the captain's in-port cabin prior to beginning the tour of Ike, which included visits to Ike's hangar bay, primary flight control, the bridge, the

tower, the landing signal operator's platform and vultures row. Additionally, during the visit, Utley and Moorhouse spoke with Sailors from across the ship.

"The U.S. Navy and U.S. Marine Corps have provided extraordinary support to the United Kingdom as we regenerate our Carrier Strike capability," said Utley. "And they continue to do so as we prepare to conduct operational tests with the British F-35B Lighting jets onboard our new aircraft carrier, here in the United States, for the first time."

Utley also discussed the close relationship between the two navies and the value

of working together in today's great power competition.

"To be here today, operating both the HMS Queen Elizabeth Carrier Strike Group and the USS Dwight D. Eisenhower Carrier Strike Group in such close proximity, demonstrates just how closely aligned our two nations are," said Utley. "We share the same values and concerns of the threats we face around the world. Our combined capability is potent; being able to train together here today, as we might fight together in the future is invaluable not only to our Sailors, but to the nations we jointly seek to protect."

STRESS | *E-OSC empowers Navy community to recognize signs of stress in self, others*

Continued from A1

■ Sponsors will advertise the MyNavy Family app in all Welcome Aboard Letters and include contact information to the Ombudsman to assist the Navy Spouse with transitioning.

■ Command INDOC will be modified to include an introduction of the CRT, its functions and the essential role of deckplate leadership to the new checkins.

■ Commands will post a list of resources in a common area to connect Sailors and their families to supportive services to receive help when they need it.

■ Each command will add the Command Sponsor Coordinator and Command INDOC Coordinator as permanent CRT members.

CRTs and command leadership at all levels are strongly encouraged to use the following resources to cultivate a culture of healthy stress management:

- Deployed Resiliency Counselors
- Embedded Mental Health providers
- Navy Dietitian Support to Operational Forces
- Fleet and Family Readiness programs such as Navy Fitness, the Liberty Program and Community Recreation

Navy Fleet and Family Support Centers, which provide educational programs and services in the areas of deployment support, personal financial management, clinical counseling, and life skills education. Find your local FFSC at ffsp.navy.mil

■ Lifelink newsletter which includes monthly informational resources featuring content related to the Navy’s 21st Century Sailor programs that influence operational stress control and stress navigation. Visit <https://www.mnp.navy.mil/group/sailor-and-family-support>.

Sailors should know the resources available to them when they need help:

- Military Crisis Line – 24/7 confidential and tollfree support for service members and veterans in crisis. Call 1800-273-TALK (option 1), text 838255 or visit www.militarycrisisline.net.
- Military OneSource – Confidential non-medical counseling available to service members and families. Call 1-800-342-9647 or visit www.militaryonesource.mil.
- Navy Chaplain Care. Communications are 100 percent confidential unless the service member decides otherwise. Call 1-855-NAVY-311 to request chaplain support or visit <http://www.navy.mil/local/chaplain-corps/>.
- Psychological Health Resource Center – Free and confidential professional health resource for service members, families and clinicians. Call 1-866-966-1020 or visit www.realwarriors.net/livechat to speak with a consultant 24/7.
- Psychological Health Outreach Program (PHOP) provides Navy Reservists and their families’ full access to appropriate psychological health care services. Contact your local PHOP region for assistance at 1-866-578-PHOP(7467).
- Navy and Marine Corps Public Health Center – Committed to supporting Fleet and Marine Corps readiness and enhancing public health outcomes through products and services. Visit <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/default.aspx>.

For additional information on CRTs, please refer to the CRT Guide located at: https://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/equal_opportunity/Documents/CRT%20Guide.pdf

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Stress Indicators in Self, Families and Commands

Self	Family	Commands
Feeling anxious, irritable and worrying	Children acting out	Falling morale, split groups
Cutting corners on the job	Children having trouble at school	
Grouchy, mean or short-tempered	Couples not communicating effectively (e.g., arguing)	Deferred maintenance
Trouble sleeping	Family time compromised	Minor discipline problems
Eating too much or too little	Dropping routines	Increased alcohol incidences
Apathy, loss of interest	Increased clutter and disorder	
Keeping to one’s self	Reduced intimacy	Reduced attention to detail
Being negative/pessimistic	Increasing financial difficulties	

U.S. Navy

Signs of Stress and How You Can Help

READY	REACTIVE	INJURED	ILL
DEFINITION • Adaptive coping • Effective functioning • Physically and emotionally healthy SIGNS • Good habits • Fit and strong • Sense of humor • Getting the job done • Positive attitude • Socially connected ACTION • Strengthen Sailors and command through tough, realistic training • build unit cohesion • Monitor for signs of distress or stress reactions	DEFINITION • Some impairment in job functions or relationships • Mild temporary distress SIGNS • Some anxiety, irritability and sadness • Trouble sleeping, eating • Apathy, loss of interest • Negative, pessimistic • Some changes from normal behavior ACTION • Ensure adequate sleep and restoration • Encourage, communicate and listen • Refer to counselor, chaplain or medical if there is no improvement	DEFINITION • More severe or persistent distress or impairment • More lasting effects on behavior or personality SIGNS • Loss of interest in activities • Can't fall asleep or stay asleep • Persistent nightmares • Social withdrawal • Weight changes • Numbness • Loss of emotional control • Panic/rage episodes • Loss of concern for usual beliefs/values • Substance abuse ACTION • Refer for early intervention (counselor, chaplain, medical) • Mitigate	DEFINITION • Stress injuries that don't heal without help SIGNS • Stress problems that last >60 days after the stressful event or post-deployment • Not getting better or getting worse • Impacting work or relationships • May include illness like substance dependence, major depression, anxiety disorders and/or PTSD ACTION • Refer to medical • Ensure treatment compliance • Promote back to full duty

U.S. Navy

TORPEDOES | *Rating established in 1921, renamed in 1942, de-established in 1995*

Continued from A1

measure devices. A TM works on high pressure air and hydraulic systems to maintain loading and launching capabilities for torpedo and vertical launch tubes.

The re-establishment of the general rating is solely administrative in nature, but will require a rating badge change for affected Sailors. The TM rating badge will be the same one in use when the rating was disestablished in 1995.

“The importance of a TM stems far beyond namesake,” said Mangrum. “When the commanding officer is calling for a ready

weapons posture, the TMs make sure all systems are locked, loaded and ready to go.”

There will be no change to the Navy-wide exam policies for the rating beyond the change in name, and no change to the administration schedule of examinations will occur. Current policies exercised will continue unaltered. Additionally, there will be no changes to E-7 and above evaluation and selection board processes.

Sailor 2025 is the Navy’s program to improve and modernize personnel management and training systems to more effectively recruit, develop, manage, reward, and retain the force of tomorrow.

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MC2 Kelsey Hockenberger Machinists Mate (Weapons) 2nd Class now Torpedoman’s Mate 2nd Class David Gentry, from Buckeye, Ariz., gives a tour of the torpedo room aboard the Los Angeles-class fast attack submarine USS Oklahoma City (SSN 723) during a family day cruise.



27
OCTOBER
12 - 4 PM
SUNDAY

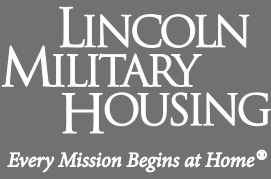
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TAP changes go into effect

The Navy announced improvements to the Transition Assistance Program (TAP) in NAVADMIN 223/19, released Sept. 30. The message outlines five key elements of the changes effective Oct. 1.

See **B5**

SECTION B | FLAGSHIPNEWS.COM | 10.3.2019



MC2 Nick Grim Student inspectors examine the exterior of a cottage for structural damage or deficiencies as part of their Certified Navy Housing Inspector Level 1 certification at Naval Air Station (NAS) Jacksonville, Sept. 26.

NEW INSPECTOR CREDENTIALING COURSE AIMS TO IMPROVE NAVY HOUSING

From Commander, Navy Installations Command Public Affairs

JACKSONVILLE, FLA.

As part of the ongoing effort to improve residents' housing experience, the Navy kicked off a new course this week at Naval Air Station Jacksonville on conducting housing inspections.

"Conducting Navy Housing Inspections" ran Sept. 24-27, offered by Commander, Navy Installations Command's (CNIC) Housing Learning Center (HLC).

CNIC Director of Housing Greg Wright addressed the first class of 24 students, who went on to earn their Certified Navy Housing Inspector (CNHI) provisional Level 1 credentials.

"Our mission," Wright told the students, "is to develop and deliver superior training to equip you with the knowledge and skills you need to provide high-quality housing services for Sailors and their families."

The new course is available to Navy Housing personnel with inspection responsibilities, such as referral counselors, hous-

“ Our mission is to develop and deliver superior training to equip you with the knowledge and skills you need to provide high-quality housing services for Sailors and their families.”

Greg Wright

ing inspectors, building managers, area/site managers and counselors with PPV oversight responsibilities, as well as other Housing Service Center (HSC) personnel with inspections or complaint investigations in their area of responsibility.

It's also available to installation com-

manding officers and the military chain of command who oversee housing and are responsible for ensuring residents have safe living quarters.

The inaugural course held this week is the pilot for five additional program courses that will be offered at NAS Jacksonville in FY 2020. Eventually, the HLC will deploy this course to select CNIC regions as part of a Regional Training Team concept.

During the course, candidates will learn how to conduct Navy Housing inspections, understand housing policies, identify potential health or safety issues, understand the consequences of unaddressed maintenance concerns, and how to contact appropriate experts for correction of an issue, document inspections and properly report findings.

There are three levels of CNHI certification. To earn level one certification, candidates must successfully complete the four-day instructor led training course and pass the CNHI Level 1 credential exam.

Level two is the full CNHI credential and must be earned within two calendar years of level one certification by completing five prerequisite courses and scoring 80 percent or higher on the CNHI Level 2 qualification exam. Prerequisite courses to earn a CNHI Level 2 are:

- Issue Resolution and Documentation Process
- Occupational Safety and Health for

See **HOUSING** | B7



MCSA Victoria Sutton Ship's Serviceman Seaman now Retail Services Specialist Seaman Ricardo Lawlor inputs data in the register in the ship's store aboard the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75).

Navy announces rating name change to Retail Services Specialists

From Chief of Naval Personnel Public Affairs

WASHINGTON

Navy announced the renaming of the ship's serviceman (SH) rating to retail services specialist (RS) in NAVADMIN 226/19, released Sept. 30.

The rating name change is in keeping with the Navy's tradition of defining a Sailor's occupation in contemporary terms in order to better illustrate the skills needed to perform their work.

"This new rating name, retail services specialist, translates more easily to the civilian sector, and better represents the professional expertise held by the members of the rating," said Vice Adm. John Nowell, Chief of Naval Personnel.

The current rating badge, consisting of a crossed key and quill, will remain the same. Individuals currently serving in the SH rating will convert to the RS rating on Oct. 1, 2019.

The SH rating was established in 1943 and represented a merger of four previous specialty ratings, barber (SSMB), laundryman (SSML), cobbler (SSMC) and tailor (SSMT).

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Cybersecurity matters

From Office of the Deputy Chief of Naval Operations for Information Warfare Public Affairs

WASHINGTON

The cyber threat to the Navy is real, and the stakes are high.

"If you're asking me if I think we're at war, I think I'd say yes ... We're at war right now in cyberspace. We've been at war for maybe a decade. They're pouring oil over the castle walls every day," said Commandant of the Marine Corps

"We find the DON preparing to win some future kinetic battle, while it is losing the current global, counter-force, counter-value, cyber war. Knowing and acting on that new reality is essential for the DON," said Secretary of the Navy Cybersecurity Readiness Review

While much of this war in the cyber realm is being waged by cyber professionals, anyone (military/civilian/contractor) who logs onto a Navy system or network – from any device – is entering that cyber battlespace. Their actions impact our cybersecurity.

Other combatants in the cyber war are acquisition professionals and our industry partners: acquisition professionals because they decide how survivable future systems will be

“ If you're asking me if I think we're at war, I think I'd say yes ... We're at war right now in cyberspace. We've been at war for maybe a decade. They're pouring oil over the castle walls every day.”

Commandant of the Marine Corps

in a cyber-contested environment, and industry partners because they prevent Navy data from being stolen through cyber-attacks.

Anyone with a personal computer, smart phone or smart device is also engaged in the cyber battle being waged on the home front.

Cybersecurity matters because it helps thwart cyber adversaries from disrupting normal operations, stealing data, or making us doubt the validity of the data we use. The



Rick Naystatt U.S. Navy Information Systems Technicians 2nd Class Jchaun Rountree, left, and Hakan Ozdemir, perform operational checks on Consolidated Afloat Ships Network Enterprise Services (CANES) racks bound for their ship, the aircraft carrier USS Ronald Reagan (CVN 76) in Naval Information Warfare Center Pacific's Network Integration and Engineering Facility.

consequences of a compromise could be as harmless as unwanted ads on your smartphone or as serious as the failure of weapons systems during a conflict.

Each October is designated as National Cybersecurity Awareness Month, and the Departments of the Navy are using the month to remind all hands of cyber dangers and their

responsibilities in cyberspace.

Understanding the consequences of our actions in cyberspace is essential to combating cyber threats, and Cybersecurity Awareness Month is an important time to be reminded of the ways we can contribute to the

See **CYBER** | B7



iStockphoto

Balancing blind faith and stranger danger

By Lisa Smith Molinari
The Meat & Potatoes of Life

Before our girls went back to college this year, we gave them the usual advice. Don't walk on campus at night alone, don't take rides with strangers, etc. I stopped short before arming them with pepper spray.

I wondered, do they really need to have their thumbs poised, ready to blind someone with pepper spray? Or, has our culture become paranoid?

As a freshman at Miami University in tiny ivy-covered Oxford, Ohio, I was utterly naïve. Violent crime seemed some far off rarity that happened in New York City or Los Angeles. So, when a strange man with a thick foreign accent offered me a ride when I was stranded at the Cincinnati bus station, I took it.

I was on my way back to school from my cousin's wedding in Louisville, Kentucky. Due to some kind of mechanical failure, my bus was late arriving in Cincinnati, causing me to miss the one daily connection to tiny Oxford. I used my last coins at the pay phone trying to call my dorm phone to see if anyone could make the 50

mile drive to pick me up, but no one answered.

I sat in the vinyl bus station chairs and glanced around the shabby terminal. Realizing I would have to wait for the next day's bus, my mind raced, "I'm out of money. No one knows where I am. I have to spend the night in the bus station. What am I going to do?"

I began to cry.

Mid sob, a thin man with a brown face and a thick Indian accent tapped me on the shoulder. "Es-cuse me, Miss, can I help you?" he said.

I was so relieved to have some kind of human contact and looked up at the man with tears flowing from my eyes.

"I missed my bus back to school!" I sobbed.

He inquired where I needed to go, and after a moment of thought, offered to drive me to Oxford.

"Are you sure?" I asked. "It takes about an hour." But he agreed, and I followed him out of the grungy bus station to his car – a brown Ford Fairlane sedan with no distinguishing features. The stranger closed the passenger's seat door after I willingly got in with my backpack. I didn't even know the way to Oxford, and could only tell him to go north. He headed out of the city on unfamiliar roads, looking for signs along the way.

Soon, the last traces of suburban sprawl were in the rear view mirror, and we were surrounded by the vast cornfields of southwestern Ohio. Not many cars on the road; no one really noticed the plain brown sedan with the for-

eigner and the 18-year-old girl. No one – not my roommates, my parents, my aunt in Kentucky – had any idea that I was in the middle of a cornfield, locked in an unmarked car with a strange man.

It would take hours for them to realize that I wasn't on that Greyhound bus. The stranger had plenty of time to hide my lifeless body in a cornfield and get back to the anonymity of the city, and his secret life as a serial killer.

But that didn't happen.

"Thanks so much for the ride, Mister," I said to the stranger as he pulled up to my dorm. I offered to run inside and get money to pay for gas, but he politely refused, only asking me to point out the nearest fast food place.

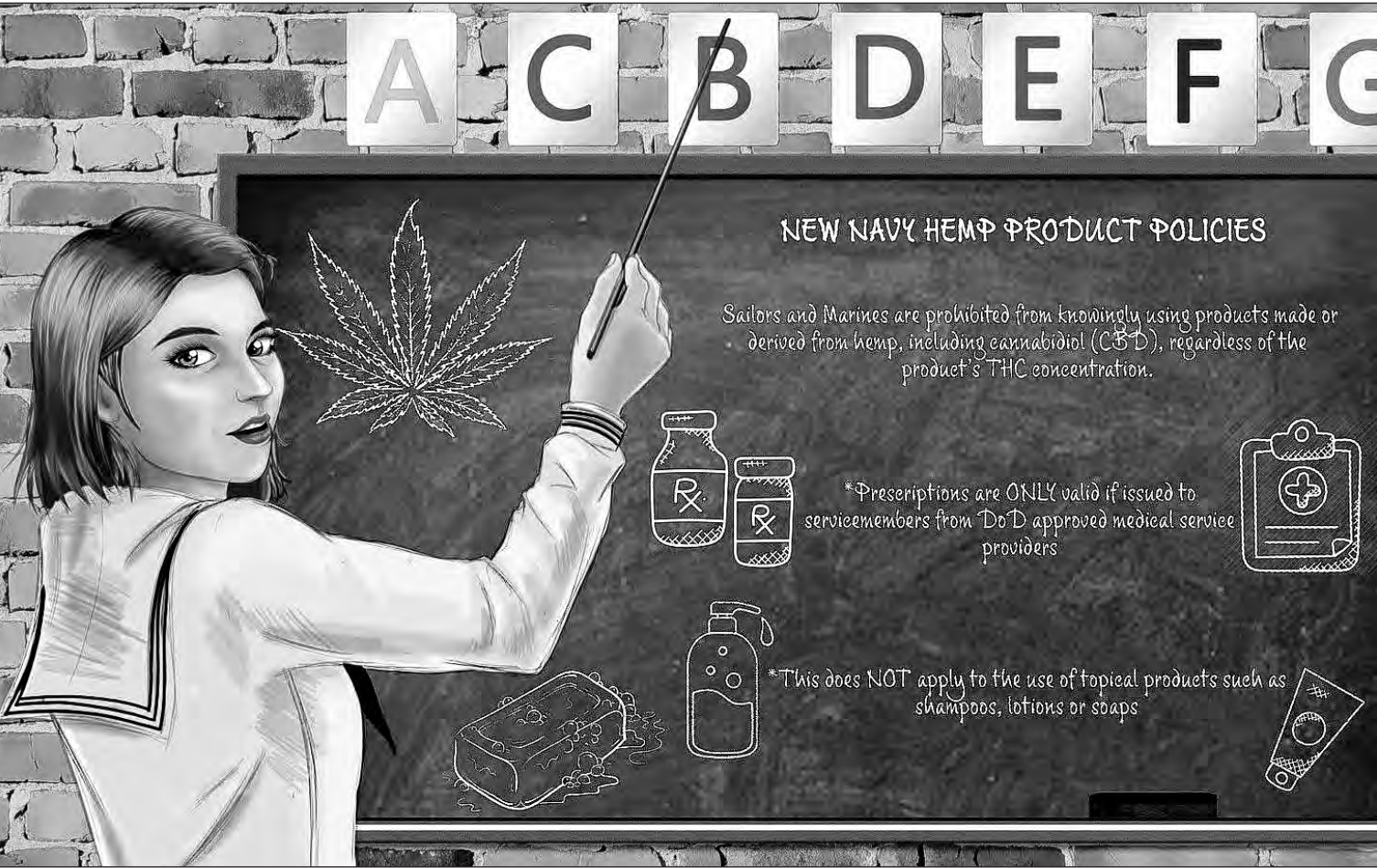
Without the need of pepper spray, my faith in human kind was blissfully blind, and I gratefully waved farewell as the stranger pulled away.

What am I saying? Should we unlock our doors, unzip our purses and tell our teenage daughters to take up hitchhiking from city bus terminals?

Definitely not a good idea, but who wants to live with the pessimistic assumption that all strangers are dangerous? Sure, there are a few wackos out there who make it smart to carry pepper spray, but as we protect ourselves, let's not chastise the entire human race.

Besides, without the kindness of strangers, I might still be stuck at that bus station in Ohio.

<https://themeatandpotatoesoflife.com/>



U.S. Navy

THE ABC'S OF CBD

From All Hands magazine

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

December 20, 2018, President Donald J. Trump signed into law the Agriculture Improvement Act of 2018, commonly known as the "2018 Farm Bill". This includes legislation allowing hemp cultivation and the transfer of hemp-derived products across state lines. The legislation defines hemp as a cannabis plant that contains no more than 0.3 percent of tetrahydrocannabinol (THC), the chemical compound in cannabis associated with psychoactive effects. With the passage of this legislation, hemp-derived products, including cannabidiol (CBD), have become widely available.

Navy policy has not been affected by the passage of the Agriculture Improvement Act

of 2018, and all products derived from hemp or marijuana are still prohibited. While currently deemed legal for civilians in some states, all hemp and CBD products are strictly prohibited for use by Sailors.

Commercially-available hemp products, including CBD, have not been inspected by the FDA and therefore have not been proven to diagnose, treat, prevent or cure any illness. Some of these products do not list all ingredients, making it impossible to know definitively how much CBD, THC or other synthetic cannabinoids they may contain. Use, which is defined as oral ingestion, intravenous use, smoking/vaporization or any other method through which hemp-derived products may enter the body, could expose the user to THC. It is possible to test positive for THC on a urinalysis by using a CBD or hemp product. It can be impossible to determine where a CBD or hemp product was manufactured and what level of THC it may contain. Even trace amounts of THC can accumulate in the body and be detected in a urinalysis screening.

Sailors who test positive for THC or other controlled substances for which they have no valid prescription are subject to mandatory administrative processing and could receive a discharge characterized as "Other Than Honorable" (OTH), which can affect future veteran's benefits and employment opportunities. Additionally, the Navy reports unlawful drug users to the Federal Bureau of Investigation for inclusion in the National Instant Criminal Background Check System (NICS), which could impact the ability to purchase firearms or ammunition in the future. It is the responsibility of every Sailor to ensure that he or she is diligent in avoiding intentional or accidental exposure to THC and other prohibited substances.

Information about Navy drug detection and deterrence as well as Navy policy on hemp and CBD products can be found at www.D-dd.Navy.Mil.

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What specifically constitutes discrimination in housing?

Discrimination is an act, policy, or procedure that arbitrarily denies equal treatment in housing because of race, color, national origin, religion, sex, age, disability or familial status (including children under the age of 18 living with parents or legal custodians, pregnant women, and people securing custody of children under the age of 18) to an individual or a group of individuals.

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Twin brothers bring 3D printing to their units

By MCI Caine Storino
Naval Mobile Construction Battalion 1 Public Affairs

GULFPORT, MISS.

Many siblings serve together in the military, but not many are able to leverage their family ties to give back and further their units. For the Vetere brothers, they are leveraging each other's experience in their different units to initiate and implement additive manufacturing, commonly known as 3D printing, to their respective units.

Twin brothers, U.S. Navy Lt. Adam Vetere and U.S. Marine Corps 1st Lt. Mark Vetere, are natives of Andover, Massachusetts. Adam, currently serving as a Civil Engineer Corps officer assigned to Naval Mobile Construction Battalion (NMCB) 1, is working with Chief Utilitiesman Justin Walker and Electronics Technician 1st Class James Merryman to implement additive manufacturing into daily battalion operations.

Mark, currently assigned to Marine Aviation Logistics Squadron 31, has been implementing additive manufacturing to his unit for nearly two years. Now Adam is planning to implement the technology into NMCB-1 operations.

"At first I volunteered for the position because of my personal interest in learning about 3D printing; I think it has great potential in the Naval Construction Force," said Adam. "Knowing my brother was the 3D printing representative for his command made it easier to get involved because I knew from the start I could learn a lot from him."

With Mark and his team's experience, the opportunity presented itself for NMCB-1 to send their additive manufacturing team to Marine Corps Air Station Beaufort, South Carolina, to discuss best practices, learn about printing capabilities, training programs and new policy being implemented into the different services.



Sgt. David White

U.S. Marine Corps 1st Lt. Mark Vetere, left, assigned to Marine Aviation Logistics Squadron 1, demonstrates additive manufacturing equipment for his brother, U.S. Navy Lt. Adam Vetere, right, assigned to Naval Mobile Construction Battalion (NMCB) 1, at Marine Corps Air Station Beaufort, S.C., June 19.

"We were able to leverage our close relationship as twins to be able to skip passed a lot of the formalities and get straight to business," said Adam. "It was easy to have full and open conversations about program strengths, weaknesses, policy shortfalls, lessons learned and areas of improvement. It was extremely beneficial."

"It was eye-opening," said Walker. "It gave us ideas on how we can implement this technology into our processes by seeing how they are currently operating. This opens up great potential for future interoperability."

For the twin brothers, the military first drew their attention back in high school.

"I wanted to join the military, and our parents wanted us to go to college," said Adam. "I feel like we made a good compromise and decided to apply for one of the service academies."

Both brothers graduated from the U.S. Naval Academy (USNA) in Annapolis, Maryland, in 2015, though Adam was ini-

tially denied when he first applied.

"I just knew it was somewhere I wanted to go," said Adam. "Knowing my brother would be there with me was the great part of it."

Adam describes serving in the military as a lifestyle he and his brother enjoy sharing.

"We both love serving and love the lifestyle that is the military so we hope to continue it," said Adam. "It's nice to be able to have such a close relationship with someone that knows all the acronyms, jargon, processes and challenges that go into the military lifestyle. That certainly has made things easier."

When asked about his parents and their thoughts on both him and his brother serving together, Adam chuckles with his response.

"I think they are proud of us, or at least I hope," said Adam.

The twin brother's decision to join the military came about in part because of a visit their parents took them on to New York City in 2001.

"Our parents took us to Ground Zero in 2001 around Thanksgiving time," said Adam. "I was only nine at the time but I still have an image burned into my head of the rubble I saw from the end of the street that day. At the time I imagine I had little idea of what I was looking at, but as I got older growing up in a post 9/11 United States certainly played a role in being drawn to the military."

Both brothers look forward to their future assignments in their respective branches. Mark was selected to attend Naval Postgraduate School in Monterey, California, and Adam recently accepted orders to Naval Special Warfare Group 1 Logistics Support Unit 1 in Coronado, California.

To learn more about NMCB-1 and their impacts around the world, visit <https://www.facebook.com/NMCB-ONE-The-First-and-The-Finest-124282507598400/>

For more news from Navy Expeditionary Combat Command, visit www.navy.mil/local/necc/.

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CFAY holds National Night Out

By MC2 Tyler R. Fraser
Commander, Fleet Activities Yokosuka Public Affairs

YOKOSUKA, JAPAN
Sailors, firefighters and local law enforcement assigned to Commander, Fleet Activities Yokosuka (CFAY), as well as the Japan Coast Guard and local Japanese police, came together for National Night Out Sept. 26.

National Night Out is an annual event that has been held in the United States since 1984. It started out with neighbors simply turning on their porch lights to a promotion of community involvement in crime prevention, police-community relationships, and community closeness.

“National Night Out is an annual community-building campaign that promotes police and community partnership and neighborhood comradery to make our neighborhood a safer and more caring place to live,” said Lt. Cmdr. William Templet, CFAY security officer. “National Night Out enhances the relationship between neighbors and law enforcement by bringing back a true sense of community.”

Participants of the event had the opportunity to sit in police cars, firetrucks, ambulances, motorcycles, observe a military working dog demonstration, and take part in many child-oriented activities such as a dunk tank and bounce house.

“National Night Out provides a great opportunity to bring police and neighbors together under positive circumstances,” said Templet. “Let’s use this opportunity to make an effort to ensure the safety of everyone on base and create a better community.”

The event included food, music from the 7th Fleet Band and many booths with information about all the services available to the community. Participants of the event said they were happy to see the base come together as a community.

"It is great to see all the different agencies and organizations come together," said Master Chief Master-at-Arms David Aguilera, CFAY Negishi and Ikego detachment command liaison. “This is a great community event to share information and come together to fight crime.”

CFAY provides, maintains, and operates



MC2 Tyler R. Fraser
Master-at-Arms Petty Officer 2nd Class Jonathan Hayes, assigned to Commander, Fleet Activities Yokosuka's (CFAY) Security Department gives a firefighter hat to a child during the CFAY National Night Out.

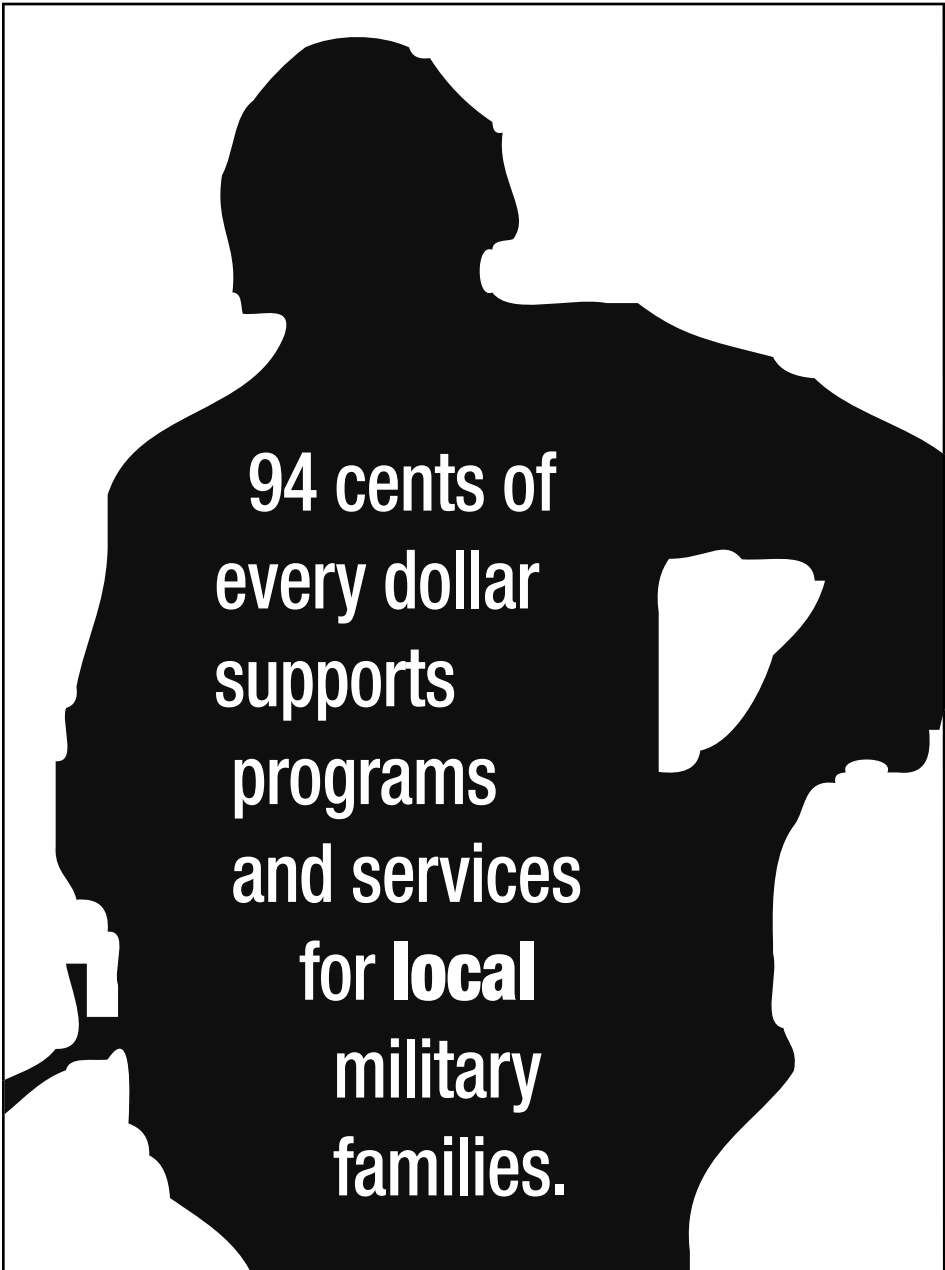
“National Night Out is an annual community-building campaign that promotes police and community partnership and neighborhood comradery to make our neighborhood a safer and more caring place to live.”

Lt. Cmdr. William Templet

base facilities and services in support of the U.S. 7th Fleet’s forward-deployed naval forces, 71 tenant commands, and more than 27,000 military and civilian personnel and their families.



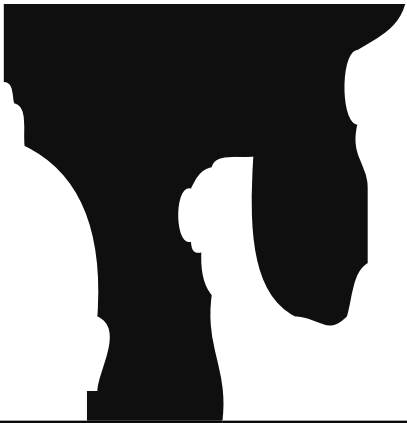
MC2 Tyler R. Fraser
Capt. Rich Jarrett, Commander, Fleet Activities Yokosuka (CFAY) commanding officer, poses for a photo with mascots of the Navy Region Japan Fire Department, the Japan Coast Guard and the Kanagawa Police Department during the CFAY National Night Out.



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MC3 Christopher R Jahnke

A job fair for service members, veterans and their families hosted by The Fleet and Family Support Center at the Kitsap County Fairgrounds.

NAVY IMPLEMENTS CHANGES TO TRANSITION ASSISTANCE PROGRAM

From Chief of Naval Personnel Public Affairs

WASHINGTON

The Navy announced improvements to the Transition Assistance Program (TAP) in NAVADMIN 223/19, released Sept. 30.

The message outlines five key elements of the changes effective Oct. 1.

- Mandatory initial counseling/self-assessment to be completed 365 days or more prior to release from active duty.
- Assign Sailors to at least one of three pathways (Tier I, Tier II, & Tier III)
- Mandatory pre-separation counseling to be commenced 365 days or more prior to release from active duty as part of Day 1 of TAP class.
- Adjustment of Department of Labor Employment Workshop to one day vice three.
- Completion of one of four two-day tracks as part of day 4 and 5 of transition course.
- Documentation of TAP completion via DD Form 2648 in DMDC.

“Implementing these changes aligns the Navy with direction provided by the National Defense Authorization Act,” said Tom Albert, Navy TAP Manager, OPNAV N17 Competency and Compliance branch. “But more importantly, these changes offer a better individualized transition process to civilian life for our Sailors and their spouses.”

Under the three-tier system, Sailors preparing to leave the service will meet with a counselor to discuss their plans after separation or retirement. From there, they will be classified into one of three tiers.

“For Tier I Sailors, they don’t need as much as far as services. They’re pretty much engaged in their transition,” said Anthony Stevens, the military readiness section lead at Commander Naval Installations Command. “Many of them already have a job lined up, or they’re retiring.”

Service members in Tier II are ready to transition, but not yet fully prepared. In other words, they may be saving their money and looking into careers, but may

“ Implementing these changes aligns the Navy with direction provided by the National Defense Authorization Act. But more importantly, these changes offer a better individualized transition process to civilian life for our Sailors and their spouses.”

Tom Albert

even still be on the fence about staying in the service, he said.

Tier III service members, “Don’t have any plans whatsoever,” Stevens said. This could include service members who are being discharged under other-than-honorable circumstances or are leaving the service on short notice because of an injury or disability.

Once service members are funneled into one of the three tiers, the counselor recommends a specific track – either higher education, employment, entrepreneurship or vocational skills training – based on the person’s goals for life after the military.

TAP is mandatory for active and reserve personnel who serve 180 or more days of consecutive active duty and must be completed prior to release and issuance of DD214.

Sailor 2025 is the Navy’s program to improve and modernize personnel management and training systems to more effectively recruit, develop, manage, reward, and retain the force of tomorrow.

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

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

Navy redirects funding to support tuition assistance

From Naval Education and Training Command Public Affairs

PENSACOLA, FLA.

The Navy announced the Navy College Program for Afloat College Education (NCPACE) Instructor Led (IL) program ended Sept. 30, 2019, and the Navy College Program (NCP) will apply NCPACE IL funds to the Tuition Assistance (TA) program.

Throughout 45 years of providing support to Sailors as they pursue off-duty voluntary education, the NCP has continually evolved to meet current trends in higher education.

“We recognize that Sailors are interested in pursuing advanced degrees, and we support their ability to further their personal educational goals,” said Ernest D’Antonio, director, Navy Voluntary Education. “This change ensures funding remains available to the greatest number of Sailors.”

Most recently, eligible Sailors have been able to take advantage of the Navy’s educational financial assistance programs, such as TA funding, as well as academic skills, refresher and college-level courses through NCPACE from accredited post-secondary institutions.

NCP staff observed a steady decline in

participation in the NCPACE IL program with its traditional classroom format aboard ships during sea duty. At the same time, administrative costs remained constant regardless of enrollment numbers.

“Considering the intensive administrative oversight, the program costs and a relatively small number of Sailors opting for the IL program, along with the fact that we had no interest from higher education institutions when the supporting contract came up for renewal this year, it all together made us stop to re-evaluate what is best for Sailors at this point going forward,” said D’Antonio.

Over the past year, 80% of Sailors chose online and distance learning courses over traditional classroom courses. By fully transitioning voluntary education to a virtual model, the Navy is keeping in line with the needs of the modern Sailor.

The NCPACE DL program remains vibrant with over 300 self-contained courses from 10 academic institutions with no internet requirement. Free academic skills courses are available online through DAN-TES (Defense Activity for Non-Traditional Education Support).

“By discontinuing the NCPACE IL program, the Navy also reduces an administrative burden on NCPACE command coor-



U.S. Navy Photo Illustration

dinators while continuing to provide Sailors at sea duty commands with education options, via distance learning courses,” said D’Antonio.

TA and NCPACE DL applications may be created, command approved and submitted in MyNavy Education on the NCP website as early as 120 days in advance of the school’s published term start date. All applications must be submitted and command approved no later than 14 days preceding the academic institution’s published term start date. Sailors should apply now for TA and NCPACE DL for FY2020.

Sailors with questions about the TA/NCPACE DL process or eligibility or other funding options, may visit www.navycollege.navy.mil or contact the Navy College Virtual Education Center (NCVEC) Monday through Friday 7:00 a.m. – 7:00 p.m. by

“ We recognize that Sailors are interested in pursuing advanced degrees, and we support their ability to further their personal educational goals. This change ensures funding remains available to the greatest number of Sailors.”

Ernest D’Antonio

calling or sending texts messages to 1-877-838-1659/DSN 492-4684. For overseas Navy College Office information, visit: www.navycollege.navy.mil/contact.htm.

The NCP mobile application, available through the Navy App Locker at <https://www.applocker.navy.mil/>, also offers access to NCP planning tools, including required training and the counseling scheduler.

For more news from Naval Education and Training Command, visit www.navy.mil/local/cnet/.

Future USS Frank E. Petersen Jr. welcomes first Commanding Officer

By Glenn Sircy
Center for Information Warfare Training Public Affairs

PENSACOLA, FLA.

Cmdr. Daniel Hancock assumed command of the Pre-Commissioning Unit (PCU), or future USS Frank E. Petersen Jr. (DDG 121) during a ceremony at the National Naval Aviation Museum onboard Naval Air Station Pensacola, Florida, Sept. 27.

“Command of a warship carries incredible authority and responsibility for the commanding officer, so much so that the chief of naval operations is explicit in his expectations of those who hold command in the United States Navy and this underscores the significance of this ceremony,” said Capt. Adolfo H. Ibarra, director, Commander’s Action Group, Naval Surface Force Atlantic, and Hancock’s presiding officer. “Command is the foundation of which our Navy rests. Authority, responsibility and accountability are three essential principles that are at the heart of soul of command. Effective command is at risk if any of these principles are lacking or are out of balance. Command is a privilege bestowed on a select group of officers. It is also the most solemn a naval officer will ever undertake. Despite this absolute and awesome responsibility, it is a coveted position and definitely well earned by Cmdr. Hancock.”

Hancock is the first commanding officer of the USS Frank E. Petersen Jr., currently under construction at Huntington Ingalls Industries shipyard in Pascagoula, Mississippi.

The future USS Frank E. Petersen Jr. is a guided-missile destroyer that weighs almost 9,300 tons, is 510 feet in length, has a waterline beam of 65.5 feet and a navigational draft of 31 feet. Four gas turbine engines will power the ship to speeds in excess of 30 knots.

The ship is named in honor of Marine



Glenn Sircy
Cmdr. Daniel Hancock, commanding officer of the Pre-Commissioning Unit (PCU), or future USS Frank E. Petersen Jr. (DDG 121), gives remarks during his assumption of command ceremony at the National Naval Aviation Museum onboard Naval Air Station Pensacola, Florida. Hancock is the first commanding officer of the USS Frank E. Petersen Jr., currently under construction at Huntington Ingalls Industries shipyard in Pascagoula, Mississippi.

Corps Lt. Gen. Frank E. Petersen Jr., the first African American Marine Corps aviator and the first African American Marine Corps officer promoted to brigadier general. When he retired in 1988 after 38 years of service, he was by date of designation, the senior-ranking aviator in the Marine Corps and the United States Navy.

The ceremony’s location has a special meaning and significance for Hancock. Marine Corps Maj. Daniel Iverson Jr., Hancock’s great uncle and his namesake, was awarded the Navy Cross and Silver Star for heroism in the Pacific during the Battle of Midway, and Hancock assumed command in front of his great uncle’s plane.

Iverson flew one of the famous 16 Douglas SBD-2 Dauntless, a World War II American naval scout plane and dive bomber that initiated the first attack on the Japanese fleet approaching USS Midway in June 1942. Eight planes were shot down in the battle. First Lt. Iverson flew back to Midway following the battle, landing his severely damaged plane on one wheel with 219 bullet holes. The plane was patched and returned to the U.S., where it was used for training until crashing into Lake Michigan. The plane was later recovered, restored and

“ Treat each other with respect and let’s remember the ‘Golden Rule’ – take care of the ship and she will take care of all of us. We will sail fast, shoot straight and speak truth. Remember, ‘Frank’ owns the fight. Let’s get her to sea! It is the honor of my lifetime to be your captain.”

Cmdr. Daniel Hancock

now is on display at the National Naval Aviation Museum.

“Maj. Daniel Iverson Jr. – Dan or Danny as his friends and Marines called him – is my namesake -and my inspiration for joining the service,” shared Hancock. “He is also a bona fide American hero. I could spend all day beaming with pride and reading his citations to you, but I’ll simply say this: He typified the ‘greatest generation!’”

The USS Frank E. Petersen Jr. will be

configured as a Flight IIA destroyer, which enables power projection, forward presence and escort operations at sea in support of low-intensity conflict/coastal and littoral offshore warfare, as well as open ocean conflict.

“I have been given absolute responsibility,” said Hancock. “While I can push authority down the chain of command and delegate it, I can never shirk the absolute responsibility of command and the accountability it demands. I am grateful for this opportunity, humbled by the burden and committed to the cause in front of me. To my officers, chiefs and Sailors, I am ready to lead you and serve alongside you. I promise you my best because you deserve it. You represent the best of the republic and I am honored to sail with you as a team. You are helping me form the culture of the most lethal warship ever created. DDG 121 is built for the near-peer, high end, Great Power Competition fight. We have to be ready for war today, and together, we will be ready to conduct combat operations anywhere, anytime.”

In closing remarks, Hancock shared motivational words of wisdom with his crew.

“Treat each other with respect and let’s remember the ‘Golden Rule’ – take care of the ship and she will take care of all of us. We will sail fast, shoot straight and speak truth. Remember, ‘Frank’ owns the fight. Let’s get her to sea! It is the honor of my lifetime to be your captain.”

For more news from Naval Surface Forces, visit www.navy.mil/local/cnsp/.

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Federally insured by NCUA. *Credit and collateral subject to approval. Rates subject to change and are based on creditworthiness, so your rate may differ. 2.99% rate available on 2018, 2019 and 2020 model years—models with 7,499 miles or less. Payment example: New auto loan of \$20,000 for 36 months at 2.99% APR will have a monthly payment of \$583. Navy Federal Credit Union offers financing to qualifying members as part of the New and Used Auto Tent Sales sponsored by the Hampton Roads Council Navy League. © 2019 Navy Federal NFCU 13702 (9-19)



Public Safety Positions – Old Dominion University

The Old Dominion University Police Department is seeking candidates for the below positions:

Police Dispatcher (#01115)

Some customer service experience. Computer and keyboarding familiarization. Demonstrated oral and written communications skills. Demonstrated ability to interpret and follow established policies and procedures and to use sound judgment to make appropriate decisions in highly stressful situations. Closes October 4, 2019. To apply, please visit <http://jobs.odu.edu/postings/10961>.

Security Officer (#HR3471)

Some security experience. Ability to provide security services which includes working inside and outside of building during various hours of the day. Part-time, hourly/wage.

Closes October 11, 2019. To apply, please visit <http://jobs.odu.edu/postings/10962>. AA/EOE



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Repairs coming for Naval Ordnance Test Unit wharf at Port Canaveral

From Naval Facilities Engineering Command Southeast Public Affairs

JACKSONVILLE, FLA.

Naval Facilities Engineering Command (NAVFAC) Southeast awarded a \$34.6 million firm-fixed-price contract Sept. 27, to Triton Marine Construction Corporation from Bremerton, Washington, for repairs to the Naval Ordnance Test Unit (NOTU) Poseidon Wharf located at Cape Canaveral,

Florida. NOTU operates the Navy Port at Port Canaveral, supporting submarines and surface ships of the U.S. Atlantic Fleet and foreign navies and assets of the Military Sealift Command.

“The Poseidon Wharf project at Cape Canaveral will be the first major work completed on the wharf since it was originally built in the 1950s. It is one of only two wharfs at NOTU, one of the busiest ports in

the Navy’s Southeast region,” according to NOTU Support Services and Planning Division Head Bill Schaal.

The work to be performed provides for repairs and improvements to the Poseidon Wharf, to include the following: demolition of the wharf deck down to the piles caps; installation of new precast concrete piles and new wharf deck consisting of concrete deck panels and concrete topping; repair to structural components including deteriorat-

ed concrete pile caps, piling, superstructure, and appurtenances; placement of concrete filled fiberglass reinforced plastic (FRP) jackets with passive cathodic protection (CP); and repairs to existing mechanical and electrical systems.

“The work being done will rehabilitate and modernize the structure, ensuring NOTU’s ability to meet the demands of support to the Fleet Ballistic Missile test and evaluation mission as well as the projected growth in the Navy’s Atlantic Fleet operations at NOTU,” said Schaal.

Work is expected to be completed by September 2021.

For more news from Naval Facilities Engineering Command, visit www.navy.mil/local/navfachq/.

HOUSING | Course available to personnel with inspection responsibilities

Continued from B1

Housing

- Crisis Communication in Navy Housing
- Housing Referral Services, Unaccompanied Housing Building Management, Navy Privatized Housing or OCONUS Family Housing Management

■ Conducting Navy Housing Inspections
CNHI Level 3 will be an advanced credential that will open for candidates later in fiscal year 2020. In addition to the prerequisite classes for the CNHI certification program, Navy Housing also offers a variety of online and classroom based courses for Housing professionals including:

- Navy Privatized Housing
- Introduction to Housing
- Expanding Housing Customer Service
- Navy Housing Customer Service
- Resident Satisfaction Survey Overview
- Unaccompanied Housing Front Desk Operations
- Furnishings Management
- Conducting Effective Housing Meetings and Briefs
- General and Flag Officer Quarters
- Housing Requirements Determination
- Family Housing Financial Management
- Unaccompanied Housing Financial Management



LaDonna Curry inspects water pressure in the bathroom of a cottage as part of her Certified Navy Housing Inspector Level 1 certification on Naval Air Station (NAS) Jacksonville, Sept. 26.



Soldiers with 38th Air Defense Artillery Brigade and 17th Field Artillery Brigade monitor and assess communication from pilots with U.S. Army Aviation Battalion-Japan and U.S. Navy HSM-51 Maritime Strike Squadron flying overhead, Sept. 17. Use of the Link 16 cyber domain aligned communication capabilities during a unilateral joint training exercise designed to refine systems and concepts in order to enhance tactical planning, coordination and interoperability in a multi-domain environment on Sagami General Depot, Sept. 9-21.

CYBER | October is designated as National Cybersecurity Month

Continued from B1

strength or weakness of the enterprise through our day-to-day actions – at work, at home and at sea.

The elaborate defenses built and maintained by cybersecurity professionals can accidentally be undone by network and sys-

tems users, which is why we will provide resources during October at <https://www.navy.mil/local/cyberawareness/> that explain user cybersecurity best practices.

The catastrophic loss of national security data from Boeing shows how users can be exploited to breach otherwise strong cyber defenses. Using a phishing attack, Chinese hackers penetrated Boeing’s network by tricking users into clicking links that downloaded malicious software. Over the next year, at a cost of only \$400K, the Chinese stole many of the plans for the C-17 strategic transport aircraft, which cost the US \$40B to

develop over a decade, resulting in the “...most massive transfer of wealth through cyberattacks in US history.”

Connecting an unauthorized thumb drive that contains malicious software to the network is an innocent mistake with potentially damaging consequences. Thumb drives loaded with malicious software were connected to the network by unsuspecting Iranian technicians and used to spread the Stuxnet virus that destroyed centrifuges in one of their nuclear research facilities.

A weak password could also allow adversaries to gain a foothold in our networks for

exploiting Navy systems and data.

The cyber war is largely unseen but the consequences of this on-going conflict in cyberspace are serious for the Navy. Even if you are not a cyber professional, you play an important part in keeping the Navy cyber secure.

The Navy is counting on you to help protect it from cyber threats. Be on the lookout for updates during October that explain ways to reduce your personal cyber risk and reduce cyber risk to the Navy. We will also provide information about and for those in the cybersecurity workforce.





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Every VCW title on the line this weekend

Norfolk Masonic Temple will host “Nightmare on Granby Street” on Oct. 5. Presented by Vanguard Championship Wrestling (VCW), all of the company’s titles will be on the line and fans will be treated to some fresh faces. In the night’s main event, VCW Heavyweight Champion “The Latin Heartthrob” Gino will defend his title against “Greek God” Papadon.

See C4

SECTION C | FLAGSHIPNEWS.COM | 10.3.2019

LOVE, SEX, THE WEATHER...

CRAIG FERGUSON COVERS EVERYTHING BUT POLITICS IN NEW HOBO FABULOUS TOUR

By Yiorgo

Craig Ferguson is probably best known for replacing Craig Kilborn on “The Late Late Show.” His nine-year stint on CBS netted him a primetime Emmy nomination and a 2009 Peabody Award for Excellence in Broadcasting. But the Scottish-American comedian has a long, impressive resume that includes stints on “The Drew Carey Show” and a three-year gig hosting the “Celebrity Name Game,” for which he won two Daytime Emmy Awards.

I caught up with Ferguson at his home in Scotland to talk comedy, what it’s like to be American and what to expect from his upcoming show on Oct. 8 at the Attucks Theatre.

Why are you calling your tour the ‘Hobo Fabulous Tour’ and what should your fans expect to see and hear at the show?

I wanted a phrase that was totally meaningless. It does not mean anything at all. I set myself a task. I was going to do a 90-minute show

More information

When: Oct. 8, 7:30 p.m.

Where: Attucks Theatre

How much: Between \$39.50 and \$59.50

For tickets and more info go to www.1.ticketmaster.com/event/010056E98FC42FFE?brand=seven

See HOBO | C3



Courtesy of Craig Ferguson



Amelia Dobbs

David Perlman Photography

Norfolk’s own Amelia Dobbs plays Cinderella in Virginia Musical Theatre production

By Yiorgo

Virginia Musical Theatre (VMT) proudly presents its brand new season with the Tony award-winning musical “Rodgers & Hammerstein’s Cinderella” at The Sandler for the Performing Arts Oct. 4-6.

Making his VMT debut is veteran Broadway star Hunter Ryan Herdlicka as Prince Topher. Recently, Herdlicka starred on Broadway in the revival of Stephen Sondheim’s “A Little Night Music,” working with Catherine Zeta Jones and Angela Lansbury.

A veteran of VMT for 21 years, Emmy-nominated actress Kera O’Byron plays Marie, Ella’s Fairy Godmother. And award-winning Director Pierre Brault will direct the production.

Equally exciting is that Cinderella is played by Norfolk’s own Amelia Dobbs, a Governor’s School for the Arts alumnae, who recently received a Bachelor of Fine Arts in Musical Theatre from Coastal Carolina University where she performed in

“Legally Blonde The Musical” and “A New Brain” and had just moved to New York when she found out that she got the part.

How exciting this must be for you to be performing such an iconic part in your hometown.

I’m so excited I get to play this role and so many people that I love get to see it. This production is exactly the same book and music that was on Broadway in 2013. People thought it was a revival, but the other versions were made for TV. Each time it has been slightly changed, from the dialogue to new songs to character changes. It was kind of like flour that was sifted through all these different sifters and the Broadway version was born. The book is very updated. It’s funny and they use a lot of modern language. It is so magical and lovely and you can bring everyone. It’s for the whole family. This particular production is special because we have such a blended cast. We have people that are local, from New York, from Governor’s School, some union and non-union people. I hope especially the character of Ella will prompt conversation because in this version there is a lot about women and gender politics as well as those who are and are not in power. It’s all on stage and it’s wrapped up in a beautiful bow with singing and dancing and gorgeous dresses. It is still relevant, so come out and enjoy the magic that is theater.

How did the opportunity come up to play Cinderella and how do you even attack such an iconic role?

See CINDERELLA | C2

Calendar

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



Courtesy photo

Baby Shark Guinness World Record Attempt

- Oct. 5, 11:50 a.m. and 2:15 p.m.
- Town Point Park
- bit.ly/VCF2019

Be a part of history this weekend at the 31st Annual Virginia Children’s Festival when Norfolk Festevents and festival guests will attempt to break the Guinness World Record for most people participating in a Baby Shark dance party in one place on Saturday, October 5th, 2019 at Town Point Park along the Downtown Norfolk Waterfront. Twice on Saturday, a Baby Shark dance party will be orchestrated by the Hurrah Players on the WHRO Public Media Lights! Camera! Action! Stage at Town Point Park. The first performance is scheduled for 11:50am and the second at 2:15pm. Festival guests of all ages are encouraged to wear their favorite Baby Shark-inspired attire for the two performances.



Courtesy photo

The Way Down Wanderers/The Good Morning Nags

- Oct. 4, 8:00 p.m.
- Suffolk Center for Cultural Arts
- Info

The Way Down Wanderers’ sound includes high-energy percussion, mandolin, guitar, bass, banjo and fiddle that weave seamlessly together to create a vibrant Americana musical experience that everyone will enjoy. Wanderers voted #1 of 10 New Artists You Need to Know by Rolling Stone Country Winter 2019!



Courtesy photo

The Neighborhood Harvest Crawlw’n’ Crab Half Marathon Weekend

- Oct. 4-6
- Hampton Roads Convention Center
- <http://crawlinrabhalf.com/>

Come see for yourself why Runner’s World named The Neighborhood Harvest Crawlw’n’ Crab Half Marathon presented by Bon Secours Mary Immaculate Orthopedics a must run Half Marathon! Are you looking for a flat and fast course? Do you love running by the water? Are you a craft beer lover? The Neighborhood Harvest Crawlw’n’ Crab Half Marathon Weekend is the perfect place to run, crawl, and SHELLebrate.



iStock

Virginia Beach Cupcake Festival

- Oct. 6, 12:00 p.m.-5:00 p.m.
- Mount Trashmore Park
- www.vabcupcakefest.com/

The Virginia Beach Cupcake Festival is NEW Festival for Mount Trashmore and the Hampton Roads Area. Over the last several years Cupcakes have become the most common way to celebrate an event from birthdays to weddings and everything in between! Our mission is to bring a fun engaging event to support the the community, and anything outdoors is always a plus! So let’s celebrate, have some fun, eat cupcakes and support our community, CHKD and our children. Proceeds to benefit CHKD.

Community

■ Submit YOUR events, news and photos

The Flagship welcomes submissions from our readers online.

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

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



Courtesy of Virginia Musical Theatre

CINDERELLA I *Dobbs is alumnae of Governor’s School for the Arts*

Continued from C1

I auditioned the day before I left for New York, I got up there, and the next day I get a phone call that I got the part and came right back. As far as playing Ella, I was very lucky to have seen the 2013 production on Broadway, where they reworked the script, added other numbers from the made for TV Rodgers and Hammerstein’s version. I fell in love with it. I was 16 when I saw it. It is so grand. I certainly had sung some of these songs before because some of the songs are cut numbers from other Rodgers and Hammerstein shows like South Pacific. It’s so fun to play Ella because she loves life even though she has lost both of her parents. It’s a beautiful ballad of light and dark. I feel a lot of responsibility to get it right because there will be a lot of little girls sitting in the audience who love Cinderella but may not know this version. How do I inspire them to be this version of Ella and not the Disney version?

Tell us about yourself, you were born here in Norfolk, what schools did you attend and why did decide to go into musical theater for a career?

I was born in Norfolk and I attended Larchmont Elementary, Blair Middle School and Maury High School. I decided to go into musical theater because I loved the Hurrah Players so much. When I got into Governor’s School, I was doing a workshop for the casting director there and he was talking to me about roles I could play. That’s when I realized that I did not have to be a chemistry major, that I wanted to do musical theater. So I was a sophomore in high school and decided that I was going to audition for colleges. I went to Coastal Carolina University in South Carolina for their bachelor’s theatre program.

How were you first introduced to Hurrah and what are some of your favorite memories there?

I told my mother I wanted to take a tap dancing class because I loved the movie “Singing in the Rain” so much. I took Mrs. Coe’s tap class for a long time. I was eight years old and I loved it so much. I remember being at Larchmont Elementary getting in trouble because I kept tap dancing under the table. Then I started to take the musical theater classes with Hugh Copeland and I was like I have to audition for these shows.

Talk about Hugh Copeland and some of your favorite memories.

AD: Hurrah Players is a huge family and they all support each other. I have so many wonderful memories from being in dance and tech rehearsals with Hugh. I credit a lot of what I know

about theatre to Hugh Copeland. I remember him saying, “When you are on stage you are always on. You need to be present, looking at everyone on the stage and be a part of that community.” That has really stayed with me.

What were some of the productions you were in at the Hurrah Players?

I did “The Best Christmas Pageant Ever.” I had the most lovely director, Aliki Pantas Semones. That was kind of a tradition for me because I was doing Holidays in Virginia Musical Review and Ali came to my acting class and said, “Hey, you need to audition for this play.” I was like, ok, but I had not done a play before. Well, I totally loved doing that. I was sad that I had to stop doing that play when I went to Governor’s School. At Hurrah I also did “Tom Sawyer” when I was 13 and I was very excited because I had my first leading role and I got to kiss a boy. I did a lot of the Disney stuff with them, “The Little Mermaid” and “Beauty and the Beast.”

When did you start attending Governor’s school and what are some favorite memories there?

I started when I was 14 in the ninth grade. I was nervous. It was very focused and I had to learn a whole new skill set, taking eight hours of dance classes. I learned about etiquette and working with equity people who did workshops at Virginia Musical Theatre, I learned a lot about theater outside of Norfolk. I started to expand my scope and realizing what it could be like to live in New York and travel to different places and get to do these magical shows.

What was that leap of faith like when you decided I’m moving to NY to pursue my career and dreams?

I decided to move to New York after my Showcase in college because I did not know what city I wanted to live in. My Showcase went really well. I was like God give me a sign and ended up signing with an agency and I was like, great, that is all I need.

What is a Showcase?

A Showcase is a selection process where they see a very small snippet of your work and then you go in to talk to different agents and then it’s about personality, how you gel and communicate well. Do you want the same thing for your career that this agent wants for your career? I found someone who I really clicked with, but I did not want to sign with anyone right away so I went back to South Carolina and he emailed me because he had gotten me an appointment with the National Tour of Bandstand. I was so impressed that he did that and he was not even my agent. I went up, did the audition and then I signed with that agent.

The whole summer I was in Hilton Head doing “Legally Blonde The Musical” I was nervous about the move, but some of the girls in the play talked to me for hours, giving me all kinds of advice from budget to what to pack and helped me to find an apartment. It reminded me of the Hurrah Players of everyone help-

ing each other. I moved to New York, I was there for three weeks and I turned around, and came back to do Cinderella.

What was the turning point in your life when you knew this is what I want to do for the rest of my life?

I was in my audition for the Boston Conservatory, I’m 18 and auditioning for programs, they are looking at my resume and they say, “Oh, you played Tinker Bell.” I said, “Yes, that role is really significant for me because it was the first time I was in a professional show where I was only dancing and it really affirmed for me that I could be in a really high level production for dance and I loved it so much, I knew I was on track to be this person.” I got into the Boston Conservatory, but I chose to go to a small school in South Carolina, and it worked out pretty well.

A wow moment?

There have been a couple of them. One was when I spent a semester in Italy doing a physical theater program of acrobatics and clowning. It was very eastern European style theater. They took us to Slovenia to see a theater dance piece. It was not like anything else I had ever seen. I was like oh my gosh, little Amelia in Mrs. Coe’s tap class could never imagine that she would be part of a school program that would take her to these countries and let her experience this theater that I never dreamed as a college student. It was so inspiring. Now I have this dream that I want to get a grant and get some money and go back over there and be a part of creating the art over there.

Something happened yesterday at rehearsal and I’m dying to tell you about. I was working on a scene with the prince and in the room with us was Allan our music director, our director Peiere and Hunter who plays the prince. Hunter is so marvelous, he has been on Broadway. He is older than me and the minute we found out we were cast, he was like let’s get coffee, let’s talk. I’m really happy, I feel like I have gained a great friend. So we are working on this piece singing ‘Do I love you because you’re beautiful’ and there is some dialogue leading up to it, and Hunter looked at the page, looked at the director and looked at me, and said, “You know what, it’s kind of confusing to me because Prince Tofer, this leading man character, I do not have my own ideas, I only get them from Ella, and even though I have all the tools in front of me to be a good king, I still need guidance and I haven’t really changed that much from the beginning of the show to the end. He was joking and I said, “Welcome to the female lead.” He looked at me with a puzzled look and I said, “Of course you are not use to it because you play leading men. In this version of Cinderella they really fleshed her out. She has her own motivations for sayings and you see her grow and overcome those obstacles. She is smart and kind. And that is pretty atypical especially in a Rodgers & Hammerstein show. I think they totally flipped it around and I don’t know if it was on purpose, but I kinda like it.” I felt immensely privileged to play this girl

HOB | *Ferguson
coming to Attucks
Theatre Oct. 8*

Continued from C1

where I do not talk about politics at all. Not a word. And that is the show I am doing right now. All the things that people are angry about will still be there after the show, nothing has changed, but I would have taken a break and you would have taken a break from it. The show is about human things: love, sex, the weather. I tell stories where I screwed up, my embarrassing moments so we can all laugh and have a good time but not to corral you into the way that I think.

Where were you born and why did you choose entertainment for a living?

I was born in Glasgow, Scotland. I was from a working class, blue collar family. I was born in 1962 and came of age in the late 70s, early 80s. There was a big recession here and I ended up being a drummer in the late 70s. Being in a band in 1978 was like having a twitter account today, it really was. So I started meeting people who were in show business. One of the guys I worked with told me, "You're pretty funny, you should try standup comedy." I tried it and that's really it, that's how I started.

Eventually you came to America and had the opportunity to work with Drew Carey. How did that come to be?

It's an interesting story. I was just another immigrant in Hollywood looking for a job and I would go to every audition. One day I was asked to audition for the Latino photographer for the TV sitcom 'Suddenly Susan' with Brooke Shields. I was like this is crazy, why would I do that? My buddy said, "What else are you going to do? You might as well go." I went. The other actors there were all Latino guys looking like Antonio Banderas. I auditioned and we were all laughing about my Spanish accent, and at the end of my audition the casting director asked me to do a British accent, he liked it, and that's how I got the part of Mr. Wick. So, if I had never gone to the audition, I would have never been on 'The Drew Carey Show.'

Can you share any Drew anecdotes on or off camera?

Drew is still my friend. He is a great guy. You will not find anyone who says a bad word about Drew. When we did our 100th show, he rented a 757 airplane and flew us all



Photo courtesy of Craig Ferguson

to Mexico and then took us on a week's cruise. Drew and Bruce Helford, the co-creator of the show, paid for all of it and all of us, like 170 people. We went to Central America, Belize, Honduras. What a level of generosity and good spirit. I feel very lucky to have been a part of that show.

I'm going to give you two more names to share stories about if you don't mind: First what is it like to work with Betty White?

Betty is one of the first people I ever worked with in America. My first job ever was working on the TV show 'Maybe This Time' with Betty White and Marie Osmond. Marie was great and Betty was a fantastic person. Betty had just finished 'Golden Girls.' She was still very young, only in her mid-70s. She is 97 now. She was a legend, but she was very kind to me. Every day we would have lunch in her trailer, we would tell stories and she was so supportive and kind. I'll never forget it. She did not need to do that. Many years later, Betty was getting a giant honor from the television academy and she asked me to speak about it. Before me was the entire surviving cast of the Mary Tyler Moore Show. It was like the Beatles and I had to go after it. I felt like the guy on the Ed Sullivan show who went after the Beatles, I was horrified. Billy Crystal did the movie 'Mr. Saturday Night' and he was that person on the Ed Sullivan Show who had

to go on after the Beatles and he said, "You're excited, I just bought a house." So I used that line. Betty was the kindest, most gracious person. I thought everyone in Hollywood was going to be like that. There are a lot of unsavory types of people in Hollywood, that's not a secret, but there are some cool ones as well.

What can you tell us about Kathie Lee Gifford?

It's a funny thing because we are so different, but we make each other laugh. The real lesson here is, that we do not agree on anything, not religion, not politics and yet we are really good friends because she is a decent, good person. I am very happy with the movie 'Love Me to Death' we made, and happy to call her my friend.

I knew Kathie when she was a guest on 'The Drew Carey Show.' I was like the eighth banana on that show, she was the big star from 'Regis and Kathie Lee,' and she was so kind. We were talking at the snack table one day that my wife just had a baby and she gave me some children's books she had written, just a sweet, nice person.

Any update on the movie's release and any funny stories about Kathie from its filming?

Yes, I think it will be coming out soon because I got an email asking me to go do some publicity for it. As you know, they shot the movie in Scotland and of course language is

different here. The word “fannie,” for instance, means “tush or buttocks,” but in Scotland it is a very, very, very, dirty, graphic word for vagina. She found out more words for the same thing and she would shock the crew with them. She is a highly entertaining individual.

You, like me, are a very patriotic naturalized American citizen. Why do you love America so much?

It started very early for me. When I was seven years old and I was allowed to stay up late, I watched Americans land on the moon and it started with that as a little child. Also, my uncle James had emigrated to America and my dad and I visited him and my aunt Susan in Long Island, New York, when I was 13 years old. The culture shock, the vibrancy, the optimism and the sheer excitement of America, it was something that stayed with me as a kid. When I look at my life now, everything good that has happened to me: my career, my wife and children are American, my oldest son is in college in America. I can't express my gratitude enough to what America has done for me.

What was your biggest take away memory from doing 'The Late Late Show' for such a long time?

It's hard to answer that, but what it did for me and what I am grateful for is that it demystified fame and success. I met everyone on that show and what I realized was that some of them were really happy and some were not, some were nice, some were douchebags. The truth is they are who they are because of how they are, not because they are successful. The show for me took away any idea I had, that success and fame would solve all your problems. It clearly doesn't and that's a very worthwhile, grown-up thing to have. The other thing the show gave me was that because I was on television so much, I just don't get nervous when I do other shows.

What was a pivotal moment in your life that changed the way you saw things forever?

There have been so many, but I think for me it would probably be in 1992 when I got sober and I stopped drinking alcohol. That was 27.5 years ago. I realized once I was sober that people judge you about how you behave. I started to behave differently, and people started to judge me on what I do.

Ferguson and his "Hobo Fabulous" comedy tour will be at Attucks Theatre Oct. 8 at 7:30 p.m.

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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Sports



Jonathan McLarty

VCW United States Liberty Champion Phil Brown will defend his title on Oct. 5 against Timmy Danger in Norfolk.

Every VCW championship on the line this weekend

By Jonathan McLarty
Contributing Writer

Norfolk Masonic Temple will host “Nightmare on Granby Street” on Oct. 5. Presented by Vanguard Championship Wrestling (VCW), all of the company’s titles will be on the line and fans will be treated to some fresh faces. In the night’s main event, VCW Heavyweight Champion “The Latin Heartthrob” Gino will defend his title against “Greek God” Papadon.

Gino successfully retained his championship against Rhino at Peanut City Show-

down 4 and has taken on all challengers. Papadon last appeared for VCW in 2018, nearly walking out of Hampton with the VCW United States Liberty Championship. Despite his past complaints against Commissioner George Pantas of VCW management, Papadon will get another shot at VCW gold. VCW Commonwealth Heritage Champion Colby Corino successfully bested foe Ken Dixon in a two out of three falls match back in September. On October 5, Corino will put his title on the line against the debuting Axton Ray.

After Livid the Clown won the 2019 Liberty Lottery battle royal, he and his Simply Safe-ish partner Wes “Danger” Rogers successfully cashed in a VCW Tag Team Championship opportunity against The Hellcats. The new champions will defend their titles this weekend against The Real Life Freaks (Joe King and Demented Bradley). Celebrating two years of hosting “Loulie’s Lounge” for VCW, Comedian Tim Loulies from the Virginia Beach Funny Bone will host another edition of the show with a special mystery guest.

In September, Timmy Danger scored the pinfall victory for The Sanctuary over Phil Brown in a six-man tag team match. In Norfolk, Danger will attempt to earn gold for himself and The Sanctuary when he battles Phil Brown for the VCW United States Lib-

erty Championship. “The Vampire Warrior” Gangrel will return to VCW this weekend as he takes on the confident Irvin Legend. Legend recently suffered a loss to Phil Brown and has a big challenge to turn his career around. In other action, Kyler Khan will face Jordan Oliver and Tracer X in a triple threat match of talent that has been tearing up the independent wrestling scene across the country.

Norfolk Masonic Temple is located at 7001 Granby Street in Norfolk. The action starts at 7:30 p.m. and advanced tickets can be purchased at VCW-Wrestling.com.

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

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coming to theaters

GEMINI MAN [PG-13]

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

THE ADDAMS FAMILY (2019) [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.

HIGH STRUNG FREE DANCE [G]

Zander Raines, a dazzling young choreographer gives the break of a lifetime to two hopeful artists when he casts a stunning contemporary dancer, Barlow and innovative pianist, Charlie in New York's most-anticipated new Broadway show: Free Dance. But the move throws off the show's delicate creative balance when Charlie falls hard for Barlow while Zander embraces her as his muse. The question is, how much are these talented artists willing to risk for love?

JEXI [R]

Phil (Adam Devine) has a major dependency issue – he's addicted to his phone. He has no friends, he has a job writing

pop culture "Top 10" lists, and his love life is non-existent. But his Facebook status is about to change. When he is forced to upgrade his phone, the latest model comes with an unexpected feature... Jexi (Rose Byrne) – an A.I. life coach, virtual assistant and cheerleader. With her help, Phil begins to get a real life. But as he becomes less dependent on his phone, Jexi's artificial intelligence morphs into a tech nightmare determined to keep Phil all to herself, even if it means ruining his chances of finding success.

POLAROID [PG-13]

From the producers of the The Ring and The Grudge and based on the award-winning short by Lars Klevberg, comes the next iconic and bold new vision in horror: Polaroid. High school loner Bird Fitcher has no idea what dark secrets are tied to the mysterious Polaroid vintage camera she stumbles upon, but it doesn't take long to discover that those who have their picture taken meet a tragic end.

THE DEAD CENTER [NR]

Troubled psychiatrist Daniel Forrester (Shane Carruth, Primer, Upstream Color) is drawn to help a mysterious patient who is brought to the emergency psych ward in a catatonic state with no memory of how he reached the hospital. As if to exorcise his own demons, the doctor feverishly tries to break through to his mysterious patient. But as a spate of mysterious deaths shake the ward to its core, Forrester comes to suspect that there is more to his new ward than meets the eye. As he comes to realize what he's unleashed, a desperate race against the forces of evil threatens to swallow him whole.

base theaters

\$3 Movies

JEB Little Creek, Gator Theater – 462-7534

Friday | Oct. 4

7:00 p.m. It: Chapter Two [R]

Saturday | Oct. 5

1:00 p.m. Overcomer [PG]

4:00 p.m. The Angry Birds Movie 2 (3-D) [PG]

7:00 p.m. It: Chapter Two [R]

Sunday Oct. 6

1:00 p.m. Toy Story 4 (NDVD - Free Admission) [G]

4:00 p.m. Blinded by the Light [PG-13]

7:00 p.m. Ready or Not [R]

NAS Oceana, Aero Theater – 433-2495

Friday | Oct. 4

7:00 p.m. It: Chapter Two

Saturday | Oct. 5

12:00 p.m. The Angry Birds Movie 2 [PG]

3:00 p.m. Angel Has Fallen [R]

6:00 p.m. It: Chapter Two [R]

Sunday | Oct. 6

12:00 p.m. Overcomer [PG]

3:00 p.m. Ready or Not [R]

6:00 p.m. Angel Has Fallen [R]

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

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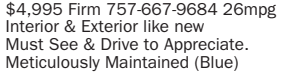
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FINAL PERIODS

ACROSS

- 1 Very affectionate couple
10 Bee juice
16 Birthplace of Galileo
20 Poet Pope
21 One-celled organism
22 Singer/actor Ed
23 What a hot spot provides
25 Good buds
26 Entangle
27 Saving sites
28 Bird on bills
29 Hurricane's weaker relative
36 Booster for a band
39 Pioneer Boone, to friends
40 Destines to oblivion
41 Pecan, e.g.
42 Big name in audio compression
48 Actor Hulce
49 Tabby-treating docs
50 Having no peepers
51 Like stock without face value
53 Do data entry, e.g.

DOWN

- 55 Group with a secy.-gen.
56 Female sibs, informally
58 "Thus ..."
62 Abet, e.g.
63 Leader of the mutiny on the Bounty
68 Kitchen VIP
70 See
71 30-Down
72 Years and years on end
73 Langston Hughes' movement
81 Off-road ride, briefly
82 Occur as a result
83 Set of documents about a case
84 Reid of "Sharknado"
86 — May (Jed Clampett's daughter)
89 Country estate
90 "Taxi" co-star Andy
93 "Mama" of pop
96 "Days of — Lives"
98 Gotten totally quiet
100 Cockpit abbr.
101 Herb bit

ACROSS

- 103 Truckloads
104 "Zip-a-Dee-Doo- —"
105 Across-the-board ban
112 One over par
113 Cowboy flick
114 Sensed feelings, informally
118 Thrifty rival
119 Cry apropos to seven long answers in this puzzle?
125 Guy
126 Fixed a bow on, e.g.
127 With great enthusiasm
128 Units of work
129 Eyeliner mishaps
130 Sees firsthand

DOWN

- 1 Criminals break them
2 Ken of "EZ Streets"
3 Singer Lynn
4 Put forth, as strength
5 Hay-bundling device
6 Ending for hero
7 They might cross aves.

ACROSS

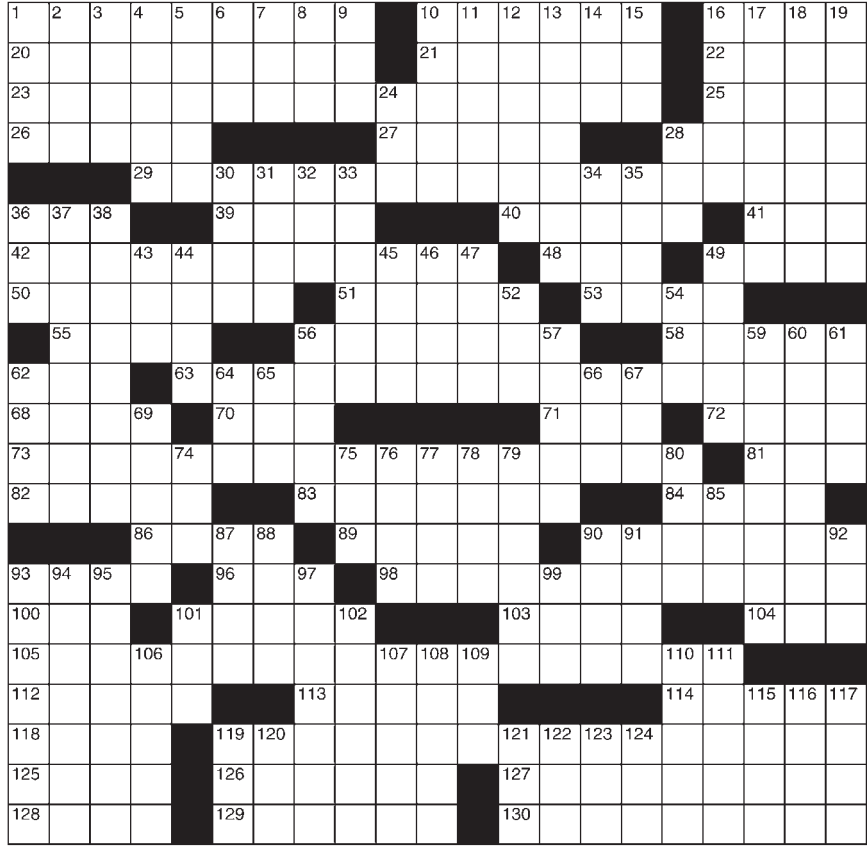
- 8 — Plaines, Illinois
9 — Lanka
10 Pertaining to birth
11 Revise, as a manuscript
12 Sealed, as a wine bottle
13 Bill equal to two fms
14 Mr. Lincoln, familiarly
15 Squeal (on)
16 Daddies
17 Visualize
18 Smash hit
19 "Yes" votes
24 Celics' org.
28 Ending for lion
30 With
70-Across, "It's more than likely ..."
31 El — (Spanish newspaper)
32 Gerund ender
33 Place with outpatients
34 Plant anchor
35 TV prize
36 Suffix with lemon
37 Longtime New York senator Daniel Patrick —

ACROSS

- 38 People who say "Not guilty," say
43 Three-filling deli classic
44 "Oh — little faith!"
45 Stand-up comic Daniel
46 Church nook
47 Forest den
49 20-ouncer at Starbucks
52 Fun, for short
54 Faux —
56 Riding horse
57 Clip wool from
59 Divested of weapons
60 Seat of Orange County
61 Where many ads are seen
62 Aspirin target
64 Fast getaway
65 Muff it up
66 Harry's chum at Hogwarts
67 Abbr. ending a co. name
69 Sooty vents
74 Fish that can be a shocker
75 Autumn mo.
76 "Likely story!"
77 Land in el agua
78 Window part

ACROSS

- 79 Aquanaut's habitat
80 Decorative needle case
85 — CIO
87 Easy run
88 Nomad's tent
90 Shoelace snarl
91 — Spumante
92 The — degree
93 Coleslaw, essentially
94 Totally done
95 Putting on, as a show
97 Sharp retort
99 Tony winner
Wallach
101 Pilot's setting
102 "Ars — artis"
106 Birds' pads
107 None-of-the-above option
108 Minds
109 Angry feeling
110 Not quite round
111 Low cards in pinochle
115 Dozing spots
116 — Stanley Gardner
117 Expresses
119 Auditing org.
120 Pro —
121 Unopened
122 Ovid's 511
123 Mo. no. 10
124 Five-spot



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Sudoku

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

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: R equals T

TJOLXAJ RKLR PJYYMV VKM

TLGJA INJA LZE ELZNAKJA

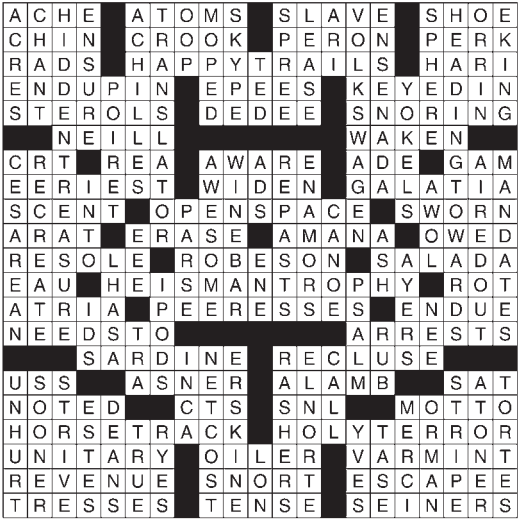
NA ANOGYD-YMMGNZU, N

UXJAA KJ'A L ILARD OKJP.

Last week's CryptoQuip answer

I know a guy who's constantly moralizing zealously. I suppose you might say he's preachy-keen.

last week's answers



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

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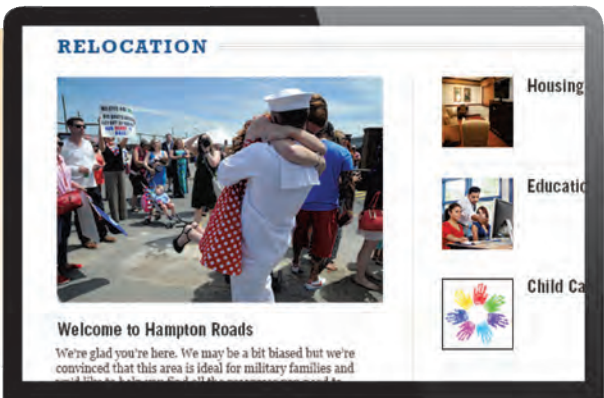


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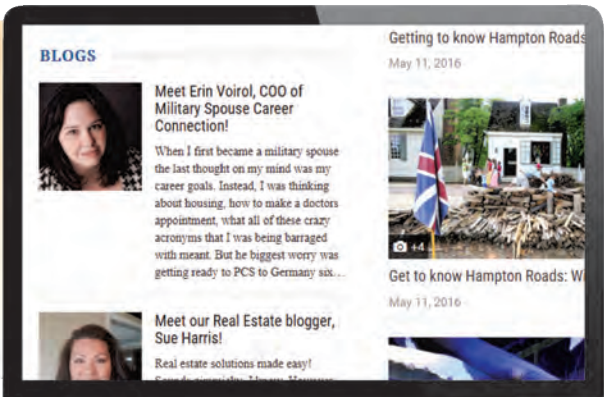
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